

Denise Witek Has Party On Ninth Birthday

Congratulations to Denise Witek, daughter of Mr. and Mrs. Nicholas Witek of Chase Manor who celebrated her ninth birthday on Saturday, May 4. She was the honored guest at an outdoor birthday party, attended by the following: Stanley Witek, Theresa Cigarski, Nancy Young, Matthew Laity, Linda Laity,

Elizabeth Laity, Bernice Winiacki, John Yankowski, David Yankowski, Janie Yankowski, Edwin Yandik, her grandmother, Mrs. Anna Witek, her aunts, Mrs. Margaret Witek of Plains, Mrs. Margaret Billow of Chase Manor, Mrs. Mary Billow of Chase Manor and her uncles, Edwin Povstay, Emory Povstay and Mr. and Mrs. John Fronczkiewicz of Towanda. Denise received many nice gifts and a beautifully decorated birthday cake was on hand. Her

father, Nicholas Witek, a former big league baseball star was in charge of the outdoor activities and numerous games kept the guests busy and happy. Refreshments were served.

GIRL SCOUT COUNCIL

Present and former members of Wyoming Valley Girl Scout Council will stage a luncheon Tuesday at 12:45 at Irem Country Club, the last reunion of the Council before it becomes a member of Penn's Woods.

May Queen

(Continued from Page 1 A)
—Girl of the Month for December. Planning a career in education, Jane is president of the Future Teachers Club and has been accepted at Bloomsburg State College as an Elementary Education major.

Alana Matter, daughter of Mr. and Mrs. William Frey, Oak Hill, is also a member of the honor court. Vice president of the Senior Class, a member of the National Honor Society, and a member of Quill and Scroll, she has participated in many activities. President of the Journalism Club, Alana edited the first Lake-Lehman Student Handbook and acts as student co-ordinator of publications. She has been a cheerleader for three years and a member of the senior play cast. Girl of the Month for December for the Lehman Women's Club, Alana will enter Bloomsburg State College in September in the liberal arts division.

Attendant Joyce Spencer is the daughter of Mrs. Betty Spencer of Noxen. Active in school and class activities, Joyce is completing her third year as class secretary. This year she was elected secretary of the Student Council. She is a former officer of the Nature and Hiking Club, and has been a member of the Lake-Lehman Basketball team. A member of the prize winning band, Joyce is captain of the flag twirlers. Also a member of the Queen's Court is Marily Woodling. Marily, daughter of Mr. and Mrs. Francis Woodling, of Lake Silkworth, has been active in various school activities. Known to readers of the Post through her school column, she has also served as news editor of the school paper. A member of the National Honor Society and Quill and Scroll, she has participated in the girls' ensemble, the chorus, Vogue Sewing Contest, class plays, class office, and the basketball team. Girl of the Month for March, Marily plans to enroll at Wilkes College with a major in elementary education.

Following the crowning, the band will give the touring group a rousing send-off. As the group begins their tour, the seventh grade girls will present "I've Been Working on the Railroad." First stop will be Harrisburg where the seventh grade girls will dance to "Bingo." As the train moves on toward Bluefield West Virginia, the influences of the Crooks and Slovaks is seen. The eighth grade students will demonstrate the native dance "Turn Me Around." Next stop—Durham, North Carolina, where the Virginia Reel will be

THE ROCKING CHAIR

by MRS. MATT EVANS
One of the things that Mr. Kennedy will be remembered for during his administration, is returning the rocking chair to its proper place in the home. This poor unfortunate wooden seat has been the victim of modern design and functional living. To be modern is to be up to date. To be functional is to be useful. Apparently the rocking chair did not meet with these requirements. Things are different now. Not only does it have a place in the home, it has the place of dignity it rightly

deserves.
Attics and storage rooms, silent and unopened for years, are aired and grandma's "Boston Rocker", grandpa's "platform rocker", and Aunt Nell's old rocking chair brought downstairs. Their cloaks of dusty shame are being rubbed off and a new coat of shiny wax and ancestral pride is being lovingly applied. It is not now fashionable for teenage Betty to threaten mayhem if that "thing" isn't removed before her friends see it. The rocking chair has finally come into its own.

This is the age of tranquilizers, tension relievers, and vibrators. Here is the perfect answer for all these aids. Sit in the rocking chair. Lean back, cross your feet, gently grasp the arms and rock away. If you happen to close your eyes, let your mind wander and your imagination go to work. What a wonderful time you can have. Recall pleasant memories, conjure up new ones or take that trip to Europe on a luxury liner. You can almost feel the boat gently and unhurriedly slipping through the water. It is a grand way to relax and dream at the same time.

The rocking chair is also a great weapon to subdue anger. When the urge comes to shake the stuffing out of junior, or tell Mrs. X to keep her dog out of your rose bushes, run for the rocking chair, sit down grip the arms with determination and vengeance. Place your feet firmly on the floor and begin to rock vigorously. Increase the speed when necessary and keep rocking until you are so tired that you can't remember why you were angry. This therapy works especially well if you mutter incoherently while traveling faster and faster.

Another use for the rocking chair is problem solving. At times things seem to creep up and overwhelm us. Suddenly our problems seem greater than we can bear. A few minutes alone in a rocker does wonders. This suggestion isn't any guarantee that the problems will disappear but they will seem a little easier to cope with. Sit, hands folded, eyes closed, rocking slowly. A hot cup of tea or a little reading will also help. Our perspective can be regained and all it takes is a little rocking and mental rearranging.

The hours spent holding a baby close and feeling its warmth and helplessness are the best of all. Even those of us not endowed with a singing voice will try a soft lullaby. Tiny receptive ears listen and tiny faces reward the singer with a toothless grin. Those hours are not wasted time but are the seeds for memories when the bud of childhood has blossomed into the flower of adulthood. When there are no more babies to rock, one can return to the chair that holds so many pleasant memories and reminisce.

It seems to me that the rocking chair has more than met up-to-date requirements. To a dear friend that hasn't been around for a long time, "Welcome home".



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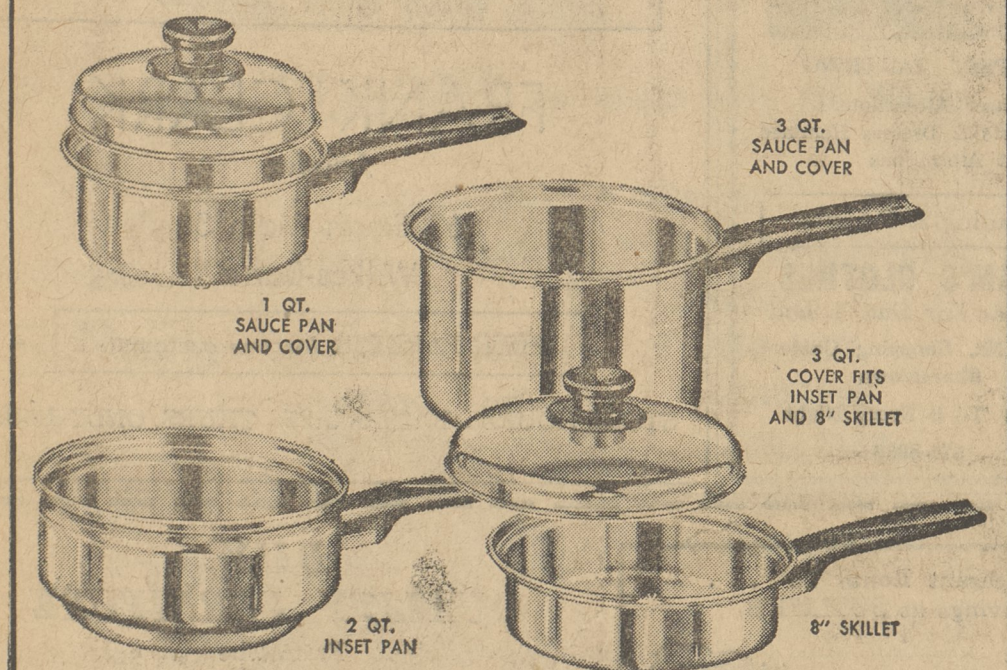
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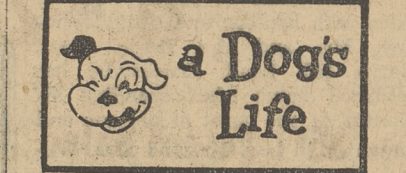
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Much as you love all dogs and much as you are tempted to pet the Seeing Eye fellow and let



him know how much you admire him...don't. You'll be disrupting the mutual understanding between dog and master which is essential at all times to safe and efficient work.
Never offer food of any kind to the guide dog. Not only does it distract him, but his health is of great importance to his blind master, and it can easily be upset by indiscriminate feeding.
Never grasp the arm of, or shout directions, to a blind person working with a guide dog. This, too, serves to disrupt the proper relationship between master and dog and may be likened to putting one's hand over the eyes of a person driving a car.
Never permit your leashed dog close to a guide dog. Although guide dogs are taught to ignore all other animals while in harness, your pet may offer a distraction.
Never interfere with a blind person who is correcting his dog, either verbally or through a quick tug on the leash. Dogs, like humans, can be distracted from their primary duties and corrections are as necessary to recall the dog's attention as praise or patting to reward him for work well done.