



### Heading for home

Nathan Carsman makes a valiant sprint for home plate.

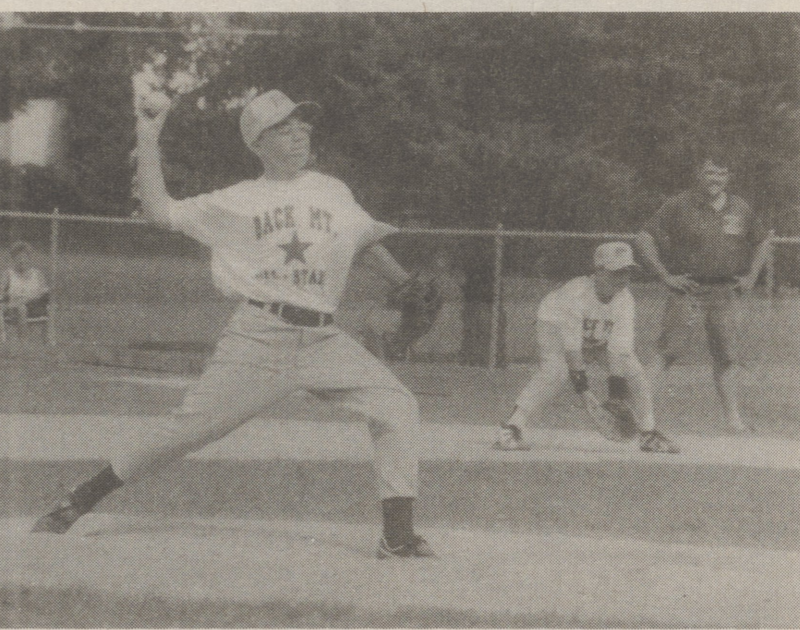
POST PHOTO/JIM PHILLIPS



### OUTTA MY WAY!

POST PHOTOS/JIM PHILLIPS

Scott Lozo plants his foot firmly on the bag at second base, top, while pitcher Joel Lesinsky winds up to fire a ball and first baseman Charlie Stajewski gets ready for action, at left.



### Dallas High sports physicals schedule

Dallas high school and middle school fall sports physicals schedule:

- July 25, 9:15 a.m., senior high, girls cross country and field hockey; 11:15 a.m., girls volleyball and cheerleading.
- August 7, 8 a.m., middle school, boys soccer and boys cross country; 8:30 a.m., middle school girls soccer and girls cross country; 9 a.m., middle school, field hockey.
- Senior high physicals will be given in the nurses suite of the senior high school.
- Middle school physicals will be given in the nurses suite of the middle school.

## Hospice 100

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a lower pledge amount we can attract more riders," said Diane Myers Director of Development. "I think things are better organized this year too."

After three years, Myers and said Sevison who works with Stankus for Dr. Richard Blum in Wilkes-Barre. "We'll probably do 50 again, or maybe less. We'll find out Sunday."

Getting younger children involved as well as adding a 20k tour were among the changes made last year. For the summer of the '96, race organizers decided to improve on last years changes plus heed the advice of their riders.

Two major changes are in store as a result of questionnaires filled out by bikers after last summer's race. Those riding half the race felt the second 50k was an easier course as compared to the first section and would prefer to pedal it. Coordinators agreed to that arrangement and also lowered the minimum pledge from \$250 to \$150 to encourage more participants.

"Many riders felt that by having

*"So many people have been touched by hospice, that it's not a hard thing to raise money for."*

**Diane Myers**  
Director of Development  
Hospice St. John

race co-ordinator Susan Nenstel are still amazed by the response and the amount of cooperation they receive just by mentioning hospice.

"So many people have been touched by hospice, that it's not a hard thing to raise money for," Myers explained. "It's an easy fundraiser."

About 225 volunteers will handle everything from line-painting to cooking for the annual barbecue. The Wyoming Valley Bicycling Club will pedal alongside 20k riders, since they are the least experienced.

Those taking on the entire 100 kilometers will begin the course

at 8 a.m. with the other groups to follow. The picnic will get underway around noon, childrens' races about 1 p.m. It will truly be a family event with plenty of activities and entertainment for the youngsters including face painting.

And like the director of Macy's Thanksgiving Day Parade, race organizers will begin to plan next year's run almost immediately.

"For it to get bigger and better we need to do so," said Myers.

Many bikers are part of a team and help one another in their efforts to generate donations. At last report the second largest team was a group of cyclists from College Misericordia. Last summer they raised the second highest figure while receiving credit for having the most team support.

Any would-be cyclist that hasn't pre-registered may still participate by meeting at the Dallas High School Sunday morning at 7:30. You will need to raise \$150 in pledges plus pay a late fee.

For more information about riding, pledging or volunteering, phone 823-2114 or 454-5300.

## 9-10 stars

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pop up off the bat of Mark Stewart. In one fluid motion he whipped the ball to Shiskowski to double up Zach Pientka.

Coaches and league officials alike commended both teams on a well played game as the nine and 10 year olds displayed the ability to play good fundamental baseball. The teams combined for just two errors, and five wild pitches. The boys consistently hit the cutoff man, threw to the proper base and most impressively, they knew when to hold onto the ball and run it back in rather than toss it all around the field.

The Nationals jumped out on top, 3-0 in the second by sending all nine batters to the plate. Cobleigh scored the game's first run when English grounded out to Benick. Three batters later, Domzalski smashed a solid single to center scoring Shiskowski. Eric Mahle scored an unearned run when Phil Kurello reached on an error.

The Nationals, along with the boys from Back Mountain American, Bob Horlacher and Harveys Lake are competing in the Lower Valley Bracket. The team winning that division faces the winner of the Swoyersville division for the District 16, 9/10 year old title.

### Tourney Aug. 10 at Four Seasons

Four Seasons Golf Club, Exeter, will hold a "Captain & Crew" golf tournament August 10, with tee times beginning at 7:30 a.m. The \$27 per person entree fee includes 18 holes, meal, beverages and prizes for flight winners and contests held on the course.

Call 655-8869 to reserve a tee time for your foursome.

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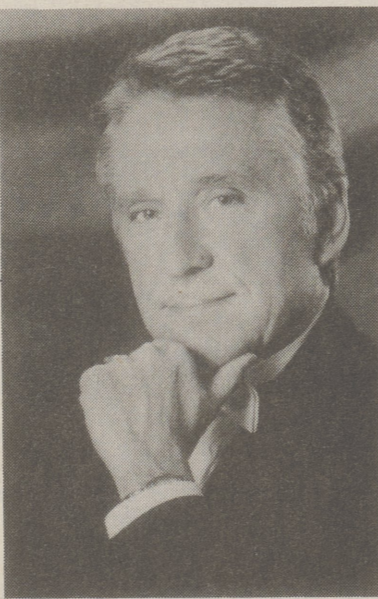
## NORTHEASTERN PENNSYLVANIA PHILHARMONIC

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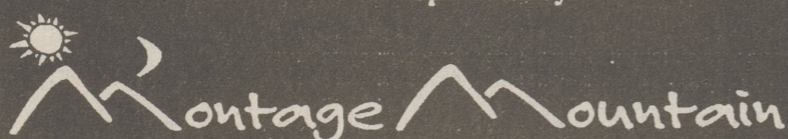
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