

3-4 Boys

(continued from page 9)

quarter. Both teams traded baskets in the second quarter. Central Clay's Eric Domzalski recorded 8 of his game high 24 points in the quarter, while Michael Race and Nick Samanas combined for 8 points for Commonwealth. Commonwealth led at halftime 17-14. In the third quarter, Central Clay exploded on the shooting of Adam Singer and Eric Domzalski and outscored Commonwealth 12 to 4 to give Central Clay a 26-21 lead at quarters end. Central Clay's Brandon Rice and Ryan Konopki continued the scoring attack in the final quarter. Central Clay's offense was led by Eric Domzalski with a game high 24 points, followed by Adam Singer with 6 points. Central Clay played a good game on

defense with Rice, Jesse Swartwood, Konopki, Stephen Zubko, Adam Tamanini and Brian Kerpovich leading the way. Commonwealth Telephone's offense was led by Nick Samanas with 10 points, followed by Michael Race with 9 points, Chad Gelso with 2 points. Brandon Phillips, Chris Larson and Billy Barnes played a good defensive game.

American Legion 36 - Franklin First Savings 23

Adam King and Robbie Tomko hit for 12 points apiece followed by Mike Wyberski with 6 points, Sean McAndrew 4 points, 12 rebounds and Darrell Rodgers with 2 points for American Legion. The defense for Legion was led by David Murphy, Kyle Hazleton and Charles Young.

Baseball clinic at Misericordia

Misericordia Baseball Clinics are open to boys ages 8-14. A hitting clinic will take place Feb. 1, 9 a.m.-12 p.m. and Feb. 8, 10 a.m.-1 p.m. in Misericordia's Anderson Center. The cost is \$30 for one clinic or \$55 for two.

Clinicians are: Chuck Edkins, Misericordia head baseball coach; Kevin Sponzo, Misericordia assistant coach, outfield specialist; Dr. Michael Mould, former Keystone Junior College head baseball coach, hitting specialist, and Director of Athletics at Misericordia; Stan Exeter, former Division I standout at Lafayette University, head coach Beaver College, plus other expert coaches and the entire 1998 Misericordia baseball team.

Registration is first come, first serve with reservations taken by head coach Chuck Edkins and checks payable to "Misericordia Baseball Club." Contact Coach Edkins at 674-6397 for further details.

Lions beat Kingston Metals, both now 5-5

Dallas Lions 47 - Kingston Metals 41

The teams traded baskets in the first quarter, the Lions' Jonathon Barbose leading the way scoring 5 points of his game high 23, to give his team a 6-4 lead after one quarter. Kingston Metals' Greg Mascioli caught fire in the second quarter and the Metalmen outscored the Lions 15-7 to take a 19-13 half time lead. The Lions bounced back in the third quarter on the shooting of Jeff Singer, Ben Coslett, and Barbose. The Lions outshot Kingston Metals 17-12, to narrow Kingston Metals' lead to one at the end of the third quarter, 31-30. Barbose had the hot hand in the fourth quarter, scoring 9 points to lead his team over Kingston Metals. The Lions offense was led by Barbose with a game high 23 points, followed by Chase Susko with 7 points and Jeff Singer and Adam Tkacyk with 6 points apiece. Mike Yurchak and Bobby Gebbart had a good defensive game. Kingston Metals' offense was led by Greg Mascioli with 15 points, followed by Chris Heister and Bobby Zaruta with 8 points apiece. Jeff Dickson and Mike Smith played a good defensive game.

T.G.I. Friday's 40 - NAPA Auto Parts 38

Both teams came out shooting in the first quarter, with Paul McCue leading the way for NAPA Auto with 8 first quarter points (including 2 three point baskets) and Herb Bressler for T.G.I.F., scoring 10 points. T.G.I.F. held a 15-12 lead at quarter's end. T.G.I.F. continued the scoring attack in the second quarter with Mike English leading the way. T.G.I.F. outshot NAPA Auto 5-2 and led at halftime 20-14. NAPA fought back in the third quarter, with McCue and Blake Saba making key baskets. NAPA narrowed the lead at the end of the third quarter to 28-27 in favor of T.G.I.F. Both teams came out shooting in the fourth quarter. T.G.I.F.'s Bressler and Donny Murray traded baskets with NAPA Auto's McCue and Mike Fehlinger and came away with a hard fought 2 point win. T.G.I.F.'s offense was led by Bressler with a game high 24 points, followed by Mike English and Donny Murray with 7 points apiece. Charlie Stajewski and Josh Rice played a good defensive game. NAPA Auto's offense was led by McCue with 19 points, followed

by Blake Saba with 13 points and Mike Fehlinger with 4 points. Matt Pietrzak and Tyler Karalunas played a fine defensive game for NAPA.

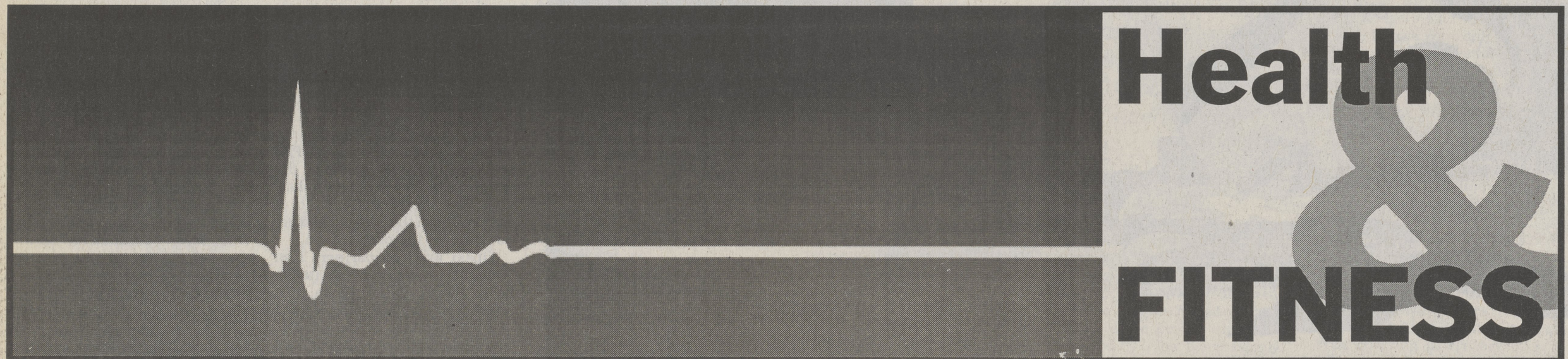
Dr. Jack Ellis 51 - Quality Collision 41

Dr. Jack Ellis's team jumped out to a 9-4 lead at quarter's end on the shooting of Mike Dombroski and Frank Oatridge. Dr. Jack continued the scoring attack in the second quarter with Andrew Dale, Peter Miller and Andrew Check leading the offense. Quality Collision's John Simonitis scored 8 of his game high 29 points to keep the game close. Dr. Jack Ellis led at half time 25-12. The third quarter was much the same with Dr. Jack's team shooting the eye out of the basket. Dr. Jack Ellis outscored Quality Collision in the third quarter 12 to 9 to extend their lead to 37-21. Quality Collision put on a valiant effort for a comeback with Jordy Spencer and Simonitis leading the way, but came up short. Dr. Jack's offense was led by Dombroski with 17 points, followed by Oatridge with 12 points and Andrew Dale with 7 points. Quality Collision's offense was led by Simonitis with a game high 29 points, followed by Jordy Spencer with 8 points.

Mellon Bank 52 - Grotto Pizza 24

Mellon Bank exploded in the first quarter on the shooting of Ryan Gryskevich, Matt Mark and Todd Kerestes. The Bankers outscored Grotto 16-3 in the quarter. It was much the same in the second quarter with Brian Dempsey and Matt Carey leading the way for Mellon Bank. Ryan Morgan and Arthur Redmond led Grotto's offense in the second quarter. Mellon Bank led at half time 26-7. The third and fourth quarters were much the same with Mellon Bank scoring at will. Mellon Bank's offense was led by Gryskevich, and Dempsey with 12 points apiece, followed by Kerestes with 11 points, Curtis Keiper with 5 points and Andrew George, Matt Mark and Matt Carey with 4 points apiece. Grotto Pizza's offense was led by David Lohin with 8 points followed by Joe Buczeko with 6 points.

DYB GRADE 7-8 STANDINGS			
TEAM	W	L	Pct.
Dr. Jack Ellis	9	1	.900
Mellon Bank	7	3	.700
TGI Friday's	7	3	.700
Quality Collision	6	4	.600
Kingston Metals	5	5	.500
Dallas Lions	5	5	.500
Napa Auto Parts	1	9	.100
Grotto Pizza	0	10	.000



Take care with over counter medicines

Headaches and other discomforts associated with winter colds and flu prompt adults to take a wide variety of over-the-counter medications. Familiar containers of aspirin, acetaminophen and antihistamines are kept in family medicine cabinets, women's handbags and other convenient places during "the cold season."

These medications are available at any drug store without a prescription. These products may be dangerous to both adults and young children. During cold weather, families should remember that preschool children spend more time indoors. These young explorers are curious and feel that anything they find at home is worth investigating. The Central Pennsylvania Poison Center warns families to store and use these medications with care. The same drug that brings welcome relief can cause grave illness if taken incorrectly.

Adults can encounter problems if they take these readily available drugs without a physician's supervision. Large doses of aspirin, acetaminophen or antihistamines taken over a long period of time may cause serious problems. Adults and children must follow directions carefully when these medications are used.

Families can guard against dangers from aspirin, acetaminophen and antihistamines. Drugs should be stored safely, in child-resistant containers, out of the reach of children. When removed from storage for use, the container should be replaced promptly — not left sitting on a bedside table or a window sill. Families should refer to all drugs as "medicine," not as "candy" or "something that will make you feel good." Medicine can easily be confused with a treat unless the difference is specified.

In a poison emergency, call the Central Pennsylvania Poison Center first to obtain information on the severity of the problem. The poison center number is 1-800-521-6110. Phones are answered 24 hours a day, seven days a week. If medical treatment is necessary, the poison center staff will recommend the next step.

February is American Heart Month

Each year millions of people volunteer their time and talent to the American Heart Association to fight cardiovascular diseases.

Recognizing the need for all Americans to take part in the continuing battle against heart disease and stroke, in 1963 the U.S. Congress mandated that the President issue a proclamation annually designating February as

American Heart Month. The AHA works with the Administration in the drafting and signing of this annual proclamation.

Each February during American Heart Month, the American Heart Association launches a nationwide educational campaign. The educational message for February 1998 urges women to become educated about heart dis-

ease and stroke and to share the information with other women.

The AHA is committed to funding research to learn more about the prevention and treatment of heart disease and stroke. Today, the chances of saving a life and reducing disability from heart disease and stroke are better than ever because of research done in our lifetimes.

Get a Healthy Start on the New Year...



Begin now, by joining STAR Fitness.

Trim Down. Shape-up. Look and feel more confident about yourself. Our modern facility offers everything you'll need to get the healthiest start on the new year. For yourself, or as a gift for someone special, get a STAR Fitness membership now - so you can get fit and stay fit!

STAR Membership includes:

- Comprehensive Fitness Assessment
- Personal Exercise Program
- State-of-the-Art Exercise Equipment for: Strength and Endurance Training Cardiovascular Conditioning
- 27 Aerobic Classes per Week
- Locker Rooms, Sauna and Whirlpool
- Certified and Degreed Professional Staff

Other STAR Services Offered:

- Personal Training
- Nutrition Counseling
- Massage Therapy

Individual, Couple, Family and Corporate Memberships Available!

Monday - Friday: 5:00 AM - 10:00 PM
Saturday - Sunday: 7:00 AM - 4:00 PM

Call for more information, **552-4550**
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Edwardsville

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Dallas Shopping Center*
Route 309
Dallas

*Personal Training only



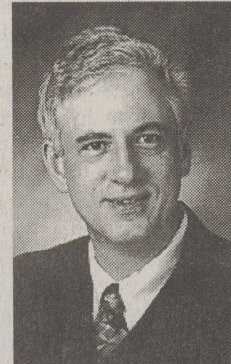
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Dr. Mark R. Katlic, Dr. Louis C. Blaum, Jr., Dr. Gary T. Verazin, and Dr. Mark C. Rummel are pleased to announce that Dr. Peter L. Blanc, M.D. has joined them in their surgical practice. Dr. Blanc specializes in Vascular Surgery and General Surgery.

Dr. Blanc, is a Phi Beta Kappa graduate of the University of Illinois and its Medical School. He completed his residency in General Surgery at the University of Minnesota and his fellowship in Vascular Surgery at The Cleveland Clinic. Dr. Blanc is Board Certified in Surgery and holds a Certificate of Added Qualifications in Vascular Surgery. He has practiced in our area since 1993 and will be on staff at Wyoming Valley Health Care System, Mercy Hospital, and Penn State Geisinger.

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HEALTH & WELLNESS

FEBRUARY AND MARCH PROGRAMS

GETTING IN TOUCH WITH MY SELF
Part I February 3 10:00-11:30AM
Part II February 17 10:00-11:30AM
Part III March 3 10:00-11:30AM

BONES AND MUSCLES: KEEPING THEM STRONG THROUGH THE YEARS
February 4 7:00-8:00PM

COMPLEMENTARY METHODS OF HEALING
February 18 7:30PM

WOMEN AND FINANCE
March 26 7:00PM

MANAGING STRESS MINDFULLY
March 5, 12, 19 7:00-9:00PM

PROGRAMS ARE FREE OF CHARGE AND WILL BE HELD AT
BACK MOUNTAIN WELLNESS CENTER
16 CHURCH ST., DALLAS
TO REGISTER, CALL 1-800-463-1111



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