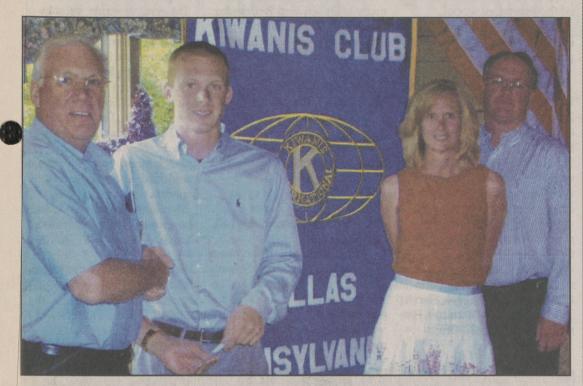
SKAMMER RECEIVES BOOK SCHOLARSHIP



Scott Skammer, a 2009 graduate of Dallas High School, has earned a book scholarship from the Dallas Kiwanis Club. The presentation was made at the club's recent meeting at Pickett's Charge Restaurant. Skammer was an honor student, lettered three years in golf and was the team captain and lettered four years in baseball. He will attend Alvernia University where he will major in Business Management and play baseball. From left, are Charles Kishbaugh, president, Dallas Kiwanis; Scott Skammer, Ruth Skammer, mother; Steve Skammer, father; and Lloyd Ryman, chairman, scholarship committee.



Burn up to 500 calories in 30 minutes? Believe it.

Our 30-minute circuit works every major muscle group, two muscles at a time, so you can burn up to 500 calories. All with a trainer to teach and motivate.

JOIN FOR FREE* WHEN YOU DONATE A BACKPACK OF SCHOOL SUPPLIES



THE TIMES LEADER

Health Care Hero?

Nominate them for The Times Leader Health Care Hero Award.



Do you know people in the health care field who have touched the lives of others? People who go beyond all expectations to care for others in the community? It's time to recognize them for all their efforts and let them know how much they're appreciated. Nominate an inspiring individual for The Times Leader's Health Care Heroes Award.

On November 5, 2009 The Times Leader will honor 20 of these outstanding health care professionals at the Mohegan Sun in a special awards ceremony.

Take the time to nominate your HERO. It could be a nurse, doctor, physical therapist or anyone in the health care field who truly has made a difference.

To nominate:

Complete the nomination form and on a separate sheet of paper, write why you are nominating this person for a Health Care Hero Award. Mail both the form and your essay to: Health Care Heroes, The Times Leader, 15 N. Main Street, Wilkes-Barre, PA 18711. This nomination form can also be downloaded at timesleader.com.

The Times Leader Health Care Hero Form

For The Times Leader Health Care Hero Award, I nominate...

Nominee's Name:

Nominee's Phone:

Nominee's Street Address:

City: _

Your Name:

Your Phone:

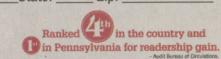
Your Address:

City: ____

On a separate sheet, write, in 200 words or less, why you are nominating this person.

Mail your nomination by September 17, 2009 to: Health Care Heroes, The Times Leader

15 N. Main Street, Wilkes-Barre, PA 18711



State: Zip:

THE TIMES LEADER

timesleader.com