

# The DALLAS POST

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## Volleying against cancer

By REBECCA BRIA  
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Breast cancer is hereditary in Regan Palfey's family. Her mother, Catherine, and even her great-uncle were afflicted with the disease.

Dig Pink, an event Palfey is sponsoring to raise funds to help eradicate breast cancer, will be held at 7 p.m. on Thursday, Oct. 9, at Penn State Wilkes-Barre during a volleyball game between the girls from the local PSU campus and the Penn State Abington campus.

Palfey, coach of the PSU/WB team, organized the event in honor of her late mother who was killed in a car accident.

"My mother was a breast cancer survivor and I would like to do this in her honor," Palfey said. "At first, she had a surgery to try to keep her breast, but then it (the cancer) came back right after my father passed away and she had

her breast removed. She passed away in a car accident a few years ago and I always remember going to breast cancer fundraisers with her. I guess I wanted to start raising money for the cause, also."

Dig Pink is held through The Side-Out Foundation (Side-Out), an organization formed in 2004 by a group of people drawn together by volleyball and determined to help fight breast cancer. Side-Out's mission is to raise money for the fight against breast cancer through the sport of volleyball.

Palfey heard about Dig Pink after Side-Out sent her an e-mail asking her team to help out.

The event is held in October in conjunction with Breast Cancer Awareness Month. As of September 24, 594 college and high school volleyball teams nationwide had planned to hold Dig Pink matches during the month.

Baskets and tickets to an upcoming Penn State University/Indiana football game will be raffled off at the Penn State Wilkes-Barre Dig Pink event. The players will hold a bake sale and t-shirts will be for sale. Blue Cross of Northeastern Pennsylvania's Gallery of Hope will be on display, featuring local breast cancer survivors. Information on breast

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### WE'D LIKE TO HEAR FROM YOU...

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## DALLAS ELEMENTARY SCHOOL STUDENTS GET A LESSON IN SAFETY



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Children at Dallas Elementary School watch schoolmate Todd Phillips demonstrate a protective technique to use when attacked by a dog.

## It's all about staying safe

By REBECCA BRIA  
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Knelling on the gym floor with his elbows to his head and his face to the ground, Todd Phillips showed his peers how to roll the human body up like a rock.

The rock method, used to protect the body during a dog attack, was just one of the numerous safety tips given to students on September 25 at Rep. Karen Boback's (R-Harveys Lake) child safety expo at Dallas Elementary School. The program was held twice that day at Dallas Elementary School and once on September 26 at Wycallis Elementary School.

"This fits into what I feel is necessary for our children - exposing them to good safety habits at an early age," Boback said. "It's all about the safety of our children."

Dallas Elementary Principal Tom Traver also feels the expo correlates with the state's educational standards for the health and safety curriculum.

Boback was a teacher for 33 years and also a guidance counselor in the Tunkhannock School District. She was Traver's middle school guidance counselor.



Dallas Elementary School students react to a car rollover demonstration at the school presented by members of the Pennsylvania State Police.

Boback has also been an adjunct faculty member in the education department at Wilkes University and Misericordia University. She currently serves on the Children and Youth Committee in Harrisburg.

Last year, the representative held her child safety expo at Lake-Lehman elementary schools.

WBRE-TV reporter Andy Mehalschick presented his Stranger Danger program to the children. Mehalschick started the program in 1994 as a proactive measure

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Rep. Karen Boback  
R-Harveys Lake

after a rash of kidnapping attempts in the Wyoming Valley. Since then, Mehalschick estimates he has given 400 to 500 presentations of Stranger Danger.

In 1994, Mehalschick and a police chief set out to see how many children would go with a stranger. With parental permission, the chief tried to lure children to come with him by showing them a photo of his lost dog. Most times, he was successful. The students were shown Mehalschick's

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## Women with kids in tow get education

By REBECCA BRIA  
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It was Linda Mullen's son's birthday, but she had to go to class.

Mullen took Jacob with her to Michael Duffy's class at Misericordia University and the young boy spilled soda. Duffy announced he had to get more coffee and Mullen was relieved she would have time to clean up the mess.

But Duffy didn't bring back coffee. Instead, he carried in a cake he baked himself for Jacob.

Mullen is a participant in Misericordia's Women with Children Program. The program provides single mothers and their children free on-campus housing while the women earn their bachelor's or master's degrees.

The program will be able to include four more mothers and up to eight of their children beginning in the spring 2009 semester due to a financial gift from Sidney and Pauly Friedman. Ten mothers and up to 20 of their children will now be able to live at the university.

Currently, six students and their children are enrolled in the Women with Children Program and live in Rosary Hall on Lake Street. Thanks to the donation from the Friedmans, another house owned by Misericordia on the street is being renovated for additional women and children. The home will be named the Pauly House.

The Women with Children Program at Misericordia University was started in 2000 by former dean of students



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Linda Mullen and her 9-year-old son, Jacob, are living in Rosary Hall at Misericordia University through the Women with Children Program. The program provides single mothers and their children free on-campus housing while the women earn their bachelor's or master's degrees.

Sister Jean Messaros, now the vice-president of student affairs and director of Mercy Integration. Vicki Austin, director of the Women with

Children Program, says Messaros was prompted to form the program after she

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## Event aids MU program

The third annual igourmet.com Fork & the Cork, in support of Misericordia University's Women with Children program, will be held October 10 and 11.

Fork & the Cork festivities begin with a Wine Maker's Dinner from 6 to 9 p.m. on Friday, Oct. 10, at the Westmoreland Club in Wilkes-Barre. A five course menu will be served featuring gourmet dishes from igourmet.com. Each course will be paired with premium wines. Tickets are \$150 each.

The Grand Tasting Event will be held from 1 to 5 p.m. on Saturday, Oct. 11, at Misericordia University and features international gourmet foods paired with wines at over 50 tables organized by

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