

Womans club to hold meeting

The GFWC, Dallas Jr. Woman's Club will hold a membership orientation meeting Nov. 12, at 7:30 p.m. All new members, prospective members and board members are urged to attend this meeting at Suzanne Artman's home on Pioneer Avenue in Dallas.

The Dallas Juniors are a service club whose membership is open to all young women between the ages of 18 and 40. Their main purpose is to help others, primarily residents of the Back Mountain Area.

The club provides a variety of health care programs for area residents. On the first Friday of each month a free blood pressure screening is held at the First Eastern Bank in Shavertown. The club also is involved in hearing screenings, blood drives

and diabetes screenings. Annually a scholarship is provided to a deserving area high school senior. By working at the candy booth at the annual auction, they donate over \$1000 to the Back Mountain Memorial Library.

Club members spend much of their time working for others, but the club also promotes family unity. An annual family picnic is held during the summer, and often other social gatherings are planned. As a service to children and teens of the community the following special projects are included in the club annual activities. In the spring of the year the Juniors provide prizes, refreshments, and a visit with the Easter Bunny at the Easter Egg Hunt. Throughout the year, club members guide tours of

the Historic Swetland Home, as a service to schools and scouting organizations.

A Mr. Yuk program is provided in conjunction with the Susquehanna Poison Control Center, the program is presented to kindergarten classes in the Lake-Lehman and Dallas school districts. Their Christmas Store enables area children to purchase presents for family members at a nominal cost.

Each summer the Dallas Juniors sponsor the Fresh Air Fund which provides underprivileged children from the inner cities a chance to enjoy two weeks of country living.

The Dallas Junior Woman's Club also coordinates the Meals on Wheels program for the Back Mountain, and presents Christmas food baskets to needy area

families. Donations of time and money to the Back Mountain Drug and Alcohol Abuse Council, the Back Mountain Fire and Ambulance Associations, and athletic and scouting organizations are among the other club projects.

Informative meetings provide members an opportunity to expand their knowledge and talents. The GFWC, Dallas Junior Woman's Club offers young women a chance to grow and to develop as they share their time and talents to serve the community, and in the process form friendships and have a good time.

Anyone interested in joining the GFWC, Dallas Juniors should contact membership chairman Elaine Hudak at 675-2228. Visitors and guests are always welcome at our meetings.



INSTALLATION OF OFFICERS--The woman's auxiliary of the Dallas Fire and Ambulance held installation of officers, Monday night, at their regular meeting. Seated, left to right, are Judy Shaffer, treasurer; Naomi Ward, president; Karen Spudis,

secretary; Jannette Grieves, vice president; standing, Betty Brokenshire, Blodwen Shaffer, Sandra Sheehan, and Emily Burns, board members. (Photo by Mark Moran)

GOH Parent Teacher Guild meets Nov. 12

The Parent Teacher Guild of Gate of Heaven School will meet on Wednesday, Nov. 12 at 8

p.m. in the school auditorium on Machel Avenue, Dallas. The program for the

evening will be a play by the students of the fifth grade.

Refreshments will be served. Babysitters are available.

Back Mt. residents open Lamaze classes

by Joan Kingsbury
Beginning Nov. 19, expectant parents living in the Back Mountain will have the opportunity to attend classes on the Lamaze method of natural childbirth without having to travel to Kingston or Wilkes-Barre. The Childbirth Education Association of Luzerne County will conduct classes one evening per week for eight consecutive weeks at the Prince of Peace Church located on Main Street in Dallas. Kris Sutton and Kathy Cerase, two Back Mountain women, are instrumental in bringing these classes to the area. Kris has been a

member of the Childbirth Education Association of Luzerne County for seven and a half years. A graduate of Mercy Hospital School of Nursing, Kris, a registered nurse, worked in the obstetrical department of Wyoming Valley Hospital for five and one half years. As a result of attending classes on the Lamaze method when expecting the first of her three children, Kris became one of the organizers and teachers of the first class sponsored by the Childbirth Education Association of Luzerne County. The first group consisted of two teachers and three

couples. These classes have now expanded to four continuously running series with 10 couples in a class.

Kris, a native of the Back Mountain, lives on Outlet Road in Lehman with her husband, David, and their daughters, Jennifer, Nicole and Rebecca.

Kathy Cerase, who recently moved to the Back Mountain, is registrar and an assistant instructor. Kathy became involved with the Childbirth Education Association of Luzerne county when she was expecting her first daughter five years ago. Six months later, Kathy became an active member. The Cerase family, Kathy, her husband, Al, and their daughters Katy and Elizabeth live in Trucksville.

During the eight weekly sessions, lessons cover the physiology of pregnancy and childbirth, the growth and development of the baby in utero, body building and muscle controlling exercises, relaxation and breathing techniques to be used during labor and delivery. Special classes on postpartum, newborn care, going home with baby, Cesarean births, and breastfeeding also are covered. Rooming in and sibling visitation, encouraging other children to visit mother and baby in the hospital, and stressing good "consumerism", encouraging the couple to choose the correct doctor for their needs, is also discussed.

If the husband is not interested in attending childbirth classes, the

mother is encouraged to bring another person to act as a labor coach with her. According to Kris and Kathy, however, most husbands do participate in the labor coaching for their wives. When the father is present at birth the "bonding" process can begin immediately. Bonding is "the loving gestures offered immediately after birth, the beginning of attachment and engrossment brings mother, father and baby

together." The general belief concerning bonding being "closeness is the first communication of love".

Films and a lending library consisting of information on pre-natal, parenting, breast feeding, good nutrition and other necessary information for the expectant parent are available.

Couples interested in attending these classes can call Kathy Cerase 696-3310 to register.



Kris Sutton and Kathy Cerase

Be a 'friend'

by Nancy S. Kozemchak

Are you a "Friend of the Library" for 1980? We have lost a few "friends" for this year and we are hoping to re-instate some of them before the end of 1980. This organization came into being in 1945 when the library began to encourage individual support for the library. Needless to say, the expense of operating the library has doubled and in some cases tripled since 1945. There are many who have contributed generously for many years and we very much appreciate this. We invite those who have never or have not recently been a "Friend" to join us now. Send your contribution to the library, marked "Friends", and we will gladly add your name to our 1980 list. This is an invitation to visit the library if you have not been in; it is a charming place, one you will be proud to be a part of.

Another thank you to Jim Snyder from the library is in order. Jim purchased the two flags that fly on our flag pole each day at an auction one year and donated them to the library and at the past auction, he purchased one of the pen and ink wash sketches of the library done by Gregory Beisel in 1960, which has been framed; and Jim then donated this to the library. It has been given a prominent position on the wall in the reference room. Thanks, again Jim!

The Book Club will be meeting on Monday, Nov. 17 at 1:30 in the library annex with Mrs. Dana Crump presiding at the business session. The program will be presented by Mrs. Edgar Bonham. Mrs. Arch Austin will head the hospitality committee.

New books at the library: "Alternative Investment" by Robin Duthy is a guide to opportunity in the collectibles market. This has been given to the library as a memory book and combines cogent financial analysis and advice with fascinating historical information for collectors.

"As Summers Die" by Winston Groom is a novel about power and money, about treachery and faith, adversity and courage. Its subject is oil--big oil--and its theme is the belief of a solitary man that everyone deserves his "chance of a lifetime". This is an enthralling tale.

"The Covenant" by James A. Michener has as its main setting a stunning landscape of South Africa, but vivid episodes also take place in Indonesia, France, Holland and England. This is a major novel about people, real and imaginary, caught up in the march of world history.

Many of us spend half our time wishing for things we could have if we didn't spend half our time wishing. We don't know who said it, but whoever he was, he summed up a lot of wisdom in one sentence. Take the matter of reading, for instance. Do you ever catch yourself wishing you had lots of time to keep abreast of the newest books of fiction and fact? Fifteen minutes a day of application, instead of wishing, would allow you to read up to two dozen books in a year!

One of the chief objects of medicine is to save us from the natural consequences of our vices and follies. H.L. Mencken

No story is the same to us after a lapse of time; or rather we who read it are no longer the same interpreters. --George Eliot.

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