

Hockey Play Day held at Lake-Lehman

A Junior High Field Hockey Play Day was held Oct. 56 at the Lake-Lehman hockey field. The tournament was an informal event of multiple schools playing games.



BILL TARUTIS | FOR THE DALLAS POST
Lake-Lahman's Alicia Galasso watches sideline action as she advances toward the Honesdale goal.



Lake-Lehman's Jessica Salus passes the ball around a Honesdale player.



Lake-Lehman's Grace Naugle, right, battles a Honesdale player for the ball in a junior high field hockey tournament in Lehman Township.



Jessica Salus, left, controls the ball against a Honesdale player.

Popielarz aces a hole at Newberry



Popielarz

Popielarz, of Dallas, shot a hole in one on Sept. 9, at the Newberry Country Club. This-146 yard shot left a clean line through the early morning dew. The shot was witnessed by John Puchalski.

Championship wrestler offers clinic at Wyoming Seminary

The Wyoming Seminary wrestling program and Team EXcel will feature one of the nation's most successful collegiate wrestlers in the United States at a special pre-season wrestling clinic on Sunday, Oct. 27. This clinic is open to all area wrestlers of all ages.

The clinic will run from 9 a.m. to 5:30 p.m. in the Carpenter Athletic Center, Maple Avenue, Kingston,

on the campus of Wyoming Seminary Upper School.

Athletes attending the clinic will meet and learn from Kyle Dake, a four-time NCAA champion at Cornell University.

Dake, a 2013 Cornell graduate, is the only wrestler in NCAA history to win four national championships in four different weight classes: 141, 149, 157 and 165 lbs. He completed his Cornell career

with a record of 132-4 and was undefeated in his junior and senior years.

A recipient of the Dan Hodge Trophy, awarded annually to the nation's best collegiate wrestler, he was named Sports Illustrated's Male College Athlete of the Year in 2013.

The clinic will feature instruction in wrestling techniques by Dake and Scott Green, Wyoming

Seminary head wrestling coach, who coached Dake during his youth wrestling years.

Tickets are \$50 in advance and \$60 at the door. Athletes taking part in the clinic will register between 9 and 10 a.m. The clinic will feature three wrestling sessions, ending at 5:30 p.m.

For more information, contact Green at 607-624-2665.

SENIOR CENTER MENU

Senior Citizens Centers sponsored by the Area Agency on Aging for Luzerne and Wyoming Counties offer hot noon meals Monday through Friday to people 60 years of age or older. Donations from participants are gratefully accepted and needed in order to expand this program.

The following is the menu for the week of Oct. 14:

MONDAY: Centers closed in observance of Columbus Day

TUESDAY: Stuffed cabbage rolls, mashed potatoes, vegetable medley, whole wheat dinner roll, ketchup, rice pudding with raisins, margarine, milk and coffee.

WEDNESDAY: Pork and bell peppers, steamed rice, snap peas, whole wheat bread, mandarin oranges and pineapple, margarine, milk and coffee.

THURSDAY: Swiss steak, scalloped potatoes, beets, whole wheat dinner roll, fresh fruit, margarine, milk and coffee.

FRIDAY: Chicken and stuffing bake with gravy, mixed vegetables, garden salad with dressing, whole wheat bread, birthday cake, margarine, milk and coffee.

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