



Cub Scouts visit The Post

Cub Scouts from Pack 281 visited The Dallas Post Nov. 2, to learn about how news is gathered and a newspaper is produced. Grace Dove, Post reporter, talked about how she puts together a news story. The Scouts are, from left, Jason Jolley, Jonathan Pall, Nick Law, Matt Eisenberger, Bryan Kelly, Andy McGee. Ellen Polin is the pack's leader.

Alison Corey

(continued from page 1)

velop before introducing him to harder work.

A fully trained horse like Max can cost between \$25,000 and \$35,000, depending on his breeding and capabilities, she said.

As a riding student, Alison catches on quickly and is always working to improve herself, Bell said. Bell, who learned to ride when she was eight years old, teaches all levels of riding.

Beginners learn pleasure riding first, she said. If they want to compete in shows, their training becomes more intense.

To qualify for shows of the caliber of Devon, riders must qualify by earning points at shows on the Northeastern Pennsylvania Horsemen's Association circuit. With one more show left in the season, Alison is up for an NPHA championship.

Bell has taught at Borrowdale since 1975 and has sent several

students to shows at Devon, where Alison competed in the jumping show in May and the dressage show last month.

"It's always nice to see former students and horses I've trained at shows," she said. "It's very gratifying to see them doing well."

Bell has passed rigorous studies and tests in horse training and stable management and studied in England to earn her Horsemaster's certificate (a professional riding certification) and a certificate to teach equitation.

"Some of the professional riders at Devon complimented Alison for her dedication," Bell said proudly. "She was one of the youngest riders to compete in the dressage classes. This is the beginning of a very promising career for both Alison and Max."

Alison and Max didn't come home empty-handed from Devon's dressage competition. They earned

a pink fifth-place ribbon — an excellent first effort.

"I wasn't nervous," Alison said. "I had the feeling we'd do well. Max was moving beautifully."

Alison wants to follow in Bell's footsteps, studying at Woodcock Hill in Connecticut to prepare for the difficult British Horse Society Test, which will lead to preparatory studies in England for riding and teaching certificates. With a room full of ribbons and trophies, her ultimate goals are to become a professional horse show rider and, like Bell, to own her own stable and teach equitation.

When she isn't with her two- and four-footed friends at Borrowdale Acres, Alison is a senior at Bishop O'Reilly High School and is a member of the French Club and soccer team. She also owns and trains three other horses, Beauty, Czar and Micah, who live in Florida.

Pvt. Rutt completes Army Reserves basics

Army Reserve Pvt. Jared R. Rutt has completed basic training at Fort Jackson, Columbia, S.C.

During training, he received instructions in drill and ceremonies, map reading, tactics, military courtesy, military justice, first aid and Army history and traditions.

Rutt is the son of Barbara J. Roberts of Harris Hill Road, Shavertown and Robert L. Rutt of Ray's Drive, Newville.

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Century Management honors Xavier Abbott

Century Management Systems recently honored Xavier Abbott, a Back Mountain resident, at the company's Management Conference held in Williamsburg, VA.

Century Management Systems, headquartered in Forty Fort is an environmental and food service

management company.

Abbott, food service director at Nesbitt Memorial Hospital, King-
ston, received Century's Special
Recognition Award, which is pre-
sented in commemoration of
outstanding performance that
goes above and beyond the call of

duty.

Abbott joined Century in 1991
and served as Food Service Direc-
tor at Greene County Memorial
Hospital in Waynesburg, PA be-
fore his appointment at Nesbitt
Memorial Hospital in 1994.

Get Your Flu Shot this Year!

Flu Season Is Just Around the Corner

The Flu. It's not just a pesky bug, it's a serious disease. Every year over 10,000 Americans die from complications related to the flu. The good news is that you can protect yourself from influenza by getting a flu shot at one of the Visiting Nurse Association's Flu Clinics. Almost anyone* who wants to reduce the risk of catching the flu should be vaccinated. Please note: Contrary to public opinion, you cannot get the flu from a flu shot, and the risk of side effects is extremely rare.

*The Centers for Disease Control and Prevention suggest that some people should check with their doctor before vaccination. This includes anyone with an allergy to eggs, anyone with a history of Guillain-Barre syndrome, women who are, or may be, pregnant and persons who are ill and have a fever.

VISITING NURSE Flu Prevention Campaign Public Clinics

Friday, November 10

4 PM to 8 PM

Mr. Z's Market, Dallas

Flu shots are reimbursable by Medicare Part B, but you must bring your Medicare card with you. For all other persons, the cost is \$10 per shot. Must be 18 years or older to receive a flu shot at a VNA Clinic.

**For dates & places of additional Clinic Sites, please call the
VNA Flu Hotline at 1-800-FLU-3332**

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