

KINGSTON TOWNSHIP

# Holiday house winners honored

GERI GIBBONS  
Dallas Post Correspondent

The board of supervisors presented gift certificates to the recipients of its annual Holiday House Contest at its regular meeting on Wednesday.

Rick Connors, Bunker Hill Road, said he used over 18,000 lights to complete his holiday presentation.

"My favorite part is watching people look at the lights," said Connors, who plans to add an additional 10,000 lights to his display next year.

"This goes beyond just being a holiday contest; it shows the spirit of our township," said Assistant Township Manager Robert Hivish.

Supervisors passed a Schedule of Fees which include a \$150 fee to register a permit to an event in compliance with the township's Amusement and Exhibition Ordinance.

Supervisor Frank Natitus asked if this fee could be waived for charitable organizations.

Township Solicitor Benjamin Jones said that, because it is an administrative fee, it cannot be waived. However, Jones said, if an event is for a charitable organization and is community

based, the municipality can make a donation to that charity to assist with the fee payment.

Township supervisors also voted to continue with a 5% contribution rate for township police toward their pension.

"With the township having financial concerns," said Supervisor Chair James Reino, "it is necessary to continue to collect this 5%."

Reino noted the township has also trimmed its budget by eliminating unnecessary expenditures, including some road work.

The board voted to allow Anthracite Scenic Trails to place a kiosk on township property along the Back Mountain Trail, announcing upcoming events related to the trail.

Jones said the easement the township had previously granted included the placement of the kiosk.

The board encouraged residents to access information regarding township events, ordinances and services at its website at [www.kingstontownship.com](http://www.kingstontownship.com) or by "friending" the township on Facebook.

The next meeting of the Kingston Township Board of Supervisors will be held at 7:30 p.m. on Monday, Feb. 6.



Alyssa Monaghan, of Dallas, fends off her make-believe attacker with an elbow to the groin during a self-defense class for women at the Back Mountain Martial Arts Studio in Dallas.



May Goebel prepares to ward off her male attacker, played by Marty Kravchick, of Mountain Top, in a martial arts self-defense class for women at the Back Mountain Martial Arts Studio.



Jackie Soper, of Shavertown, demonstrates how fingers pushed into an attacker's eyes can be effective. The make-believe attacker is Daniel Sibilini, of Mountain Top.

# Lake-Lehman plans kindergarten series

The Lake-Lehman School District invites parents and children to the fourth installment of the Kindergarten Readiness Program for the 2011-2012 school year.

The program is scheduled for January 31, February 1 and 2 and will feature "Nutrition and Pre-Registration."

There will be an explanation of registration and breakfast/lunch process. Parents can begin the necessary paperwork for registration and are asked to bring their child's immunizations with them. Parents are also invited to lunch.

The schedule is as follows: Ross Elementary, Tuesday, Jan.

31; Lake-Noxen Elementary, Wednesday, Feb. 1; and Lehman-Jackson Elementary, Thursday, Feb. 2. All programs start at 9 a.m.

Parents are asked to register for the third installment by calling their respective elementary school office at Ross Elementary at 477-5050 or 256-7897, Lake-Noxen Elementary at 639-1129 or Lehman-Jackson Elementary at 675-2165.

This program is only for children who will be 5 years old before September 1 and are planning to enter kindergarten for the 2012-2013 school year at Lake-Lehman.

# Scholarship exam set

Current fourth through seventh-graders not already enrolled at Wyoming Seminary Lower School are encouraged to register for Sem's Merit Scholarship Exam to be held Saturday, Feb. 4 at the school's Forty Fort campus.

Wyoming Seminary Lower School is a co-educational day school for students in preschool to grade eight.

Up to five half-tuition merit-based scholarships will be awarded to students who display outstanding performance on the competitive exam. There is also need-based financial aid available to those who qualify.

All students planning to take

the Merit Scholarship Exam should complete a visit to the Lower School, shadowing a current Lower School student, on or before February 20 to qualify for an award.

Exam registration will be at 8:15 a.m. and the exam will be given at 8:30 a.m., ending at 11 a.m. Parents are invited to stay for a presentation, including financial aid information, tour and refreshments.

For more information about the Wyoming Seminary Merit Scholarship Exam or to register for the exam, call the Lower School Admission Office at 718-6610.

# Locals graduate from MU

The following are local Misericordia University students who applied and were eligible to participate in the winter commencement ceremony on Monday, Dec. 19:

Amy Bachman, Dallas, Organizational Management, MS; Carrie Balla, Harveys Lake, Elementary Education, BS; Stanley Balloun, Shavertown, Business Administration, MBA; Susan Brdaric, Shavertown, Nursing, SN; Kristopher Coughlin, Harveys Lake, Government, Law and National Security, BA; Lunda Dickson, Dallas, Business Administration, BS; Karen Downs, Dallas, Nursing, BSN.

Also, Keith Evanosky, Dallas, Organizational Management, MS; Amy Hartman, Dallas, Psychology, BS; Jamie Kinney, Hunlock Creek, Nursing, BSN; Sharon Mazzeo, Wyoming, Professional Studies, BS; Cara Nolan, Shavertown, Elementary Education, Special Education, BS; Joseph Pretko, Dallas, Professional Studies, BS.

Also, James Ready, Dallas, Business Administration, MBA; Luann Senchak, Dallas, Nursing, BSN; Jane Stredny, Harveys Lake, Nursing, BSN; Marcia Walsh, Sweet Valley, Business Administration, BS.

# Protect YOURSELF

By SARAH HITE  
shite@mydallaspost.com

## FIND A CLASS

Another women's self-defense class will be held at Mountain Top Martial Arts, 273 S. Main Blvd., Mountain Top, from 1:30 to 5:30 p.m. on Saturday, Jan. 21. For more information, call 474-0171.

Linda Cardany can't be much more than five feet tall, though the 64-year-old from Dorrance recently learned she packs quite a punch.

Cardany was one of a group of women (and men) in attendance at a self-defense class geared towards females at Back Mountain Martial Arts in Dallas Township.

The class, led by local martial arts experts, stressed the importance of personal safety tactics — not martial arts technique.

"We see a lot more people taking this class because everyone has busy lives and don't have time to take traditional martial arts classes," said Sensai Richard Dixon, of Mountain Top.

He said the class was held about once a year but, due to high demand, is now instructed on a quarterly basis.

Jackie Soper, a brown belt, has been practicing martial arts for more than 15 years and is an instructor at the studio. Her foray into the discipline stemmed from a desire to feel confident and prepared in any situation.

"I never want to be afraid of anyone," said Soper, of Shavertown. "If I get taken down, they're not getting up."

Instructors focused on keeping cool and calm during a sticky situation. Being prepared for an attack can completely change the situation, as those who are attacked won't feel panicked.

"It can definitely save a life," said Soper.

Cardany wanted to take the class for a while because she wanted to fend for herself in trying times, despite her small stature.

"I've managed to avoid those situations, but there's so much

more meanness in the world than ever before, and you never know when it's going to pop up," she said.

Dallas High School student Kelly Monaghan has been involved in martial arts for about a year. The 18-year-old from Dallas wanted to learn how to protect herself for when she goes away to college.

"It's really important to feel safe," said Monaghan. "I hope I never have to use it, but the knowledge is there."

Dixon said the most important part of handling oneself during an attack is to "even the odds." Knowing where and how to strike an attacker and using everyday objects such as water bottles and umbrellas are good strategies for survival.

"With a 100-pound girl and a 250-pound man, there's no such thing as a fair fight," he said. "No one has a right to touch you."

When responding to an attack, Dixon said to focus energy



Kelly Monaghan, of Dallas, and Linda Cardany, of Dorrance, practice self-defense moves on each other at a class for women at the Back Mountain Martial Arts Studio.

on the most vulnerable areas of the body, such as the eyes, groin, knees and toes, in order to demobilize the attacker. Once that has happened, Dixon told his students to get away from the situation as soon as possible and call for help.

About 10 students practiced several moves during the class, including how to deal with attackers who may brandish dan-

gerous weapons. "The biggest mistake people make is trying to grab the gun," said Dixon. "A gun on the ground is just a hunk of metal. It's the person that's dangerous."

Dixon also spoke about controlling one's environment, such as wearing appropriate clothing, traveling with a group and avoiding alcohol, to defray potentially harmful situations.

## PEOPLE BRIEFS

### Konnick named to dean's list

Kimberly A. Konnick, of Dallas, has been named to the dean's list at Cazenovia College for the fall semester of the 2011-2012 academic year.

Konnick is a senior working toward a bachelor of science degree in human services spe-

cializing as a generalist.

### Stull works on campaigns

Jeremy Stull, of Dallas, is in New Hampshire taking part in a Quinnipiac University advanced-level seminar on presidential campaigns.

Stull is one of 28 students taking part in the seminar led

by Quinnipiac Professor Scott McLean. The students have been researching the presidential candidates since the fall.

As part of their research, the students visited New Hampshire in October to campaign for their favorite candidates.

They returned again for a weekend in November and again in early January to experience the days leading up to the January 10 New Hampshire primary.

CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

CHARLOTTE BARTIZEK/ FOR THE DALLAS POST