

Community Calendar

Programs

WILKES-BARRE GENERAL HOSPITAL and local psychologist Dr. Jeff Fremont are co-sponsoring a stop-smoking program in Saldman Hall on Thursday, Jan. 24 at 7:30 p.m. The program will emphasize the combined use of the chewing gum "Nicorettes" and support groups to help smokers "kick the habit." To register or for further information about the program, call Dr. Fremont at 288-8795.

MERCY HOSPITAL, Wilkes-Barre will sponsor a community health education program entitled "Managing Your Diabetes at Home" on Monday, Feb. 4, 7-9 p.m., at the hospital's Medical Arts Building.

The program is designed to assist diabetics in their day-to-day management of the disease. The following topics will be covered: diet, medication, exercise, wine testing, and home glucose monitoring. The program will be instructed by Marcella Leo, R.N., Diabetes Educator. It is being offered free to the public and is being cosponsored by the hospital's Education and Training Department and the Wellness Center. Seating will be limited. To register contact the Wellness Center at 826-3267.

Meetings

THERE WILL BE A NEW Master Gardeners meeting on Thursday, Feb. 21 at 7 p.m. in the Cooperative Extension office meeting room. The brief meeting will introduce new members of the community to the Master Gardener program.

Any person wishing to become a Master Gardener is urged to attend. Find out what gardening is all about.

Become a Pennsylvania State Cooperative Extension Service

Master Gardener. For more information contact the Cooperative Extension Office at 825-1701 or 459-0736, ext. 701.

THE LUZERNE COUNTY Boroughs' and Townships' Association will meet on Thursday, Jan. 24, at 6 p.m. in the new mens dormitory dining hall, Wilkes College.

Philip R. Tuhy, Wilkes College, will lead a discussion on the Pennsylvania municipalities planning code. This planning law defines the purposes of planning, organization of the local planning system, duties and powers of and relationships among the involved officials, and procedures to be followed in planning and zoning matters.

Please call in your reservation no later than Wednesday, Jan. 23, (717) 824-4651, ext. 220.

VETERANS OF THE VIETNAM WAR, Post 2, will meet Thursday, Jan. 24, at 8 p.m., at the Coral Lounge, 245 Owen St., Swoyersville. The Veterans of the Vietnam War, Inc. is a full service organization open to all veterans.

THE CITIZENS COMMITTEE of Kingston Township Area will be holding its election of officers at the Kingston Township Municipal Bldg., Carverton Road, Trucksville, on February 6 at 7:30 p.m. All members are urged to attend.

THE MERCY CENTER CONVENT AUXILIARY will hold a brief meeting on Tuesday, Feb. 12, at 12:30 p.m. at the Mercy Center on the campus of College Misericordia, Dallas.

A Valentine Party for the retired sisters will be held following the business meeting.

THE ANNUAL MEETING of the Back Mountain Memorial Library Association will be held on Thursday, Jan. 31, at 8 p.m. at the Wyoming National Bank, Routes 415 and 118.

The meeting is open to the general public.

Classes

THE WILKES-BARRE FAMILY YMCA has classes morning, noon and night in Aerobics, Slimnastics, Fitness, Yoga and the Healthy Back Series.

Come visit qualified instructors, Beth, Molly, Linda, Debbie and Carol or call the Y at 823-2191 for more information.

Events

THE SOCIAL CLUB of the Meadows Apartments will hold a Country Western Night on January 29, beginning at 5 p.m. Dress is optional.

This will be for all the residents of the Meadows Apartments. The menu will consist of hot dogs, baked beans, potato chips, cake, coffee and tea.

Music will be provided by Sonny Charles and the Pioneers.

CROSS COUNTRY SKIING for Penn State alumni and friends is available right here at the Wilkes-Barre campus in Lehman. A chalet party was held at the campus this past Sunday, sponsored by the Alumni Society, and in addition to the skiing, the participants watched the Super Bowl on the six-foot screen in the Student Commons.

Church

THIS SUNDAY, JAN. 27, Rev. Jean Grace Addison will speak on "I Am Great." Unity Church of Wyoming Valley is located at 168 N. Washington St., Wilkes-Barre. Church service and Sunday school begin at 11 a.m. We have parking in the rear of the building if there is none on the street. A time of fellowship and refreshments follow all

services and classes.

Mid-week services and classes include: Tuesday noon Prayer Service, Master Mind Prayer Group 6:45, Tuesday, and the regular Tuesday evening class at 7:30 p.m. This will conclude the Goal Setting and Achievement class by Rev. Addison. Next Tuesday, a class will begin as a preparation for the Lenten season. This class will cover the book "Keep A True Lent" by Charles Fillmore. Come join us and make this a season to remember. This class will be taught by Russell Douglas Addison.

The Church Office and Bookstore are open to the public from 10 a.m. til 2 p.m. weekdays. For further information you may call at 822-2230.

Exams

THE NPW MEDICAL CENTER SCHOOL OF NURSING will hold a pre-entrance examination on Saturday, Feb. 2 for the class beginning in August of 1985.

All students interested in this test should contact the NPW School of Nursing, at (717) 826-7490 as soon as possible so that they can be prepared prior to the testing date.

All applications must be returned to the School of Nursing no later than February 1.

Exhibits

"THE COMMUNITY'S TREASURES", a temporary exhibit at the Wyoming Historical and Geological Society's museum, will close on February 1. Featured in the show are objects from the Society's household, clothing, and textile, military, tool, and furniture collections. All of the items were either made or used in the Wyoming Valley over the past several 100 years. Since the opening last September, over 2,000

visitors have had a chance to see the exhibit.

During February and March the museum's staff and volunteers will be preparing a new exhibit to take the place of "The Community's Treasures." This show's topic is textiles and will feature quilts, coverlets, samplers, and textile equipment. It is scheduled to open on April 2.

Remember, there is still time to see "The Community's Treasures." The museum, located behind the Osterhout Library on South Franklin Street, is open Tuesday through Friday from 12 noon until 4 p.m. and Saturday from 10 a.m. until 4 p.m. Admission is free.

Sales

THE ALDERSON UNITED METHODIST WOMEN are sponsoring a Soup Sale on Friday, Feb. 1.

Orders are being taken now and may be placed until January 27. To order, call 639-1742 or 639-5134. Customers are asked to bring their own containers. Price is \$2.25 per quart.

Pick up may be made at the United Methodist Church at Harveys Lake.

Courses

RED CROSS NURSING-HEALTH SERVICES will be offering an 18 hour course in Home Nursing, starting Monday, Jan. 28, and finishing Monday, Feb. 25. Classes will be held twice weekly on Mondays and Wednesdays at the Wyoming Valley Chapter, American Red Cross from 12:30 - 3 p.m.

A fee to include text and course materials will be charged. Course of instruction will include lecture, demonstration and student practice in the following: Health and Wellness concepts, Assessing illness and planning care, Care of person in bed, Bedmaking and positioning, Care of person not confined to bed, Medications and simple treatments, Nutrition - feeding the sick person, Vital Signs (temperature, pulse, respiration), the Adult years. Call 823-7161 to register.

THE WYOMING VALLEY CHAPTER, American Red Cross will conduct a Multimedia First Aid course on Mondays, January 28 and February 4 from 6:30 to 10:30 p.m. This 8-hour course will prepare the student to care for injuries and to meet emergencies when medical assistance is not excessively delayed. It is ideal for Day Care personnel, coaches and the general public. To register call Safety Services at 823-7161.

THE WILKES-BARRE YMCA will be offering a Sr. Lifesaving Course beginning on February 6. To be eligible to take the course you must be 15 years of age and be able to complete the following swim test: 20 laps (5 Front Crawl, 5 Breaststroke, 5 Lifesaving Stroke, 5 Side Stroke).

Registration is now being accepted at the 'Y' between the hours of 9 a.m. - 8 p.m.

At the successful completion of the course you will be certified in Red Cross Senior Lifesaving, YMCA Sr. Lifesaving, Lifeguarding, CPR and First Aid.

For further information call the "Y" at 823-2191.

THE GREATER WILKES-BARRE FAMILY YMCA is now accepting registration for its evening Aqua Aerobics class. The class will be held Monday and Wednesday evenings 8:15-9 p.m. The class is available for non swimmers as well as swimmers. The class will begin Monday, January 21 and conclude February 27.

For further information call the "Y" at 823-2191.

THE PAIN OF ARTHRITIS can get you down. But now you can help pick yourself up with the Arthritis Foundation's Self-Help course. Courses are now scheduled throughout the eastern Pennsylvania area and anyone interested in participating should call the Arthritis Foundation at 215-735-5272 or toll-free 1-800-322-9040 for registration information.

Sponsored by the Eastern Pennsylvania Chapter of the Arthritis Foundation, the Self-Help Course teaches you the latest ways to reduce pain and make yourself feel and live better. Courses meet once a week for six weeks and a donation is requested to cover the cost of materials.

Discussions about the disease process, exercise, joint protection, pain management, medications, psychological aspects and communicating with your doctor are included. Other topics such as nutrition, quackery and dealing with unproven remedies are also addressed. The Arthritis Self-Help Course was developed by Stanford University and has a proven track record of effectiveness.

Day and evening courses are offered depending on location. Pre-registration is necessary and a physician's information form will be necessary.

Arthritis literally means inflam-

mation of a joint and is a catchall term for more than 100 different rheumatic conditions. It is the nation's number one crippling disease, affecting one in seven people. Although there is no cure, most forms of the disease can be controlled with early diagnosis and treatment.

THE MERCY HOSPITAL WELLNESS CENTER will sponsor a "Cardiac Cooking Course" beginning Wednesday, Feb. 6 and continuing every Wednesday through March 13. The course is based upon the American Heart Association's "Culinary Hearts Kitchen" program. It is designed to teach cardiac patients, their families, or anyone interested in pursuing a healthier lifestyle, how to prepare meals that are not only delicious and nutritious, but low in calories, fat, and cholesterol as well. Specific topics include: 1) the dietary recommendations of the American Heart Association 2) meal planning 3) eating and special occasions 4) explanation of coronary artery disease 5) benefits of exercise 6) explanation and tour of the Cardiac Rehab Center.

A cookbook will be given to each participant. Classes will be held between 6:30-8:30 p.m. at the Mercy Hospital Medical Arts Building. Call the Wellness Center at 826-3267 to register.

Drives

THE BACK MOUNTAIN KIWANIS CLUB will conduct a paper drive on Saturday, January 26, from 9 a.m. to noon at the rear of the Offset Paperback Facility in Dallas.

THERE WILL BE A BLOOD DRIVE sponsored by the Wyoming Valley Chapter of the American Red Cross on Jan. 30, from 9:45 a.m. to 3:45 p.m. at King's College Scandlon Gym. Please help by donating blood. Thank you.

Music Box announces season

The Music Box Dinner Playhouse in Swoyersville has announced its 1985 season - an all musical bill in celebration of its Fifth Season of operation in the Hughes Street facility.

The offerings for 1985 include productions that topped the survey of patrons for 1984, an encore run of one of the best-loved productions, a continuing schedule of plays for children, and a NE Pennsylvania premiere of a 1984 Broadway hit.

Opening the gala season on Feb. 1, will be Meredith Wilson's time honored musical "The Music Man." Starring in the well loved classic will be Playhouse favorites Sally Williams and Frank Marino, directed by Agnes Cummings of Scranton Public Theater. The production will play until March 3, and be followed by another Music Box week-end night club on March 8 and 9. Director Linda Sipple unveils the first children's show, "Alice in Wonderland" the following weekend, and follows that with her production of Cole Porter's tap dancing extravaganza "Anything Goes," playing April 12 through May 5. The final weekend of the show will include special festivities honoring the fifth anniversary of the opening of the Music Box.

Opening Memorial Day weekend will be the production most requested by Music Box patrons - Rodgers and Hammerstein's immortal "South Pacific." This production holds a special significance in the Fifth Anniversary lineup, as it was this show in summerstock in Indiana that planted the seed for the Music Box itself. A faithful recreation of the 1940's production, Music Box producer T. Doyle Leverett will star as Emile DeBeque.

An encore of "Alice in Wonderland" takes the stage on June 28 and 29, then July brings a special encore run of Music Box's critically acclaimed "Man of La Mancha". The "Impossible Dream" musical will run 11 performances only, and hopes to feature a majority of the original 1983 cast. August will feature a NE Pa. premiere of the war and touching Broadway hit "Baby" - a celebration of life and love that audiences will remember a lifetime.

The week-end of September 13 will see another night club production - then at World Series time in October, the dinner theater will present a salute to the American pastime in a revival of "Damn Yankees", running until November 3. Another cabaret takes the stage the following weekend, and December brings the blockbuster "Oliver", just in time for Christmas.

Once again, the Music Box is offering season's and partial season tickets. For information concerning these, or for information on the Celebration '85 season, phone the box office at 283-2195.



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