

# People

With Joan Kingsbury

## Around town

675-0835

**CONGRATULATIONS TO STEVE MORENKO**, general manager of the Motor Twins dealership in Kingston, who enjoyed a trip to the Super Bowl compliments of Ford Motor Company.

The Market Street dealership won first place in a truck sales contest competing against Bethlehem and Allentown dealerships. In the three month period of the contest 93 trucks were sold by Motor Twins salesmen.

Morenko, a resident of Haddonfield Hills, Dallas has been a salesman for 30 years.

**DALLAS UNITED METHODIST CHURCH**, Church St., Dallas, recently held its annual charge conference with the Rev. Robert Benson conducting the meeting. Persons attending included Dr. Byron Myers, lay leader and teacher of adult class; Robert Stair, lay member to the annual conference; Louise James, reporter; Linda Ross, chairwoman of the administrative board; Clyde Taylor, vice chairman; Walter Mohr, stewardship work area chairman and Robert Richardson, finance committee chairman.

The Sunday School is headed by James Lehman assisted by Mrs. James Lehman. Diane Jamison, Milinda Seudel, Kim Justus, Betty Podel, Jane Lawrence, Linda Ross, Lowry Pickney, Ned Podel, Neil Seidel and Dr. Myers.

**ATTORNEY AND MRS. D. WEBSTER KEOGH**, 6 Narwin Lane, Narberth, Pa. announce the birth of a son Christopher Joseph in Lankenau Hospital, Philadelphia.

Mrs. Keogh is the former Linda Meixell, daughter of Mr. and Mrs. Ted Meixell of New Goss Manor, Dallas.

**BACK MOUNTAIN WOMEN** serving on the committee for the Wyoming Seminary Lower School Parents Association's Annual Christmas Tea were Barbara Watkins, who served as chairwoman with Nancy Kanjorski of Nanticoke; Patricia Klein Rosenthal, Jane Jones, Diane May and Joan Moore.

**COLLEGE MISERICORDIA'S ANNUAL CAMPAIGN** was launched recently during a kick-off

luncheon in the Sheraton-Crossgates recently. The 1984 Gift for Learning campaign, with a goal of \$292,000, will raise funds for student scholarships and other financial aid programs. Bennie Matchett, Overbrook Avenue, Dallas, is alumni giving chairwoman while Albert Duran is general campaign chairman.

**MR. AND MRS. DANIEL ROBL**, Baltimore, Md., announce the birth of their first child, a daughter Allison Christine, December 31 in Mt. Sinai Hospital, Baltimore, Md.

Mrs. Robl is the former Deborah Ann Daniels, daughter of Chester and Betty Daniels, Trucksville, Md. Robl is the son of Louis and Mary Jo Robl, Baltimore, Md.

Allison Christine is the first grandchild of both grandparents. Her maternal great-grandmother is Mrs. Mary Daniels, Lyndwood while her paternal great-grandmother is Mrs. Rose Robl, Baltimore.

Mr. Robl is a computer specialist with Potomac Scheduling, Washington, D.C. Mrs. Robl is an elementary school teacher in the Baltimore County School District.

**BEST WISHES** to Suzanne Claire Santarelli and Michael Kravitsky IV who have announced their engagement.

Suzanne, the daughter of Mr. and Mrs. Daniel Santarelli, Carverton Heights, is a graduate of Dallas High School. Suzanne is an instructor at the Barbizon School of Modeling. She is also employed with her father in the family automotive business.

Michael, son of Mr. and Mrs. Michael Kravitsky, Sutton Creek Rd., Dallas, is a graduate of Dallas High School. Michael is the area manager of The Lawn-A-Mat Lawn Service, Edwardsville.

The couple will be married Oct. 20 in St. Mary's Catholic Church, Kingston.

**CONGRATULATIONS** to the following Back Mountain couples who were recently married: Mr. and Mrs. John Barry Butchko; Mr. and Mrs. Gregory Krench.

Mr. and Mrs. Butchko were married in Maple Grove United Methodist Church, Pikes Creek.

Mrs. Butchko, the former Amy Donsavage, is the daughter of Mrs. Ruth Orloski and the late Thoams Donsavage. John is the son of Mr. and Mrs. John W. Butchko, Nanticoke.

Rev. Jeffrey Rarich performed the double ring ceremony.

Amy is a graduate of Lake-Lehman High School and Luzerne County Community College where she received a certificate of specialization in Dental Assisting. She is employed by Dr. William E. Watkins and Dr. Leonard medura, Dallas as an expanded duties technician.

John, a graduate of John S. Fine High School, Nanticoke and Lincoln Technical Institute, Philadelphia where he complete a course in Automotive Technology, is owner of Butchko's Garage, Nanticoke.

Following a cruise to the Caribbean, the Butchko's are residing in Loyalville.

Mr. and Mrs. Gregory Krench were married in Spring Valley United Methodist Church, Dallas, Texas. Rev. John Rosenburg performed the double ring ceremony.

Mrs. Krench is the former Lorraine Miller, daughter of Mr. and Mrs. Calvin Miller, Dallas, Texas formerly of Carverton. Gregory is the son of Mr. and Mrs. William Krench, Luzerne.

Lorraine is a graduate of Dallas Senior High School and Empire Beauty School. She is employed by Style Dallas, Dallas, Texas.

Gregory is a graduate of Bishop O'Reilly High School and LCCC. He is associated with Podgett Custom Homes, Dallas, Texas.

After a week's visit in Pennsylvania, the Krenches will reside in Dallas, Texas.

**MR. AND MRS. CHARLES R. CHASE**, 7817 Groveland Square, Springfield, Va., announce the birth of a daughter Cara Lynn Jan. 10 in Fairfax Hospital, Fairfax, Va.

Mrs. Chase is the former Linda Baur, daughter of Mr. and Mrs. Robert Baur, Kingston. Mr. Chase is the son of Jane and Leo Chase, Pinecrest Avenue, Dallas.

Cara Lynn is the first grandchild for the maternal grandparents and the fourth for the paternal grandparents.

Cara Lynn's great grandparents are Mrs. Rose Durkin, Kingston and Mrs. Thomas Baur, Wilkes-Barre.

**MR. AND MRS. CHARLES W. KOEHL III** announce the birth of a daughter Erica Lynn on Jan. 10 in trhw Burlington County Hospital, Mt. Holly, N.J.

The Koehl's also have a daughter, Hilary Ann.

Grandparents are Dr. and Mrs. C. Warren Koehl, Jr., Dallas and Mr. and Mrs. R. Spencer Martin, Trucksville.



### Talking about stress

Dr. Larry Collins, facilitator of Misericordia's stress and time management seminar, confers with Patricia Shay, coordinator of adult and service programs at the College. Collins presented ways to use stress as a positive force in our lives.

### During snowstorm

## Audiences sits patiently and learns about stress

As the snow piled up, people in the audience cast frequent glances toward the windows. Ironically, those people were listening to stress expert Dr. Larry Collins discuss the causes of stress and ways to reduce its effects.

Dr. Collins and a group of company executives, professors, managers, administrators, and sales persons spent snowy Tuesday of last week at College Misericordia studying the management of time and stress in work situations and in everyday life.

"Stress is an inevitable condition," Collins explained. "We can't avoid it, so we must learn to manage it. A major cause of stress is having too much to do in too little time."

When people experience a stressful situation, physical changes begin to happen, Collins pointed out. Your heart rate speeds up and your blood pressure rises. These responses are carry overs from our primitive past, when stress was a survival mechanism.

"Your body prepares itself for battle, then tries to regain a normal level of physical function," Collins said.

Internal and external conditions determine how a person will handle a particular situation, and what one person experiences as stress may just be mild excitement to another.

Similarly, people can choose their approach to handling stress. The positive approach uses stress as an opportunity to grow and to strengthen resistance to additional stress. The negative approach is allowing stress to overwhelm you,

throwing up your hands and saying, "I can't take it anymore!"

"You choose the things to get upset about," noted Collins. "Look at the expectations you have placed on yourself and others. Are they really worth the stress you feel?"

When people are "under a lot of stress" Collins advises them stop and take inventory. "Identify the conflict. Accept it, then act on it."

Relaxation, meditation and breathing techniques are tools used to decrease inner turmoil and increase energy. Inhaling deeply, holding that breath, and then exhaling slowly produces a calming effect, Collins said.

Here are some other ways to reduce stress, in Collins' view:

— Don't waste time on guilt, worry or anger. Instead direct your energy toward changing your perceptions of the world around you.

— Slow down and stay in the present. Don't worry about what hasn't happened yet, or what has already taken place.

— Get involved in non-work related interests and relationships.

— Exercise every day.

— Laugh a lot.

Let's hope Dr. Collins and his seminar participants laughed at the weather as they left College Misericordia Tuesday and headed home on snow covered roads. We certainly got our quota of exercise Wednesday as we shoveled our way out.

College Misericordia's Continuing Education Department will host Dr. Collins again this spring or summer.

## YMCA offers Saturday program to Lehman, Harveys Lake youth

The Greater Wilkes-Barre YMCA will offer a Saturday Fun Bus program for Lake-Lehman and Harveys Lake boys and girls first through eighth grades. This is an opportunity for boys and girls in the Lake-Lehman School District to participate in the Wilkes-Barre "Y" youth program on Saturdays from 9 a.m. to 12:30 p.m. This program is for six weeks beginning Jan. 21 and concluding Feb. 25. Transportation to and from the "Y" is provided.

Activities the children will be participating in are: swim instructions, gym classes, special activities such as archery, B-B guns, arts and crafts and gymnastics. Each child should bring a swim suit, towel, gym clothes and sneakers. Also you can bring a lunch or buy it in our cafeteria. Listed below is the schedule:

Bust stop Harveys Lake Elementary School, pickup 8 a.m. drop-off 1:40 p.m.

Shelley's Diner, pickup 8:15 a.m., drop-off 1:25 p.m.

Lehman Jackson Elementary School, pickup 8:25 a.m. drop-off 1:15 p.m.

Children should be at the bus stop on time and have someone to pick them up upon return.

For further information and registration call the YMCA at 823-2191.

## Party held at Trinity Nursery School

The parents and children of the Trinity Nursery School enjoyed a Christmas party held on December 15. Christmas carols were sung by the children and entertainment was also provided by a magician. The children were visited by Santa Claus. Refreshments were served after the program.

The second semester started off with a field trip on Jan. 12 to the dental offices of Dr. Watkins and Dr. Medura. The doctors and the staff generously gave of their time

to show the four and five year old classes the equipment as well as the proper way to care for their teeth. Future field trips are planned. Earlier field trips were made to the Children's Museum, and the Back Mountain Memorial Library.

The Trinity Nursery School is a non-denominational school located in the Trinity United Presbyterian Church, Church Street, Dallas.

Programs include half day sessions Monday through Thursday for three, four and five year olds. In

addition a two day session is available for three year old morning classes and four and five year old afternoon classes.

Special attention is given through play, art, music, crafts, sharing, and various field trips. Parents are invited to special events and accompany students on field trips.

Further information may be obtained by calling the coordinator Mrs. Donald Lockhart 675-3588 or the church office 675-3131.

## Monica Marie Latosek baptised recently

Monica Marie Latosek, daughter of Mr. and Mrs. Joseph Latosek of Mountain Road, Chase, was baptised on January 8 at Gate of Heaven Church, Dallas, by Father William Cusick.

Godparents were Nancy Nardona Shea of Wilkes-Barre and John

Latosek of Pringle. Monica wore the christening gown of her godmother.

Monica is the 13th grandchild of Mr. and Mrs. Robert Kreidler of Hunlock Creek and the fourth grandchild of Mr. and Mrs. Joseph Latosek of Luzerne.

Maternal great grandmother is Mrs. Hazel Kreidler of Dallas and paternal great grandmother is Mrs. Jenny Rybotki of Bear Creek.

Following the baptism, Mr. and Mrs. Latosek served a buffet dinner at their Chase home.

## Fairmount Fire Co. announces officers

The Fairmount Township Fire Co. has announced its officers for the new year. They are: Mike Houssock, president; Tom Judge, vice-president; Ruth Parsons, secretary; Kathy Jones, financial secretary; Cathy Houssock, treasurer; Ed Jones, Pete Maransky, and Bill Winter, directors; Jack Eicke, fire chief; Bill Winter, truck foreman;

Pete Maransky, building foreman; Carol Scheff, publicity; Mike Houssock, fire police captain; and Ed Jones, fire police lieutenant.

The fire company also announces its emergency phone number it is 477-3333. Three families serve as dispatchers. They are Jack and Cheryl Eicke, Pat and Val Roman

and Tom and Shirley Judge. Cheryl Eicke also serves as the home base CB operator.

Membership letters will be mailed to township residents this month. The fire company will hold its annual spaghetti dinner on April 14 and has scheduled its annual bazaar for June 15-17.

## Meadows resident composes poem

Miss Verna Lamoraux, a resident of the Meadows Apartments, Dallas, composed the following poem and has submitted it to The Dallas Post for our readers to enjoy.

Miss Lamoraux will celebrate her 93rd birthday on Feb. 14. She was born near Lehman and has resided in the Back Mountain all her life.

### AT SUNSET

When the sun goes down in the country  
And work for the day is done  
It's a pleasure to sit in your rocking chair  
And watch the dying sun  
As it sinks below the horizon  
As though waiting for night to come.  
The earth is filled with God's stillness  
And it's beautiful colors rare

Even the birds are filled with music

As they blend their voices there  
In the quietness for the evening  
As they sit and at you stare.  
The call of the lonely sheep  
As it comes across the way  
Reminds you of the little lamb  
That one time went astray  
And the loving shepherd who called and searched  
Long after the close of the day.  
It's a great time for remembering  
The things you did that day  
Did you do your very best at work  
Did you have any time to say  
A kindly word to one who life was dark  
And did you have any time to pray?



### Membership drive

Shown here are members of the committee finalizing plans for a membership drive of the Consumer Credit Counseling Service of Northeastern Pennsylvania. From left, F. Allan Nicholas, vice president, CCCS; Stephanie J. Silvestri, president, CCCS; Anne Vernon, secretary, CCCS; Hon. Raphael Musto, Pennsylvania legislator; and Richard M. Ross, Jr., president and chief executive officer First Eastern Bank.

## Counseling Service begins drive

Committee Members finalized plans for a membership-fund raising drive of the Consumer Credit Counseling Service of Northeastern Pennsylvania. The plans include a "First Annual Dinner" to be held at the Hilton at Lackawanna Station on Thursday, Feb. 2 at 5:30 p.m.

The featured speaker will be Sen. Robert J. Mellow addressing "Legislation Affecting the Consumer".

Toastmaster will be Rev. J.A. Panuska, S.J., President, University of Scranton. Reservations are being accepted through January 30, at the Consumer Credit Counseling Service office in the Connell Building, Scranton.

The objectives of the Consumer Credit Counseling Service are to aid families and individuals who have become financially over-extended and to educate individuals in the

wise use of credit and the increasing importance of family budgeting. These objectives are achieved through arranging debt repayment programs and professional counseling. This non-profit agency is funded through contributions from participating area merchants, banks, finance companies, credit unions and other community minded organizations.