

# Community Calendar

**Wednesday, /  
Jan. 22**

**THE DALLAS KIWANIS CLUB** will conduct its annual "Wives Night" tonight at 6:30 p.m. at the Castle Inn, Dallas-Harveys Lake Highway.

**THE STUDENTS OF** Westmoreland Elementary School, Trucks-ville are participating in the annual Easter Candy Sale sponsored by the Parent-Teacher Organization. Proceeds from the sale of Cavanaugh's Candy will be used to provide parties, special programs and projects throughout the year, and class field trips.

Pat Hite, candy sale chairperson, announced the sale will run through Monday, Jan. 27 and candy will be delivered in early March.

Children selling candy will have their names entered in a drawing to be held, Wednesday, March 26. Top prize is a 10-speed bicycle; a 12-inch black and white portable television is second prize; third, an AM-FM Radio Cassette Player; fourth, a \$50 savings bond; and more, a total of 10 prizes will be awarded.

**P.T.O. Officers** for the 1985-86 school year are: Carol Keefe, President; Diane Beisel, Vice-President; Sam Barbose, Vice-President; Larree Bailey, Secretary; Gerri Wall, Treasurer; Lynn Kernag, Newsletter-Publicity; Pat Hite, Candy Sale; Janet Molesky, Membership; Debbie Coon, Library Aides-Volunteers; Carol Williams, Gladys Chapple, Alice Newell, Hospitality; Sharon Rondinella, Ways and Means; Jennie Metzgar, Santa's Secret Shop.

**THE FIFTH INSTALLMENT** of Lake-Lehman's Early Childhood-Pre-School Program is scheduled for January 22, 23 and 24, and will feature "Math Readiness and Computers" as the program theme.

The Math presentation, which will include a short summary of a Math Readiness Program for the four-year-old child, will be conducted by Miss Pat Peiffer and Mrs. Gail Long.

David Harris and David Smith will present the Computer Demonstration for the parents' benefit in making them aware of new technology used in schools today.

Separate activities are scheduled for the children at each Elementary School.

The schedule for this pre-school presentation is as follows: Lehman-Jackson Elementary School on Wednesday, Jan. 22, 9 a.m. to 10:30 a.m.; Lake-Noxen Elementary School on Thursday, Jan. 23, 9 a.m. to 10:30 a.m.; and Ross Elementary School on Friday, Jan. 24, 9 a.m. to 10:30 a.m.

Parents may "register" for this second presentation by simply calling the neighboring elementary school office and letting us know how many adults and children will be attending. Telephone numbers are as follows: Lehman-Jackson Elementary, 639-2165; Lake-Noxen Elementary, 639-1129; and Ross Elementary, 477-5050 or 256-7897.

**Thursday, /  
Jan. 23**

**VETERANS OF THE VIETNAM WAR**, Post 2, will meet tonight at 8 p.m. at the Coral Lounge, 245 Owen St., Swoyersville.

Nomination of officers will be conducted. State Representative Kevin Blaum will be on hand to present the group with an American flag that flew over the state capitol.

**THE LUZERNE COUNTY BOROUGHS-TOWNSHIPS ASSOCIATION** will conduct its next meeting tonight at 6 p.m. in the New Men's Dormitory Dining Hall on the campus of Wilkes College, Wilkes-Barre.

The speaker for this meeting will be James Chester, regional director, Pennsylvania Department of Environmental Resources, who will speak on "Solid Waste Disposal."

Dinner reservations may be made by calling 824-4651, extension 224 by January 21.

**Sunday, /  
Jan. 26**

**THE CHURCH OF JESUS CHRIST** of Latter Day Saints, 6 Manor Dr., Trucksville, will be having an Open House on Sunday, Jan. 26, 1986 at 6 p.m. - 7:30 p.m.

All members and non-members are welcomed. Come and visit the church and the exhibits.

**Monday, /  
Jan. 27**

**CHILDBIRTH EDUCATION CLASSES** for pregnant teenaged women will be held at Planned Parenthood of Northeastern Pennsylvania beginning Monday, Jan. 27, at 7:30 p.m. and will continue for seven weeks. Openings are still available for women wishing to participate.

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.

According to Mrs. Seroska, special attention is given to nutrition during and after pregnancy, relaxation and breathing techniques to assure a good childbirth experience, emotional and physical changes during pregnancy and newborn care. The availability of academic programs in the community for young mothers is also discussed to encourage high school participants to continue their schooling.

Mrs. Seroska notes that each pregnant teenager is invited to attend the sessions with a person who will serve as her "coach" during labor and delivery. This person may be a spouse, parent, friend or anyone of the young woman's choosing.

Young women who attend the series are eligible to use Planned Parenthood's SWAP SHOP, which contains maternity and infant clothing and infant furniture.

There is no charge for the classes and the use of the SWAP SHOP is also free.

Persons interested in learning more about the classes may contact Planned Parenthood.

**Tuesday, /  
Jan. 28**

**AS PART OF ITS CONTINUING SERIES** of conferences on national issues, Luzerne County Community College will sponsor a program entitled, "John F. Kennedy and the Opening of the New Frontier," on Tuesday, Jan. 28, beginning at 7 p.m., at the college's Educational Conference Center.

According to Fred Walters, coordinator and moderator of the conference, a panel of distinguished scholars will review the promise and performance of the Kennedy Administration 25 years after the inauguration of John F. Kennedy in January of 1961. Walters noted that a three member panel will examine, respectfully, the domestic programs, the foreign policy and the political leadership of the Kennedy presidency.

Addressing the foreign policy of John F. Kennedy will be Dr. John Barrett, chairman of the department of social sciences at Marywood College. Dr. Barrett received his master's degree in history and political science from the University of Detroit, and his Ph.D. in international diplomacy from Georgetown University. He is the author of "The Diplomacy of Neutrality: A Study of British and American Foreign Relations with Spain, 1942-1945," and numerous scholarly articles.

Dr. Barrett is a member of the American Academy of Political and Social Sciences. He also serves on the Board of Trustees at Wyoming Seminary, and won the distinction of having been the youngest person appointed to the rank of full professor in the history of Marywood

College.

Also on hand for the program will be Dr. Thomas R. Greene, associate professor of history at Villanova University, who will review the domestic programs and strategies of the Kennedy Administration.

Dr. Greene received his doctorate from New York University and currently teaches United States history since the New Deal at Villanova. One of his fields of specialization is U.S. labor history, having delivered many papers and published numerous articles in the field.

Prior to the panelists' presentations, the public is invited to view the film "Years of Lightning, Day of Drums," released shortly after the assassination of President Kennedy in 1963. The film will be screened at 5 p.m. in the college's Educational Conference Center. Refreshments will follow at 6:30 and the panel discussion will commence at 7 p.m.

For further information on the program contact Fred Walters at Luzerne County Community College, 829-7424.

**Next  
week**

**THE ANNUAL MEETING** of the Back Mountain Memorial Library Association will be held on Thursday, Jan. 30, at 8 p.m. at the Library.

Anyone who has contributed to the Capital Campaign or to the Library within the past year is eligible to attend.

**AN IMPORTANT IN-SERVICE** "Fire and Safety" will be held for volunteers at the Meadows Nursing Center, Dallas, on Wednesday, Jan. 29 at 1:30 p.m. in the physical therapy room. Hand washing techniques will also be discussed.

Red Chapman, Fire Marshall at Geisinger - Wyoming Valley Medical Center, and Gene Zim, Chairman of the Fire and Safety Committee at the Meadows, will conduct the fire and safety program.

All volunteers are requested to attend. Refreshments will be served.

**WARDROBE MANAGEMENT** and clothing construction are clearly presented in a new course called SEWING POWER, beginning January 28 to June 14, 1986, Tuesday, Thursday, and Saturday, 1 a.m., 5 a.m., 9 a.m., and 1 p.m. 5 p.m. and 9 p.m. on Pennaroma Cable Television Network.

The course, offered by Pennsylvania State University, focuses on the construction of 5 basic garments which can be mixed, matched and constantly expanded.

The fashions include easy-making, easy-wearing "Slip-on" tops and slacks, and three polished classic coordinates: a tailored skirt or pants, jacket and blouse or shirt dress.

**SEWING POWER**, in only 20-half hour programs, teaches wardrobe management and clothing construction, as well as the vocabulary tools, materials, and skills normally cov-

ered in the traditional classroom environment.

The course is enhanced by on-screen visits of some of the fashion industry's leading professionals, including designers Evelyn deJonge, Willi Smith of Willi Wear Ltd., Van-Martin Rowe, and Bill Tice of Swirl. Famed fashion-sewing consultants Palmer and Pletsch and Marilyn Thelen also drop in to share professional tips with viewers.

The course involves much more than just television programs. Students sew along with a comprehensive Sewing Power Viewer's Guide and their customized patterns in hand.

Mention of a trade or business name in this mailing does not constitute a guarantee or warranty of the product or service names; nor does it signify approval of the product-service to the exclusion of other comparable products.

For more information contact Josephine Kotch, Extension Home Economist for Luzerne County Courthouse Annex, 5 Water St., Wilkes-Barre, PA 18711 or call 825-1701 or 459-0736 ext. 701.

**Coming  
events**

**THE AMERICAN HEART ASSOCIATION**, Northeast Pennsylvania Chapter will conduct its Sixth Annual Heart Day on Saturday, February 8, from 10 a.m. to 5 p.m. at the Wyoming Valley Mall, Wilkes-Barre.

Included in the day's activities will be CPR demonstrations, blood pressure clinics, EKG - 2 lead rhythm strips, heart literature display booth, visual program slide series, aerobic dance demonstrations, jump rope for heart, a balloon sale and the "Heart Man" and "Tin Man."

The Northeast Pennsylvania Chapter of the American Heart Association is striving to education the community through American Heart Association programs and services. The Heart Day Awareness event is always held in February, which is National Heart Month.

**THE NOXEN UNITED METHODIST CHURCH** will hold its Annual Shrove Tuesday Pancake Supper on Tuesday, February 11.

Supper will be in the church basement from 4:30 to 7:30 p.m. Menus includes all-you-can-eat buckwheat and regular pancakes, sausage, orange juice and coffee.

Cost is \$3.75 for adults and \$1.50 for children. The supper is being sponsored by the Noxen Helping Hands group.

**WILKES-BARRE GENERAL HOSPITAL'S CARDIAC SUPPORT GROUP** kicks off its 1986 series of meetings on Wednesday, Feb. 5, at 7 p.m. in the hospital's board room on the main floor.

The informal and educational groups sessions, held on the first Wednesday of each month, are designed to meet the physical and psychological needs of persons with a diagnosed cardiac condition. They offer a sound psychological coping

mechanism through which cardiac patients and family members may discuss any fears, stresses and concerns regarding their condition.

Wilkes-Barre General Hospital staff cardiologist, dietitians, pharmacists and social workers are scheduled to address specific topics to provide insight into the recovery process. A nursing representative specializing in cardiac care will serve as group co-leader and will be present each month to help answer questions regarding medical care, diet, activity levels and other concerns.

Scheduled topics, speakers and dates for the 1986 series are: "Heredity Factors of Heart Disease," Dr. John Ellis, Feb. 5; "Overview of Risk Factors," Dr. Nicholas Ruggiero, March 5; "Cooking With Herbs," April 2, Connie Yateshin, Food Services; "Smoking and Heart Disease," May 7, Dr. Thomas Baker; "Living with Heart Disease," Denise Simone Namowicz, M.S.W., June 4; "Cardiopulmonary Resuscitation (C.P.R.)," Education Instructor, Aug. 6; "Medications-Side Effects," Roger Brown, Ph.D., Sept. 3; "Vocational Rehabilitation," agency representative, Oct. 1; "Holiday Meal Planning," Connie Yateshin, Food Services, Nov. 5.

For further information, contact General's Social Services Department, 829-8111, extension 3038.

**MOST PEOPLE KNOW** that to help reduce their risk of becoming a victim of heart disease, they should reduce their intake of sodium and fats, exercise regularly and eat a balanced diet. But many people don't know how to change their present lifestyles to accommodate these risk-reducers.

To help people take an active part in learning to change their lifestyles which may be leading them down the path to heart disease, the Geisinger-Wyoming Valley Medical Center's Education Department is offering a free two-day "Love Your Heart" Program on Saturday and Sunday, Feb. 22 and 23, from noon until 5 p.m., both days in the medical center's Learning Resources Center.

Included in this heart program are risk factor evaluations, weight and nutrition evaluations, tips for weight reduction (and maintenance) and smoking cessation, heart-healthy recipes, literature and the option of purchasing a healthy meal (complete with food value determinations).

In addition, Dr. Joseph Abate, cardiologist, will present a lecture at 3 p.m. on both days, and Deborah Abate, R.N., cardiac rehabilitation nurse, will lead interested participants in a routine of warm-up exercise (please plan on wearing, loose, comfortable clothing).



SUSAN BABER

## Susan Baber will speak

Susan Baber will be the guest speaker at the West Side Business & Professional Women's Organization meeting, Tuesday, Jan. 28, 6:30 p.m., at Konefal's Restaurant, Edwardsville.

Her topic will be "Alternative Choices for Birth Stones." Miss Baber was employed as a diamond grader in the lab of New York City's Gemological Institute of America before she became employed with private diamond brokerage firms.

Locally she teaches a gem appreciation course at College Misericordia and owns a wholesale jewelry business called "Wrap It Up."

Anyone interested in attending the meeting may contact Dolores Tamanini, membership chairman, 675-6199.

## Lighting Contest termed successful

The first Holiday Home Lighting Contest sponsored by the Harveys Lake Protective Association was a huge success. The judging took place on the evening of December 22, 1985.

A plaque was awarded to first place winners Tom Shypulefski and John Schake, Ridge Avenue.

Trophies were awarded to second place winners, Goodwin and Marilyn Angelicola, Pole 111 and third place was awarded to John Metz, Pole 258.

Congratulations go out to all of the winners and a special thanks to all who participated in making the season a lot brighter.

## Subscribe To The Post



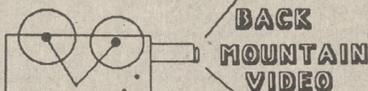
**& RESTAURANT**  
DALLAS SHOPPING CENTER  
DALLAS, PA.  
675-4343 or 675-6565

BRING THESE COUPONS IN, TO GET YOUR FREEBEE'S

COUPON  
Buy 14" pie  
and get free topping.

LUNCH SPECIAL  
coupon  
Buy sandwich of your choice  
get 2nd one half price  
Coupons Void On Delivery

We Now Have  
FREE DELIVERY IN BACK MOUNTAIN  
Hours: Mon.-Thurs. 11 a.m. to 10 p.m.; Fri., Sat. 11 a.m.-11 p.m.  
Sun., Noon - 10 p.m. Coupon expires Feb. 14th



BACK  
MOUNTAIN  
VIDEO

675-6199

FERNBROOK PLAZA  
ROUTE 309  
DALLAS, PA 18612

## BETA Is Still Here!

Hours: 10-9 p.m. Mon. to Sat.; 12-5 Sundays

## COBBLE ST. AN AMERICAN CAFE

Wyoming Valley Mall • 824-2463

WE ARE NOW . . . OPEN FOR LUNCH  
WITH A NEW ENTRANCE FROM THE BARRELS SIDE

EARLY BIRD SPECIALS  
12 NOON TO 8:00 P.M.  
ONLY \$5.35 . . .

CHOPPED SIRLOIN	BROILED FLOUNDER
B-B-Q SPARE RIBS	BROILED SOLE
B-B-Q CHICKEN	BROILED SCALLOPS
STUFFED FLOUNDER	CRAB CAKES
STUFFED SOLE	LIVER & ONIONS

Dinners Include Our Fantastic SOUP & SALAD BAR, POTATO & VEGETABLE

TRY OUR NEW SEAFOOD COMBO

Scallops, Shrimp, Haddock With Fresh Broccoli, Mushrooms In Wine & Butter Sauce.

M.C.

Dinner Served 4:30 to 10:00 P.M.  
Reservations Requested But Not Required

VISA

## ROLLAWAY

Family Skating Rink & Entertainment Center  
(Formerly Bonomo's)  
Dallas-Harveys Lake Highway, Dallas  
675-4844



Skate!

ADULT SUPERVISION  
Open Every Night - 6:30-10:00 P.M.  
ADMISSION \$2.00 SKATE RENTALS \$1.00

## SPECIAL EVENTS PROGRAM

Monday—Oldtimer's Night (over 18 yrs.) .. 6:30-10 p.m.  
Thursday—Ladies' Morning Special 10:00 a.m.-1:00 p.m.  
Saturday—All Day Skating (12 hrs.) .. 10 a.m.-10 p.m.  
Sunday—Family Togetherness ..... 1 p.m.-10 p.m.

BIRTHDAY PARTIES - SPECIAL EVENTS - FUNDRAISING  
PROGRAMS ARE AVAILABLE  
CALL 675-4844 FOR APPOINTMENT

## BARON'S SEAFOOD

300 Avenue A, Swoyersville 287-2111 (Wholesale & Retail)

"Take Out Orders of All Fried Seafood Daily"

## SLIPPER LOBSTER MEAT

lb. \$6.99

WHOLE MAINE

## COOKED LOBSTERS

each \$4.99

ALSO A COMPLETE LINE OF  
FRIED HADDOCK, FISH STICKS, DEVEILED CLAMS,  
DEVEILED CRABS, SHRIMP, LOBSTER, FRESH CLAMS,  
FRESH SALADS, and ASSORTED FROZEN FOODS

HOMEMADE CLAM CHOWDER  
(We Accept Food Stamps)