



On a stormy Monday afternoon, four members of the Lake-Lehman soccer team made it to Barnes Kenpo Karate to demonstrate the team's new fitness regimen. From left, Kristin Roberts, Courtney Bouthot, Gary Barnes, Trish Pilosi, Jen Celusniak.

IN THE SERVICE

Army National Guard Pvt. Sean P. Sarokas has graduated from basic military training at Fort Sill, Lawton, OK.

During the training, the trainee received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, physical fitness, first aid, and Army history and traditions.

Sarokas is the son of Paul K. Sarokas of Shavertown.

He is a 1998 graduate of Dallas High School.

Marine Pvt. John D. Krohn, son of Theodore L. and Deborah G. Krohn of Dallas, recently completed basic training at Marine Corps Recruit Depot, Parris Island, SC.

Krohn and fellow recruits ended the training phase with The Crucible, a 54-hour team effort, problem solving evolution which culminated with an emotional ceremony in which the recruits were presented the Marine Corps Emblem, and were addressed as "Marines" for the first time since boot camp began.

Krohn joins 41,000 men and women who will enter the Marine Corps this year from all over the country.

He is a 1998 graduate of Dallas High School.

William R. Scruitsky has been promoted in the U.S. Air Force to the rank of major.

Scruitsky is an intercontinental ballistic missile operational test and evaluation test manager with Headquarters, Air Force Operational Test and Evaluation Center at Kirtland Air Force Base, Albuquerque, NM.

He is the son of Robert S. and Mildred M. Scruitsky, Chase.

His wife, Renee, is the daughter of Duane H. and Shirley A. Olson of Buffalo, MN.

The major is a 1982 graduate of Bishop O'Reilly High School, Kingston, and a 1986 graduate of Pennsylvania State University, University Park, Pa.

Staff Sergeant Anthony D. Tucker of Headquarters Battery, 1st Battalion, 109th Field Artillery, Pennsylvania Army National Guard, was promoted to his present rank during a recent ceremony at the Kingston Army.

Lieutenant Colonel Mark Scott of Tunkhannock, the Battalion Commander, conducted the ceremony, Sergeant Tucker's wife, Daemel, assisted by pinning on her husband's new insignia.

Sergeant Tucker joined the 109th in August, 1996 and serves as a fire Support Sergeant. He supervises a team of soldiers who call for and adjust field artillery rounds onto enemy targets. He serves as a liaison with infantry and armor leaders' to provide field artillery support in combat.

Sergeant Tucker has served in the military for 14 years. He is a graduate of the Primary Leadership Development Course and Basic Non-Commissioned Officer Course. His awards include the Army Commendation Medal, Joint Service Achievement Medal and Army Achievement Medal.

Sergeant Tucker is a 1984 graduate of Dallas Senior High School. He works as a Technician(3) with Proctor & Gamble in Mehoopany. He lives with his wife, Daemel and their five children, Narieka (12), Anjuli (4), Jazmine (2), Brandon (2) and Bryanna (1) in Shavertown.

Kicks

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than in the past.

Elston describes Barnes's program as "less structured and upbeat." More than just a series of punches and kicks set to music, Barnes provides motivational speaking and tries to instill an "I can" attitude.

The Lady Knights ended last year as district champions, and state runner-up for the spring soccer division, which consists of about 120 teams. For the fourth

"Aerobics was not our kind of thing; kickboxing is so much more fun."

Trish Pilosi
Senior goaltender

consecutive year, the Lady Knights won the Conference Championship.

This year Gary Barnes promises an even tougher program and hopes to see the team win the

state title. Pilosi, noticed the change in Barnes's program and describes it as "a lot tougher this year — sometimes it's discouraging."

Senior team mate Kristin Roberts

prefers the cardio-kickboxing to aerobics and says the workout is "pretty intense." Roberts says that Barnes expects more because it's their second season training with him.

Although the team lost four starters from last year, Jan Elston has nearly 45 players on this year's squad. Team members credit last year's new camaraderie and bonding as the trigger for this year's new interest.

Mercy Hospice needs caring volunteers

Volunteers are needed for Mercy Hospice in the Wilkes-Barre area as well as the surrounding communities. Mercy Hospice is a non-profit, hospital-based, certified agency that offers a way of caring which brings comfort to people at the end of life. Volunteers for Mercy Hospice are helping to support a terminally ill patient and their family, while taking part in a very gratifying experience. Volunteers can assist by visiting patients in their homes to give families a rest or allow them to work or run errands. They can also assist with shopping for the family, provide general comfort and support or work on clerical projects in the Hospice Office. If you would like to consider this special opportunity, please contact Nancy James, Mercy Hospice Volunteer Coordinator at 826-0102.

Dallas High School Class of '75 reunion
Members of the Dallas High School Class of 1975 will hold a planning meeting Sunday, Jan. 24 at 3:30 p.m. at the Mark II restaurant in Dallas for a reunion to be held in 2000. All interested classmates are invited to attend.

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The staff at Ernie's is ready to help you meet your fitness goals. From left, Melissa Pennell, Steve Buckley, Susan Buckley, Angela Martino. Other staff members are Joe Masher, MaryLou Kurlancheek.

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