

## SOCIAL

## Back Mountain Senior Citizens hold meeting

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

Meeting opened with a prayer by Victoria Leo and pledge to the flag and song, America the Beautiful.

Secretary Betty Beline read the report of the last meeting, Kay Hudock gave the treasurer's report.

Gert Miscavage gave the Sunshine report. Birthdays for November were Victoria Leo, Gert Miscavage and John Bosak. Victoria Leo welcomed new members and also announced that the 1990 dues are being accepted.

Lillian Soveroski gave a report on the Christmas party which will be held on December 2, in the church hall. Dinner will be served at 6:30 p.m. Members are asked to bring a \$3.00 exchange gift. Reser-

vations can be made by calling Lillian at 696-1828 or Theresa at 675-5168.

Members meet to bowl on Tuesdays at the Back Mountain Bowling lanes, at 10 a.m. All are welcomed.

Nick Pericci gave a report on FOSSCO.

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



## Back Mt. Methodist men plan fellowship breakfast

The United Methodist Men's Group of the Back Mountain area will hold a fellowship breakfast on Sunday, November 19, at 7 a.m. in the Social Hall of the Trucksville United Methodist Church. Tickets are available from the men of these churches for \$3. Men from all United Methodist Churches and their guests are invited.

Jarrett J. Roan, Shavertown United Methodist Church, and Thomas Kreidler, Jr. are coordinators of the event. Assisting are: Andrew Glowach, posters; Wayne Long, food purchase; Robert Johnson and Michael Pajka, kitchen; Harvey Odell, communications. Pictured, seated, from left, Jarrett Roan, Rev. H. James Shillabeer, and Thomas Kreidler. Standing, Rev. James Wert, Walter Meade, Andrew Glowach, Andrew Odell, and George Gaylord.

## Religious services

**COMMUNITY CHURCH OF DALLAS** (across from Chapel Lawn Cemetery on Harveys Lake Memorial Highway.) 675-3723. Pastor Dale S. Brown. SUNDAY, 9:45 a.m. Sunday School; 11 a.m. Morning Worship, (Jr. Church and Nursery); 6 p.m. Family Bible Hour. WEDNESDAY, 6:00-8:00 p.m. AWANA clubs (age 3-6th grade); Thursday, 7:00 p.m. Prayer Fellowship.

**DALLAS UNITED METHODIST CHURCH** - 4 Parsonage St., Dallas. 675-0122. Rev. Michael A. Bealla, Pastor. SUNDAY, Morning Worship 10:30 a.m.; Church School 9:00 a.m.

**THE FELLOWSHIP EVANGELICAL FREE CHURCH** - Hildebrandt Road, Dallas. 675-6426. Pastor, Rev. Dwight Hodne; Assistant Pastor - Minister of Youth, Rev. John Butch Jr. - SUNDAY, 9 a.m. Morning Worship, also a Junior & Beginners Church; 10:30 a.m., Sunday School; 7 p.m., Informality & ministering to one another sets this service apart. Nursery is provided for all services; WEDNESDAY, 7:30 p.m., Prayer and Worship; THURSDAY, 9:15 a.m., Women's Bible Study with nursery provided; 7 - 8:30 p.m., F.C.Y.F. weekly youth meeting with in-depth Bible Study.

**FIRST ASSEMBLY OF GOD CHURCH** - 340 Carverton Rd., Trucksville. Pastor Tim Tanner. SUNDAY, Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Sunday, 6:30 p.m.; WEDNESDAY, Family night, 7 p.m.

**GATE OF HEAVEN CHURCH** - Machell Ave., Dallas. 675-2121. Pastor, William Cusick; Assistant Pastor, Michael Sullivan. Mass Schedule: SATURDAY, 5 p.m.; SUNDAY, 7:30, 11 a.m., 12:15 p.m.; MONDAY, Novena Devotions and Mass, 7:30 p.m.; Rosary at 7:15 p.m. CONFESION: Saturday, 4 - 4:50 p.m.

**HUNTSVILLE CHRISTIAN CHURCH** - (1 block west of Huntsville Reservoir Dam, RD 4, Box 197, Dallas. 675-0611, Pastor Cliff Jones. SUNDAY, Worship service 9:30 a.m., Sunday School 11 a.m.

**IDETOWN UNITED METHODIST CHURCH** - Pastor, Rev. Michael Shambora; Layleader, Mr. Henry Bergstrasser. 10 a.m., Church Worship; Sunday School, 11 a.m.

**JACKSON UNITED METHODIST CHURCH** - Pastor, Rev. Michael Shambora.

SUNDAY: 8:45 a.m. Church Worship; 8:45 a.m. Sunday School.

**KUNKLE UNITED METHODIST CHURCH** - RD 1, (Kunkle) Dallas. 675-0556. Pastor, Rev. Michael Willis. SUNDAY Church service

starts at 9:45 a.m. Sunday School Classes for all ages 10:45 a.m.

**LEHMAN UNITED METHODIST CHURCH** - Pastor, Rev. Michael Shambora. Layleader Mr. Don Weidner; 10 a.m. Sunday School; 11:15 a.m. Church Worship.

**PRINCE OF PEACE EPISCOPAL CHURCH** - Main St., Dallas. 675-1723. The Rev. John S. Prater, Rector. SUNDAY, Holy Communion, 8 a.m.; Holy Communion, 10 a.m., 1st, 3rd, and 5th Sunday; Morning Prayer, 10 a.m.; Church School 10 a.m.

**ST. PAUL'S LUTHERAN CHURCH** - 196 N. Main St., Shavertown. 675-3859. Pastor, Rev. Harold R. Baer, Jr. Service of Worship, 8:30 a.m. and 11:00 a.m.; Church school 9:45 a.m.; Adult Bible study Thursday eve. 7:00 p.m.

**ST. THERESE'S CHURCH** - 64 Davis St., Shavertown. 696-1144. Pastor, Rev. Joseph F. Meighan; Deacon, James P. Feerick. DAILY MASS, 8:30 a.m. SATURDAY, 4:30 p.m.; SUNDAY, 7:30 a.m., 9 a.m., 11 a.m.; Holy Day, Vigil: 7:30 p.m. Day; 9:00 a.m. & 4:30 p.m.; CONFESIONS: Daily at 8:15 a.m.; Saturday, 3:45 p.m. to 4:15 p.m. Rectory hours, M-F, 9 a.m. - 5 p.m.

**SHAVERTOWN UNITED METHODIST CHURCH**, 163 N. Pioneer Ave., corner of West Center St., Shavertown. 675-3616. Pastors, Rev. James A. Wert, Rev. Harriet L. Santos. Music Director, Rosendo E. Santos. SATURDAY: 5:30 p.m., Chapel Service. SUNDAY 9 a.m. Chapel Service; 9:30 a.m. Sunday School for all ages; 11 a.m. Worship Service; 6:00 p.m. Children's Choir TUESDAY: 7:00 p.m. ToughLove Meeting; WEDNESDAY: 9:30 a.m. Back Mt. Community Women's Fellowship; 7:30 p.m. Bible study; 7:30 p.m. Chancel Choir rehearsal. THURSDAY: Bible studies at 10:00 a.m. and 7:30 p.m.

**TRINITY UNITED PRESBYTERIAN CHURCH**, 105 Irem Rd., Dallas. 675-3131. SUNDAY: Church School for all ages, youth choir rehearsal; 9:30 a.m. - 10:45 a.m., Superintendent, Mary Chappell; Morning worship at 11 a.m. (Nursery provided). TRINITY NURSERY SCHOOL - Monday thru Thursday, 9-11:30 a.m.; 11:30-2 p.m.

**TRUCKSVILLE FREE METHODIST CHURCH**, 370 Carverton Road, Trucksville, Pastor Rev. Warren W. Hoover, 696-2535. SUNDAY: Sunday School at 9:30 a.m. Morning Worship Service at 10:45 a.m. Sunday Vesper Service 6:30 p.m. Prayer Service 7:30 p.m. Wednesday.

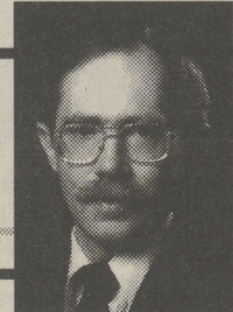
**TRUCKSVILLE UNITED METHODIST CHURCH** - Church Rd., Trucksville. 696-3897, Pastor, Rev.

Shillabeer. SUNDAY, 9:30 a.m. & 11 a.m. morning services Sunday School 9:30 a.m. all ages.; Coffee fellowship; 10:30 a.m. UMYF, 7 p.m. Sundays, Bible Study 10 a.m. Thursdays.

**VERNON BAPTIST CHURCH**, "Independent" Rt. 292, Vernon, RD 2, Box 114, Tunkhannock, Pastor, James A. Cummings, 333-4935. SUNDAY, Sunday School, 10:45 a.m., Morning Worship 10:45 a.m., Evening Worship 6:00 p.m. WEDNESDAY, Family night Bible studies and clubs, 7 p.m.

DR. ROBERT GREENHALGH PRESENTS

## TO YOUR HEALTH



## What exactly is a Stroke? Is it an unavoidable part of aging?

A stroke is a brain injury that results from a problem with the blood supply to the brain. Either there is a lack of blood to the brain tissue, which is the usual cause, or there is a hemorrhage (bleeding) into the brain from a ruptured blood vessel.

About 85 percent of strokes are caused by blockage of an artery that brings blood to the brain. The blockage deprives the brain of the necessary oxygen and nutrients which the blood carries. Arteriosclerosis, or narrowing of the artery, can cause the blockage, or it can be caused by a blood clot that has formed inside the circulatory system and becomes trapped in a smaller blood vessel. The clot usually comes from the heart and makes its way up until it blocks off one of the arteries feeding part of the brain. That particular part of the brain sustains the injury and may die.

There are half a million strokes in the United States every year. It's the third most common cause of death in the country, killing some 150,000 people annually. Yet, stroke disables more often than it kills. Depending on which part of the brain is cut off from the blood supply, stroke can affect the ability to move, to speak or to keep one's balance. There can be losses of vision, sensation and a variety of other functions.

Rehabilitation is possible, and the younger the patient, the better the chance for recovery. Recovery also depends in part on whether the affected section of the brain is destroyed or only injured. There is some evidence that other parts of the brain may

be able to replace the function of the destroyed part.

The most stroke-susceptible people are the elderly, although some 20 percent of strokes do occur in people under age 60. With each successive decade of life, the frequency of stroke doubles; men and women are equally susceptible.

The biggest risk factor for stroke is hypertension (high blood pressure). If you control hypertension, you are much less likely to have a stroke than if you do not control it. You can take steps to reduce the risk of hypertension by avoiding obesity, a high fat and high cholesterol diet, and cigarettes. Diabetes also puts a person at risk for high blood pressure. However, even with very good health habits, you can get hypertension, so as you age you should keep track of your blood pressure with your doctor's help.

There's no proof that exercise prevents stroke, but it's likely that it helps indirectly. Exercise does not necessarily protect you from hypertension, so even if you run every day, you still need to check your blood pressure and take any medications that have been prescribed to lower it. Otherwise you remain at risk for stroke.

Some other dietary factors may help to prevent high blood pressure and therefore reduce risk for stroke. These include getting enough calcium and potassium. But these factors are still under investigation, and since overdosing on these nutrients can be dangerous, it's best for now to stick with recommended daily amounts.

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



## Veterans Day services held

Dallas American Legion members and the auxiliary honored Back Mountain veterans at special services in front of the Honor Roll last Saturday. From left at the honor roll are Andrew Schlosser, Thomas Reese, Sr., Commander Stuart Oakley, Rev. William Cusick, Gate of Heaven Church; Thomas Reese, tax collector, Jean Hazeltine, auxiliary; Ruth Struthers, auxiliary. (Photo by C. M. Denmon)

## Trinity Presbyterian lists guest ministers

Here is a list of Guest Ministers that will be preaching at Trinity United Presbyterian Church, 105 Irem Road, Dallas.

Nov. 19: Rev. Anita Ambrose

Nov. 26: Rev. Dr. Jule Ayers

Dec. 3: Rev. Anita Ambrose, advent begins-Sacrament of the Lord's Supper

Dec. 10: Rev. Dr. Jule Ayers

Dec. 17: Rev. Conrad Steinbrenner-Executive Presbyter of Lackawanna Presbytery-Ordination and Installation of Deacons and Elders.

Dec. 24: 11 a.m. Service - Rev. Jo Serchak; 7:30 P.M. Christmas Eve Service

Dec. 31: Rev. Anita Ambrose

If you need any more information, contact James H. Snyder, 42 W. Center St., Shavertown. 18708 Phone 675-3959 after 5 p.m. or 823-4141 ext. 282 after 10 a.m.

## Community Thanksgiving service set

On Sunday, evening, November 19, at 7:30 p.m., a Community Thanksgiving Worship Service, sponsored by Catholic and Protestant Churches of the Back Mountain area, will be held at the Shavertown United Methodist Church, 163 North Pioneer Avenue, Shavertown.

The Rev. Harold R. Baer, Pastor of St. Paul's Lutheran Church, will be the homilist. The host church choir, directed by Ros Santos, will sing. A guitar duet, featuring the Rev. Robb Henderson, Centermoreland, and the Rev. Birney Kellogg, Carverton, will be presented. Other clergy will participate in the liturgy.

The public is invited to attend. A social hour will follow in the Social Room.

## Fresh Pasta in 6 Flavors



Dallas Shopping Center  
Route 309, Dallas  
675-6136

Fully Prepared  
**LASAGNA  
MANICOTTI  
STUFFED SHELLS**  
Just Heat 'n' Eat

Large Variety of Ravioli and Tortellini plus a complete selection of Homemade Pasta Made Daily!

**FRESH PASTA SALADS  
HOMEMADE SOUPS  
MEATBALL AND  
SAUSAGE & PEPPER  
SANDWICHES**

Let us do the work!  
Complete  
all-occasion  
Pasta Baskets  
available

We stock a unique selection of imported foods and cooking needs.

(No Preservatives Used)