

Community Calendar



Dallas Post/Ed Campbell

Window decorated

The front window of Besecker Realty Real Estate and Insurance, Main Street, Dallas, displays just some of the antiques that will be featured at this year's Back Mountain Memorial Library Auction slated for July 11, 12, and 13. The eye-catching window display was arranged by Betty Ashbridge.



Classes scheduled

Wilkes-Barre General Hospital will hold a seven-week series of Childbirth Preparation Classes, beginning Monday, June 24. The classes, held Mondays from 7-9 p.m., are taught by registered nurses from General's Obstetrics department and are free-of-charge. Classes are designed to answer the many questions that arise during pregnancy and to better prepare parents for labor and delivery. Topics range from prenatal care to infant nutrition and include relaxation and breathing techniques, body conditioning exercises and types of deliveries. Classes should be attended in conjunction with regular visits to a physician and are open to all area couples and single parents regardless of the hospital in which they plan to deliver. For those parents-to-be who have one or more children, a refresher course will be offered Monday, Aug. 5. This one-night class reviews the stages of labor and the various relaxation and breathing techniques. Information on classes and reservations can be obtained by calling General Hospital's Education Department at 829-8111, extension 2300. Pictured above are registered nurses from General's Obstetrics Department who assist in teaching the seven-week course. From left, Darlene Orlandini, RN (Dallas); Mary Ann Carmadella, RN (Duryea); Karen Connors, assistant head nurse (Dallas); Trudy Zenerovitz, RN (Drums).



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Combat Arts class

Shown here are members of a class at Costigan's Institute of Oriental Combat Arts located on Route 415, Dallas. From left, first row, are Vicki Rees, Rob Smetana, Tom Mozeleski and Joan Fela. Second row, Sensei Robert W. Costigan, Eric Vrhel, Bill Horner, Lynette Moretti and Marty Montigney.

Area's Robert Costigan opens Oriental Combat Arts Center

By CHARLOT M. DENMON
Staff Correspondent

The flowing motion of the male and female students in the loose white and black tops and pants give one a first impression that this is a modern ballet class. A second look proves this is not so. Rather, it is a martial arts class comprised of males and females of all ages from seven to 57 years of age.

This is the scene ever Monday, Tuesday and Thursday, 7 to 9 p.m., and every Saturday, 10 a.m. to noon; and Sunday, 11 a.m. to 1 p.m., at the Costigan Institute of Oriental Combat Arts in the Mini-Plaza, next to the Towel Outlet, Memorial Highway, Dallas.

Owner Robert Costigan of Harveys Lake is a black belt instructor, who teaches his students basic Kung-fu, a flowing motion of martial arts and also hard-style karate. Military combat self-defense, weaponry, Shaolin meditation and tournament competition are also taught by Costigan, senior instructor Marty Montigney and assistant instructors Joan Fela and Ron Swire.

After giving it much consideration, Costigan decided there was a need for a martial arts school in the Back Mountain and opened his school in Dallas on May 2 of this year.

He teaches self-defense to children starting at the age of five years as well as to women. In the near future, he plan to teach handicapped children and also start a program of self-defense for the aged.

Costigan earned his black belt in 1968 from the ROK Korean Tigers, United States allies but one of the fiercest fighting groups in Vietnam. Montigney is a senior instructor with a red belt and Joan Fela is next in line with an orange belt.

It takes approximately four years of regular training to earn a black belt which is awarded when approved by the instructor. Color of the belt indicates status of the student or teacher beginning with two degrees of white belts, then in order orange, blue, green, red and black.

Costigan served three combat tours with the Green Berets and is highly decorated as a combat medic.

Since the school opened approximately 30 students have enrolled with interest by others evidenced each day. Presently there are five women in the weekly classes.

Each class begin with a half hour of grueling exercise followed by basic karate movements and progresses into self defense, then weapons such as guns, knives and various Oriental combat weapons.

In the past 10 years Costigan has competed in numerous martial arts competition throughout the Northeastern United States.

A form of martial arts, always popular in the Far East, this form of self-defense is becoming increasingly popular in the United States.

Error corrected

An error in a telephone number appeared in a story last week, announcing the opening of Movie Magic on Memorial Highway in Shavertown.

The correct telephone number of the new video business is 675-6155.

For additional information about the school, call 675-8742 or 639-2408.

Dallas woman in play

Betsy Dukes, Dallas, portrays Steffy in the King's College Theatre Department production of Neil Simon's "I Ought to be in Pictures" to be performed at 8 p.m. on June 21, 22, 27, 28 and 29 in the Auditorium located in the college's Administration Building.

Dukes portrays the girlfriend of a faltering Hollywood scriptwriter who must face his distant past when his daughter from Brooklyn travels to Hollywood to become a movie star while getting to know the father who left her and her mother and

brother 16 years earlier.

The play will be the first of three to be produced over the next two months as part of King's Summer Festival.

Tickets are \$5 for adults and \$2.50 for students and senior citizens. For reservations and information on available season ticket packages, contact the King's College Box Office at 826-5825 Mondays to Fridays from noon to 8 p.m. and Saturdays and Sundays from noon to 5 p.m.



BETSY DUKES

Directory available

The most recent edition of the Greater Wilkes-Barre Chamber of Commerce's Membership Directory has arrived.

The Directory lists all Chamber members in alphabetical order and by business classification.

The Membership Roster presents each firm alphabetically with address and telephone number, as well as the name of its key representative to the Chamber of Commerce. This listing also includes each firm's business classification as it appears in the Buyers' Guide.

Copies of the Directory may be picked up at the Chamber office, 92 South Franklin Street.

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