

KNIGHTS WIN 7TH GRADE DIVISION TITLE



The Lake-Lehman seventh-grade boys basketball team recently captured the second straight West Side League division title in 2008-2009. The Black Knights finished with an overall record of 10-4 and were a perfect 8-0 against division opponents, raising the team's record to 18-0 against division rivals the past two seasons versus division rivals. Lake-Lehman garnered the top seed in Division II and dropped a 30-27 heartbreaker to Wyoming Valley West in the playoffs. Members of the team are, from left, first row, Joe Wojcik, Aaron Traver, Brian Geraghty, Bobby Wright, Adam Dizbon, Tyler Bonner and Tyler Brobst. Second row, D.J. Massaker, Chris Herrick, Vinnie Williamson, Dylan Pudimott, Brandon Chackan and Doug Albertson. Third row, Cody Paraschak, Jake Brominski, Scott Bean, Brandon Tucker, Kyle Romanofski and Coach Brian Cutter. Absent at the time of the photo was Teddy Ely.

LAKE-LEHMAN FRESHMAN CAGERS WIN CHAMPIONSHIP



The Lake-Lehman freshman basketball team captured the Wyoming Valley Conference Division II championship. Members of the team are, from left, first row, Tim Piatt, Kevin Katchko, Jared James and John Butchko. Second row, Cody Poepperling, Dean Gregory, Chris O'Connor, Kevin Bohan, Jared Novitski and Coach Jeff Shook.

SPORTS BRIEFS

Final tryouts for travel basketball program

Rock Solid AAU Travel Basketball program will be holding their final tryouts for the 2009 season today, March 8. Make-up tryouts for Boys 13U seventh-grade will be held from 2 to 3:30 p.m., and Girls 12U sixth-grade through 16U 10th-grade will be

held from 3 to 4:30 p.m. All tryouts are at the Rock Recreation Center, 340 Carverton Road, Trucksville.

For more information, call Doug Miller at 696-2769.

Pulliam competes in Myrtle Beach Marathon

Maureen Wisneski Pulliam competed in the Myrtle Beach

Marathon on Saturday, Feb. 14, finishing as the 10th overall female out of 2,000 runners.

A graduate of Dallas High School and Temple University School of Pharmacy, Pulliam resides in Charlotte, N.C. with her husband, Jay, and their children, Caroline and Benjamin.

Girls soccer team conducting tryouts

The USTA Strikers U-11 girls soccer team is currently conducting tryouts for players looking to play in the 2009 spring and fall travel league seasons. Premiere level training from a professional and licensed coaching staff is offered with a strong emphasis on individual player development.

Participants born after August 1, 1997 are eligible to try out. Registration fees will be waived for players chosen from the

tryout sessions.

Serious soccer players should contact United Soccer Training Academy at 466-0262 or visit www.unitedsoccertrainingacademy.org for more information.

Soccer booster club plans craft show

The Dallas Boys Soccer Booster Club will hold its Spring Craft Show from 10 a.m. to 4 p.m. on Sunday, March 29,

at the Dallas Senior High School. Over 100 vendors from PA, NY and NJ will sell hand-crafted items such as jewelry, wooden items, candles, Easter and spring decorations, doll clothes and homemade candy and fudge.

Admission is free, however, food, beverages and a bake sale will be available. An all-cash raffle will also be held. For more information, contact Katie at ktyou@aol.com or 675-0138.

SENIORS

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Pennsylvania government program that subsidizes medical care for low-income seniors. The availability of programs like PACE, however, is limited due to strict guidelines.

Dallas resident Beverly Honeywell has health problems that prevent her husband from retiring.

"He couldn't stay retired because we need insurance," Honeywell, 70, said of her husband, Tom.

She has emphysema, arthritis and heart problems. The couple relies in part on Medicare and Medicaid, but these do not cover all of their medical costs.

Heating prices have also gone up, even as gas prices have plummeted.

"Paying for heating is my worst problem," said Betty Lamoreux of Dallas.

Although fuel prices have dropped since the summer, they should still be lower than they are, said Eric May, manager of Pen-Fern Oil in Dallas. The major oil companies set the prices of oil, he said, and they have not lowered their prices to home-heating distributors.

"From what I can gather, there isn't a good reason for (these higher prices)," he commented.

It is likewise difficult for some seniors to escape the costs of living in a large house and many seniors seek to downsize. The Honeywells would like to move into an apartment but, because they are on a strict budget, cannot find one they can afford.

Even seniors who anticipate moving are wary of doing so in this economy, according to Mike Slacktish, owner of Century 21 Signature Properties in Shavertown, who has noticed a sharp downturn in seniors seeking to buy new homes.

"They're waiting for the economy to improve before they take their next step," he said.

At the same time, the increase in property taxes caused by the recent tax reassessment is a concern for local seniors.

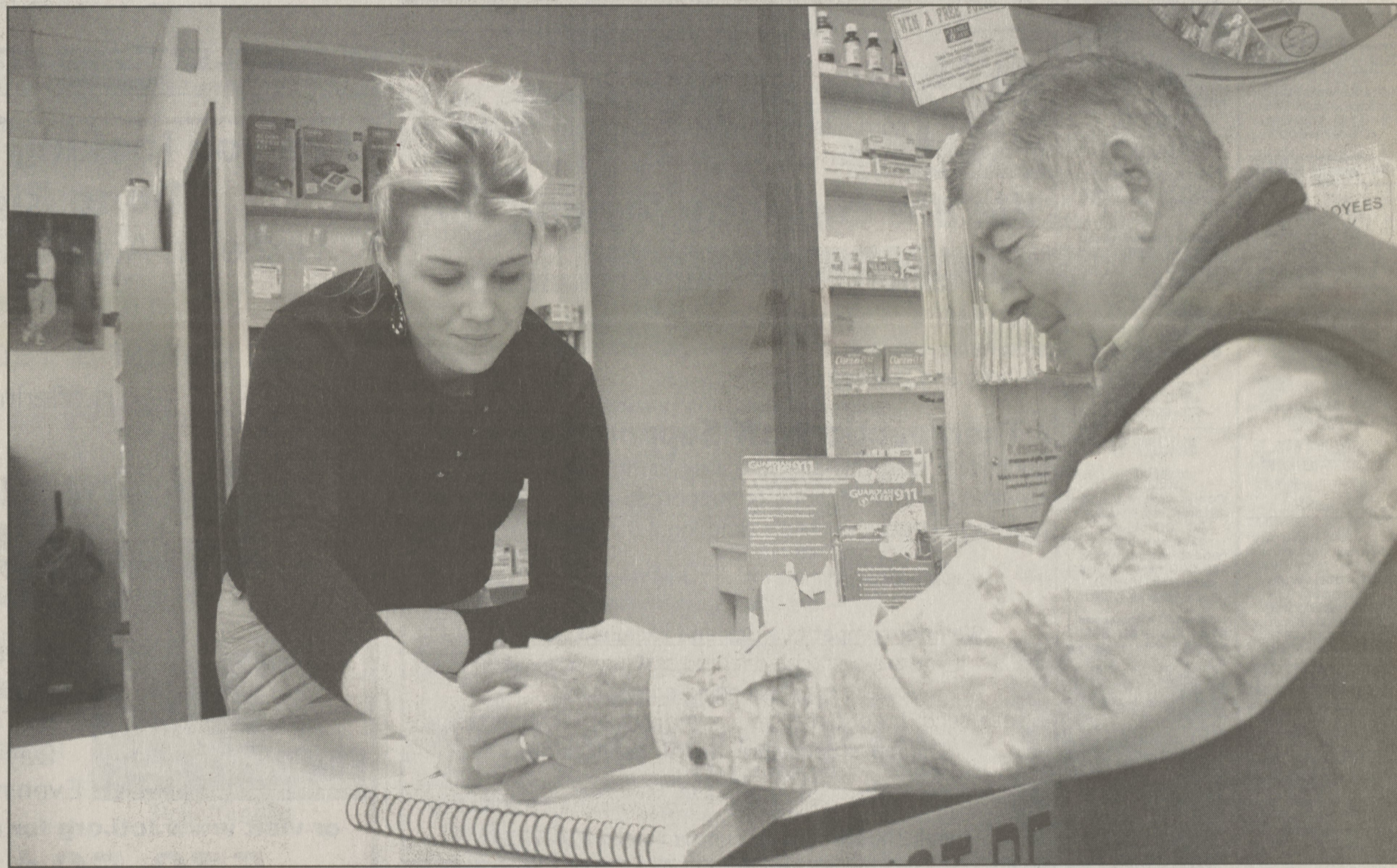
Many local seniors have voiced their concerns about the cost of the reassessments to Leonard Kozick, tax collector and zoning officer for Dallas Township.

"Assessments went from a percentage value to a market value," Kozick explained.

This had the effect of confusing older residents who couldn't understand why the values changed, he said.

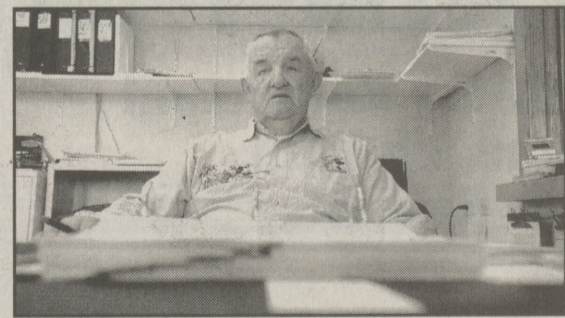
Food prices are a concern for some people, too, but senior citizen centers offer state-funded meals that reduce personal costs for food. The Luzerne & Wyoming Bureau of Aging, contracting with the Commission on Economic Opportunity, receives funds from the federal Older Americans Act to provide food for seniors.

Brenda Lispi, Senior Center Services Director at the Bureau, ex-



Eugene Fiorini, of Trucksville, signs for his prescription at Fino's Pharmacy in Dallas with help from pharmacy technician Sheree Semansky.

CHARLOTTE BARTIZEK PHOTOS/ FOR THE DALLAS POST



Leonard Kozick, Dallas Township tax collector, has noticed a rise in the number of complaints about tax bills.

plaining that these funds provide meals to homebound seniors as well as to those who frequent senior centers.

Some seniors, like those who frequent the Back Mountain Food Pantry in Trucksville which provides donated groceries to needy Back Mountain families, have more trouble than most paying for groceries.

"One out of four of our clients is a senior citizen," said program coordinator Mark Stull, who has noticed a small increase in seniors frequenting the food bank over the past year, a situation he attributes to the fixed incomes of most seniors. Fixed incomes leave seniors at a financial disadvantage in this worsening economy.

"Medical insurance costs are increasing, taxes are increasing, home heating costs are increasing, but income hasn't gone up," Stull said.

Joe Hardisky, president of the

food pantry, requested that pantry clients' last names not be revealed to protect their privacy.

Alice, 62, cannot work due to the effects of diabetes and a recent heart attack, yet she has been turned down for disability payments. She wishes to appeal the decision, but won't be able to get a hearing for at least another year.

"We have trouble paying for everything because we don't even have Medicaid," said Alice, who is ineligible for Medicaid because she took an early retirement. She gets \$500 a month in retirement, but her medications cost twice that. With so little income, she depends heavily upon the food pantry.

Even relatively affluent seniors have suffered negative repercussions from the economy. Anna Winkler, 65, of Dallas, is one such senior.

"Our fixed income is not stretching like it used to," she said, attrib-



Above: Michael Fino and Branda Miller help fill Rose Gula's prescription at Fino's Pharmacy in Dallas. The cost of prescriptions and even co-pays can be daunting to a retired person.

Left: Shavertown senior Rose Gula picks up a prescription at Fino's Pharmacy in Dallas.