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Tess Hollitt makes herself known at bodybuilding meets

Just about everyone in the Back Mountain is familiar with body-builder Rae Hollitt or Zap of TV's American Gladiators, but few know that Rae has a little sister, Tess Hollitt, who is quickly becoming a force in the body-building world.

In June of 1990, Rae opened The Gym, a weight lifting center, in Dallas and left her mother, Carol Witko and Tess to manage the center. Wanting to lose some weight and having easy access to the various fitness apparatus, Tess began in January of 1991 to work out. At that time, she weighed in at 165 pounds and had at one time tipped the scales at 196 wearing size 18. In less than one year, Tess is a size five and weighs 120 pounds.

Once Tess began working out and losing weight, she gained self-confidence enough to consider competing in local body building competitions and decided that April would be the deadline for her first entry in the Pocono competition. This required four hours of training six days a week to prepare for the contest that would judge a person on physique, symmetry, muscle definition and strength. "I was really happy with the results of my first competition. I took a fourth in physique and a third in strength."

Since that competition, Tess has competed in five more and has the trophies in The Gym to prove her success. She was a finalist in The Miss Pocono Downs Beauty Pageant and broke a record for E-Z curls, lifting 65 lbs. for 90 reps in the 1991 Women's Extravaganza Invitational in New Jersey. Here she took a third place in

physique being the smallest competitor of 15 girls. Tess also finished third in the Night of Naturals show at Hanover and fifth in the Lehigh Valley Show. In her last competition in Virginia, she placed second.

Her success in shows caused Ken Kassel, a promoter of women's body building and talent agent, to encourage Tess to consider the possibility of exposure in various body building magazines. This, along with future competitions, are among Tess's goals, but she also has other dreams.

She would like to rank nationally in body-building competitions and be a personal trainer for other body builders. Tess graduated on the Dean's List from Luzerne County Community College and is a certified medical records technician. Presently, however, she is taking courses to become a nutritionist and fitness instructor. "These courses help me do a better job here at The Gym and perhaps one day I can even open a Healthy Gourmet Cafe or run a camp for overweight children," Tess added.

What began as an effort to "get in shape", has blossomed into a full-time career for this busy mother of a 7-year old daughter, Amy, who plays around The Gym while her mother instructs customers, inspired by her example, and trains herself. Not only is Tess a typical working mother, but she is also a role-model for those who wish to enhance their own self-esteem through physical improvement. "Body building has given me much more confidence and I feel great. Hard work pays off!" explained a happy Tess Hollitt.



BODYBUILDING CHAMP - Tess Hollitt of Harveys Lake has been making a name for herself among bodybuilding fans.

Dallas boys win Crossin tourney

By FLORENCE FINN
Sports Correspondent

Dallas boys' basketball team has been promising bigger and better things as the young team gains more experience. Perhaps Santa brought them that experience for the holiday Crossin Memorial Tournament at Wyoming Valley West High School on December 27 and 28. Dallas, not only knocked off the Spartans in the finals, but they beat their neighboring rivals, Lake-Lehman in the first game.

In the Wyoming Valley West vs Dallas battle, Dallas won 55-51 led by tournament MVP Todd Paczewski who had 23 points. Paczewski, who came off the bench last year, has been red hot this year. "The ball has been bouncing my way this year and I often get the ball on the fast break," Todd modestly commented. But his MVP status in the tournament seems to indicate more talent than luck.

The Mountaineers began their win against the Spartans with a 14-7 lead in the first quarter, nine of them were Paczewski's. In the second quarter, Mark Medura, Dave Puz and, you guessed it, Paczewski teamed up for 16 points making the score 26-19. In the third quarter, it was Paczewski again scoring eight points and Puz right behind with six widening the margin 46-34. In the fourth quarter, Valley West rallied, but were stopped when Dallas' defense turned them back and kept the win for Dallas.

In the first Dallas win, 52-32, against Lake-Lehman, Dallas started with a 7-0 lead from the hands of Medura and Puz. As Coach Paul Brown had previously predicted, Dallas relied on speed to upset the taller Black Knight team.

At the end of the first quarter, the Mountaineers led Lehman 13-7 and continued to outscore them in spite of a Knight effort to bring them within five making the score 21-15 at the end of the second quarter.

That was to be the closest that Lake-Lehman would get against a tight Dallas defense. Dave Fisher and Todd Paczewski put in six points against an impressive Lehman defense to give Dallas a 27-17 lead into the fourth quarter. In the final quarter, Dallas iced the game as they went out in front 32-21 and never looked back. Paczewski was the hot hand again with 19, while Dave Clancy had 10 for Lehman. This win gave Dallas the first win of the eventual championship and a spark plug for its continued season schedule.

"Winning this tournament has brightened up our spirits," commented Todd Paczewski. "We knew we could do it once our young players got some experience and confidence. It was a real confidence builder for us."

Dallas had recently lost some very close games and was looking for a big win to keep their winning attitude and keep them in the race until they would get some experience and depth from Jeremiah Van Orden who is sidelined from an injury. "With Jeremiah out, we had to get some leadership and keep an up tempo," Paczewski explained. This is exactly what the Mounts did over the holidays. They will take that up tempo into their game against Wyoming Seminary January 2, away, but "We can't take Sem lightly," a cautious Paczewski commented. "They're a strong team. We'll have to hustle and play good defense."

Lehman grapplers pin tourney foes

By FLORENCE FINN
Sports Correspondent

The Lake-Lehman wrestlers won the Kiwanis Tournament held at Tunkhannock High School on Dec. 27 and 28. The Knights won by a slim half point over second-place Towanda. Lake-Lehman needed an eight point decision by Geurin to win the overall title, and he only had to accomplish this feat by whipping Pennsylvania's sixth ranked Ed Moore. With four seconds left, Geurin did just that with a 14-5 win which also gave him the 171 weight-class title. "Mike did a great job for us pulling through when we needed it," commented Coach Phil Lipski.

However, there were a lot of Black Knights who had to win to accumulate those 286 points. "Considering some illnesses, our young wrestlers did a good job. Freshmen Mike Stuart, who placed fourth, and John Wood wrestled well for us along with John Morgan who placed fifth at 112."

Charlie Jacoby, wrestling at 145 pounds, also was a champion in his weight class while Rick Finnegan came in second at 103. "Rick wrestled especially well since he had to beat the second and third

seeded wrestlers to qualify to wrestle in the finals. "Rick who had taken his losses last year, gained the confidence needed to be successful this year. "With those couple of wins, I know I can do better," Rick asserted.

At 135, Charlie Roper placed third, while Jason McDade and Justin Goodwin both placed fourth at 130 and 153 respectively.

But the story of the night was Mike Geurin who won his second most outstanding wrestler of the tournament award in less than a month. Geurin, a takedown artist, finished fourth in the state last year and hopes to improve that finish this year. "Mike is a hard worker who is quiet, but funny guy," described teammate Rick Finnegan. "He sets a good example by his dedication."

An exciting wrestler to watch, Mike begins his prematch by listening to his walkman during his warm-ups. His slow, methodical demeanor turns into cat-like precision once he steps onto the mat and quickly slinks in for the takedown. His success has also attracted the attention of several college recruiters, but Mike has many high school matches to win before he will take on that matter.

Lady Black Knights hope to learn from Hazleton loss

On Friday, Dec. 27, Lake-Lehman girls lost 60-46 to a strong Hazleton quad in the Yozwiak Tournament at Bishop O'Reilly High School.

At halftime, the Knights were only down by five, but the Mounts widened the margin in the third quarter. The Knights came back

strong in the fourth quarter with three unanswered baskets to get within six points of Hazleton, but once again the Mounts came back.

With a lead of seven points, Hazleton froze the ball forcing Lake-Lehman to foul, thus the Mounts took a hefty lead in the last four minutes.

Despite the loss, Jen Smith, who was high scorer for Lake-Lehman with 19, and Heidi Wenrich with 11, expressed optimism for the future season. "We got within reach and lost our composure," explained Heidi.

"If we had gotten onto their defense sooner and scored in the

beginning, we would have been right in the game," commented Jen.

Cherub Honeywell, who added eight points, saw the game as a learning experience. "We always play to win, but this is a tournament and we'll learn from our mistakes and it won't cost us."

Announcement

District Attorney

Jerome L. Cohen, Esq.

will return to the general practice of law as of January 6, 1992. For appointments, phone: 822-7131

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Tunkhannock shuts down Dallas High girls 50-40

Dallas girls' basketball team played Tunkhannock in an exhibition game on Dec. 27 at home and lost 50-40.

Wendy Cave continued her recent scoring rampage with 17 points and Jen Daveski added seven. As predicted by coach Kit Karuza and lone senior Wendy Cave, the Mountaineers are scor-

ing more points as they mature. In the past two games, Dallas has scored 96 points as younger players begin to contribute.

High scorers for Tunkhannock were Dulci Kintner with 18 followed by Wendy Sisie with nine and Courtney Strumski with six. Dallas will play January 3 at Lake-Lehman.

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Community College of Luzerne County
Announces its Spring 1992 Class Schedule for the

DALLAS AREA (SECTION D-1)

Class Location: Dallas Area High School
Registration Date: Monday, January 6, 1992, 6:00-8:00 P.M.
Classes Begin: Monday, January 27, 1992
Classes End: Thursday, May 7, 1992
Final Exams: Week of May 11, 1992

COURSE	TITLE	TIME	DAY
ACC111	Principles of Accounting I	6:15-9:00	T
ACC112	Principles of Accounting II	6:15-9:00	W
ACC211	Intermediate Accounting I	6:15-9:00	W
BUS125	Beginning Typing	6:15-9:00	W
BUS201	Principles of Marketing I	6:15-9:00	Th
BUS261	Business Law I	6:15-9:10	M
EMS207	CPR (LF)	6:15-9:10	M
ENG101	English Composition I	6:15-9:00	T
ENG102	English Comp/Literature II	6:15-9:00	W
ENG222	World Literature II	6:15-9:00	Th
HIS101	History of Civilization I	6:15-9:00	Th
IST209 D1	Intro. Microcomputers (LF)	6:15-9:00	T
IST209 D2	Intro. Microcomputers (LF)	6:15-9:00	W
IST260	Intro. Lotus 1-2-3 (LF)	6:15-9:00	Th
MAT121	College Algebra	6:51-9:10	M
PHI150	Intro. to Philosophy	6:15-9:00	Th
PSY217	Developmental Psychology	6:15-9:10	M
SOC215	Principles of Sociology	6:15-9:00	T

Monday classes are extended to make up for time missed.
EMS207 can be used to satisfy a phys. ed. requirement. It is one credit. Begins Jan. 27, ends Feb. 24. Final exams will be March 2.