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



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



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

Championship wrestler offers clinic at Wyoming Seminary

Team EXcel will feature one of the nation's most successful collegiate wresat a special pre-season wrestling clinic on Sunday, Oct. 27. This clinic is open to all area wrestlers of all

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

The following is the menu for the week of Oct.

closed in observance of

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

Centers

this program.

MONDAY:

Columbus Day

milk and coffee.

The Wyoming Seminary on the campus of Wyoming with a record of 132-4 Seminary head wrestling

Athletes attending the clinic will meet and learn Cornell University.

Dake, a 2013 Cornell win four national champi- 2013. The clinic will run from onships in four different 9 a.m. to 5:30 p.m. in the weight classes: 141, 149, instruction in wrestling Carpenter Athletic Center, 157 and 165 lbs. He com-techniques by Dake and

junior and senior years. A recipient of the Dan from Kyle Dake, a four- Hodge Trophy, awarded tlers in the United States time NCAA champion at annually to the nation's advance and \$60 at the best collegiate wrestler. he was named Sports graduate, is the only wres- Illustrated's Male College tler in NCAA history to Athlete of the Year in

The clinic will feature ending at 5:30 p.m. Maple Avenue, Kingston, pleted his Cornell career Scott Green, Wyoming

wrestling program and Seminary Upper School. and was undefeated in his coach, who coached Dake during his youth wrestling

Tickets are \$50 in door. Athletes taking part in the clinic will register between 9 and 10 a.m.a.m. The clinic will feature three wrestling sessions,

For more information, contact Green at 607-624-

Popielarz aces a hole at Newberry



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.

AS AUTO PARTS

Conventiona Motor Oil

Popielarz,

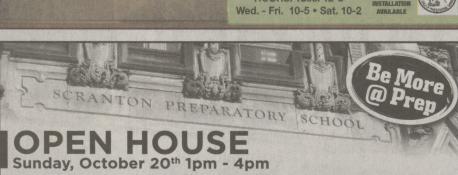
YNTHETIC OIL

OR UNDER \$20!

HANGE

Change Your Drafty Old Fireplace





WEDNESDAY: and bell peppers, steamed rice, snap peas, whole wheat bread, mandarin oranges and pineapple, margarine, milk and cof-

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.

99% of Prep's 2013 graduates

HE JESUIT COLLEGE PREPARATORY SCHOOL OF NORTHEASTERN PENNSYLVANIA

were accepted into a four-year college program. Of the 99% acceptance,

80% were accepted to the college of their first choice.

The Class of 2013 achieved a best SAT score with an average of 1122.

The Class of 2013 received in excess of \$32 million in performance based scholarships.

www.SCRANTONPREP.com

Students come from counties throughout northeastern Pennsylvania and New York State.

Seven Year Programs with the University of Scranton and Marywood University challenge students with college level work in their junior and senior years of high school.

Affordable tuition and financial aid make Prep financially viable.

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