

# Obituaries

## CHARLES ALLEN

Charles H. Allen, of Meadows Apartments, Lake Street, Dallas, died Oct. 14, 1989 in the Meadows Nursing Center, following a lengthy illness.

Born in Forty Fort, he was a life long resident of the Valley, he was a son of the late James and Alice Allen.

He was employed as a coal miner by the Glen Alden Coal Co., for 43 years, working at the Woodward and Loomis Collieries.

He was later employed by Link Aviation, a division of the Singer Corp., Binghamton, N.Y. for eight years, retiring in 1965.

Mr. Allen was a member of the Seventh Day Adventist Church, Nanticoke.

He was preceded in death by a daughter, Charlotte Rosenkrans, in 1988; also by sister, Ann and brothers, Fred, Arthur and Albert.

Surviving are his wife, the former Grace E. Kibbler; daughter, Shirlee Jones, Dallas; three grandchildren; eight great-grandchildren; sisters, Gertrude Berkey, Alice Ashman and Dorothy Garner, all of Rockwood.

Interment will be in Memorial Shrine Park, Carverton. Memorial donations may be made to the Seventh Day Adventist Church, South Market Street, Nanticoke, 18634.

## DOROTHY WILEMAN

Dorothy Claire Wileman, formerly of Dallas, died in her home in Nutley, N.J. after a prolonged illness on Oct. 10, 1989.

Born in Roxborough, she was the daughter of Clara E. Kauch and Charles G. Rawley.

She was a graduate of Roxborough High School.

Mrs. Wileman resided in Dallas for over 40 years before moving to Nutley, N.J. She was a member of the Dallas Methodist Church and the Dallas Women's Club.

Surviving in addition to her husband Crozier S., of Nutley, are son Richard R. of Prospect, Ky.; daughter, Susan E. Shaver of Bloomfield, N.J.; son Robert R. of Fayetteville, Ark.; six grandchildren and two great-grandchildren.

## ROBERT ROESE

Robert R. Roese, 44, of Lehman, died Oct. 13, 1989 at his home following a lengthy illness.

Born in Jenkins Township, Sept. 20, 1945, he was a son of the former Anna Mae Wheeler, West Pittston and the late Robert W. Roese.

He had resided in Lehman for the past eight years.

He received his master's degree from the University of Scranton. He was head of the English department at the Lake-Lehman School District where he also taught high school English since 1975.

Mr. Roese also taught writing composition courses at King's College and was an advisor for the Lake-Lehman High School Ski Club.

He was a member of the Arts at Hayfield.

He was an Airman 1st Class in the U.S. Air Force from 1963-67.

Surviving in addition to his mother are his wife, the former Susan Fielding; daughters, Kristen, Amber and Tiffany, all at home; brother, Carl Klevinski, Kingston Township; sisters, Betty Kentusky, Mooretown; Carol Lee Oberst, Las Vegas, Nevada.

Memorial contributions may be made to the Robert R. Roese Memorial Fund, 1129 Jackson road, Shavertown, 18708, to aid local people in time of need.

## RALPH ELSTON

Ralph M. Elston, of RD 1, Dallas (Kunkle), died Oct. 10, 1989 in Lakeside Nursing Center, Harveys Lake, following a long illness.

Born in Kunkle, March 29, 1897, he was the son of the late Marvin A. and Lana Hoyt Elston.

He was a former Dallas Township school director. For 66 years he owned and operated a dairy farm in Kunkle. He was a member of the Kunkle United Methodist Church.

He was preceded in death by his wife, the former Agnes Isaacs, in 1985 and by two brothers.

Surviving are daughters, Mrs. Fred (Dorothy) Dodson, Kunkle; Mrs. Calvert (Lana) Birnstock, Palm Harbor, Fla.; sons, Gomer, Gene and Wayne, all of Kunkle; Marvin, Dallas; brother, Walter J., Kunkle; sisters, Mrs. Ralph (Myrtle) Hess, Lakeside Nursing Center; Mrs. Owen (Grace) Ide, Kunkle; 21 grandchildren; 42 great-grandchildren; two great-great-grandchildren; several nieces and nephews.

Interment was in Fern Knoll Burial Park, Dallas.

Memorial contributions may be made to the Kunkle Fire Co. or to the Kunkle United Methodist Church.

## ROBERT MOORE

Robert T. Moore, of Darling Street, Wilkes-Barre, died Saturday, Oct. 14, 1989 in Wilkes-Barre General Hospital.

Born in Downingtown, he was the son of the late Robert and Ethel Talley Moore.

He was a veteran of World War II, serving in the U.S. Navy.

Mr. Moore formerly owned the Woodlands Inn, Trucksville. He had been retired for several years.

Surviving are his wife, the former Dorothy Keichel; children, Robert T., Leighton; Mrs. Sandra Overa, Newark, Dela. two grandchildren.

Interment will be in Mount Greenwood Cemetery, Shavertown.

Memorial contributions, if desired, may be made to the charity of the donor's choice in the name of Robert T. Moore.

## KARL GORTO

Karl A. Gorto, 20, of Jackson Street, Edwardsville, died Oct. 15, 1989 in a car crash in Kingston Township.

Born in Boston, Mass., he was the son of Andrew and Jo Ann Balla Gorto. He was a graduate of Dallas High School and resided in the Wilkes-Barre area since 1979.

He was on active duty with the U.S. Coast Guard and was assigned to the Coast Guard Cutter Vigorous in New London, Conn.

Surviving in addition to his parents are a brother, Andrew, Wilkes-Barre; paternal grandparents Andrew and Stella Gorto, Dallas.

Interment will be in Mount Greenwood Cemetery, Dallas.

Memorial contributions if desired, may be made to the American Cancer Society, Kirby Health Center, Wilkes-Barre.

## Showdown

(continued from page 1)

said. "They may turn over the ball but that doesn't bother them because they'll go for the big play anywhere on the field."

"Our kids will have to play a mistake free game and they will have to hit hard - harder than they ever have. We match up in size fairly well, although the Grenadiers may be slightly bigger."

Jackson said he was happy to have the week off prior to the game because it gave his kids a chance to heal some minor injuries. He knows his team lacks some of the experience of the GAR team but they played three of the same teams that the Grenadiers played during the season and his Mountaineers came out with some big wins.

"This will be the first team that has been really tough," Jackson said. "I've been telling the kids that all season; 'we haven't got to the big ones yet.'"

Jackson hopes it will be a fun game for both teams and he knows both teams will be up for the contest, since the team that finishes the season 9-1 will sit home at playoffs. There is no wild card team in Division B.

"They're ready for us and we're ready for them. I'm happy that the game is out here on our field and if they can beat us, they will have earned it," Jackson said.

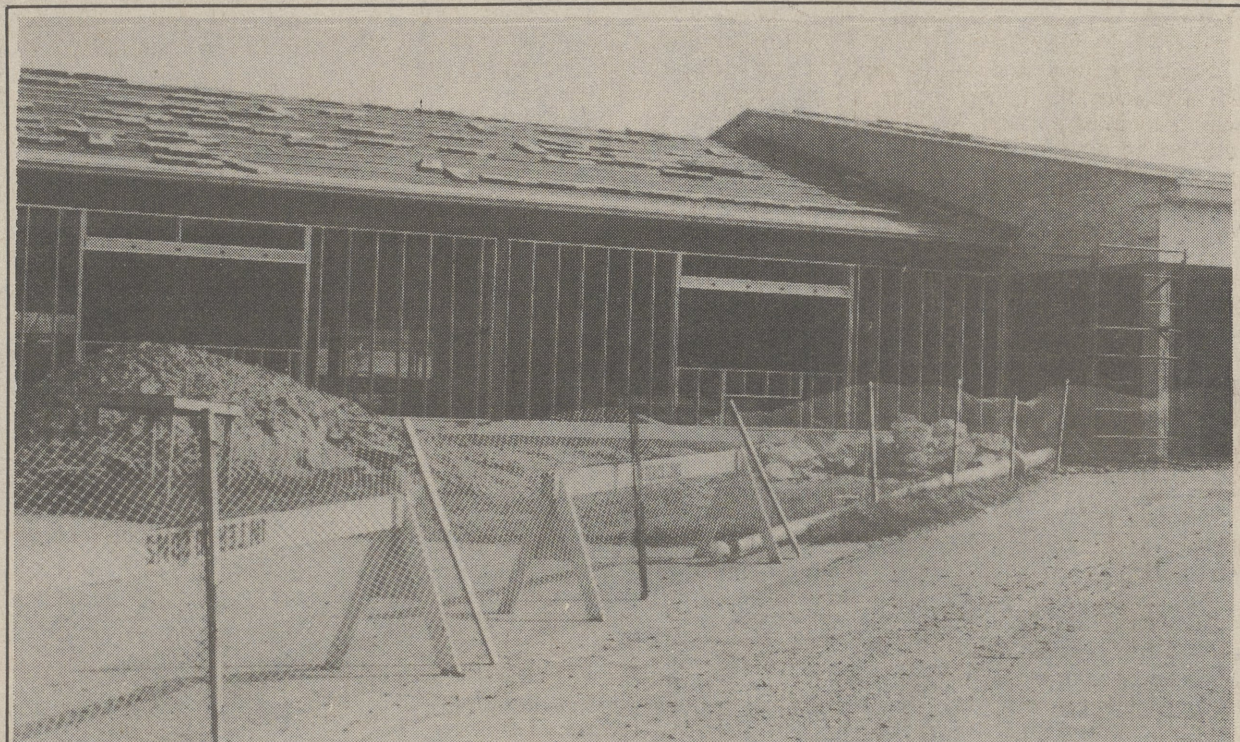
In comparing quarterbacks, Jackson said both are outstanding athletes. "GAR's Johns is a great athlete and he is fast. Our quarterback Jay Staigis is bigger and stronger and he's hard to take down. Our kids aren't quite as fast as the Grenadiers, but they're tough and they're strong and they know they have to play perfect football."

Game time is 1:00 p.m. at the Dallas field, but it may be hard to find a seat for those who don't arrive early.



## County honors The Post

The Luzerne County commissioners recently noted the 100th anniversary of The Dallas Post by presenting a proclamation. Shown above, front, from left; commissioners Frank Trinisiewski, Frank Crossin and Jim Phillips; back row, from left; Charlot M. Denmon, Post writer, Ronald Baritzek, publisher, Joseph Tirpak, Luzerne County treasurer.



AHEAD OF SCHEDULE - An addition to the Dallas Elementary School is nearly half finished. It may be ready for use two months ahead of schedule. (Photo by Charlot M. Denmon)

## Dallas elementary addition half completed

By CHARLOT M. DENMON Staff Writer

The addition to the Dallas Elementary School is approximately 50 percent completed, according to District Superintendent Gerald Wycallis.

"The four classroom addition is nearly enclosed, the roof is on, the plumbing is in and the floor is poured," Wycallis said this past weekend. Wycallis also said the steel studs are in and the steel structure is completed, so

he estimates the project is close to 50 percent completed.

The completion date is December 18, so if all goes well the project could be two months ahead of the original date.

The additional four rooms will make it possible for the art and music rooms to be separate as they were in the past and next year there will be room for an additional kindergarten class which should ease Westmoreland Elementary School.

Wycallis said the additional

room will also make it possible to have a computer room and with the new rooms there will be space for at least three kindergartens and probably a first or second grade.

The use of the rooms will depend upon the student population next year as to whether they are best used for kindergarten or first or second grade. The addition of the four rooms, it is certain, will alleviate the crowded conditions in effect due to lack of space.

## Hayfield ball this Saturday

Big band music, dancing, and black ties, are the order of the day on October 21 at Penn State Wilkes-Barre as Arts at Hayfield sponsors its fourth annual "Black Tie Ball."

The ball will be held in the Community Room of Hayfield House on the campus in Lehman from 8 p.m. to midnight. The evening will be filled with big band music, provided by the Phi Mu Alpha Dance Band from University Park.

A buffet will be served and reservations are required and limited. The fee is \$30 per person with a special rate for Arts at Hayfield members. For more information contact Joan Diana (717) 675-9261.

## Road repairs

The Pennsylvania Department of Transportation, Luzerne County Maintenance Manager, Matthew R. Collura, has announced the following road work schedule for the week of October 16.

BRUSH CUTTING - Lehman Rd. to Outlet Rd. and Meeker Rd. in Lehman and Lake Twps.

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SCRANTON - 220 W. Market St., 346-7343  
KINGSTON - S. Wyoming at Northampton, 289-9329  
WILKES-BARRE - 452 Kidder Street, 825-7329  
HAZLETON - Church & 21st Sts., 455-9591  
TAYLOR - Main & Loomis Sts., 961-1422

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DR. ROBERT GREENHALGH PRESENTS

# TO YOUR HEALTH

Insomnia: Worry makes it worse.  
A simple routine can cure it

I have trouble falling asleep, but I don't want to start taking sleeping pills. What else can I do?

Not all people need the same amount of sleep. For instance some healthy adults sleep three or four hours every night without apparent ill effects. Others may need 10 to 12 hours, or they'll feel tired the next day.

A person has insomnia if his inability to sleep interferes chronically with his efficient daytime functions, regardless of how many hours he sleeps each night. Surveys have shown that as many as 30 percent of Americans suffer from insomnia to some degree.

Insomnia is not that difficult to cure—it only gets worse the more you worry about it. You can help yourself fall asleep each night and wake up refreshed the next morning by following a few simple steps:

First, rid yourself of stress before bedtime. Don't dwell on the day's unsolved problems. Don't say "I should have done that." Instead, think "I could have done that, and I will soon."

Regular daily exercise, such as jogging, swimming, tennis or brisk walking, will help you sleep better at night. But occasional, one-shot exercise does not directly influence sleep that night.

Some quiet exercises before bedtime can help you fall asleep more easily. To help yourself relax, lie down on the floor or sofa and relax your body, one part at a time. Breathe from your abdomen, and as you inhale, feel the breath seeping into all parts of your body, gently massaging all the places that are tired and sore. Now, keep breathing this way and concentrate on the rhythm of your inhaleds and exhaleds. You will find yourself slowly relaxing, getting ready for a good night's sleep.

Establish a definite bedtime routine for yourself, and use your bedroom for sleeping and sex. Don't use it for working, studying or watching television. You should think of your bedroom as a quiet, restful place for sleep.

Avoid taking naps during the day. Plan to go to bed at the same time every night, and get up at the same time every morning. This is all part of a healthy bedtime routine. Don't sleep more than you need to feel refreshed, because excessively long periods in bed seem to be related to fragmented and shallow sleep.

A heavy meal close to bed time may keep you awake. However, a light bedtime snack, like a glass of warm milk or a bowl of cereal and milk, seems to help some people sleep. Drinking such caffeine-containing beverages as tea, coffee, chocolate and cola drinks, in the evening disturbs sleep, even in those people who like to think it doesn't.

There is no evidence that an excessively cold room helps you sleep more soundly, but studies have shown that a warm room, above 75 degrees Fahrenheit, can keep a person awake or cause fitful sleep. Noise also can disrupt sleep. If this is a problem, you might consider wearing earplugs.

If you climb into bed and can't fall asleep, it means that your body is not ready to sleep. So instead of worrying, turn on the light and read. And relax: Worry will only keep you awake.

If insomnia continues to be a persistent problem after you have tried all the above suggestions, it may mean that something more than the current situation is disturbing your sleep. In this case, you may consider seeking professional help. Sleep medication is rarely of any use other than on a temporary basis, and if used on a long-term basis, it usually becomes an additional problem.

This health awareness is brought to you as a service to the Back Mountain community by Robert Greenhalgh, M.D. Dr. Greenhalgh is a Back Mountain physician who offers general pediatric, gynecology, and geriatric medical care, on a personal basis. Board-Certified in Family Practice, he is on staff at Mercy, Nesbitt, and Wilkes Barre General Hospital.

Robert Greenhalgh, M.D. • Family Practice • Mercy Medical Offices • 199 Lake Street • Dallas, PA • 675-4995

The DALLAS POST

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It is the policy of The Dallas Post to correct all errors of fact and to clarify any misunderstanding created by articles. Question should be directed to the News Desk at 675-5211.

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