

Obituaries

CATHERINE CHALAWICK

Catherine Veronica Chalawick, RD #, Box 586, Dorrance Township, Mountaintop, died July 27, 1990, at the Wilkes-Barre General Hospital where she was a medical patient.

Born in Renova, Jan. 12, 1911, she was the daughter of the late Mr. and Mrs. Stephen Barlock. She was a resident of Mountaintop for the past 29 years, prior to that living in Trucksville. She was a graduate of St. Joseph's High School, class of 1930 and in the Misericordia School of Nursing in

1933, located in New York City. She was a member of St. Jude's Church and its Altar and Rosary Society, Mountaintop.

Surviving is her husband, Michael; daughters, Sylvia, New York City; Jean, New Orleans, La.; sons, Michael S. Clarkston, Michigan; Joseph, Mountaintop; four grandchildren; sister, Mrs. Helen Dooley, Williamsport; brother, Andrew Barlock, Jersey Shore.

Interment was in St. Ignatius Cemetery, Pringle.

JAMES ROAN

James H. Roan, 73, of Elizabeth Street, Dallas, died July 24, 1990, in Wilkes-Barre General Hospital. Born in West Decatur, he was the son of the late Harry and Matilda Everett Roan. He was a graduate of Osceola Mills High School and a veteran of World War II, having served in the U.S. Army.

Mr. Roan was a self-employed service station owner in West Nanticoke and more recently was employed as a truck driver for the Interstate Dress Carriers.

He lived most of his life in West Nanticoke and has lived in Dallas since 1966.

Mr. Roan was a founder of the Tilbury Volunteer Fire and Ambulance Company, West Nanticoke. He was a former member of the Charles Williams Memorial Bowling League. He was a member of the Teamsters Union, Local 401. He was a member of the Dallas United Methodist Church.

He was preceded in death by four sisters and three brothers.

Surviving are his wife of 54 years, the former Beatrice Nash; son, Jarrett J., Shavertown; one granddaughter; several nieces and nephews.

Interment was in Chapel Lawn Memorial Park, Dallas.

Memorial contributions may be sent to the Dallas United Methodist Church Memorial Fund, Parsonage Street, Dallas, 18612 or the Shavertown United Methodist Church Memorial Fund, 163 N. Pioneer Ave., Shavertown, 18708.

MARTHA GAGER

Martha H. Gager, 85, of Elmcrest Drive, Dallas, died July 30, 1990, at her home.

Born in Allegan County, Michigan, she was the daughter of the late Frank and Norah Bove Hayes. She attended schools in Lansing, Mich., and was a graduate of Lansing High School. She resided in Chicago, Ill., from 1929 to 1945, living in the Wilkes-Barre area since then. She was a member of the First Presbyterian Church of Wilkes-Barre and its womens' organizations. She was a member of both the Irem Temple Auxiliary and the Women of Kiwanis. She was preceded in death by her husband, Franklin J.; daughter, Barbara Joyce.

Surviving are her son, John F., Dallas; two grandchildren.

Funeral services will be held Thursday at 10:30 a.m. from the Harold C. Snowdon Funeral Home, 140 N. Main St., Shavertown, with the Rev. Robert Zanicky, pastor of the First Presbyterian Church officiating.

Interment will be in Chapel Lawn Memorial Park, Dallas.

Friends may call Wednesday, 7 to 9 p.m.

Memorial donations, if desired, may be made to Hospice St. John, 665 Carey Ave., Wilkes-Barre, 18702.

Police report

HARVEYS LAKE CAR LOSES BRAKES; GOES IN LAKE

A Harveys Lake woman escaped injury after a car she was operating lost its brakes and backed into the lake Saturday night.

Police say the car's owner, Thomas Dwyer, was working on the brakes. His wife went to move the car and could not stop it when it began to go down the driveway.

The 1984 Plymouth went into the lake near the Harveys Lake Yacht Club and was later pulled out.

BEAR EXPLORES SUNSET AREA

Harveys Lake police spent part of Saturday night chasing a bear out of the Sunset section of the borough. Police say that an unnamed complaint was made by a woman who said the bear was at her residence. Police responded and tried to urge the bear back to the woods; however the bear decided to wander around the area a little longer. Officials of the state Game Commission were called to the scene in case a tranquilizer was needed. Eventually, police say the bear got tired of watching the crowd which had gathered and went back to the woods.

Miliauskas

(continued from page 1)

Under Miliauskas' direction, Lake-Lehman was the only band to compete in both divisions, field show and instrumental, and win in both divisions. The band has not lost in competition in Wyoming Valley for more years than people can remember.

The bands directed by Miliauskas also won in Maryland, Canada twice, Myrtle Beach, Virginia Beach, Kentucky, Florida, Georgia and West Virginia, to name a few.

The band also won the first time it went to Sherburne, N.Y., and has won nearly every year since then.

"This year when we went to Sherburne, we were sitting in the stands next to fans from Westmoreland, N.Y.," said Evans. "There was a man sitting right next to us who appeared to be with that group. Some of their fans were making sarcastic remarks about our band when it came on the field."

"The man turned out to be a judge. He stood up and said to the Westmoreland fans, 'If I were you I'd sit and watch one of the best five bands in the United States. Their marching, their music, everything is perfect.'"

Evans said the new band director Richards told the sponsors that he owed this year's success to John, who gave him lots of advice.

The committee has sent out more than 400 announcements to the band alumni as far back as the early 1960's and to the 1989's. At the Open House, the former band presidents and drum majors will host each table of visitors. Members of the Luzerne County Community College Band directed by Miliauskas have also been invited.

"All residents of the Back Mountain and friends of John's are also invited to attend," Evans said.

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KINGSTON TOWNSHIP CAR, CYCLE COLLIDE ON ROUTE 309

Police say Anne M. Postupack, West Pittston, driving a 1989 Honda, was coming out of Back Mountain Shopping Center, turning right on Route 309 South and in front of a 1989 Yamaha motorcycle driven by Mark Siegel, Wapwallopen. Siegel put his cycle on its side, sliding from the driving lane to the passing lane and traveling 54 feet before he and the cycle came to rest striking the rear bumper of the Honda.

THREE CARS IN CHAIN REACTION ACCIDENT

Patrolman Robert Weiss investigated a three-car accident July 22 on Route 309 North where his investigation revealed Joseph Nicholas had stopped on an amber light to wait for a car entering the highway from Center Street. Allan Hobbs, RD 4, Dallas, driving a car behind him thought Nicholas was

going to proceed and slid on the wet road striking the Nicholas car in the rear. Jeffrey White, Meshoppen, traveling behind Hobbs, couldn't stop and struck the Hobbs car in the rear.

3-CAR COLLISION

On July 20, police say William Joseph Whispell Friedsman, Dallas, was driving west on Carverton Road and had to stop for a car in front of him making a left turn. Mark A. Wensock, West Wyoming, behind Friedsman had to stop, then a car driven by James William Ross, West Wyoming also traveling west tried to stop but slid 35 feet hitting the Wensock vehicle which moved forward, hitting the Friedsman car.

\$350 ITEM STOLEN FROM BAR

Patrolman Walter Davis was dispatched to investigate a report by Don Hinkle, owner of Hinkle's Bar, Carverton Road that someone unknown took a spiral tree valued at \$350 from the bar.

DUI CHARGED

Patrolman Michael Moravec, on July 24, arrested Robert Thomas Wozniak, 10 Jay Street, Swyersville, for driving under the influence on Route 309.

DALLAS BOURGHOUS PLATE STOLEN

On July 14, Sharon Stone Nichols, Dallas, reported to police that someone removed the registration from a 1980 Yamaha motorcycle with what appeared to be a screwdriver.

DISORDERLY CONDUCT CHARGED

On July 25, Dallas Borough Police charged Thomas Roche of Shavertown with disorderly conduct, making unreasonable noise for no reason.

BAD LANGUAGE DRAWS CHARGE

Gladys Schiek, Dallas, was charged with disorderly conduct by Dallas Borough police, July 24, because of undue annoyance and obscene language.

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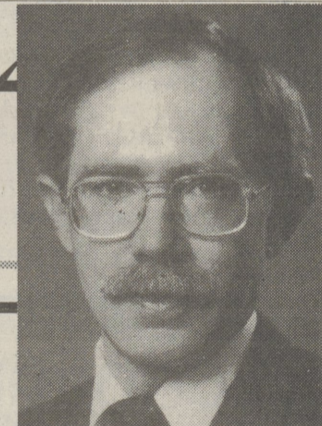
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TO YOUR HEALTH



Tennis Elbow: no need to give up the game

I use my right hand to play tennis, and my right elbow is very painful. Is "tennis elbow" just part of the game or can something be done for it?

The older you are, the less capable your tendons are of absorbing the kind of stress involved in tennis and racquet sports. As you age, your tendons lose some of their elasticity and tend to have some chronic degeneration.

If you're over 35 and you've spent the summer on the tennis or racquetball courts, you may be a candidate for tendonitis. Commonly referred to as "tennis elbow", tendonitis is a painful problem but one that definitely can be helped with patience and the proper treatment.

Tendonitis is not arthritis. Rather, it is a form of soft-tissue rheumatism that involves aches and pains around the joints but not in them. Tendonitis is an inflammation of the muscle-tendon unit. In persons suffering from tennis elbow, their inflammation results in tenderness of the bony point on the outside of the elbow.

Actually, tendonitis is not limited to tennis and racquetball players but is common also among people who use hammers and screwdrivers. It is not unusual to hear a carpenter complain about his sore elbow after a day of pounding nails.

Because of advances in the treatment of tendonitis during the past 10 years, surgery is reserved for the very few cases that do not respond to other treatment. Injections of steroids are used for some persons who are in acute pain, but frequent steroid injections may cause deterioration of the affected tendon and, rarely, subsequent rupture.

Because of the increase in leisure time, tendonitis is showing up more in people who participate in tennis and other racquet sports.

There are several less radical and often effective methods for treating tennis elbow.

There is no one single cause of tendonitis. Racquetball and tennis players are affected by the way they hit the ball, the type of racquet they use, the number of balls they hit, their age and in some persons, inadequate muscle strength to begin with.

- Reduce playing time and warm up slowly.
- Set tension of conventional racquets between 54 to 58 pounds.
- Place ice on the elbow twice a day for 10 minutes each time, followed by isometric exercises with wrist and finger extensions. (Ice keeps down the inflammation and acts as an anesthetic for a period of time.)
- Take two aspirin before you play to take away some of the pain.

If you learn to hit your strokes correctly, you will be less likely to develop tendonitis. The larger tennis racquets now available help many players because they allow fewer off-center hits and create less torque or spin. In addition, softer stringing in a tennis racquet delivers less tension to the elbow.

If none of the above work, your doctor may suggest an anti-inflammatory agent or, in rare instances, a steroid injection.

The more balls you hit and the older you are, the more likely you are to have tennis elbow. The condition tends to strike more people between 35 and 50 years of age.

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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THE DALLAS POST

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