

SWIMMING

(continued from page 9)

whose team will practice and compete at the Anderson Center natatorium at College Misericordia. "We want to make sure that our swimmers have fun and learn to perform the strokes with proper fundamentals."

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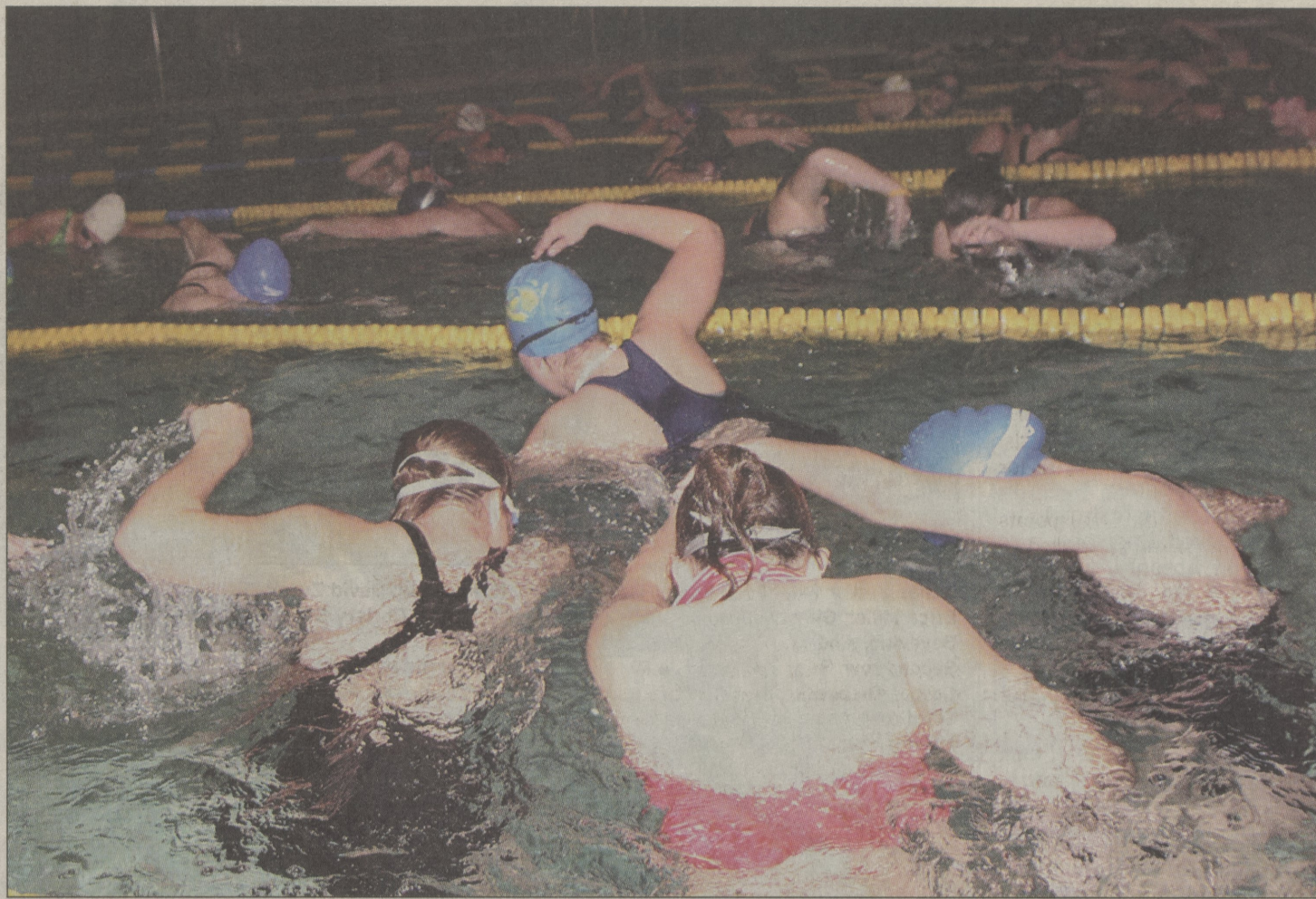
Maureen Devine
Lake-Lehman swim coach

In addition to her high school swimming career, Devine spent several years as a coach and aquatics director at the Wilkes-Barre YMCA. She and some other parents raised the idea of starting a swimming program at Lake-Lehman a couple of years ago.

Now, she's the coach of a team that attracted 59 student-athletes, including 53 girls, to the first practice. "The kids are excited," said Devine. "They can't wait for the season to begin."

According to Devine, the roster consists primarily of first-time competitive swimmers. "We have several kids from other sports who are using this as an off-season conditioning program."

Devine says the kids aren't



The new Lake-Lehman High School swimming team has attracted 59 students for its inaugural season. Here they practice stroking after getting instruction from coach Maureen Devine.

the only ones eager to see the season start. "We had a lot of parents stay and watch the first practice. They are just as excited as the kids. They are already talking about forming a booster club."

The Knights will compete on a club basis in 2004-05 and will swim a nine-meet schedule. They will open the season December 6 at Dallas, and will host the first of two home meets January 3

against Elk Lake.

The teams and individual swimmers won't be eligible for the district championships until the 2005-2006 season.

"While we're not eligible

this year, our goal for the future will be to qualify as many kids as possible for the district championships and eventually the state championships," said the optimistic coach.

FOR THE POST/CHARLOTTE BARTIZEK

Rock Rec Center plans 3-on-3 tourney for grades 7-12

The Rock Recreation Center, Trucksville, will host a 3-on-3 basketball tournament for kids in grades 7-12 at 10 a.m. Nov. 26. Each half-court game in the one-day, double-elimination tournament will last 15 minutes, with a running clock. Teams will get two time-outs per game and the clock will stop for the last minute of the game. The entry fee is \$35 a team and a maximum of five players are allowed per team. For more information or to register, stop by The Rock at 340 Carverton Road, Trucksville, or call 696-2769.

Upward Basketball League registering

Registration for the Upward Basketball League for children in pre-kindergarten to the eighth grade has begun at the Rock Recreation Center, 340 Carverton Rd., Trucksville. The registration fee is \$85. Each player will receive a reversible game jersey, Upward t-shirt, mesh shorts, Upward Basketball Winner Magazine and an end of the year award. Practices begin Jan. 3 and games begin on Jan. 29. The awards night will be held March 30. For more information or to register, call 696-2769 or visit the Rock Recreation Center, Trucksville.

Game Commission offers wildlife harvest videos

In cooperation with "Wild Harvest Videos," the Pennsylvania Game Commission is offering six videos designed to help hunters get the most from their wild game harvests. Produced by Jerry Chiappetta and featuring Certified Master Chef Milos Cihelka, these videos show step-by-step the best care for game animals from the field to the table.

Video selections include:

• **Big Game: Field to Table**, is a 90-minute video that covers everything from field-dressing to proper freezer wrapping. This video also offers easy-to-

follow directions on how to butcher a deer, as well as a few hunting camp recipes.

• **Venison: Healthy and Tasty**, is an 80-minute video that offers mouth-watering recipes for venison stew, pot roasts with sour cream, classic venison roasts, sauteed steak with mushrooms, as well as suitable side dishes, marinades and more.

• **Venison: Aging, Smoking & Sausage Making**, is a 55-minute video designed for the average hunter who enjoys smoked venison, jerky, salami, sausage and hot sticks.

• **Care & Cooking:**

Gamebirds and Small Game Animals, is a 70-minute video that offers instructions on how to age gamebirds and when to pluck or when to skin them for the best flavor and tenderness. The video also provides recipes for several dishes.

• **Care & Cooking: Upland Gamebirds**, is a 75-minute video that also offers instructions on how to age gamebirds and when to pluck or when to skin them for the best flavor and tenderness. It also includes suggestions on how to age gamebirds and create many delicious meals.

• **Care & Cooking:**

Waterfowl, is a 75-minute video that focuses on preparing great meals from ducks and geese. Starting with proper field care and how to transport game, the video also provides instructions on how to age waterfowl before plucking or skinning. As with all other videos, this one provides several recipes for game.

The videos are available from "The Outdoor Shop" on the Game Commission's website (www.pgc.state.pa.us). Go to

"The Outdoor Shop," click on "Products," choose "Videos," and then scroll down to the video you are interested in and complete the order form. Each video costs \$9.95 each (\$13.50 including tax and shipping/handling). Interested individuals also may call toll-free 1-888-888-3459, or write Pennsylvania Game Commission, Dept. MS, 2001 Elmerton Ave., Harrisburg, PA 17110-9797.

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Chiropractor of the Year



Dr. David J. Madeira

The Pennsylvania Chiropractic Association (PCA) has named Dr. David J. Madeira of Dallas as their "Chiropractor of the Year 2004" for his outstanding service to the profession.

Dr. Madeira served as President of the PCA 2002 - 2004 and is an active member, serving on the PCA board since 1999. He is also member of the American Chiropractic Association and the Christian Chiropractic Association.

Dr. Madeira has been in private practice for 15 years in his Dallas office, The Better Health Center in the Twin Stacks Center. He resides in Dallas with his wife Melanie and their five children: Hannah, D.J., Michaela, Anthony, and Nicholas.



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