

Spikin' it

The Dallas girls volleyball team hosted a red-hot Abington Heights squad last week, and came out on the short end of the match, losing in two games. But the Lady Mounts didn't give up without a fight, coming back from a big deficit to keep the second game interesting. Unbeaten Abington Heights is expected to challenge Tunkhannock for the district championship. During the match Sarah Nichol, on right in top photo, went up against her Comets counterpart, Erin Otto. At left, Kim Derhammer got under a serve.

POST PHOTOS/RON BARTIZEK

Hinchey applies lessons, makes difference

Summer break for most college students means heading for the beach, catching up on much needed sleep, or relaxing by the pool with their friends. Few consider devoting a portion of their well-earned time off to helping others. But that is exactly what one Dallas resident did this summer.

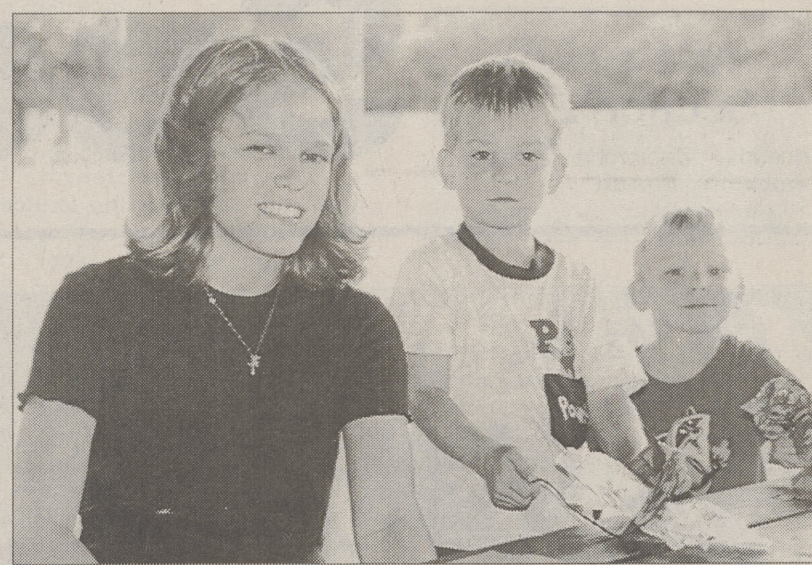
Shawna Hinchey, 20, wanted to apply what she learned while studying at Bryn Mawr College in Philadelphia. She called Wyoming Valley Health Care System's Family Enhancement Center to offer her assistance.

"I wanted to do something fulfilling over summer break," said Hinchey. "I decided the best way to do that was to volunteer my time and apply the things I learned in college to help make a difference."

Shawna, a junior majoring in Sociology, volunteered three hours every week at Kirby Park to do arts and crafts and coordinate projects that allow children and parents to interact with one another.

"I really love working with children," said Hinchey. "I wanted to give back to a community that has given me so much and I thought the best way to do that was to volunteer at an organization that does much good for the community."

"Health Families America has two very important goals, one to promote positive parenting and the other to encourage child health and development," said Joan Loch, RN, BSN, program manager of the



Shawna Hinchey helps two youngsters with an arts and crafts project at Kirby Park.

Family Enhancement Center. "Shawna's work allowed these goals to be achieved in a fun and relaxed atmosphere for both parents and children."

Shawna worked diligently to promote parental involvement in the activities. "The parents really wanted to participate in projects with their children," said Hinchey. "They did arts and crafts together and played on the swings, read books and took nature walks. It was a wonderful thing to see parents and children actually doing things together."

According to Shawna, not only did the families gain something from their summer-camp experience, but she did as well.

"I learned more this summer

than a full semester in college could ever teach me," said Hinchey. "I had preconceived notions about what parents of the Family Enhancement Center would be like, but what I learned is that every parent in that program is there because they want to be the very best parent they can be to their children."

"So many people can make a difference in a child's life by giving an hour or two of their time a week just as Shawna did," said Loch. "Sometimes all a parent needs is a few hours without the pressure and frustration of handling a child alone to realize just how special that child is to them. It can make a world of difference to that family."

DHS notes



Amy Withers

Do you remember when you were in high school, wandering down those halls with 100 faces that you have never seen before? Well that is what it is like being the "new" kid in the Dallas High School.

Try a little kindness

I am not a new kid, but I do know how it feels because I spoke to a few. One girl said "I was scared the first two or three days, but a lot of people helped me out and now I am quite comfortable with Dallas." She also said, "I came from a much different school than Dallas, yet I like Dallas more and I have only been here for a couple of days."

So I guess being the "new" kid isn't so bad for some, but for others it could be hard. A freshman boy said, "I am new and I haven't made many new friends. When I walk into class I go to the

back and just wait for someone to talk to me other than the teacher."

I asked "Do you like Dallas?" and he said, "No, only because I miss my old school and this just isn't the same."

So when you see a "new" person sitting in the back of the classroom invite them up to sit with you or just simply turn to them and say Hi.

Please note: Meet the teachers' night will be held tonight, Sept. 22. The event was postponed from last Thursday due to hurricane Floyd. Time: 7 to 9 p.m.

Roundup

(continued from page 1)

meet against Wyoming Area to open the season with a win. Matt Schweitzer finished second overall, while four through eight were Mountaineers Peter Miller, Jamie Raub, Matt Mark, Floyd Mattie, and Lee Griffin. All six of those Mountaineers were within approximately two minutes of each other.

GAR 20 Lehman 35

Lehman had five of the top 10 finishes, but did not place until Brian McMahon in fourth and therefore dropped its opener to G.A.R. Curtis Mulhern, Charles Besteder, Dan Chmura, and P.J. Luise also placed for the Black Knights.

GOLF

Berwick 217, Lehman 218

Dom Castrigano was medalist with a 35 at Huntsville Golf Club, but it was all downhill after that, as the Black Knights lost on a tiebreaker. Gary Sagan turned in Lehman's second-best score, a 44.



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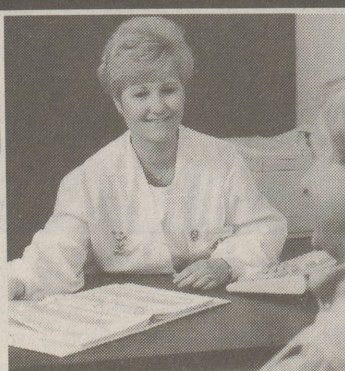
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Back Mt. teams split in U-10 travel action

In week 2 action of Back Mt. U-10 Travel League Soccer, the boys A team beat Abington 5-0; the boys B team beat Hazleton 4-3. On the girls side, the Storm beat the extreme 4-1 while Lower Valley beat the KickHers 2-1.

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JOIN US ON A BOWL TRIP TO FLORIDA!

The Dallas High School Mountaineer Football Team will play the KSA Game of the Week Kick-Off Classic at Disney's Wide World of Sports Complex in Orlando, Florida on November 20, 1999. The Game of The Week offers a "bowl game" atmosphere and will be a highlight of the student's high school career. The cost of this trip will range from \$689.00 to \$749.00 per person and will include the following:

- Roundtrip airline transportation (private charter) from Wilkes-Barre/Scranton airport to Orlando, Florida. Trip dates November 19th to 22nd.
- Three night hotel accommodations at Walt Disney's All-Star Sports Resort.
- Motorcoach transportation to all scheduled events and unlimited use of the Disney Transportation System.
- Six meals including a ticket to the "Celebration of Athletes Dinner Awards Banquet".
- Four-Day Hopper Pass for all Walt Disney Theme Parks.
- Admission to the Football Game to watch the Mountaineers.
- Many other inclusions.

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The team has raised the funds to make the trip and many fans and supporters will travel with them. There are a limited number of spaces available to join the Mountaineers on this trip. If you are interested, please contact Kathy or Jack Simpson at 674-9869.



Q. Where do you find the most Back Mountain news and photos each week?

A. Only in The Dallas Post