



The Dallas Post

50¢

SERVING THE COMMUNITIES OF THE DALLAS & LAKE-LEHMAN SCHOOL DISTRICTS

Vol. 108 No. 1

Dallas, Pennsylvania

December 31, 1996 thru January 10, 1997

This was the year that was in the Back Mountain

We can't properly welcome the New Year until we've given a fitting burial to the old one, so here's a review of the events of 1996, in chronological order.

Some of the events of the past year were tragic, some funny, many mundane — but all of them touched lives in the Back Mountain, so we've tried to select a wide range of items from all parts of our diverse region.

Jan. 3: Joe and Sue Hand wound down a weeklong celebration of 20 years operating Sue Hand's Imagery, and 40 years of Sue's painting.

The Lake-Lehman School Board was deadlocked on a replacement for member Pat Gold, who had resigned. County court may have to make the selection.

Alice Solinsky, Kingston Township, told about her trip to Poland, where she and other employees of Allied Services helped out at the Litewska Children's Hospital.

Jan. 10: The Back Mountain was digging out from a record snowfall of more than 20 inches in 24 hours. But the drifts didn't stop two young men from robbing the Pump 'n Pantry in Dallas, nor did it slow the police officers who caught them.

John Wilkes Jr., 25, and Jim Hutchins, 22, became the youngest elected officials in the history of Jackson Township. Wilkes was sworn in as a supervisor and Hutchins as an auditor.

The Dallas girls' basketball team scored a 47-41 victory over

"It's been an incredible 4 years."

Lisa Caputo
Press Secretary to
Hillary Rodham Clinton
March 27, 1996

rival Lake-Lehman in the teams' first meeting of the new season. Robin Suda led the Mounts with 16 points and 13 rebounds; Kelly Spencer tallied 13 points for the Knights.

Jan. 17: Parents and teachers began a campaign to save Westmoreland School from closing. They spoke out at a school board meeting, citing the school's proximity to its students and family

atmosphere.

Heavy snows brought down the roof of a barn at Winterview Farm in Dallas. No animals were injured.

The Back Mountain Regional Land Trust recorded its first transaction, protecting 42 acres of land in Salem Township from development.

Jan. 24: In a replay of 1972 — the short version — people fled a mandatory evacuation of Wyoming Valley as the Susquehanna River rose to dangerous levels. Local residents manned evacuation centers and cared for the ill and elderly.

CNN came to the region to cover the flood, and correspondent Brian Jenkins interviewed Gail Ide of Lehman. But the identification

line on screen read "Gail Idd."

With the Steelers ready to face the Cowboys in the Super Bowl, some people suggested Dallas change its name, at least for the day. ABC News called Mayor Paul LaBar to ask about that possibility after KDKA-TV in Pittsburgh interviewed borough manager Milt Lutsey on the subject. "I can't stand living in Dallas this week," said Hugh Boice.

Jan. 31: Anna Lloyd of Dallas was named the top pony hunter rider in the state by the American Horse Show Association. The 14 year old had been riding for 10 years.

The state Public Utilities Commission put on hold a request

See YEAR REVIEW, pg 5



Gov. Tom Ridge visited Offset Paperback to announce changes to the state's Workmen's Compensation program.

Trail group seeks funds to open first mile

By KYLIE SHAFFERKOETTER
Post staff

TRUCKSVILLE - In this environmentally conscious era, many people would be inclined to view some of the effects of the Industrial Age with regret. We need look no further than strip mines, slag heaps and polluted rivers to see the impact on northeastern Pennsylvania.

But in our abandoned railways we actually possess a resource which has the potential to reconnect us with the natural beauty that surrounds us.

The Anthracite Scenic Trails Association (ASTA) is a non-profit organization that has been working diligently for the past three years to convert Northeastern Pennsylvania's former railroads into trails to be used for walking, hiking, jogging, cross-country skiing and biking.

The old Lehigh Valley railroad runs right through the Back Mountain. Coming up through



POST PHOTO/KYLIE SHAFFERKOETTER

See TRAIL, pg 12 Judy Rimple, president of ASTA enjoys the natural beauty of the Back Mountain Trail.

Teachers tutor peers in 'Project Learn'

By JENNIFER JUDGE
Post Correspondent

LEHMAN - Four teachers from Lake-Lehman School District gave presentations during Project Learn, a conference that involved 4,000 teachers from Luzerne and Wyoming counties. The program was held at Wilkes University and King's College.

Jeris Baranowski, health and home economics teacher at the high school, teamed up with Mary Kropiewnicki of Wilkes University to present a session titled Implementing Cooperative Learning in the K-12 Classroom. Baranowski stresses the differences between cooperative learning and group work. She defines cooperative learning as "teaching students to work in teams with a major emphasis on social skills and teaching them to come to consensus," Baranowski adds. "The third emphasis is to learn to work with people you don't choose."

Baranowski believes that cooperative learning is more compatible with students' learning strategies today. "Kids now have changed dramatically. They are not quiet kids who sit in the classrooms. They want to know why. Cooperative learning empowers them. They are a major part of the classroom," Baranowski explained.

Baranowski has implemented cooperative learning strategies in her own classroom and feels that the skills students learn will help

"Kids now have changed dramatically. They are not quiet kids who sit in the classrooms."

Jeris Baranowski

Lake-Lehman health and home economics teacher

them in the business world. Instead of just allowing homework time in class, Baranowski designs activities based on what a student learns. Through these activities, she tests how well students have grasped the lesson.

Regina Corbett has served as a school psychologist at Lake-Lehman and is currently a member of a diagnostic and consultative team to deal with student academic or adjustment difficulties. This was Corbett's first year presenting at the conference.

Corbett's topic was Attention-Deficit/Hyperactivity Disorder (ADD). During the course of her presentation, she discussed what it is, what causes it, medication used to treat it, how kids are diagnosed, and strategies that teachers can use in the classroom to deal with it.

Corbett, who presented to about 85 teachers, says, "I am surprised that there are still so many people

See TEACHERS, pg 3

Gyms ready to help you keep that resolution

By MICHAEL TWICHELL
Post Correspondent

BACK MOUNTAIN - With the coming of the new year, comes the inevitable slew of resolutions:

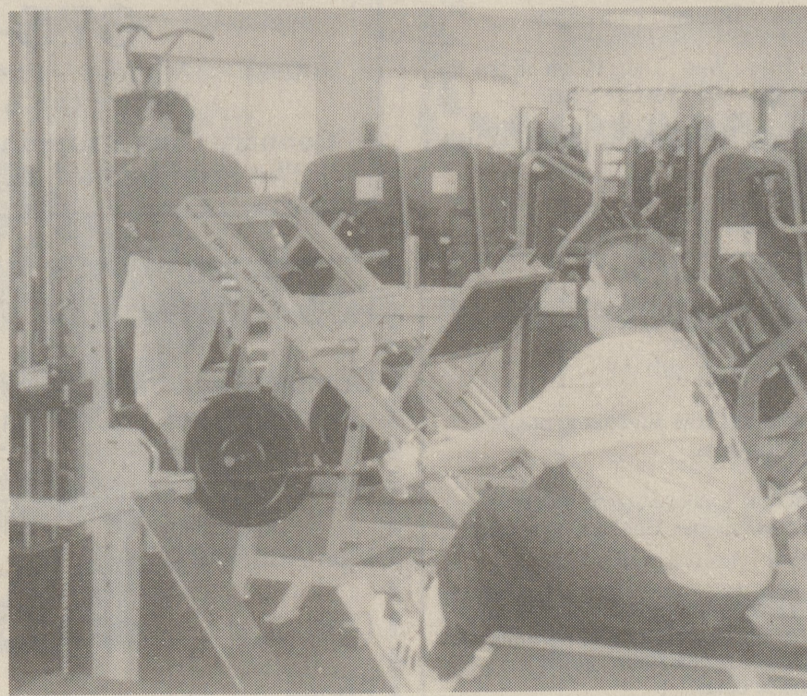
"I'm going to quit smoking."
"I'm going to be nicer to (fill-in-the-blank)."

"I'm going to give up drinking."
But the most often heard resolution is unquestionably, "I'm going to get fit."

Several years ago, keeping that one was difficult for Back Mountain residents, mainly because there were no decent facilities in the immediate area. But in the last few years several quality establishments have sprung up around town, including two rehabilitation and therapy centers.

Ernie's Health and Fitness, along Rt. 309 in Dallas, has been in business since September, 1994, and utilizes top-of-the-line equipment, competent instructors, and various training programs to provide for their customer's needs.

"We're geared toward the person with no idea about starting a fitness program, and have people here to help them get off on the right foot," says staff member Steve Buckley.



POST PHOTO/MIKE TWICHELL

Trisha Pilosa worked out on the machines at Ernie's Fitness in Dallas.

Ernie's offers several different programs, from personal appointments with an instructor, to a "group" program with a trainer, or "someone who does know what they're doing can have the run of the gym, and can also ask for help

if they need it," said Buckley. "We also offer rehab programs," says Buckley "and about half of our clients are here for that."

Last August, Ernie's opened its doors to the Polish National Olympic bobsled team, whose mem-

bers trained at the facility through November. "We helped them with conditioning, so they would be able to get a better start in a race," says Buckley.

The Powerhouse Gym in Shavertown is geared toward, "more hard-core athletes, including bodybuilders, competitive weightlifters, and members of the various local high school sports programs," says a spokesman for the gym, "so our clientele is already pre-disposed toward fitness."

Northeast Pain and Rehab, opened around 1989 as Dallas One-to-One-Fitness Center, has evolved into a more therapy oriented establishment in the last few years. "We do it all," says regional manager Jim Dundon. "We're primarily devoted to rehab and pain management, but we still offer personal weight loss and exercise programs to the public." The facility also boasts a nationally certified staff of doctors and fitness professionals.

"We're in business to assist anyone to succeed and get healthy, no matter what their limitations," Dundon says. Northeast Pain and Rehab has successfully helped injured student athletes in the

See FITNESS, pg 12

Newspaper office closed for New Year's

The office of The Dallas Post will close at 2 p.m. Tuesday, Dec. 31 and will be closed all day Wednesday, Jan. 1 for the New Year's holiday. Items for the Jan. 8 issue may be left in the drop box at the front of the building.

The office will reopen Thursday, Jan. 2 at 8:30 a.m. Deadlines for news and advertising will be back to normal for the Jan. 8 issue.

■ **Bowl music** While the team plays, Valerie Prothero will make music at Fiesta Bowl. Pg 5.

■ **At the helm** Harveys Lake Yacht Club elects new officers. Pg 6.

INDEX

12 Pages 1 Section	
Calendar.....	8
Classified.....	10-11
Crossword.....	8
Editorials.....	4
Obituaries.....	2, 10
School.....	7
Sports.....	9

CALL 675-5211
FOR HOME DELIVERY,
NEWS OR ADVERTISING

The Dallas Post
MAILING LABEL- Please enclose this label with any address changes,
and mail to The Dallas Post, P.O. Box 366, Dallas, PA 18612-0366