

# F.Y.I.

- ☆ STORAGE
- ☆ HOUSECLEANING
- ☆ HEATING
- ☆ PLUMBING
- ☆ CHAIN LINK FENCE
- ☆ TV SERVICE

- ☆ PLANTS
- ☆ PERSONAL CARE HOME
- ☆ SEWING MACHINES SALES & SERVICE
- ☆ AUTOMOTIVE ACCESSORIES
- ☆ HAIR STYLING
- ☆ PERSONAL LOANS

- ☆ CARPENTRY
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## Calendar

(Continued from page 14)

**AWANA CLUB** of Community Bible Church, Sweet Valley, will hold a club time from 6:15 to 7:45 every Tuesday for pre-school, "cubbies" through seventh and eighth grades.

For more information call 477-5103 or 477-3422.

**VETERANS OF THE VIETNAM WAR**, Post 2, will meet Thursday, Sept. 12, 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 NEXT SCHEDULED BAND SPONSORS MEETING** will be held at 7:30 p.m. at the Lake-Lehman High School.

**THE LUZERNE COUNTY FIRE POLICE ASSN.** will hold their monthly meeting on Sept. 18 at 7:30

p.m.

The meeting will be held at the Dallas American Legion Post on Memorial Highway, Dallas.

### Lectures

**THE CONTINUING PHYSICIAN EDUCATION PROGRAM** of Nesbitt Memorial Hospital announces this year's schedule of medical lectures presented in cooperation with Temple University School of Medicine, Philadelphia.

The first in a series of eight lectures will be held on Thursday, Sept. 12, from 11 a.m. to 1 p.m. in the classroom of the Nesbitt Medical Arts Building, 534 Wyoming Ave., Kingston. Dr. Stanley Lorber, chairman, department of gastroenterology, Temple University School of Medicine, will present a program on Inflammatory Bowel Disease.

Dr. Lorber is a noted authority in the specialty of gastroenterology having authored a number of articles in this area and on related topics. He serves as consultant on the Scientific Advisory Board for the Philadelphia Chapter of the National Foundation for Ileitis and Colitis, on the Advisory Panel for Internal Medicine for the Specialist and on the Editorial Board of Frontiers of Gastrointestinal Research.

The lecture series is under the direction of Dr. William Boyle, chairman, Nesbitt Memorial Hospital's education and library committee. For more information, please call the hospital at 288-1411 ext. 4030.

**THE SECOND LECTURE** in a series of community diabetes classes are sponsored by Nesbitt Memorial Hospital will be held on Wednesday, Sept. 11, at 7 p.m. in the classroom of the Nesbitt Medical Arts Building, Kingston.

A staff podiatrist will be guest speaker. Decreased blood circulation in the feet is common with age and diabetes. Also, nerves in the feet of diabetics are less responsive to injury. An outline on the procedures for proper foot care, such as avoiding heat and not walking barefoot will be discussed. Betsy Trczinski, R.N., the series instructor, will discuss foot care complications.

Diabetes afflicts about 13 million people in the United States. The disease curbs the body's ability to break down food properly and without proper care and treatment, can cause fatigue, weakness, blurred vision and slurred speech.

Future diabetes classes will be held on Wednesday, Sept. 18, 25, Oct. 2 and Oct. 9. All lectures are held in the classroom of the Nesbitt Medical Arts Building beginning at 7 p.m.

For more information, contact Hospitalwide Education at 288-1411, extension 4035.

### Programs

**THE NPW MEDICAL CENTER** Physical and Occupational Therapy Departments will offer a three-session Back Care School on Tuesday, Wednesday and Thursday, Sept. 10, 11 and 12, from 6:30 p.m. to 9:15 p.m. in the Valley Medical Building located adjacent to the Medical Center.

The goal of the program is prevention of initial or recurring episodes of low back pain, stressing protection of the low back in all activities. Topics to be covered include: anatomy; posture and body mechanics; the importance of exercise; the roll of stress and relaxation; maintenance of ideal body weight and nutrition instruction. Instruction will also be given in the proper exercises to be performed to strengthen and stretch important muscle groups.

The cost of the program is \$30. For additional information and registration, please contact the NPW Medical Center at 826-7781.

**FRANCES SLOCUM STATE PARK**, Mount Olivet Road, Wyoming, will offer environmental education services to school classes, scout groups, and other organized groups of children or adults, beginning the week of Sept. 1.

Park Naturalist Jeff Smith is now accepting group reservations for guided walks on the park's scenic trails. The educational walks, which run from 1 to 1½ hours in length, may be scheduled for weekdays or weekends between 8 a.m. and 8 p.m. A choice of guided walk topics, including nature study and American Indian culture is available.

Groups are encouraged to schedule walks at least three weeks in advance by contacting Frances Slocum State Park at 696-3525.

(More CALENDAR, page 19)