

SOCIAL

Seniors group meets to plan Christmas party

Back Mountain Senior Citizens of St. Therese's Church, Shavertown met with Joe Precone presiding.

The meeting opened with a prayer by Deacon James Feerick after which a covered dish lunch was served in observance of Halloween. The tables were decorated with painted pumpkins donated by Ann Spaciano and were chanced off to those in attendance. A grand march around the floor was held for those in costume and Mary Ann Daley awarded prizes.

Lillian Savoroski gave a report about the Christmas Party which will be held on December 2 at the church hall. Additional plans will be discussed at the November 2 meeting.

Any member interested in bowling, the group meets at the Back Mountain Bowling Lanes in Dallas on Tuesday at 10 a.m.

The club meets on the first and third Thursdays of the month at 1:30 p.m. New members are welcome.



CRAFT ORGANIZERS-Margaret Anderson, Betty Horvath, Mary Martin, Jane Thompson, Florence Juris, Doris Maturi.

Church craft show and sale to be held Nov. 8

The Annual Craft Show and Sale will be held Wednesday, November 8 between 10 a.m. and 8 p.m. at the Prince of Peace Church, Main Road, Dallas.

A delicious home cooked lunch and dinner will feature the best in soups, salads, sandwiches and home baked pies. The evening dinner offers lasagne made by the women of the parish.

Booths laden with handmade things will help make your gift shopping easier. See these unique things at the booths of the dealers

listed below.

Betty Spagnola, lamps; Pat Price, original folk art, old quilt items; Karen Rarich, rugs, runners, placemats, afghans; Eileen Sichter, porcelain decorations; Linda Stevens Jones, colonial crafts, quilting, stencils, beeswax ornaments, wooden things.

Also, doll cottage—dolls, bears, toys, furniture, related items; Flower Finery, Bernadine Vojtkosilk and dried flowers, baskets, and arrangements; Karen Gregor and Mary Slaby, counted cross

stitch, aprons, wreaths, baskets, arrangements; Jane Maturi, painted threads—items painted on cotton for you to wear or for decoration; Laura and Bartt Slocum, hand painted wooden things, stained wooden gifts for use and decoration.

The country kitchen will feature fancy breads, jams, jellies, relishes and other goodies.

Come, see, buy hangers, pillows, stuffed toys, embroideries, knit goods, fancy boxes, placemats, coasters and much more.



Mr. and Mrs. Curtis Lamoreaux

Erin Goodwin weds Curtis Lamoreaux

Erin Lynn Goodwin, daughter of Mr. and Mrs. Richard L. Goodwin, Meadow Lake, was recently married to Curtis Lee Lamoreaux, son of Mr. and Mrs. Allan E. Lamoreaux, Chase.

Reverend Michael Shambora performed the double ring ceremony in the gazebo on the grounds of the Penn State Wilkes-Barre Campus. Music for the ceremony was provided by Mr. and Mrs. Bill Hartman, guitar soloists.

The bride, escorted to the gazebo by her father, and given in marriage by her parents, chose her cousin, Andrea Major as maid of honor. Bridesmaids were, Cathy Major, cousin of the bride, and Darcy Kittle. Junior bridesmaid was Christina Polak, cousin of the bridegroom. Melinda White, cousin of the bride was flower girl.

Richard L. Goodwin, Jr., brother of bride, served as best man. Ushers were, Paul Goodwin and Justin Goodwin, cousins of the bride. Junior usher was John Polak, cousin of the bridegroom.

A reception was held immediately following the ceremony at Hayfield House, Lehman.

The parents of the bridegroom entertained at a rehearsal party at Charlie Brown's Restaurant, Plains.

The bride was honored at a shower given by her mother, the mother of the bridegroom, and Jan Polak, at the home of Mrs. Polak, the bridegroom's aunt.

The bride is a graduate of Lake-Lehman High School and Allied Medical and is employed by Little People Day School, Dallas.

The bridegroom is also a graduate of Lake-Lehman High School and is employed by Pennsylvania Gas and Water Company, West Pittston.

Following a honeymoon to the Pennsylvania Dutch Country, the couple is residing in the Back Mountain.



Symons-Guido family

Four generations of Symons-Guido family gathers

The Symons-Guido family gathered recently for a family picture.

Shown are four generations, seated from left to right are: Mrs. Helen Symons, Larksville; Mrs. Joyce Guido, Kingston, holding her daughter, Jennifer Lynn. Standing is Mr. Charles Symons of Shavertown.

Mr. Symons is a member of Shavertown Fire Company.



Alumni Association holds brunch

The Leadership Wilkes-Barre Alumni Association recently held a brunch at the home of Walt and Marilyn Glogowski to honor the current class and alumni.

Pictured at the brunch are, from left, Sue Kluger, Director of Leadership Wilkes-Barre, Charlotte DiPasquale, Susan Rand, Gale Rand, Dr. Pasquale DiPasquale, Carol Clegg.

Hunters adopt a daughter

Wendi Powell was recently adopted by the Hunter family of Dallas. Wendi has been a foster daughter of the Hunter's for six years. A party was held in her honor at the Dallas Baptist Church, after evening services. Gary Vincelli officiated at the service in absence of Pastor David Penley.

The Hunters have three other children, Beth Wandel, RD# Tunkhannock, Bret Hunter, Plymouth and Troy Hunter, Fort Worth Texas. They have five grandchildren, Christa and Jeff Schuckers, RD, Tunkhannock; Ian and Bret Hunter of Plymouth and Rachel Maria Hunter, Texas. They also have two foster girls that live with them. The Hunters are members of the Dallas Baptist Church.

Happy Holidays!

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DR. ROBERT GREENHALGH PRESENTS

TO YOUR HEALTH

Asthma and exercise for kids

My child has asthma and wants to go out for the swim team. Is it too dangerous?

Although many parents are afraid to let their asthmatic children participate fully in competitive sports or exercise programs, their fears are generally unwarranted. Some kind of exercise almost always benefits these children, and just to prove how far kids OR adults with asthma can go, it's been documented that many people with asthma have participated in the Olympics for years.

Some activities are better than others for avoiding exercise-induced asthma attacks. Two major stimulants for asthma are prolonged exertion and hyperventilations of cold air. That makes cross-country skiing an especially risky form of exercise for people with asthma. Long-distance running isn't a good idea either in most cases, especially in cold weather.

But baseball, with its short spurts of exertion, is suitable, as is swimming. Swimming may be the best form of exer-

cise for asthmatics, since it's usually associated with warm, very saturated air, the opposite of the conditions found in most snowy mountain areas. Also, many studies done on exercise-induced asthma comparing different types of exertion of over the same period of time reveal that swimming is the least irritating.

When choosing an activity for your asthmatic child, or for yourself if you have asthma, first discuss it with your doctor, and of course with the coach or exercise director or supervisor. A pre-exercise medication may be necessary. Your doctor may suggest an inhaled medication since these tend to be fast-acting and have few side effects.

Some people with asthma have very few or no problems with exercise; others are unable to participate at all if their asthma is quite severe. If you or your child fall somewhere in the middle, chances are, with some advice and a few precautionary measures, you'll have nothing to worry about and will be able to enjoy all the benefits exercise has to offer.

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.

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