



Racers waited for the starting gun at last year's Wilkes-Barre Triathlon.

Athletes young, old set to run

The Wilkes-Barre Triathlon, which takes place this weekend, will feature top athletes from around the world. It will also offer running tyros the chance to compete for fun and prizes.

In addition to serious triathletes, amateur racers will compete individually or in teams, with two or three people splitting the segments.

The triathlon takes place Sunday, with the swim segment beginning at 8:15 a.m. at Harveys Lake. But preparation begins long before, with registration opening at 12 noon Saturday at Penn State in Lehman. The bike transition area at the lake will open at 12:30 p.m.

Professional triathletes will meet at the Penn State Athletic Center at 3 p.m. Saturday for a press conference. All competitors must attend a pre-race meeting at 5 p.m. Saturday. Registration will be closed during the meeting, then reopen from 6 to 6:30 p.m.

The first swimmers are expected to leave the water at about 8:35 a.m. Sunday, and get on bikes for the ride through the Back Mountain. The leading racers are expected to complete the bicycle segment by 9:30 a.m. and to finish at Penn State by 10:15 a.m.

Spectators should park at Penn State, not at Harveys Lake, where parking is very limited. Buses will take them to the lake.

The bicycle course will be closed at 11:15 a.m. and the run course will close at 1:15 p.m.

An awards ceremony and raffle will be held beginning at 1:30 p.m. at the Penn State campus.

If you have any questions about the triathlon, call the Race Hotline at 822-2025.



Bill Sprau was the third highest local finisher in last year's Wilkes-Barre Triathlon.

Race for kids Saturday

A "Future Triathletes" fun run will take place Saturday starting at 10:30 p.m. on the Penn State campus in Lehman. The race is open to children between the ages of 8 and 13, and costs \$10 per participant for race-day registration. All runners will receive a t-shirt and winners in age groups will receive awards. Race-day registration takes place from 9:15 a.m. to 10:15 a.m. at Penn State. For more information, call the Race Hotline at 822-2025.

L-L school board to meet Aug. 12

The Lake-Lehman School District will hold the regular monthly committee-of-the-whole meeting on Tues., Aug. 12 at 7 p.m. in the Multi-Purpose room of the Lehman-Jackson Elementary School, immediately followed by the regular monthly meeting.

Kristy Kozlek receives academic honors

Kristy Kozlek of Shavertown received academic honors for the Spring 1997 semester at Franklin & Marshall College.

At student earns Honors List recognition for achieving a 3.7 or better grade point average, and Dean's List recognition for achieving a 3.0 or better grade point average on a 4.0 scale.

Kozlek, a first year student is a 1996 graduate of Wyoming Seminary. She is the daughter of Dr. Thomas and Mary Kozlek, Shavertown.

Molly Davis earns scholarship

For the second year in a row, five Arizona State University students have won Fulbright grants, tying the best single-year performance in ASU's history. The prestigious federal award provides full funding for a year of research or study abroad to graduating seniors and graduate students.

Molly Davis of Dallas recently won a Fulbright Scholarship. Davis a doctoral student in geography will travel to Jordan next year to continue her research on paleoclimatic conditions in the Middle East

The Post has school-year subscriptions

The Dallas Post offers special subscriptions for students going away to school or college. Subscriptions run from September through May, and cost \$15 in Pennsylvania, New York or New Jersey, and \$17 in all other states. To order, complete the coupon found elsewhere in this issue and send it to: The Dallas Post, P.O. Box 366, Dallas PA 18612, call 675-5211.

McCullough named to bank committee

Thomas A. McCullough, President and CEO of Grange National Bank, has been appointed to the Pennsylvania Bankers Association (PBA) Community Reinvestment Committee. The Committee keeps areas of developments and issues regarding Community Reinvestment regulation and participation. It also recommends continuing education programs regarding CRA issues as well as the publication of appropriate materials for bankers.

McCullough will serve a one-year term beginning July 1.

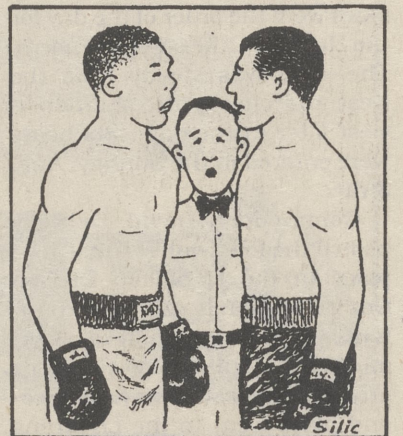
McCullough was asked to serve on this committee due to Grange National Bank's record of providing quality service to all economic groups in its marketplace. The Grange National Bank currently operates nine banking offices in Bradford, Luzerne, Susquehanna and Wyoming Counties and is currently celebrating its 90th Anniversary as an independent community bank.

Genealogical Soc. to take trip to Philly

The Northeast Pennsylvania Genealogical Society has arranged a bus trip to the Pennsylvania Historical and Genealogical Society at 17th and Locust Street, Philadelphia on Thurs. Sept. 11.

The bus will leave Wyoming Valley Mall at 8 a.m. and leave Philadelphia at 4 p.m. for the return trip.

Cost for members and non-members is \$20 per person. Send check, payable to Northeast PA Genealogical Society, to P.O. Box 1776, Shavertown, PA 18708-0776. Please include your telephone number. Deadline for paid reservations is August 30. For further information, call Tammy at 779-4643.



"NO RABBIT PUNCHING, NO HITTING BELOW THE BELT AND NO BITING!"

John Silic, of Courtdale, drew this cartoon in the aftermath of the Tyson ear-biting incident. He suggests an addition to the usual pre-fight rules discussion.

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Hospice Care in need of volunteers

Join the team of Hospice Care of the VNA of Luzerne County by becoming one of our valued volunteers. Hospice Care offers medical, social, spiritual and volunteer services of terminally ill patients and their families. Hospice Care volunteers have direct patient and family involvement by providing friendly visits, respite care and transportation. To qualify you need a compassionate and friendly personality, time to give and a desire to help.

A volunteer training is scheduled to begin in September. If you would be interested in becoming a Hospice Care volunteer or would like more information, please contact Barbara Wilson, Volunteer Coordinator, at 819-0866.

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