

Sem ice

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1-3. The Blue Knights have looked good thus far, losing a couple of close games to two of the strongest teams on their schedule. The team will entertain Penridge Prep School at the Wilkes-Barre Ice-A-Rama Saturday.

Seminary will play 35 games this year and participate in four private tournaments. Some opponents come from as far away as Canada. The team usually practices Monday morning as well as Tuesday, Wednesday and Thursday afternoons. Most games are played on weekends.

Seminary is thankful for the amount of practice time available to them. Bloomsburg University, King's College, the University of Scranton and the youth league all refer to the ice-a-rama as their home ice. If Kevin Blaum is considered the number one ringleader to land an arena in Northeast Pennsylvania, then Button would be considered number 1A.

"Hockey would just grow and grow around here," Button said. "It would also help our recruiting. We get a lot of the local kids because we're the only area high school with an ice-hockey program, but we lose some of the out-of-townners to other prep schools."

Button also encourages girls to come out for the sport. Two females dotted the roster last winter and the one that returned is presently recovering from an injury. Button, a native of Michigan, claims the sport is quite popular with females in the upper midwest.

"We'd like to see an increase in the number of girls that play here," Button said. "They're more than welcome."

Youth basketball league lists grade 3-4 players

Dallas Youth Basketball recently began its third-fourth grade Winter League program for 1995-96. Practices are now taking place with regular season games scheduled to begin on December 6. The rosters for this season are as follows:

NORTH CAROLINA
Coach: Joe Kerestes
Eric Del Santo, Bruce Deeble, Shane Gibbons, Conor Judge, Martin Kane, Bryan Kelly, Tim Kerestes, Joe Wyberski.

MARYLAND
Coach: Don Murrery
Jason Demnicki, Michael Early, Michael Lloyd, Tom Hadzor, Erich Mahle, Elijah Miller, Ryan Murray, Zach Turchin.

DUKE
Coach: Tony Barbose
Jonathan Baker, Ben Barbose, Sam Brown, Tim Crossin, Mitch Mitchell, Zach Polin, Ken Regan, Matt Tucker.

VIRGINIA
Coach: George Gracely
Eric Baltimore, Ryan Harvey, Gene Lispi, Ryan Marascio, Matt Moser, Matt Muldoon, Nathan Yoh, Doug Zaruta.

FLORIDA STATE
Coach: Dave Domzalski
Kevin Domzalski, Andrew Gialanella, David Heister, Vince Insalaco, John McGeehan, Cory Schultz, D.J. Tasselmeyer, Steven Wengen.

GEORGIA TECH
Coach: Allan Gage
Colin Baird, Joe Bednash, Tyler Droppers, Brian Gage, Sean Leary, Jeff Pace, Alan Pugh, Matt Rattigan.

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45 Main Road, Dallas

The Wicker Shop
at **FASSETT'S**
(Best Prices Around)
Downtown Tunkhannock
One Mile North of Wal-Mart
M-F: 9:30 a.m. - 5:00 p.m.
Sat: 9:30 a.m. - 4:00 p.m.

836-2546

Mike Stolarick was tops at Bangor

On Sat. Nov. 18 at the Bangor Tournament, Mike Stolarick took 1st place in the Bantam 60 lb. Division and was named outstanding wrestler.

Noxen Strikers wrestled well at the YMCA Annual Turkey Classic at Penn State's Wilkes-Barre Campus on Sunday, Nov. 19.

PeeWee Division: 55 lb., Mike Gurnari, 2nd place; 60 lb., Mike Dubil, 1st place; Unl., Kenny Miller, 1st place.

Bantam Division: 40 lb., Josh Ross, 2nd place; 60 lb. Mike Stolarick, 3rd place; 65 lb. Brian Goeringer, 4th place; 75 lb., Matt Dragon, 2nd place.

Midget Division: 60 lb. John Houssock, 3rd place; 70 lb., Dale Radginski, 2nd place.

Junior Division: 80 lb., Todd Jones, 2nd place.

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DUI and safe hunting program starts

The Northeast Regional Highway Safety Program and the PA Game Commission are working together on a DUI and hunting under the influence program.

Packets have been put together which include information on driving under influence, underage drinking, safe hunting tips and an ice scraper. The packets are free to the public and can be picked up in the sporting goods department of Boscov's in Wilkes-Barre.

Sylvia completes Navy basics

Navy Seaman Recruit Richard H. Sylvia, son of Henry J. Sylvia of Lower Demunds Road, Dallas, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, IL.

During the eight week program, Sylvia completed training which included classroom study, practical hands-on instruction, emphasis on physical fitness, naval customs, first aid, firefighting, water safety and survival, and safety skills required for working around ships and aircraft.

Sylvia is a 1995 graduate of Dallas High School, Dallas.

Updyke graduates Air Force special school

Air Force Airman William H. Updyke has graduated from the air traffic control operator course at Keesler Air Force Base, Biloxi, Miss.

Graduates were taught aircraft recognition and performance, navigational aids, and procedures to regulate air traffic and airport traffic control.

Updyke is the son of Mary A. Updyke of Wyoming.

December Holidayfare!

The Health Services Division of Wyoming Valley Health Care System offers a great variety of health awareness, preventive health, personal enhancement, support services and special event programs designed to promote the overall wellness of the entire family during the holiday season.

HEALTH AWARENESS

An array of enlightening presentations and activities, providing practical information on how you and your family can actively enhance your health and well-being.

Healthy Holiday Eating

You are cordially invited to join our STAR dietitians as they transform a holiday dinner into a low-fat, healthy traditional meal. Bring your favorite recipe and see it redesigned into a low-fat version.

Back Mountain Medical Center
Thursday, December 7 • 7:00 PM

Free

Presenters: STAR Dietitians

Healthy Traveling

Travel and holidays go hand-in-hand. Join an exercise physiologist and a registered dietitian as they discuss how you can incorporate exercise and health; eating into your routine while traveling.

TPS Medical Pavilion
Health Enhancement Classroom
Monday, December 11 • 7:00 PM

Free

Presenters: Joan Cebrick, M.S., Manager, Fitness & Nutrition Services
Amy Golden, M.S., R.D., STAR Dietitian

A Hunter's Feast

Come join a local chef as he prepares wild game and venison. Learn and experience the gourmet approach to a truly tasty feast.

TPS Medical Pavilion
Health Enhancement Classroom
Wednesday, December 13 • 7:00 PM

Fee: \$5.00

Presenters: David Joyce, Chef
Amy Golden, M.S., R.D., STAR Dietitian

CHILDREN'S CORNER

Health and safety topics designed specifically for children. Many of these fun, entertaining and very informative sessions are scheduled for children to enjoy while their parents attend our other programs.

"Who is a Stranger?"

Helps children ages 5 to 8 learn important information to help prevent child abduction.

Back Mountain Medical Center
Thursday, December 7 • 4:30 PM

Free

Presenters: Health Awareness Staff

TEEN TALK

The teen years can be a challenging time in a person's life. These programs offer young people the opportunity to talk openly with adults in an informal, nonjudgmental environment, that is fun and informative!

Fun Fitness For Teens

Maintaining a proper exercise routine now will have beneficial effects on your health in the years ahead. Teens ages 11 to 16, come join the fun as you move to the music in a step aerobic class conducted by a certified STAR aerobic instructor.

TPS Medical Pavilion Auditorium
Monday, December 4 • 7:00 PM

Free

Presenter: Tammy Strellish
ACE Certified Instructor

SUBSTANCE ABUSE: COPING AND CARING

Focusing on the impact addiction can have on the entire family, these presentations provide coping skills and care options to loved ones.

Avoiding Relapse Over The Holidays

Join a recovering individual who will share issues relevant to the Holiday season. Learn new ways to celebrate in a sober fashion.

CHOICES Multipurpose Room
518 Wyoming Avenue, Kingston
Tuesday, December 12 • 7:00 PM

Free

Presenter: CHOICES Alumni Member

SUPPORT SERVICES

These timely gatherings assist individuals and families in coping with ongoing personal and medical challenges through an open sharing of emotions and experiences.

Cancer Survivors Holiday Celebration of Life: "The Greatest Gift"

A cordial invitation to cancer survivors and their families to celebrate Chanukkah and Christmas... the two most joyous winter holidays, with courage and life, the two greatest gifts for cancer survivors. Join us as we celebrate these life-affirming events with tradition, food and entertainment.

TPS Medical Pavilion Auditorium
Saturday, December 2 • 5:00 PM

Free

SHARE

"Holiday Tree of Hope Tree Trimming and Social"

Join us in remembering the lives of children no longer with us as we share this annual holiday tradition. Ornaments bearing the names of deceased children will be placed upon a tree in the Nesbitt Memorial Hospital Lobby. Parents and siblings of deceased children are invited to participate in this tree trimming and the social that includes a jolly visit by Santa Claus.

Reservations are required. If you are requesting an ornament for a deceased child, please include their name in your reservation. Names and ages of children who are attending have been requested by Santa.

Nesbitt Memorial Hospital Campus Lobby
Sunday, December 3 • 1:00 PM

Free

ECAp (Exceptional Cancer Patients)

ECAp is a weekly group that provides a safe, mutually supportive environment featuring relaxation techniques and guided imagery. First-time participants are requested to call the Clinical Support Services office at 283-7210 before attending ECAp meetings.

TPS Medical Pavilion
Health Enhancement Classroom
Tuesdays, December 5, 12 and 19 • 6:30 PM

Free

Osteoporosis Prevention and Support Group

Educational and emotional support is offered to anyone diagnosed with osteoporosis. A registered dietitian will give you many ideas on how to incorporate calcium into your holiday recipes. Light refreshments will be served.

TPS Medical Pavilion Auditorium
Thursday, December 7 • 12:00 NOON

Free

Presenter: Shelley Gardner, R.D. STAR Dietitian

RSVP by December 4, 1995

Hope Through Options

This offers couples diagnosed with infertility a relaxed setting in which they can freely express and share any of their wide range of emotions.

TPS Medical Pavilion Auditorium
Monday, December 11 • 7:00 PM

Free

Community Support For Cancer Patients (American Cancer Society)

The support of family and friends can enhance a person's sense of well-being and confidence while battling a medical condition. Join our Clinical Support Services coordinator as she discusses support programs and their impact on the outcome of medical treatment.

TPS Medical Pavilion Auditorium
Thursday, December 14 • 7:00 PM

Free

Presenter: Judi Nowak, R.N., Clinical Support Services Coordinator

Diabetic Education Support Group Christmas Party

TPS Medical Pavilion Auditorium
Thursday, December 21 • 6:30 PM

Free

PERSONAL ENHANCEMENT

Innovative and interactive learning experiences specially developed to help you achieve individual satisfaction and productivity.

Are You Ready For The Holidays?

You will be ready after this fun evening of learning how to creatively wrap gifts, make fancy bows and set a festive table, all with time to spare!

TPS Medical Pavilion Auditorium
Wednesday, December 6 • 7:00 PM

Fee: \$5.00

Presenter: Diane DeNisco, Project Coordinator, Interior Design

Clutter...Be Gone!

During the holiday season we tend to hide and hoard. Spring cleaning does not have to wait! Learn the basics to eliminate clutter forever.

Back Mountain Medical Center
Tuesday, December 12 • 7:00 PM

Fee: \$5.00

Presenters: Staff Enhancement Staff

Reduce Holiday Stress

Gift ideas to help lessen stress and tips on holiday planning are just some of the topics that will be discussed.

Back Mountain Medical Center
Thursday, December 14 • 7:00 PM

Fee: \$5.00

Presenters: Staff Enhancement Staff

STAR FITNESS

Leading-edge facilities, certified professionals, advanced techniques and state-of-the-art equipment help make STAR Fitness a leader in personal fitness.

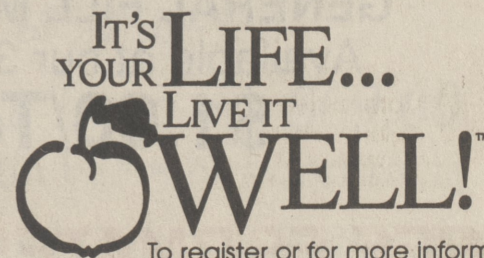
Take Time to Body Sculpt

During this busy holiday season, take time to pamper yourself and experience a non-impact strength workout called "Body Sculpt." Then learn how to enhance overall relaxation with a full-body stretch.

Back Mountain Medical Center
Tuesday, December 5 • 7:00 PM

Fee: \$3.00

Presenter: Joan Cebrick, M.S., Manager, Fitness & Nutrition Services



To register or for more information, please call 283-7222 or 1-800-838-WELL.

Back Mountain Medical Center • 100 Upper Demunds Road, Dallas
TPS Medical Pavilion • 468 Northampton Street, Edwarsville

WYOMING VALLEY HEALTH CARE SYSTEM