

SPORTS

Damon and Tara Lisnow star on Dallas teams

By CHARLOT M. DENMON
Staff Writer

A brother and sister, who moved into Dallas a little more than a year ago are quickly making names for themselves in the Dallas District sports program.

The son and daughter of Mr. and Mrs. Frank Lisnow, Damon and Tara Lisnow have been excelling on the senior high school varsity basketball teams.

"We moved to this area from St. Johnsbury, Vermont when I was in eighth grade," Tara Lisnow said. "I am now in ninth grade, but this year moved up to play on the girls varsity team in what is now the Middle School."

Tara, who is 5' 8" tall and still growing, said she has been playing basketball since she was in third grade. This springs she hopes to also play on the ninth grade softball team.

Since she has been playing varsity this season, she is not certain what her point total is, but estimates she scores on the average of approximately 10 to 12 points per game.

Damon plays forward and last year played on the junior varsity team. This year, the 6'4" junior is on the varsity team and averages approximately 14 points per game. If he continues that pace he could end the year with 250 to 300 points to his credit.

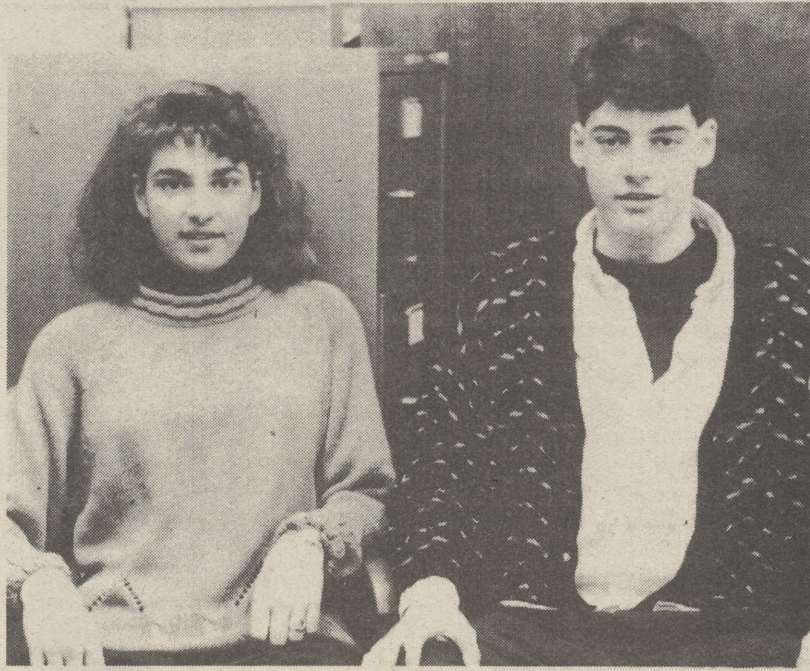
"I like basketball and started to play organized basketball when I was about 11 years of age. The competition here is much better than in Vermont," Damon said.

"We became interested in basketball because of our father. He is 6'8" and played in college at Quinnipiac. He also played on a semi-pro team," Damon and Tara explained.

Both are excellent academic students, Damon with a 3.4 average and Tara with a 3.6 average.

"I like skiing," Damon said. "And I am a lifeguard in the summer and I hope to play on the school tennis team this spring."

Tara also likes skiing but said, "I like cross-country skiing better than downhill. I also enjoy swimming in the summer. Both Damon and I attend basketball camps in the summer. I like liv-



DAMON AND TARA LISNOW

ing in the Back Mountain, there is more to do than there was in Vermont," Tara said.

If the brother and sister con-

tinue as they are, both should star on the high school teams next year. They appear to be well on their way.

Poynton and Lisnow top scorers in Lady Mount win

Laura Poynton led the Lady Mountaineers of Dallas with 16 points to defeat Berwick 68-42 Monday night at Berwick. Tara Lisnow added 15 and Jen Besecker gave 14 to aid in the win.

Wendy Cave tossed in 11 points,

five shots from the field and 1-for-2 from the foul line.

Aria Pierson finished with nine. Poynton and Besecker hit three pointers.

The win evened Dallas' record at 4-4.

Skibitsy's 21 points lead Lady Knights to victory

Wendy Skibitsy scored 21 points in Monday night's game at Crestwood to lead the Lady Knights to a 64-48 win over the Comets.

She tossed in 17 points from the field and hit 4-for-7 from the free stripe.

Alyson Davis added 12 points, D.D. Mazur scored 10 and Heidi Wenrick collected 11 points, going 3-for-4 from the foul line.

Skibitsy hit for a three pointer as the Lady Knights ran their record to 4-5 for the second half.

Back Mountain players excel on Pee Wee hockey squad

The Wilkes-Barre Wings Pee Wee "B" Ice Hockey team capped off a grueling four game weekend schedule recently by returning to Elkins Park on Sunday, Feb. 11 and defeating the Old York Road Raiders 6-4. After each team scored three goals in the first period and one in the second, the Wings scored two goals in the third period and held off the Raiders for the win.

Leading the scoring for the Wings was Mike McIntyre with two goals and one assist, while Matt Lloyd and Ray Terwilliger each had one goal and one assist. Phil Gager and Jeff Channam added one goal each, while Marc Joseph, Keith Pedana and Joe Grabiec had assists. Wings goalie, Gary Gocek rejected 21 shots on goal.

Sunday morning, Bryan Mullins, wings' goalie, stopped 12 shots on goal as the Wings scored a 5-2 victory over the Timberline Wolfpack of Reading, in a game played at the Ice-A-Rama, Wilkes-Barre.

Wings forward, Ray Terwilliger led the scoring with a "hat trick", scoring a goal in each period. Mike McIntyre and Jeff Channam added one goal each, while Joe Grabiec, Phil Gager, Marc Joseph and Matt Lloyd had assists.

On Saturday, Feb. 10, the wings traveled to Elkins Park and were

handed their only loss of the weekend, losing to the Old York Road Raiders 4-2. The Wilkes-Barre goals came in the second period when Ray Terwilliger scored on assists from Keith Pedana and Jeff Channam, and in the third period when Phil Gager scored on an assist by Ray Terwilliger. Tending the goal for the Wings, Gary Gocek stopped 22 shots.

Saturday, Feb. 10, the Wings returned to the Ice-A-Rama, Wilkes-Barre to play the Glaciers from Warminster.

Wilkes-Barre goalies Bryan Mullin and Gary Gocek shared duties at the net to stop 25 Glaciers shots, as the Wings won 7-3. The Wings led throughout the game, scoring two goals in both the first and second period, adding three more goals in the third.

Greg Koons and Ray Terwilliger each scored two goals for the Wings, while Matt Lloyd, Keith Padana and Phil Gager added one goal each. Assists for the Wings were by Bob Kane, Phil Gager, Greg Koons, Keith Pedana and Matt Lloyd.

With the three wins and one loss on the weekend, the Wilkes-Barre Wings 12 and 13 year olds improved their 1990 record to 9-4-0.

The team is coached by John Lloyd, Spero Mallas and Ray Terwilliger. Paul McIntyre is manager/coordinator.



Back Mountain wrestlers place

The Back Mountain Wrestling Club attended the Montoursville Team Tournament on Saturday, Feb. 10.

The following boys placed: 1st row, from left, Brett Larson, Bantam 80 lb., 1st place; Nick Raczkowski, Midget 55 lb., 1st place; Matt Raczkowski, Junior 65 lb., 1st place.

Second row, Harry Hazeltine, Midget Heavyweight 2nd place; Matt Gingo, Midget 110 lb., 3rd place; Charles Hann, Midget 60 lb., 4th place; Eric Maciejczak, Junior 75 lb., 4th place.

Not shown in photo: Tony Giardina, Midget Heavyweight, 1st place; Joe Farber, Junior 120 lb., 1st place.

Noxen Strikers place at tourney

On Saturday, Feb. 17, Noxen Strikers went to the Summit Wrestling Tournament, held at the Abington Heights Middle School.

Placing for the Strikers were: Bantam Class: 50 lb. Jason Wood, 2nd place; 50 lb. Ryan

Corby, 3rd place; 65 lb. Jayson Harris, 1st place.

Junior Class: 75 lb. Brian Butler, 1st place.

Intermediate Class: 85 lb. Mike Stuart, 1st place; 105 lb. John Wood, 2nd place.

ABSOLUTELY THE LOWEST PRICES ON GOLF CLUBS
PHONE **333-5933** FOR PRICE
FREDDO ORLANDO TWIN OAKS PRO SHOP

Jewelry World
Gold ♦ Silver ♦ Diamonds ♦ Fashion Jewelry ♦ Leather Handbags ♦ Evening Purses ♦ Class Rings ♦ Umbrellas ♦ Rhinestone Jewelry
IMMEDIATE CASH PAID FOR DENTAL GOLD, SCRAP GOLD & SILVER, (regardless of condition)
Jewelry Repairs • Stone Setting • Ring Sizing
★ Cleaning & Polishing ★ ENGRAVING DEPARTMENT
Trophies - Plaques - Gifts - Laminating
We've Got So Much More To Offer...Why Go Anywhere Else?
86 E. Tioga St., Rt. 6
Tunkhannock, PA 18657
Gus DiStadio, Jeweler
717-836-14KT
Visa-MasterCard-Free Layaways

Cooks PHARMACY
• Computerized Prescription Service
• Russell Stover Candies
• Greeting Cards
• PA Lottery Ticket
• Newspapers
• Magazines
Memorial Highway, Shavertown
675-1191

DR. ROBERT GREENHALGH PRESENTS
TO YOUR HEALTH


Treatment for Peptic Ulcers

I have had recurrent ulcers for many years and have always taken antacids. Are there any new treatments?

Peptic ulcers generally are treated by medications, particularly forms of antihistamines, that stop ulcers but not running noses of colds or allergies. Dietary modifications have been de-emphasized and surgery is used much less frequently.

Antacids are commonly used to neutralize the stomach acids. But now, several new drugs have become the drugs of choice. One type, sucralate (Carafate) accelerates healing of peptic ulcers. Other types actually reduce the amount of acid produced by the stomach; these are Tagamet, Pepcid, Zantac, and Axid. All are taken at or near bedtime, and some at other times of the day also.

Antacids which used to be standard treatment for peptic ulcers are used much less extensively today. Liquid antacid is more effective than the pill form in quickly neutralizing the stomach acid and thereby protecting the delicate membranes of the stomach and duodenum. While antacids, such as Mylanta, Maalox and Gelusil, are effective taken in large and frequent doses, they can cause several unpleasant side effects. Diarrhea and constipation are the most common, depending on the brand of antacid you use. Antacids also reduce the effectiveness of antibiotics.

Smoking aggravates and appears to be a strong factor in ulcer recurrence. In fact, studies show that quitting smoking is just as effective as taking Tagamet or related acid-shutoff drugs.

Aspirin and aspirin-containing compounds should be avoided by anyone with ulcers because they irritate the stomach and duodenal linings and may provoke bleeding. It is unclear whether aspirin actually causes gastric

ulcers, but it is known that aspirin greatly slows the healing rate in peptic ulcers.

Previously, ulcer patients were advised to restrict their diets to bland foods and were encouraged to eat mild foods such as milk and carbohydrates. Strict ulcer diets are rarely used today. Nowadays, most doctors tell their patients only to avoid foods that will provoke the ulcer, such as heavily spiced foods, alcoholic beverages and coffee. Others find that their ulcers heal regardless of what they eat. Your own diet is something you can discuss with your doctor.

Doctors usually prefer to treat an ulcer with medication and diet before recommending surgery. However, in the case of a perforated ulcer, which extends through the entire thickness of the stomach or the duodenum, surgery is not only recommended, it sometimes is necessary to save a patient's life.

A doctor may also suggest surgery when there is persistent bleeding. In addition, when an ulcer repeatedly resists medication and diet treatments, surgery may be called for. Usually surgery will cure an ulcer, and the patient will be able to eat normally for the remainder of his or her life without fear of the return of the ulcer or other symptoms.

Emotional stress has also been shown to play a role in ulcers. Here are some suggestions to help you improve your lifestyle and remove some of the stress and tension:

-Exercise regularly, about three times a week. Exercise can make you feel less tense and more relaxed, so you can sleep better and generally feel healthier.

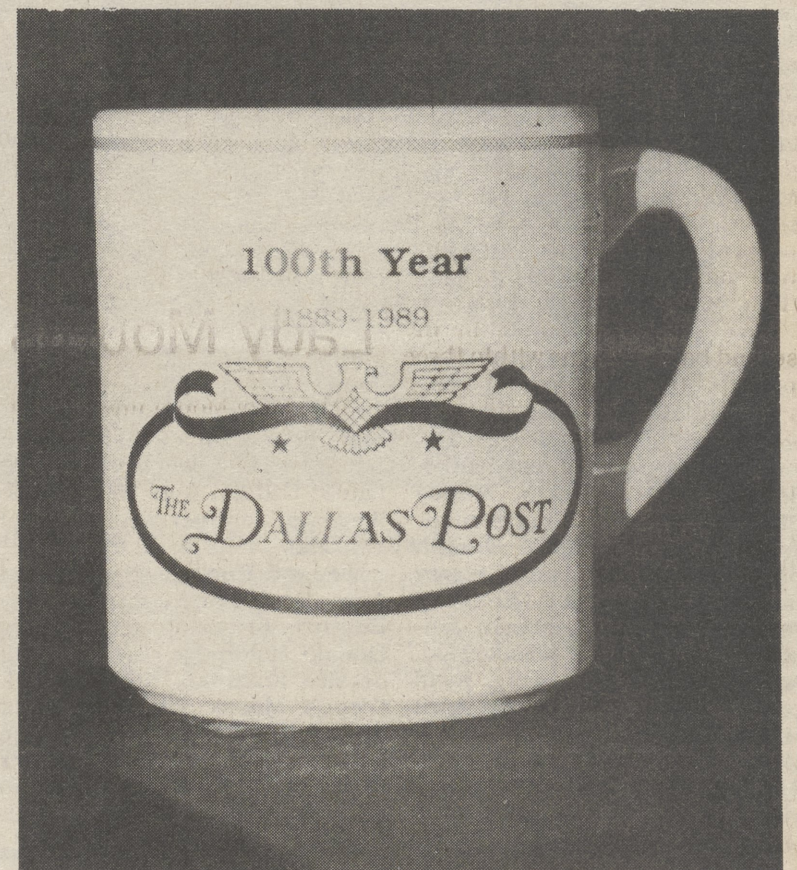
-Learn to relax. Set aside some time each day to do something that you enjoy.

-Talk out your worries. Don't keep them bottled up inside. If you are unable to cope yourself, it may help to see a counselor or therapist.

This health awareness is brought to you as a service to the Back Mountain community by Robert Greenhalgh, M.D., Dr. Greenhalgh is a Back Mountain physician who offers general pediatric, gynecology, and geriatric medical care, on a personal basis. Board-Certified in Family Practice, he is on staff at Mercy, Nesbitt, and Wilkes Barre General Hospital.

Robert Greenhalgh, M.D. • Family Practice • Mercy Medical Offices • 199 Lake Street • Dallas, PA • 675-4995

Last Chance
A very special gift to mark a centennial event



WHEN THEY'RE GONE, THERE WILL BE NO MORE MADE

We have just a few left of these special mugs commissioned to commemorate The Dallas Post's 100th publishing year in 1989. This ceramic mug is gleaming white with a royal blue imprint noting the Post's 100th year. A gold "halo" around the rim gives the mug a distinctive touch.

This mug is available to all new one-year subscribers, and to current subscribers who wish to extend their subscription for at least one additional year.* To get yours, just fill out the form below, and send it with your payment to:

The **DALLAS POST**

100th Year Mug
P.O. Box 366
Dallas, PA 18612

* If your subscription is due for standard renewal, you must resubscribe for at least two years to receive the mug.

Please begin or extend my subscription to The Dallas Post. I'll pick my mug up at the office.
Please send the mug to me at the address below. (Local residents are asked to pick up their mugs at our office in the 309-415 Plaza, Dallas)
My payment is enclosed.

	1 Year	2 Years
In Luzerne and Wyoming counties	\$14.00	\$26.00
Other PA, NY, NJ	\$16.00	\$29.00
All other states	\$18.00	\$32.00

Name _____
Mailing Address _____
City _____ State _____ Zip _____
Special offer available for a limited time only.
Send to:
The Dallas Post
P.O. Box 366
Dallas, PA 18612