

# CADET

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eyes, you can kind of picture what the music is about."

"Stampede," which is program music, begins very slowly, Stanley explained. In the distance, a rumble can be heard and it becomes louder and louder.

"You can almost imagine this huge stampede of animals coming," he said.

The band students then stomp their feet and the director turns to the audience and invites them to participate as well, Stanley said. The music then slowly dissipates and slows down to near tranquility just as it started.

Stanley said each sheet of

The band's spring concert will be held at 7 p.m. on Wednesday, May 19, in the Lake-Lehman Junior/Senior High School auditorium. Admission to the concert is free and it is open to the public. Donations will be accepted.

music for "Stampede" ever printed will indicate the piece was commissioned by the Lake-Lehman Cadet Band.

"The kids really appreciate it," he said. "They will always be able to hold onto that music and know they were able to be the first ones to perform it."

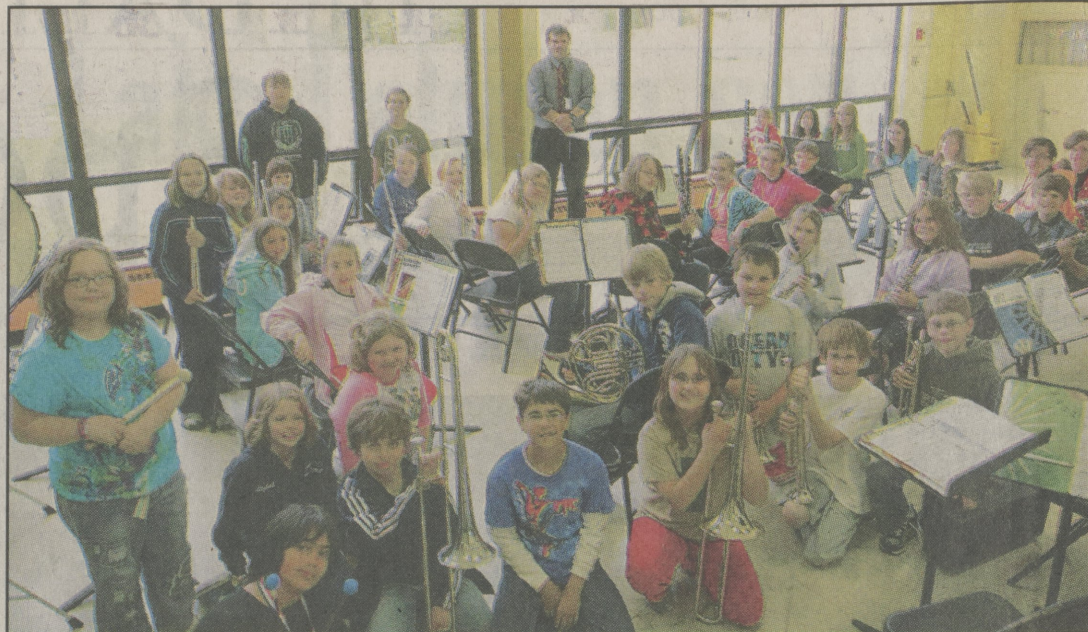
Following the cadet band's performance at its spring concert, there will be an intermission. Then an elementary percussion group, high school percussion group and the high school color guard will perform.

Two days after the spring

concert, the Lake-Lehman Cadet Band will compete in the "Music in the Park" band competition in Allentown.

Eventually, Stanley would like to submit an audition tape of the band for the All State Music Conference, explaining that the audition tape is required one year in advance. That is difficult, however, because new fifth-graders enter the band and sixth-graders leave each year.

"They perform very well for fifth and sixth-grade students and I'm always trying to come up with different ways to showcase them," the director said.



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Patrick Stanley leads members of the Cadet Band at Lehman-Jackson Elementary School.



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Teachers Kelly Dougherty and Kim Chopyak lead a voluntary after-school fitness class at Ross Elementary School to prevent childhood obesity.

# FIT

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tive and recently won the Lake-Lehman School District employee weight loss challenge, dropping from a size 4 to a size 0.

According to the Centers for Disease Control and Prevention, results from the 2007-2008 National Health and Nutrition Examination Survey indicate an estimated 17 percent of children and adolescents ages 2 to 19 are obese.

Dougherty pointed out that a lot of the students aren't overweight but like still enjoy participating in Fit Club.

"I signed up because my teacher's in it (Dougherty) and it seemed like fun," said fourth-grader Skylar Sutton.

Fourth-graders Mackenzie Love, Chloe VanGorder, and Cole Schuler; fifth-grader Kaitlyn

Hutchins, and sixth-graders Marie Johns, Sara Schuler and Sam Rosencrans agreed.

"I'm glad the teachers had this this year," Johns said. "They make it fun."

Hunter Nice, a sixth-grader, joined the club because he wants to lose weight.

"I thought it would be fun," he said. "We do really cool dances."

Most of the students want to be up front near Chopyak and Dougherty, so the teachers have to rotate the students' position in the gym based on their grade levels.

The students get a drink break after every three songs and can sit out any time they need to, although they are encouraged to do some type of movement, even if they just walk in place.

Many of the members said if it weren't for the Fit Club, they would be at home watching television.

"You're actually doing something (at Fit Club) and at home

you're doing whatever, watching TV," said Keara Gallagher, a fourth-grader.

In June, the Fit Club will perform a dance routine in the school's talent show in front of the entire school.

Although the club is new, Chopyak said it has received good reviews from the student participants and their parents as well as teachers.

"The parents have been so supportive with this," she said. "They are here right on time and they come if we call them and say the kids are sick."

Chopyak and Dougherty are already discussing continuing the club next year and are considering the possibility of extending the club to third-graders and to hold it year round.

"It seems like the kids are really into it...they love it," Chopyak said. "They have so much fun. It's nice the kids are interacting with each other and it's a positive thing."

# CHOPYAK

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took classes, including spinning, Zumba, a Latin fitness program; BODYPUMP, which involves weightlifting; BODYCOMBAT, moves and stances from self-defense disciplines; and a class called 30-20-10, consisting of 30 minutes of cardio, 20 minutes of toning and 10 minutes of abdominal work.

She also ate the exact same foods at the same times every day. She consumed a cup of oatmeal and three egg whites for breakfast; an ounce of almonds for a morning snack; a cup of greens, a raw vegetable and six ounces of lean protein for lunch, eight ounces of yogurt for an afternoon snack; the same lunch she had for dinner plus a potato and more egg whites before bed.

Chopyak suspected she would win the contest because she was working really hard.

"It was so funny because I am very competitive with things," she said. "It (the final day of the challenge) was the day before work to get my last chance. I felt like I was on 'The Biggest Loser.'"

For winning the challenge, Chopyak will receive a half a day off from work, compliments of district Superintendent James McGovern who will teach her class for the half day she is away. McGovern also participated in the contest and lost 16 pounds.

"I truly enjoy working with stu-



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Kim Chopyak, a first-grade teacher at Ross Elementary School, recently won a weight loss challenge in the Lake-Lehman School District.

dents," said McGovern, who is looking forward to spending time in Chopyak's classroom. "If there is one part of this job that I do not spend the amount of time with students as I did as a teacher or even a building level administrator. The job of an educator is extremely stressful and demanding. However, there is an intrinsic satisfaction with the profession that is unparalleled with any other occupation."

Chopyak is still following her diet in hopes of losing an additional five pounds and developing more muscle definition. And she's not alone.

As a result of the competition, McGovern has raised a new challenge for each employee to walk 100 miles before graduation, which is June 8.

"The goal of 100 miles by graduation is something tangible," the superintendent said. "I would like to set a few challenges for summer and start a fitness club for the fall. The health of our teachers is also beneficial to the educational process. If we average one less sick day per year, we save thousands of dollars. It would also generate nearly 900 hours of instruction covered by the regular classroom teacher in lieu of a substitute."



S. JOHN WILKIN/THE DALLAS POST

After being in existence for not quite one school year, the Dallas High School Student Leadership in Civics Club has received the President's Volunteer Service Gold Award for completing over 1,000 hours of service. The club is comprised of eight students and four teachers. From left, bottom row, are Drew Schaub, Katelyn Reinert, Lance Machovec, Adrienne Box and Ryan Hogan. Top row, Tom Gilroy, Chris Dailey, Dan Nestorick, Anne Butler and Joanne Drayer.

# DALLAS

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12 local veterans who served from World War II to the present to attend the program and participate in a panel. Machovec and Schaub moderated the panel.

The program, which was open to the community, attracted about 250 to 300 people even though school was not in session that day, Gilroy said.

The students said one memorable veteran was James Pius, a Vietnam veteran who is blind. Pius, of Wilkes-Barre Township, spoke about how Vietnam veterans were forgotten for a while and how he wants to be sure no veteran is ever forgotten again.

Another veteran in the audience who was not part of the panel broke down in tears because his wife had just died. A man sitting next to him in the crowd, whom he did not know, comforted him.

"I think Veteran's Day was one (project) where people

could connect more because there were actually people talking about it," Schaub said.

Following the ceremony, the students held a luncheon at the school for the veterans. Several months later, they visited them at the Veterans Affairs Center, sharing coffee and doughnuts with them.

"We enjoyed that more than the ceremony because we actually talked to them," Machovec said.

"The one thing I never realized is they rarely have contact with their family," Box said, adding that the veterans often hear from their families only once a month.

In January, the SLIC Club created an educational assembly for the school about Martin Luther King Jr. and the Civil Rights Movements of yesterday and today. Although a Martin Luther King Day assembly is held each year, the club wanted to make it better.

"I think it really speaks to what this group has been trying to fulfill all year," Butler said. "They saw a need and they fulfilled it."

The club's third project was a voter registration drive for seniors who will be age 18 and eligible to vote in the upcoming pri-

mary election on May 18. The students in the club gave personal invitations to those they knew were eligible.

Gilroy said out of 131 seniors eligible to register, 73 did, a number somewhat surprising to members of the club.

"I thought it was going to be a waste of our time," Machovec said.

SLIC Club members were scheduled to conduct their final project of the year on May 8. The club was slated to help Anne Sobeski, a letter carrier, pick up food donations on her route in Wilkes-Barre as part of the U.S. Postal Service's Stamp Out Hunger Food Drive.

Gilroy wants to keep the club to seven or eight students who are juniors and seniors and foresees the club working on even more projects next year.

"Witnessing all the good that the students and the moderators were doing for not only our school but the larger community as a whole was awe inspiring, for never once were they expecting something in return," Gilroy said. "Rather, they felt it was their mission to further the idea of citizenship in our local community."

# BOND

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for residents only

Prior to the meeting, township road superintendent Don Fritzges asked a reporter to remind people that the drop-off of brush, leaves and grass at the compost site at the public works department building is for township residents only.

# DRILLING

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these agencies give me their information," he said.

Once the guidelines are completed and adopted by the supervisors, a public meeting will be arranged for all residents.

"We are doing the best we can with the resources availa-

ble," Dobinick said, indicating he hopes the comprehensive plan will act as a "template for the rest of the county."

In other news, a free electronics recycling collection program will be held on June 5 at the Butler Township Fire Hall in Drums and on June 12 at the Hanover Area Junior Senior High School in Hanover Township for Luzerne County residents only.

For more information about the program, residents can call 1-800-820-7654.

# PUZZLE ANSWERS

## King Crossword

Answers

Solution time: 27 mins.

OWN	EAST	INTO			
PEA	GLEE	MOOD			
UP	STREAM	PROD			
STAR	ER	PIE			
	EST	UPLINK			
BARN	S	RO	DON		
EKED	CPA	SLOE			
TIE	JOY	SCENE			
AND	HOW	APR			
	ASH	BRASSY			
JAZZ	AWAY	GAME			
OBOE	NOSE	TUG			
TOOL	DOER	EGG			

## Go Figure!

answers

2	+	8	÷	1	10
x	-		+		
9	÷	3	x	7	21
+	x	+			
6	-	5	x	5	5
24		25		13	

## Super Crossword

Answers

ORNE	AHAB	DAVID	ARABS
SEAL	WELL	AMINO	MANIA
HASNO	LIFE	DOESNOTHING	
APHID	RABID	TOR	SEE
	HOME	RIAPA	VELVET
IGNOR	SORDERS	ALICE	LUD
LOO	ESNE	RUNON	HICKS
LATEST	ENCODES	ALLAH	
TIELE	MANCO	ERASER	TINA
MALICE	EGG	ROL	AREW
NEVER	STOP	TALKING	
BEER	AGO	ACH	BELLS
ERR	THELMA	ARES	TOLA
RIVER	THIRTY	MENAGE	
GEESE	SINGE	LUIS	LUD
	ANNA	ISTALL	LANDLODD
TAUTEN	STIR	RHEA	
TIS	ATA	CLEO	UNCLE
BACKS	TABER	OBNOXIOUS	
ARIEL	FRAME	ARGO	EMIT
RAINY	EAMON	NOSH	ROSE

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