

Community Calendar

Clinics

THE OFFICE OF CONTINUING EDUCATION at Luzerne County Community College will gradually introduce you to the great sport of skiing in its "Introduction to Skiing" course.

The course will discuss and review terminology used by the ski instructors and will answer all questions before actually hitting the slopes.

The course, which will be held at the LCCC main campus in Nanticoke, will meet on Wednesdays and Fridays, from 6 to 8 p.m., on Dec. 14 and 16. Instructor for the course is Ron Pohala.

Adjustments will be made to the course for intermediate skiers and discounts will be available for the slopes.

For further information, or to register to attend, contact the Office of Continuing Education at Luzerne County Community College, 829-7477.

DESIGNED FOR ADULTS who cannot attend campus courses regularly or for those who find it more convenient to study at home, six telecourses will be offered by Luzerne County Community College over WVIA-TV, Channel 44 for the spring semester.

For further information on the telecourse offerings at Luzerne County Community College or to enroll, contact Eleanor Miller at 829-7423.

A CPR BASIC LIFE SUPPORT COURSE, sponsored by the American Heart Association, Northeastern Pa. Region, will be conducted on Jan. 11, 18 and 25, three consecutive Wednesdays from 7 to 10 p.m., at the Good Shepherd Lutheran Church, corner of South and South Main Streets, Wilkes-Barre.

A \$5 fee is incurred to defray costs. All evenings must be attended in order to be certified in basic life support.

Those individuals interested in attending are requested to call the Heart Office at 822-6247 to pre-register.

NESBITT MEMORIAL HOSPITAL, Kingston will offer "Free Blood Pressure Screenings" throughout the month of December. All screenings are conducted from 6:30 p.m. to 8:30 p.m. each evening. Employees from Nesbitt Memorial Hospital volunteer their time to conduct the screenings assisted by community volunteers in conjunction with the American Heart Association.

Thursday, Dec. 15 at Nesbitt's Health Center, 1701 Wyoming Ave., Exeter.

Tuesday, Dec. 20 at Nesbitt's Health Center, Narrows Shopping Center, Edwardsville.

Wednesday, Dec. 21 at the Medical Arts Building, 534 Wyoming Avenue, Kingston.

Wednesday, Dec. 28 at Nesbitt's Health Center, Back Mountain Medical Center, Lehman-Dallas.

THE ARTHRITIS CLINIC at Nesbitt Memorial Hospital will be conducted on Wednesday, Dec. 21, from 11 a.m. to 2 p.m. in the hospital's Medical Arts Building, 534 Wyoming Ave., Kingston. The program is under the direction of Dr. John Carey, rheumatologist.

Arthritis patients are referred to the clinic by their personal physician. Each patient is examined and their condition is evaluated. An individual treatment plan is then designed by Dr. Carey. The examination includes x-rays, laboratory testing and physical therapy assessment.

A copy of the evaluation plan is forwarded to the patient's physician. Patients can make an appointment for the clinic by calling the Nesbitt Memorial Hospital Outpatient Registration office at 288-1411, extension 4130, Monday through Friday from 1 to 4 p.m.

CHILDBIRTH EDUCATION CLASSES for pregnant teenaged women will be held at Planned Parenthood Association of Luzerne County beginning Tuesday, Jan. 3, at 7:30 p.m. and continuing for seven weeks.

The classes, which are conducted by Judith Seroska, R.N., and Judith Fried, R.N., are geared specifically to the needs of pregnant adolescent women, many of whom are identified as "high risk" patients by obstetricians because of their age.

There is no charge for the classes, and use of the Swap Shop is also free. Persons interested in learning more about the classes may contact Planned Parenthood.

Meetings

THE DADDOW-ISAACS AMERICAN LEGION AUXILIARY UNIT 672 will meet on Thursday, Dec. 15, at 8 p.m. at the post home, Dallas. Marion Harvey will preside.

The president has announced the Christmas party will be held Saturday, Dec. 17, at 7 p.m. at the post home.

VETERANS OF THE VIETNAM WAR, Post 2, will meet Thursday, Dec. 15, at 8 p.m., at the Coral Lounge, 245 Owen St., Swoyersville. There will be an End of the Year Party for members and their dates.

Veterans of the Vietnam War is a full service organization open to all veterans.

THE KINGSTON TOWNSHIP BOARD OF SUPERVISORS will

meet Wednesday, Dec., 14 at 8 p.m.

On the agenda will be a final decision on rezoning the John Brdaric property on Bunker Hill Road to allow demolition dumping, final adoption of the township's 1984 budget and reading of the new five-mill tax ordinance.

Seminar

THE ALZHEIMER'S SUPPORT GROUP of Northeastern Pennsylvania will meet Wednesday, Dec. 14, at 7:30 p.m. at the Church of Christ Uniting, Market and Sprague Avenues, Kingston.

The program for the evening will include the movie, "Someone I Once Knew", four separate stories of Alzheimer's patients and a question and answer period.

Anyone desiring additional information is asked to call the Alzheimer's information line at 655-6032.

THE KING'S COLLEGE CENTER for Part-Time Studies will sponsor a one day seminar dealing with "Microcomputers in Business" at the college on Friday, Dec. 16. The seminar is being conducted by the King's Accounting Department under Chairperson John McGowan.

The presenter for the seminar will be Frank Radziewicz, Senior EDP Audit Specialist for Coopers & Lybrand in Philadelphia.

The seminar will be held in Conference Rooms A&B of the Sheehy Student Center on the campus of King's. The seminar will begin at 8:45 a.m. and will conclude at approximately 5 p.m.

For more information on the seminar and registration procedures, contact the King's Center for Part-Time Studies at 826-5865.

Tours

CHRISTMAS CANDLELIGHT TOURS of the Swetland Homestead on Wyoming Avenue in Wyoming will be conducted Friday and Saturday, Dec. 16 and 17, from 7 p.m. to 9 p.m. and Sunday, Dec. 18, from 2 p.m. until 5 p.m. Visitors will be taken back in time as they catch glimpses of a Christmas celebration from 100 years ago.

For more information, call the Wyoming Historical and Geological Society in Wilkes-Barre at 823-6244.

Sales

THE LADIES AUXILIARY OF THE DALLAS FIRE AND AMBULANCE INC. are once again selling Xmas Sand Candles. Orders will be taken by Arlene Campbell 675-6492 or Fran Roginski 675-2765.

Candles can be picked up at the Library Grounds on Sunday, Dec. 18, from 2 p.m. to 4 p.m. and Wednesday, Dec. 21, from 6:30 p.m. to 8 p.m.

Candles will also be available at Besecker Realty during the day and the Dallas Borough Building Thursdays between 10 a.m. and 4 p.m. Candles will sell for \$2.00 a dozen.

Anyone who would like to volunteer their services please contact Arlene Campbell at 675-6492 or come to the Library Grounds on the days listed above.

A BEAUTIFUL SELECTION of poinsettias and holly will be available at a special holiday sale sponsored by the Kingston Branch of the Nesbitt Memorial Hospital Auxiliary.

The sale will be conducted on Thursday, Dec. 15, and Friday, Dec.

16, from 11 a.m. to 8 p.m. in the hospital lobby. Proceeds will be used toward the purchase of patient care equipment.

Church

SHAVERTOWN UNITED METHODIST lists the following calendar of events:

Wednesday, Dec. 14 - 7:15 p.m., Bible Study Group will meet; 11 a.m. - Communion Service and Luncheon for Senior Citizens. Transportation will be provided for those needing it. Reservations requested, call 696-3362 or 675-3616.

Thursday, Dec. 15 - 10:30 a.m. - Bible Study; 7:30 p.m. Choir rehearsal; 8:30 p.m. Festival Choir rehearsal.

Stress

DR. LARRY COLLINS, Executive Director of the Center for Time and Stress Management, will conduct a one day seminar on "Managing Time and Stress," Tuesday, Jan. 10, from 8:30 a.m. to 4:30 p.m. in Merrick Hall, College Misericordia.

Sponsored by the College's Continuing Education department, the seminar will address methods for reducing stress through efficient time management.

Dr. Collins will speak on tackling time robbers, staff management without stress, building a time management system, the connection between time and stress and other related topics.

For more information and reservations call College Misericordia's Office of Continuing Education at 675-2181, ext. 331.

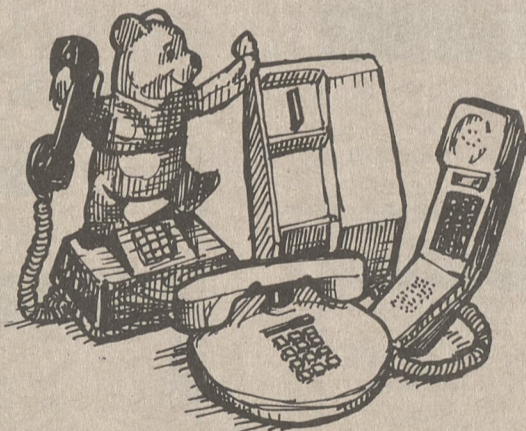


Chorus performs

Members of the Dallas Senior High School Chorus who will be presenting musical programs throughout the Christmas season are shown here. From left, first row, Susan Niskey, Katie McKeown, Lori Timek. Second row, Amy Clemm, Judy Fitch, Lynn Todd. Third row, Charles Baker, Pam Lundberg.

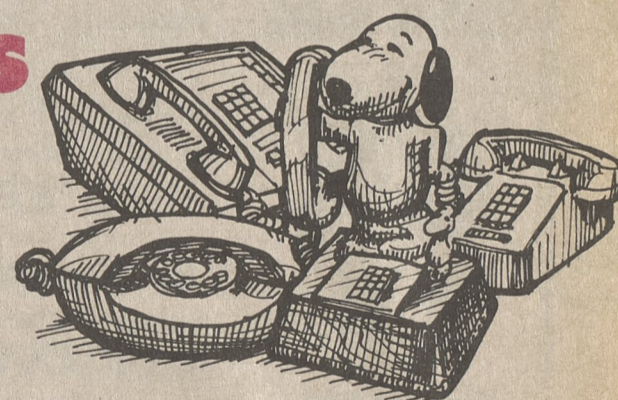
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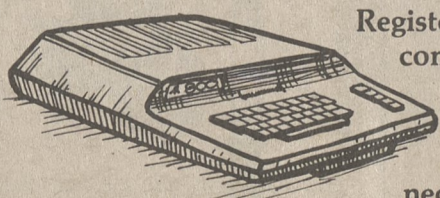
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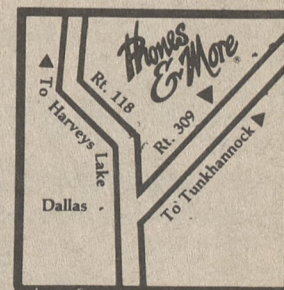
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Phones & More is located at the Commonwealth Communications Center on Route 309 in Dallas. Visit us Monday through Wednesday 8 A.M. to 5 P.M.; Thursday and Friday 8 A.M. to 8 P.M.



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