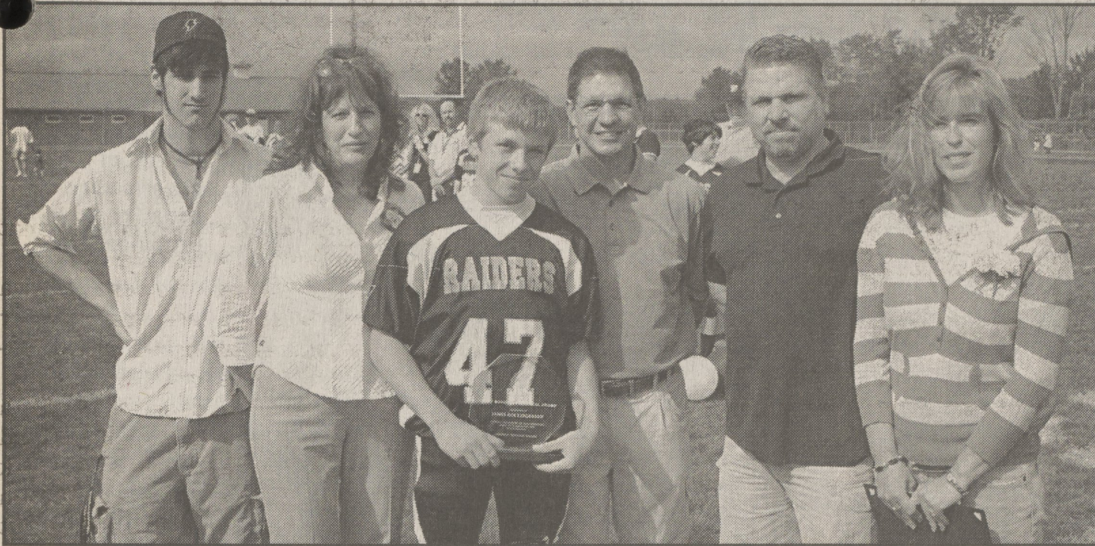




### KRISTI CULP IS ASHLEY JUDGE MEMORIAL AWARD WINNER

The Kingston Township Raiders youth football organization named Kristi Culp the 2007 Ashley Judge Memorial Award winner during recent homecoming ceremonies. The award is given annually to the cheerleader who honors the memory of Ashley Judge's life, spirit and dedication to the Raiders. Culp, left, is shown here with Linda Judge.

### ROCCOGRANDI IS RONDINA MEMORIAL AWARD WINNER



SUBMITTED PHOTO

The Kingston Township Raiders youth football organization named James Roccograndi the 2007 Matt Rondina Memorial Award winner during recent homecoming ceremonies. The award is given annually to the player who honors the memory of Matt Rondina's spirit, determination and perseverance. From left, are Mark Rondina, Giselle Rondina, James Roccograndi, Bob Zaruta, Jim Roccograndi and Deb Roccograndi.

### SPORTS BRIEFS

#### Rock Recreation Basketball Clinic to hold registrations

The Rock Recreation Center is now accepting registrations for its Fall Basketball Clinic.

The clinic is open to boys and girls in kindergarten through the sixth grade and will be held on Monday and Wednesday evenings from Oct. 15 through Oct. 29.

Participants will receive instruction from professional and knowledgeable staff on the fundamentals of the game.

For more information, contact Doug Miller at 696-2769, email TheRockRecCenter@bmha.org, or check out [www.rockrec.org](http://www.rockrec.org).

#### DYB plans fall boys league

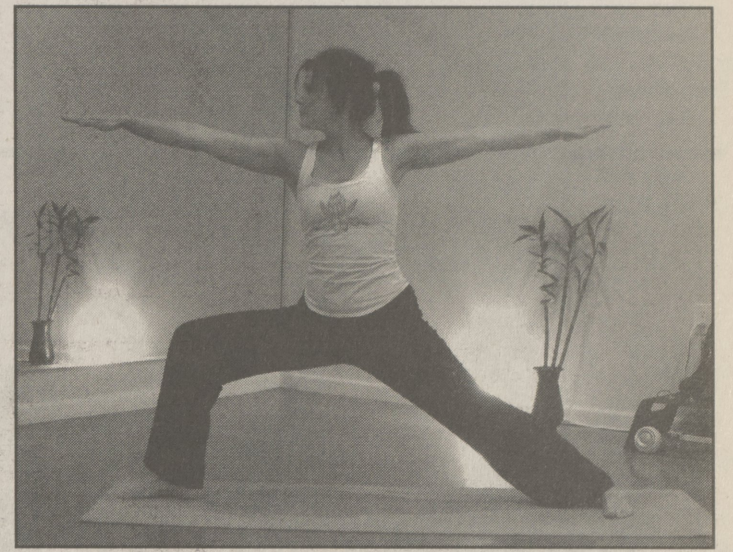
Sessions for third, fourth and fifth grades participating in the Dallas Youth Basketball League will be held from 3 to 4:30 p.m. on Saturdays through November 3 while sessions for sixth, seventh and eighth grades will be from 6:30 to 8 p.m. on Monday and Wednesday nights from October 1 to October 24.

For more information, call George at 406-8642.

#### Basketball clinic slated at Dallas HS

The Dallas High School girls basketball team and coaches will host a basketball clinic on Sunday, Nov. 18. The clinic is for girls in grades 3 through 8. The cost will be \$20 per child. For registration information, call Randy Dunbar at 696-2015.

### YOGA COMES TO BACK MOUNTAIN



Yoga, that meditative form of exercise we are beginning to see everywhere, has landed in Shavertown. An exclusive studio dedicated to Vinyasa Yoga (a flowing yoga of postures linked by breathwork) is offering classes to the public.

"Yoga has been around for 6,000 years and is steadfastly gaining popularity again in the West - there must be something right about that," states owner and certified yoga instructor Michelle Pietrzak-Wegner.

Pietrzak-Wegner has been practicing yoga for 12 years and began teaching yoga in the Wyoming Valley area in 2006 after relocating from Minneapolis, MN. She came to yoga from a healing standpoint after dealing with cancer in her late 20s. She credits her health today with her practice of yoga.

At Padmahasta Yoga, Pietrzak-Wegner is offering a number of group and private classes including Gentle Yoga, Basic and Intermediate Vinyasa Yoga, AromaYoga (Yoga with Aromatherapy) and several various workshops that promote health and well-being.

"I understand that life sometimes gets in the way of our good intentions to create balance - having classes that you know you can drop into anytime takes the pressure off," Pietrzak-Wegner said of the drop-in classes at her studio.

Padmahasta Yoga is located at 112 N. Memorial Highway, Second Floor in Shavertown. Contact Michelle at [padmahastawellness@gmail.com](mailto:padmahastawellness@gmail.com) or 570-332-7612.

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<b>Weis - Clarks Summit</b> Wed, Oct. 17 - 9am-3pm Thurs, Nov. 29 - 9am-3pm	<b>Mr. Z's - 237 S. Mountain Blvd, Mountain Top</b> Tues, Oct. 9 - 9am-3pm Tues, Nov. 6 - 9am-3pm
<b>Weis - Nanticoke</b> Tues, Oct. 2 - 9am-3pm Tues, Nov. 6 - 9am-3pm	<b>Mr. Z's - 225 S. Mountain Blvd, Mountain Top</b> Thurs, Oct. 4 - 9am-3pm Thurs, Nov. 1 - 9am-3pm
<b>Weis - Hazleton</b> Mon, Oct. 22 - 9am-3pm Mon, Nov. 26 - 9am-3pm	<b>Mr. Z's - Dallas</b> Mon, Oct. 15 - 9am-3pm Mon, Nov. 12 - 9am-3pm
<b>Mr. Z's - Duryea</b> Tues, Oct. 16 - 9am-3pm Tues, Nov. 27 - 9am-3pm	

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