

**SCHOOL BRIEFS**

**Sem music department plans concert**

The Wyoming Seminary Music Department will present its annual Winter Instrumental Concert at 4 p.m. today, Jan. 18, in the Great Hall, 228 Wyoming Ave., Kingston. The program is free and open to the public. For more information call 270-2190.

**Seminary plans visitation day**

The Wyoming Seminary Lower School in Forty Fort is offering area elementary and middle school students and their families an opportunity to visit the school on Monday, Jan. 19. The event will begin at 8:30 a.m. with visiting students attending classes, taking part in the day's activities and having lunch in the school cafeteria. Visitors will participate in the school's special assembly, marking observance of Dr. Martin Luther King Day. Tours of the Lower School for parents also will be offered.

For more information or to sign up for the day's events or a tour, call the Lower School Admission Office at 718-6610.

**MU to celebrate Martin Luther King Day**

Misericordia University will host a poetry reading and a Kwanzaa dinner to celebrate Martin Luther King Jr. Day at 7:30 p.m. on Monday, Jan. 19, in the Kennedy Lounge of the Banks Student Life Center. The program, which is free and open to the public, will include a poetry reading by student Jessica Bealer '12, and readings on the life of Martin Luther King Jr. Students will read quotes from Dr. King's "I Have a Dream" speech and reflect on what the passages mean to them.

The readings will be followed by a Kwanzaa dinner featuring authentic African American food with a presentation on the traditions of Kwanzaa by Dan Kimbrough, visiting assistant professor of communications at Misericordia University.

For more information, call 674-6400.

**KHS class to meet**

The Kingston High School Class of '59 will hold a meeting at 6 p.m. on Sunday, Jan. 25, at Norm's Eatery, Sherman Street, Wilkes-Barre to make plans for its 50th anniversary reunion.

For more information, contact Jayne Haefele at 639-5051 or jshaef@epix.net.

**MU Night at Penguins game slated for Jan. 30**

The Misericordia University Alumni Association will host Misericordia University Night with the Wilkes-Barre/Scranton Penguins ice hockey team on Friday, Jan. 30, when the Penguins face off with the Hershey Bears at 7:05 p.m. at the Wachovia Arena.

A pre-game indoor tailgate party will be held at Bennigan's Restaurant beginning at 5 p.m. All alumni and friends of the campus are welcome. Tickets are \$20 and are available by calling the Misericordia Alumni Box Office at 674-6768 or by going to www.CougarConnect.Misericordia.edu and clicking on the event.



SUBMITTED PHOTO

Susanne Cercone, center, is the grand prize winner of the first Back Mountain Community Six-Week Fitness Challenge. Shown here with Cercone are Coach Christin Snyder, left, and Holly Kline, finalist.

**Cercone wins first Fitness Challenge**

The first Back Mountain Community Six-Week Fitness Challenge has been completed. Seventeen participants committed to an exercise program during one of the most challenging times of the year and, on November 10, Coach Christin Snyder registered and weighed in the participants.

Over the six weeks, the group managed to exercise 323 times and lost over 124 pounds. Thirteen participants completed the program with four completely fulfilling their fitness commitment.

At the end, there were two finalists. Suzanne Cercone and Holly Kline each exercised at least 36 times over the six-week period and attended every weigh-in. In a random drawing, Cercone won the grand prize basket sponsored by www.fitforlifecoach.com, Back Mountain Dental and www.backmtpa.com. The grand prize basket included the Beach Body Power 90 In-Home Boot Camp DVD program, Peak Performance protein bars, B-Lines Resistance Bands,

Breath Rx and more. Participants donated food for the Back Mountain Food Bank in a Pound for Pound effort to thank The Rev. Beverly Butler and the Lehman-Idetown United Methodist Church for their support.

The second Back Mountain Community 6-Week Fitness Challenge began Monday, Jan. 12. For more information or to register, contact Christin Snyder at 690-4301 or register@fitforlifecoach.com.

**PEOPLE BRIEFS**

**BMT residents named to Dean's List**

The following Back Mountain residents has been named to the Dean's List at Quinnipiac University for the Fall 2008 semester: Brian Karwaski, of Trucksville; Jeremy Stull and Lauren Zimmiski, both of Dallas. Quinnipiac is a private, co-educational, non-sectarian institution located 90 minutes north of New York City and two hours from Boston.

**Frederick is scholarship recipient**

John Frederick of Dallas received the Msgr. Andrew J. McGowan Scholarship by members of the board of directors of the Commission on Economic Opportunity. Frederick graduated from Holy Redeemer High School and is attending Pennsylvania College of Technology, majoring in Electrical Building Automation.

**BMT students study geriatric care**

Thirteen students at Misericordia University recently began pursuing their graduate certificates in the recently introduced Professional Geriatric Care Manager Certificate Program at the Back Mountain campus. Back Mountain students participating in the first Professional Geriatric Care Manager Certificate are Suzanne Gryskevicz, Shavertown; Julia Roan, Harveys Lake; and Mike Petroski, Dallas.

**Lipski on Dean's List**

Jaime Lipski, a resident of Dallas and a member of the class of 2011, has been named to the Dean's List at Providence College in Providence, R.I. for the fall 2008 semester. To qualify for the Dean's List, students must achieve at least a 3.55 grade point average with a minimum of 12 credits.

**LAKE-LEHMAN SCHOOL NEWS**

**KAMEITRA SAXE**

There will be a Red Cross blood drive at 7:30 a.m. on Tuesday, Jan. 20, at the Lake Lehman High School.

The girls varsity basketball team will host GAR at 7 p.m. on Wednesday, Jan. 21. The Lady Knights will also have a home game against at 7 p.m. on Friday, Jan. 23, against West Side Tech.

Senior class graduation announcement orders are due to the office on Friday, Jan. 23.

Attention all students! Friday, Jan. 23, is an activity day.

The second marking period ends on Wednesday, Jan. 28. Students are reminded to pay all outstanding obligations to the school in order to receive their report card. Report cards will be held until the fines are paid.

Kameitra Saxe is a student at the Lake-Lehman Junior/Senior High School. Her column appears in The Dallas Post every other week.

**Red Cross plans three blood drives this month**

The American Red Cross will conduct three blood drives in the Back Mountain during the month of January.

The first drive will be a "TOTS" drive from 7:45 a.m. to 1:45 p.m. today, Jan. 18, at the Gate of Heaven Church, 10 Machell Avenue. All type "O" blood donated at this drive will go to neonatal units at area hospitals.

A drive will be held from noon to 6 p.m. on Tuesday, Jan. 20, at

the Dallas American Legion, Memorial Highway, Dallas.

The third drive will be held from 9 a.m. to 3 p.m. on Wednesday, Jan. 21, at the Wilkes-Barre campus of Penn State University. Although being held on campus, this is a community drive and everyone is encouraged to donate.

The Red Cross requests that all donors bring identification and their Red Cross blood card.

First-time donors will receive a card after their first donation.

Anyone 17 years of age, weighing a minimum of 110 pounds and in good health is eligible to donate. Youths 16 years of age accompanied by a parent may also donate.

A pre-scheduled appointment can be made to reduce the time needed for donating. To schedule an appointment, call 823-7164, extension 2150.

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