



POST PHOTO/KYLIE SHAFFERKOEETTER

Students of the Month

The recipients of the December Student of the Month awards at Dallas High School received \$50 savings bonds from Tele-Media Cable Company. From left, Deborah Vanderhoff, Tele-Media; Robyn Jones, guidance; Jason Vodzak, Creative Student Award; Sam Mikolaichik, Student Achiever Award; Seth LaJeunesse, Citizen Student Award; Erika Knappman, School Spirit Award and Laurie Popson, PTSA. Vodzak, 17, is a senior and son of Joseph and Susan Vodzak of Dallas. He is involved in the marching band, jazz band, drama and math competitions. He has received the Wellness Award and has made the honor society. Mikolaichik, 18, is a senior and son of Marion Blaine and Louis Mikolaichik. He participates in volleyball, chess club, archery and wood craft club. Some of his extracurricular activities include church youth group, skiing and snowboarding. LaJeunesse, 16, is the son of Chuck and Connie LaJeunesse of Dallas. LaJeunesse plays soccer, volleyball and takes karate lessons. He plays chess and is a member of the Kitchen Chemistry Club. He has won many awards for soccer and collects rare stones. Knappman, 17, is a senior and the daughter of Marlene and Richard Knappman of Trucksville. She is involved in many activities including soccer, volleyball, yearbook, AIDS Council and National Honor Society. She has been in Who's Who and recently attended the National Youth Leadership Forum in Washington D.C.

Medicine Shoppe Pharmacy offers medical profile

January is a time when many Americans set goals for the New Year, and those goals often revolve around living a healthy lifestyle. The Medicine Shoppe Pharmacy System is offering consumers an opportunity this January to learn more about their health through a program offered exclusively by Medicine Shoppe pharmacies.

The program, called The Medicine Shoppe Wellness Profile, is an interactive, easy-to-use and confidential health risk assessment and health promotion system that helps consumers gain an understanding of the relationship

between their daily lifestyle choices and known risk factors.

Participating in The Medicine Shoppe Wellness Profile is easy. Consumers call a toll-free number (800-677-0770) from their home or office. Using the keys of their touch tone phone, they are guided through an inventory of lifestyle habits, such as eating, smoking, alcohol, exercise and self-medication, and health indicators, such as weight, cholesterol, blood pressure, and diabetes. Depending on the responses, calls will take between 5-10 minutes.

Within about 10 days, partici-

pants may pick up a confidential Personal Wellness Profile print-out at their local Medicine Shoppe pharmacy. The profile can help show how lifestyle choices increase or decrease a person's risk of developing heart disease or circulatory problems, lung disease, diabetes and other chronic illnesses. The printout also presents choices and guidelines for practical, realistic adjustments in daily habits that can help reduce risk.

The program begins Mon., Jan 5 and ends Jan. 31. Participants can pick up their Personal Wellness Profile through the month of February.

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Wilkes-Barre Family YMCA Indoor Soccer

Registration is Jan. 2nd - 10th for All Soccer Programs!

B Division Soccer

7 week program
Practice one night during the week
Games on Saturdays for Boys & Girls
Ages 5-15 years
Price for members \$42.50
Non-members \$52.50
Price includes T-Shirt & Sweatpants

Soccer Clinic for 4 year olds

45 minute instruction program
1 day a week
2-2:45 p.m.
Basic Soccer Skills
7 week clinic
Members \$30.00
Non-members \$40.00
Includes T-Shirt

Let's Have Fun!

We also have team registration!

A Division is all boys teams
U-10, U-12, & U-14
(Ages as of Aug. 1st)

C Division is all girls teams
U-10, U-12, U-14, U-16

D Division is Co-ed (Boys & Girls)
U-8 teams
8 week season

Team Registration is \$300⁰⁰ team
Teams wear their outdoor uniforms

Begins the end of January!
Call 823-2191 Ext 141