

# COMMUNITY

## Penn State offers education workshops

For individuals looking for a chance to enhance current skills or learn new ones, Penn State Wilkes-Barre is offering continuing education workshops during the month of October. Interested persons can learn about micro-computers, healthcare, management, and teleconferencing with special programs for secretaries.

- "Surviving Office Politics," Thursday, Oct. 5 at the Holiday Inn at Wilkes-Barre, and "Dealing with Multiple Bosses," Thursday, Oct. 26 at the Penn State Wilkes-Barre Campus, will be instructed by Cathy Stouch. Stouch is a Penn State York Campus instructor of business communications and, a business consultant with a broad background in service, sales, and education organizations, (and former Assistant Vice President for training and information services

for Hamilton Bank/Philadelphia National Bank).

- Introduction to Data Base Management Using dBase III Plus," Thursday, Oct. 5 from 6 to 9:15 p.m. at the Penn State Wilkes-Barre Campus.

- Advanced Spreadsheets with Lotus 1-2-3, Tuesday, Oct. 10 and Saturday, Oct. 21 from 9 a.m. to 4 p.m. at the Penn State Wilkes-Barre Campus.

- Documentation Skills in Professional Nurse Practice, Thursday, Oct. 12, Holiday Inn Wilkes-Barre.

- Introduction to Spreadsheets with Lotus 1-2-3, Saturday, Oct. 14 from 9 a.m. to 4 p.m. at Penn State Wilkes-Barre. This is an additional workshop available for working individuals.

- Advanced Data Base Manage-

ment Using dBase III Plus, Monday, Oct. 16 and Thursday, Oct. 19 from 6 to 9:15 p.m., Penn State Wilkes-Barre.

- Strategic Planning, Friday, Oct. 20 will be conducted at the Holiday Inn, Wilkes-Barre.

- Macrowriting with Lotus 1-2-3, Tuesday, Oct. 24 from 9 a.m. to 4 p.m. and Value Added Assessment at Penn State Wilkes-Barre.

- Introduction to Computers, Saturday, Oct. 28 at Penn State Wilkes-Barre.

- Programming in dBase III Plus, Monday, Oct. 30 and Thursday, Nov. 2 from 6 to 9:15 p.m., Penn State Wilkes-Barre.

For more information on continuing education programs contact Ann Smith at Penn State Wilkes-Barre (717) 675-9208.



### Dental Society Auxiliary holds year's first meeting

The Auxiliary to the Luzerne County Dental Society held the first meeting of the year at the home of Mrs. Martin McMahon in Shavertown. Hostesses for the evening were Mrs. Charles Carpenter, Mrs. Bruce Goeringer and Mrs. George Nahas. Arrangements were made by Program Chairman Mrs. Terry Smith to have Jeanie Karmiel, MS, RD speak to the group about body composition and health. Ms Karmiel demonstrated the use of the "BioImpedence Body Composition Analyzer" to determine the percentage of fat and lean mass as an indication of health, rather than reliance solely on height-weight tables.

Shown in the photo, from left, Tammy McMahon, Vice-President, Shavertown; Bonnie Dombroski, President, Dallas; Jan Goeringer, Presidential Honors, Dallas; Jeanie Karmiel, MS, RD, Nutritionist and Fitness Consultant, Shavertown.



### Back Mountain Kiwanis Award Scholarship

Miss Nichole Gardner, member of the Key Club at Lake-Lehman High School, was the winner of the first scholarship prize, consisting of a \$400 Savings Bond, awarded by the Back Mountain Kiwanis Club. This award was made at a recent breakfast meeting of the club at Pickett's Charge Restaurant, Dallas. Shown in the photo are, from left, Mr. and Mrs. Gardner, winner's parents; Miss Gardner, Ron Mosca, president; and John Rogers, secretary and Key Club advisor.

## Back Mountain Jaycees prepare to join in Model Legislative program

The Back Mountain Jaycees will join over 200 other Jaycees from across Pennsylvania in the Annual Model Legislative Program to be held on Saturday, October 7, at the State Capitol in Harrisburg.

The Model Legislative Program is designed to allow Jaycees the opportunity to introduce, support or approve, and debate legislation on the House floor. By giving the Jaycees this "hands on" look at the legislative process, the program serves to foster a greater understanding of how the Pennsylvania Legislature operates.

The Back Mountain Jaycees will send several representatives to this year's Model Legislative Program affording them the opportunity to

be involved in this leadership program. The Jaycees offer a wide array of educational, developmental and social activities that get people more involved in their community. They strive to make our communities better places to live and work.

Governmental Affairs Program Manager for the Pennsylvania Jaycees is Hanover Township resident, John J. Jablowski, Jr. More information about the legislative program can be obtained by calling Jablowski at 825-0599.

## St. Martha's sets special Mass

St. Martha's Church and Huntington Fire Company cordially invited you to attend a Special Mass for the start of Fire Prevention Week.

The Mass will be held at St. Martha's Church on Saturday, Oct. 7, at 7 p.m.

Any fire company planning to

attend this Mass may meet at Huntington Fire Co. no later than 6:15 p.m. There will be members of Huntington Fire Co. there to lead you to the church. If you know where the church is you may go there. It would be appreciated if we know how many will be attending Mass. Call 864-2530 or 864-3443.

## Katie Whitesell is baptized

Katie Marie Whitesell was baptized at the Lehman United Methodist Church on September 17 by the Rev. Michael Shambora.

Katie, the daughter of Renee and Scott Whitesell, was born at the Nesbitt Memorial Hospital, Kingston on May 16, 1989.

Godparents are Daniel and Deanne White.

Baptismal certificates were presented to the parents and gift book

presentations were made to the godparents.

Mr. Whitesell, the father, is employed at Whitesell Brothers Building Supplies and General Contractors, of which his father is owner.

His parents are Elwood and Margaret Whitesell of Shavertown. Mrs. Whitesell's parents are Kate and Duane Kromis of Lehman.

A reception was held after the ceremony.

**The Dallas Post**, P.O. Box 366, Dallas, PA 18612, welcomes wedding and engagement announcements and photographs. For more information, call 675-5211

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*Mary Ellen Mooney*

## Dallas Middle School slates open house for Thursday

The Dallas Middle School will hold an open house on Thursday, October 5, 7 p.m. The open house is designed as an evening of gathering information and an opportunity to become acquainted with your child's teachers.

The program will allow the parent to tour the middle school building and learn about middle

school procedures. An agenda has been sent home by way of the middle school students for their parents. Because it is a Back-To-School Night, parent-teacher conferences will not be conducted; however, should there be any specific questions or concerns, a conference may be arranged through the guidance office.

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<b>Lunch Special</b> Croissant Sandwich or Barbecues \$2.25 (Both served with French Fries)	<b>★ Dinner For Two ★</b> Monday thru Saturday 2- 8 oz. Prime Rib.....\$13.99 2- 8 oz. Del Monico..... \$13.99 2- 8 oz. New York Strip.....\$12.99 2- 8 oz. Chopped Sirloin Dinner..... \$8.99
<b>Dallas Special</b> Cheese Omelet \$1.49 Choice of any 2 combinations \$1.99 Monday thru Saturday 7 a.m.-11 a.m.	<b>Every 50th Customer Check receives A GIFT CERTIFICATE!</b>

**COLD WEATHER NOTICE**

The Winter months are closing in on us and with them the usual assortment of cold weather problems. It's a fact: cold weather is tough on a water system. Dallas / Shavertown Water Company installs, operates and maintains your water meter. But you, the customer, are responsible for protecting the meter from damage by frost or any other cause. Costs for repairing such damage range from \$35 to \$50 for the average residential customer. Repairs to larger industrial meters are proportionately more.

Water meters are generally located in heated areas. But many times they are in areas like garages, crawl spaces and basements that are susceptible to freezing. You can minimize the problem by keeping all doors and windows closed and in proper working order so that the cold outside air will not reach the meter. Insulation may also be used to protect the meter and surrounding piping.

If your meter is located outside your home in a meter pit, make sure that the pit has been installed properly and that the lid fits securely. Some special pits, called frost boxes, are equipped with an inner lid. It provides additional protection for the meter, so make sure that lid is in place.

A quick inspection of your water meter before the cold weather sets in can help you avoid costly repairs.