

Survive

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hicle, are injured, or become soaking wet, could you survive a wintry January night alone in the woods when temperatures drop below freezing?

Weather you answered yes or no to that question, here are a few basic tips to help you survive if you find yourself in a bad situation far from civilization.

1. Carry a survival kit when traveling afield. Items should include: space blanket, at least two different sources to start fires (including a magnesium fire starter), candle, tinder, metal cup, compass, small length of rope. These are minimal items that should be carried.

2. Know the effects of hypothermia and how to diagnose it. Hypothermia can strike in minutes, especially if wet. Once it has set in a person can die within two hours if left untreated.

3. If injured, try to treat the injury first. Then build a fire to dry off or warm up.

4. A shelter is very important to help retain as much heat as possible. Do not build a shelter in an open area, gully, or ridge top. Choose a flat surface that will not hold water and place it near a water source if possible.

5. Injuries are much more likely to happen when stumbling around in the dark. For that reason do not wander in the dark hoping to find your way out, even with a compass. If you are several miles from the road and it is near dark, begin to work on a shelter and a fire immediately. Temperatures drop rapidly once the sun goes down and hypothermia becomes an increased risk at those times.

6. If already cold, don't eat snow to satisfy your thirst. The coldness of the snow will aid the body in reducing its internal temperature thus increasing the risk of hypothermia. Heat snow in the metal cup.

7. Try to avoid perspiring. Once you have become wet from perspiration the body will lose heat 20 times faster than into the surrounding air if you were dry. This will also increase the risk for hypothermia.

As a last note, always have a plan on where you are going and let someone know that's the area you are heading to. Even in today's modern society there are still adventures to be experienced in remote backwoods of Pennsylvania as long as one uses common sense



Sting wins Dillsburg shootout

Back Mountain "Sting" recently captured the Dillsburg Dual Shootout Girls U-12 Soccer Championship. They placed first in their age division which included 16 teams. Sting dominated the tournament by scoring 18 goals without any goals scored against them. They played seven games in two days and had a great team effort.

Pictured, from left, first row: Emily Deubler, Krissy Stanks, Erin Sutliff, Carolline Boris; second row, Sting fan Megan Deubler, Kendra Sirak, Kenslie Kerestes, Molly Kalish, Jaime Lipski Jacqueline Thomas, Lisa Giacometti, Katie Goode, Abby Sordoni, Stephanie Pace, Alicia Evans; third row, Marissa Harrison, coach Jeff Pace.

Crossin give Nutrition last-second win

Tim Crossin knew what to do with the ball with less than 10 seconds to go and a tie ball game between House of Nutrition and Gilroy Realtors. He took seven seconds off the clock, then drove the lane, pulled up and hit a 10 footer with 1.3 seconds to go to give his team the 54-52 win and a 2-0 record after two weeks of play. House of Nutrition was led by Crossin with 23 points, Jonathon Baker 13 points, Curtis Montz 8 points, Justin Singer, Matt Empfield 4 points apiece and Dan Savage 2 points. Gilroy were led by Jimmy Schwerdman 30 points, Ken Regan 11 points, Ben Thomas 6 points and Ryan Harvey 5 points.

**DYB
7-8 BOYS**

Leading the way for the Pallet were Sean Leary 17 points, John Paul Parulski 12 points. Matt Daube 10 points, J.J. Durr 7 points and bobby Lenahan 6 points.

Applewood Golf 46 - WV Prosthetics and Orthotics 40

Eric Samanas led Applewood Golf Course to 2 and 0 with 19 points followed by Mike Race 15 points. Nick Samanas, Brian Feleccia and Jeff Decker 4 points apiece. Wyo. Valley P & O was led by D.J. Molino 22 points, Chris Kester, Andrew Gramps 7 points each, Mike Lloyd and Chris Nicholson 2 points each.

Kelly Auto Parts 76 - Bonner Chevrolet 55

Matt Kelly exploded for a game high 30 points to lead Ryan Marascio 17 points, Jonathon Pall 16 points, Connor Judge 9 points, Joey DeGraba and Brad Fagula 2 points each. Bonner was led by David Harding 25 points followed by Eric Domzalski 17 points, Adam King 8 points, Chris Parrish, Jeremy Weinstock 2 points each and Robbie Tomko 1 point.

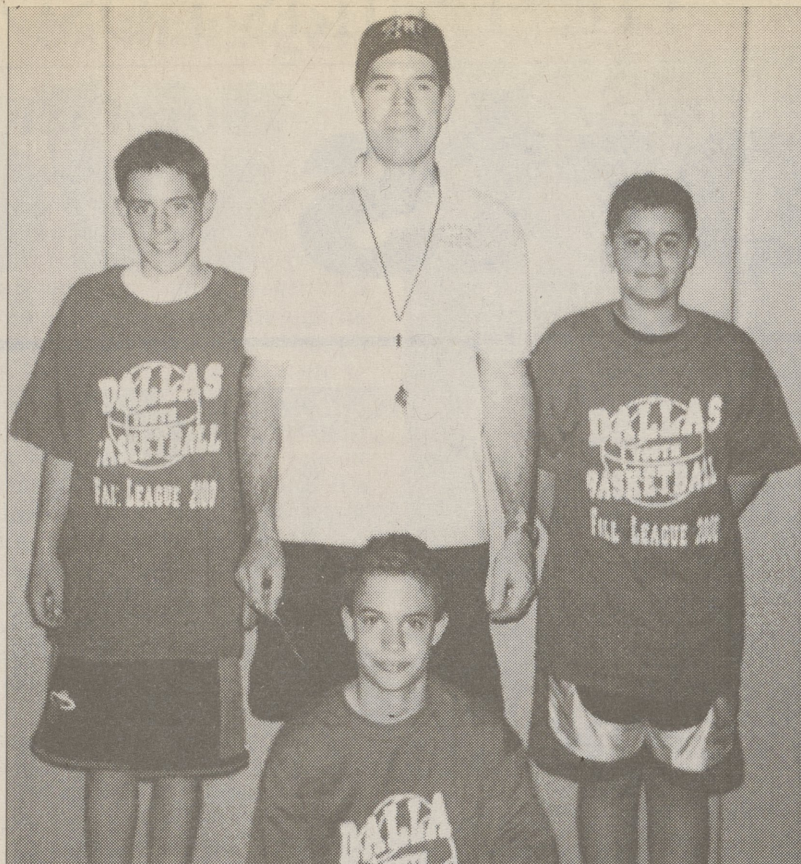
Fieldhouse 63 - Wilkes-Barre Pallet 52

Matt Wilson was on fire with a game high 42 points to lead Fieldhouse to their second straight win of the season. Other members of the Fieldhouse contributing with offense were Ryan Murray, 13 points, Sean McAndrew 5 points, Josh Mounce 2 points and Adam Snider 1 point.

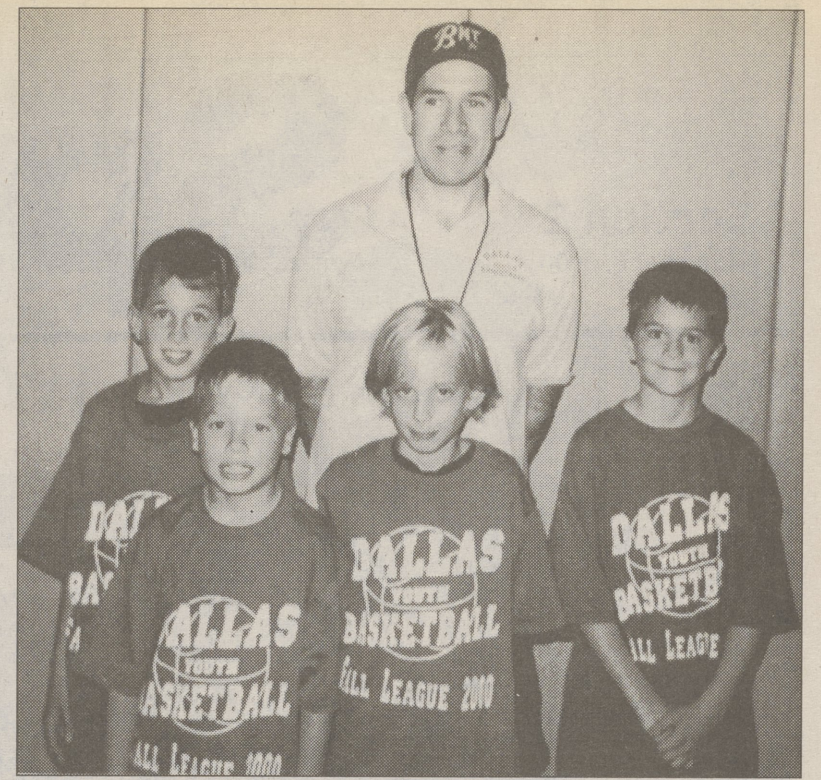


Raiders finish 3-5

The Raiders ended their season with a 3 and 5 record. With respectable losses of 2, 4, and 6 points. Missing the playoffs for 2000. Pictured from left, kneeling: Anthony Oliveri, David Hannadel, Joshua Backes, Michael Haines, Mark Rondina. Second row: Brian Kerpovich, Adam Tamanini, Lee Kozokas, Josh Hilstolsky, Joe Kaiser, Eric Tucker. Third row: Coaches John Hilstolsky, Clyde Backes, Mark Kerpovich, Rich Tamanini. Missing from photo, David (Hitman) Henry, Coach Josh Henry.



Fall League 6-8 most improved player awards: front row, 6th grade Most Improved player Stephen Zubko. Back row, from left, 8th grade Most Improved player Conor Judge, League Director George Gracely, 7th Grade Most Improved player Jeff Decker.



Dallas Youth Basketball most improved players for the fall league. Pictured, front row, from left: 3rd grade Most Improved, Adam Viercinski, Top Newcomer to the League, Kevin Pierce, 4th grade Most Improved, Adam Kamus. Back row, from left: 5th grade Most Improved, Peter Blanchard, League Director George Gracely.

DYB skills competition winners

Dallas Youth Basketball recently held its Fall League Skills Competition. Following is the list of winners for each grade level:

3rd Grade
Foul Shots - Chris Ellis
Layups - Josh Stephens

4th Grade
Foul Shots - D.J. Berley
Layups - Kevin Pierce

5th Grade
Foul Shots - Peter Blanchard
Layups - Greg Nothstein

6th Grade

Foul Shots - Stephen Zubko
Layups - Stephen Zubko

7th Grade
Foul Shots - Bobby Lenahan
Layups - Bobby Lenahan

8th Grade
Foul Shots - Matt Wilson
Layups - Matt Wilson

The league concluded on Oct. 18, with a pizza party. Fall League coaches were Fred Berley, Chuck Wilson, Tom Swartwood, and Lew Thomas. The league director was George Gracely.

PA Game Commission releases pheasants

The Pennsylvania Game Commission began releasing ringneck pheasants in anticipation of the upcoming small game hunting seasons, according to Steve Smithonic, Federal Aid Supervisor for the agency's Northeast Region.

Over the next several weeks, Game Commission Wildlife Conservation Officers, Deputy WCOs and Food and Cover Corps personnel will release approximately

28,000 pheasants throughout the Northeast Region. Possible stocking area in Luzerne County include: SGL 91, SGL 187, Farm-Game Projects 6 & 156, and Safety Zone Cooperators in Exeter, Franklin, Huntingdon, Lehman, Kingston, Plymouth, Ross and Salem Townships, and New Columbus Borough; Farm-Game projects 226 in southeastern end of county and 187 along the Nescopeck Creek.

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