

# PEOPLE

## Jeff Pace adds a dimension to Knights athletes care

BY CHARLOT M. DENMON  
Staff Writer

Lake-Lehman athletes are more fortunate than they may realize. They have the advantage of having a physical therapist as well as a certified athletic trainer, the only school in the conference to have such a professional on staff for its athletes.

He is Jeff Pace, who has his baccalaureate degree in physical therapy and who is also certified as athletic trainer for professional, college and high school athletes. Pace also has his Master's degree in sports medicine which he received from the University of North Carolina at Chapel Hill. He received his degree in physical therapy from the Medical College of Augusta in Georgia.

A native of South Wilkes-Barre, Pace played football, wrestled and played golf at Meyers High School. The injuries he incurred while in athletics developed his interest in becoming a therapist and trainer since he realized the importance of injuries being properly cared for.

While attending East Stroudsburg College, where he was studying health and physical education, he became interested in pursuing a degree in physical therapy.

"Many persons do not continue beyond athletic training because of the many hours of medical study required," Pace explained. "Most schools put the athletic trainer on the same salary level as a coach so unless an individual has another career or position, the athletic trainer's salary alone is not sufficient income." Pace is fortunate that he also has a private practice in physical therapy located in Dallas.

In 1975, Pace did his student

teaching and student training at Dallas then later accepted his present position with Lake-Lehman. Hazleton and Berwick school districts have athletic trainers but Lake-Lehman District is the only one with a trainer who is also a physical therapist.

Pace said every school should have one and if they have a teaching position open, a district should advertise at colleges for a teacher for that position who is also qualified as an athletic trainer.

In Pace's position at Lake-Lehman he serves a dual role as trainer and therapist. He can work with the athletes to prevent injuries as well as treat them for injuries.

Pace keeps a busy schedule; he attends all of the football games, wrestling meets and basketball games and the other sports programs when his assistance is needed both home and away.

In his private practice, Pace treats athletes from other areas as well as the general public in rehabilitation programs and pain control. He also visits patients confined to their homes. In treating the Lake-Lehman athletes he spends time with them at the school and in his office. Pace said he spends approximately 70 hours weekly in his practice. He is also a certified CPR instructor and conducts classes when requested.

Pace is extremely grateful to the Lake-Lehman administration, coaches and parents of the students for their confidence in him. He attributes his success in private practice to those people and their friends. He expressed special appreciation to Edward Edwards, former faculty member, athletic director and coach at Lake-Lehman, for the help Edwards had given him.



**KNIGHTS THERAPIST** - Jeff Pace, physical therapist and athletic trainer for the Lake-Lehman Knights, spends a few minutes with his son Jeffrey, prior to the Lake-Lehman football game with GAR recently.

"It is a privilege to work with and help people achieve a better quality of life," Pace said. "That's the major reward in this field."

He is a member of the American Physical Therapists Association, Pennsylvania Athletic Trainers Society and the National Athletic Trainers Association.

Pace resides with his wife, the former Joyce Runcavage and their son, Jeffrey, who is two and a half years, on Harris Hill Road, Trucksville.

## Herstek has new job at Misericordia

Trucksville resident Kathie Flanagan-Herstek recently assumed the position of assistant to the academic dean at College Misericordia. In her new position, Flanagan-Herstek will act as a liaison for the dean on several campus committees, chair the Academic Status committee, advise academically-dismissed students and maintain and develop various college catalogs and publications. In addition, Flanagan-Herstek will develop educational programming specifically designed for women.

Formerly, Flanagan-Herstek was the director of experiential learning and the coordinator of non-credit programs in the Continuing Education Office of Misericordia.

A graduate of College Misericordia with a masters degree in human services administration, Flanagan-Herstek earned her bachelors degree in elementary education and psychology from Bloomsburg Uni-



**Kathie Flanagan-Herstek**

versity. Since that time, Flanagan-Herstek has held the positions of educational counselor at the Victims Resource Center, medical social worker for Wilkes-Barre General Hospital and head teacher/chief administrator for the Children's School.

A member of the 1988 class of Leadership Wilkes-Barre, Flanagan-Herstek has been actively involved in the United Way, the Women's Network, the Luzerne County Women's Conference, and the Victims Resource Center Advisory Board.

## PTA recycling day Nov. 19

The Lehman Jackson PTA is sponsoring a Recycling Day on Saturday, Nov. 19. Anyone interested in discarding newspapers or aluminum cans may be able to do so between the hours of 9 a.m. and 12 noon. The U.S. Army Reserve, Company A, 365th Engineer Battalion of Wilkes-Barre will provide trucks and manpower to help out in

this endeavor.

Just bring those old newspapers that have been put into brown bags or bundled with twine to the Lehman Jackson Elementary School. Only flattened aluminum cans will be accepted. Any questions, please contact Lehman Jackson PTA at the school: 675-2165.

## Peggy Smith to wed in December

Mr and Mrs Donald Smith, of Dallas, announce the upcoming marriage of their daughter, Peggy Smith to Sgt. James Paul Fry.

Peggy is a 1986 Dallas High school graduate. She is employed at Sembach Christian Academy in West Germany as a teacher's aide. She is in her third year at the academy.

Her future husband graduated from Tuscarawas Valley High School in Canton, Ohio in 1981. He joined the Air Force in June of 1981 and works at the 17th Air Force Headquarters in Sembach Air Force Base, West Germany as an inventory management specialist. His parents are Mr. and Mrs. James R. Fry of East Sparta, Ohio.

The couple will reside in West



**Peggy Smith**

Germany until January of 1992. A December 30th wedding is planned in Mehlingen, West Germany.

## Local Jaycees successful at legislative program

The Back Mountain Jaycees were successful in pushing through two pieces of legislation in a "Model Legislature" program sponsored by the Pennsylvania Jaycees.

The Back Mountain Jaycees, who attended the annual program at the State Capitol in Harrisburg, were one of a handful of Jaycee Chapters in the history of the Pennsylvania Jaycees that were successful in having two bills passed by the "House."

The Jaycee Model Legislature program introduces Jaycees to the legislative process in Pennsylvania by having members serve on various committees and debate legislation on the floor of the House of

Representatives.

Local Jaycee John J. Jablowski, Jr. served as Chairman of the State Government Committee. In addition to Jablowski, District Director Donna Cupinski and Kim Schoenwetter represented the Back Mountain Jaycees.

The Jaycees are a leadership training organization open to men and women from 21 to 40. Any interested persons may contact Management Vice-President John Jablowski at 822-8044 or 825-2200 for further information on the community service organization. The Jaycees will meet Tuesday, Nov. 8 at the Castle Inn on Rt. 415 at 8 p.m.



## Shavertown church honors Honeywell

At a recent Sunday worship service at the Shavertown United Methodist Church, Mrs. Hazel Honeywell was honored for 40 years of dedicated service to the church.

Mary Lou Swingle, Sunday School Superintendent, presented this certificate of appreciation to Mrs. Honeywell for her work as secretary to the Sunday School. Pictured, from left, Mary Lou Swingle and Hazel Honeywell. Absent when picture was taken was Ruth Ann Tetschner, Chairperson of the Christian Education Work Area, who also took part in the presentation.

## LEGAL NOTICES

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shall be subject to such rules and regulations as may from time to time be adopted by the Council of this Borough by ordinance or resolution. The Trustees shall have full power and authority by a majority action of its members either directly or through their designated representatives, to do all acts, execute, acknowledge and deliver all instruments, and to exercise for the sole benefit of the participants hereunder, any and all powers and discretions necessary to participants hereunder, any and all powers and discretions necessary to implement and effectuate the purposes of this ordinance, including for purposes of illustration but not limited to any and all of the following:

(a) To hold, invest and reinvest all funds received pursuant to this ordinance, in such legal investments as may be authorized as legal investments under the laws of the Commonwealth of Pennsylvania;

(b) To enter into contracts or deposit agreements on behalf of this Borough with one or more insurance companies, in order to provide the pension and other benefits herein set forth, and to pay the premiums and deposits required by the purchase of said contracts;

(c) To retain or purchase as an investment any form of annuity or contracts of similar nature, and to exercise with respect thereto, any right or incident of ownership;

(d) To retain any property which may at any time become an asset of the Fund, as long as said Trustees may deem it advisable; and

(e) To make distribution of the monies in the Fund, in accordance with the terms of this ordinance.

Section 12. Transfer or Assignment.

The pension payments, herein provided for, shall not be subject to attachment, execution, levy, garnishment or other legal process, and shall be payable only to the participant or his designated beneficiary. No participant or his beneficiary shall have any right to alienate, encumber or assign any assets of the Fund held by the Trustees on his behalf, or any of the benefits or payments or proceeds of any contract or agreement purchased or acquired by the Borough hereunder. Any contract or agreement purchased or acquired pursuant to this ordinance shall contain a provision, in substance, that to the extent permitted by law, none of the benefits or payments or proceeds of such contract or agreement shall be subject to any legal process by any creditor or such participant or beneficiary of such participant.

Section 13. Prior Pension Assets and Benefits.

All contracts, agreements or funds held by the Borough for the purpose of providing pensions, annuities or retirement income or any of them, on any Road Department employee who shall be a member in the program herein established shall be and hereby are transferred and assigned to the Fund herein created. After such transfer, the Fund shall assume the liability, if any, of continuing the payment of pensions to Road Department employees retired prior to such transfer in accordance with the laws and regulations under which such members were retired.

Section 14. Expense of Administration.

The expense of administering this pension fund program, including compensation of an actuary, any custodian of the Fund and any other charges or expenses related thereto, exclusive of the payment to pensions, shall be paid by the Fund.

**LEGAL NOTICE**

The following proposed Ordinance was presented to The Dallas Borough Council for the first reading on October 18, 1988. The second and final reading will take place Tuesday, November 15, 1988, at the regular monthly meeting of the Dallas Borough Council.

Robert W. Brown  
Manager/Secretary

**ORDINANCE NO. 8 - 88**  
**AN ORDINANCE OF THE BOROUGH OF DALLAS, LUZERNE COUNTY, PENNSYLVANIA, AMENDING ORDINANCE NO. 4 OF 1984, PROVIDING FOR THE ADOPTION AND REGULATION OF A POLICE PENSION PROGRAM FOR FULL-TIME POLICEMEN OF THE BOROUGH OF DALLAS, LUZERNE COUNTY, COMMONWEALTH OF**

PENNSYLVANIA (HEREINAFTER REFERRED TO AS "BOROUGH").

WHEREAS, the Borough Council of the Borough of Dallas previously established the Borough of Dallas Police Pension Plan and Pension Fund; and

WHEREAS, the Borough Council, in order to clarify the exact status and terms and conditions of the Borough of Dallas Police Pension Plan and Pension Fund, pursuant to the Act of May 29, 1956, P.L. 1804, as amended (Act No. 600 of 1956; 53 P.S. Section 767 et seq.), desires to re-enact the pension plan and pension fund in its entirety.

NOW, THEREFORE, be it ordained and enacted by the Mayor and Council of the Borough of Dallas that the previous ordinances and resolutions and pension trust agreement relating to the Borough of Dallas Police Pension Plan and Pension Fund are hereby revoked and the following substituted therefore:

Section 1. Establishment of Pension Plan and Pension Fund.

There is hereby established in the Borough a Police Pension Plan and Pension Fund for the benefit of full-time police officers of the Borough. The pension plan shall be known as the "Borough of Dallas Police Pension Plan" (hereinafter "Plan"). The pension fund shall be known as the "Borough of Dallas Police Pension Fund" (hereinafter "Fund").

Section 2. Eligibility.

Each policeman who is employed by this Borough on a full-time basis who shall have twenty-five (25) years of continuous service with this Borough and who shall have attained fifty-five (55) years of age shall retire (unless the Mayor and Council of this Borough or its designee shall elect by the application of uniform and consistent standards on a non-discriminatory basis to defer such retirement) and be entitled to receive pension or retirement benefits as hereinafter provided. "Continuous service" shall mean full-time employment with this Borough, including periods of

absence which are approved by the Mayor and Council of this Borough or which arise by operation of law. Any member of the police force who has been a regularly appointed employee of this Borough for a period of at least six months and who thereafter shall enter into the military service of the United States shall have credited to his employment record for pension or retirement benefits all of the time spent by him in such military service, if such person returns or has heretofore returned to his employment within six months after his separation from the service. Any participant retiring hereunder shall be subject to serve, from time to time, as a police reserve in cases of riot, tumult or preservation of the public peace, until unfit for such service, whereupon he may be finally discharged from reserve service by reason of age or disability.

Section 3. Retirement Benefits.

(a) Monthly pension benefits upon retirement shall be computed at fifty percent (50%) of the officer's average salary for the last thirty-six (36) months of employment prior to retirement.

(b) Forty percent (40%) vesting of benefits shall accrue to each officer upon completion of twelve (12) years of accumulated police service time, including all prior police service time with the Borough, and such vesting of benefits shall increase five percent (5%) annually thereafter per service year. (i.e. a full-time police officer with twenty (20) years of police service shall have an eighty percent (80%) vested interest in the Fund.) Upon termination of employment prior to an officer's having complied with the age and service requirements of the Fund, the officer's vested interest shall remain with the Plan until the date said officer shall attain fifty-five (55) years of age and would have completed twenty-five (25) years of service had he continued to be employed as a police officer of the Borough, or die, which ever shall first occur, and in such event, his vested interest plus any accruals thereto shall be paid to him or his legal representative.

(c) No contribution or contributions shall be required to be paid to the Fund by the police officers, nor shall any such contribution be deducted by the Borough from their compensation and salary, so long as the Fund shall remain or be capable of being maintained actuarially sound from other funds or resources available to the Borough, other than from general Borough tax revenues.

(d) Any pension benefits from pension plans heretofore established by the Borough of Dallas for the members of its police force shall be includable as a part of any pension benefits due.

(e) Copies of the current police pension ordinance of the Borough will be provided to each police officer by the Borough Secretary.

Section 4. Contributions.

(a) Each participant hereunder shall contribute monthly into the Fund established hereunder an amount equal to no less than five percent (5%) nor more than eight percent (8%) of his total monthly compensation. If an actuarial study shows that payments to the Fund by participants may be reduced below the minimum percentage indicated above, or eliminated, the Borough may, on an annual basis, by ordinance or resolution, reduce or eliminate payments into the Fund by participant. All such contributions by participant, if necessary and required, shall be deducted by the Borough from participant's salary. Any balance of needed annual contributions shall become the obligation of the Borough and shall be paid to the Fund by annual appropriations.

(b) For the years 1974 through and including the calendar year 1984, payments into the Fund by participants is eliminated.

(c) Any payments made by the Commonwealth of Pennsylvania to the Borough for police pension purposes shall be used as follows:

(1) To reduce the unfunded liability of the Borough on account of pensions payable hereunder, and after such

liability has been funded.

(2) To apply the annual obligations of the Borough for future service cost or, to the extent that the payments may be in excess of such obligation.

(3) To reduced participants' contributions.

Section 5. Vesting.

The Borough shall be the owner of all monies or property paid into the Fund or annuities or policies purchased from insurance companies, with the exception that each participant shall have and be entitled to forty percent (40%) vesting of benefits upon completion of twelve (12) years of accumulated police service time, including all prior police service time with the Borough of Dallas, and such vesting benefits shall increase five percent (5%) annually thereafter per service year. (i.e. a full-time police officer with twenty (20) years of police service shall have an eighty percent (80%) vested interest in the Fund.) Upon termination of employment prior to an officer's vested interest therein shall remain with the Plan until the date said officer shall attain fifty-five (55) years of age and would have completed twenty-five (25) years of service had he continued to be employed as a police officer of the Borough, or die, whichever shall first occur, and in such event, his vested interest plus any accruals thereto shall be paid to him or his legal representative.

Section 6. Survivor's Pension Benefit.

Upon the death of a retired member, or upon the death of an active member who was eligible for retirement at the time of death or killed in service, the surviving spouse (or the surviving minor children, in the absence of a spouse or upon the re-marriage of the surviving spouse) will receive a pension equal to fifty percent (50%) of the pension which such retired member was receiving or which such active member was eligible to receive if he had been retired at the time of death.

Section 7. Disability Retirement.

(a) A participant may, upon application, or upon application of one acting in his behalf, or upon application of a head of

the Police Department of the Borough, be retired by the Borough Council on a disability pension if he is under superannuation retirement age, and on a superannuation retirement pension if he has attained or passed such age, if the physician designated by the

Borough Council, after medical examination of the member made at the place of residence of the member or at a place mutually agreed upon, shall certify to the Borough Council that the member is unable to engage in any gainful employment as a police officer and that said member ought to be retired.

(b) The disability benefit shall be equal to fifty percent (50%) of the officer's monthly average salary during the last thirty-six (36) months of employment.

Section 8. Administration.

The Fund shall be under the direction of the Council of this Borough or such committee or persons as the Council of this Borough may from time to time designate by resolution, who shall act as Trustees of the Fund, and such Trustees shall have full responsibility for the administration of the program established hereunder and shall hold, invest, reinvest and distribute all funds or other property received pursuant hereto in trust for the purposes of this ordinance. The Trustees may receive at any time and from time to time gifts, grants, devises or bequests to the Fund in accordance with the provisions hereof. The Trustees shall be subject to such rules and regulations as may from time to time be adopted by the Council of this Borough by ordinance or resolution. The Trustees shall have full power and authority by a majority action of its members either directly or through their designated representatives, to do all acts, execute, acknowledge and deliver all instruments, and to exercise for the sole benefit of the participants hereunder, any and all powers and discretions necessary to implement and

effectuate the purposes of this ordinance, including for purposes of illustration but not limited to any and all of the following:

(a) To hold, invest and reinvest all funds received pursuant to this ordinance, in such legal investments as may be authorized as legal investments under the laws of the Commonwealth of Pennsylvania;

(b) To enter into contracts or deposit agreements on behalf of this Borough with one or more insurance companies, in order to provide the pension and other benefits herein set forth, and to pay the premiums and deposits required by the purchase of said contracts;

(c) To retain or purchase as an investment any form of annuity or contracts of similar nature, and to exercise with respect thereto, any right or incident of ownership;

(d) To retain any property which may at any time become an asset of the Fund, as long as said Trustees may deem it advisable; and

(e) To make distribution of the monies in the Fund, in accordance with the terms of this ordinance.