

SOCIAL



SHERI ANN CICCARELLI AND RICHARD METZ

Sheri Ann Ciccarelli to wed Richard Metz

Mr. and Mrs. Albert Ciccarelli, Dallas, announce the engagement and approaching marriage of their daughter, Sheri Ann to Richard T. Metz, son of Mrs. Sharon Metz, Wyoming.

Miss Ciccarelli is a graduate of Dallas High School and Luzerne County Community College. She is employed at IGA Food Mart Inc., Taylor, as a dairy manager.

Mr. Metz is a graduate of Dallas High School and is employed by Lehman Homes, Shavertown.

The couple will be united in marriage on October 13 in Gate of Heaven Church, Dallas.

Open house to note William Rifenberys golden anniversary

Mr. and Mrs. William Rifenbery will celebrate their 50th wedding anniversary on September 24. They were married on September 24, 1940, by the late Rev. Robert Smith, at the bride's home on Crow Hill in Beaumont. Their attendants were Irene Dymond Spaulding and Bob Smith.

Bill is the son of the late John and Ruth Barber Rifenbery. He was employed at Kingston Provision for over 30 years and retired seven years ago from Proctor & Gamble.

Clara Smith Rifenbery is the daughter of the late Bill and Clara Smith. She was employed in several dress factories in the area and retired five years ago from Nancy Fashions.

They are the parents of three children: Ruth Lewis, Sarasota, Florida; Robert Rifenbery of Indio, California and Wilma Hopper of Noxen. They have 12 grandchildren and seven great grandchildren.

Open House will be held on September 22 at the Beaumont School from 2 to 5 p.m. Everyone welcome. No gifts please.



MR. AND MRS. WILLIAM RIFENBERY

Annual Elston reunion was held Sept. 2

The Elston family reunion was held Saturday, Sept. 2, at the Kunkle Community Hall. Those in attendance were: Dave, Jan, Jaime, Jessica and Janna Elston; Nick, Cathy, Kim, Jason and Matthew Kozicki; Tom and Joyce Elston; Molly, Jennifer and Joe Mikelski; Jiggs and Nancy Elston; Jack, Sally, Karri and Dodie Dodson; Bill Fedrow, John, Jane and David Cummings; Jamie and Christopher Opalicki.

Also Dot and Fred Dodson; Jim, Jo Carol, Steve, Susan and Todd Buckley; Jack and Sis Birnstock; Dale and Sally Schrope; Christopher Elston Schrope; Ike and Elva Elston; Megan Elston; Larree, Ernie, Mike, Matt and Mitch Bailey; Jamie Maniskas; Joan and Wayne Elston; Jan, Chris and Michele Moleksy.

Send The Post to a friend... it makes a great gift. Call 675-5211 to find out how



JULIE LYNN HOWELL

Julie Howell celebrates sixth birthday

Julie Lynn Howell, daughter of Roger and Caroline Howell of Red Ledge Drive, Dallas celebrated her 6th birthday on Saturday, September 8.

Julie's grandparents are Ginny and Glenn Howell of Dallas and Julie Krintz and the late Joseph Krintz of Swyersville.

Julie has two sisters, Missy who is nine years old and Becky who is three years old.

Julie has a puppy named "Lady" and a bunny named "Charlie".

Julie is a Kindergarten student at Dallas Elementary and a "Spark" in the Awana program at the Community Church of Dallas.

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, 7:00 p.m. prayer and Bible Study.

DALLAS UNITED METHODIST CHURCH - 4 Parsonage St., Dallas. 675-0122. Rev. Michael A. Bealla, Pastor. SUNDAY, Morning Worship 9:30 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, Morning Worship 8:30 and 11:00 a.m., also a Junior & Beginners Church; 9:45 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.

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, 8:30, 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.

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

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

JACKSON UNITED METHODIST CHURCH - Pastor, Rev. Thom Morris. 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.

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.

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.

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; 11 a.m. Worship Service; TUESDAY: 7:00 p.m. Tough Love Meeting; WEDNESDAY: noon, Al-Anon meeting. First THURSDAY: 7:30 p.m. Alzheimers Support Group meeting.

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 Wednesday evening 7:00 p.m.

ST. TERESE'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.

TRINITY UNITED PRESBYTERIAN CHURCH, 105 Irem Rd., Dallas. 675-3131. Rev. Robert M. Upton, Interim Pastor. Sunday School Superintendent, Roy Walter. SUNDAY: Morning worship at 11 a.m. (Nursery provided).

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, Morning Services 10:45 a.m.; Sunday School 9:15 a.m. all ages; Coffee fellowship; 10:15 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.

VICTORY BAPTIST CHURCH, Market St., Lehman, 675-0510. Pastor, Gregory R. Barny, Sunday School, 10:00 a.m., SUNDAY morning worship 11:00 a.m., Evening, 7:30 p.m.; Wednesday evening prayer/Bible study, 7:30 p.m.

Weight loss should be a science, not a gimmick.



Today, weight loss is more than just dieting and plenty of exercise. It's a serious step with important considerations.

At Physicians WEIGHT LOSS Centers, we provide you with a nutritionally sound, real food diet. And, we teach you how to change your eating habits so you can lose up to 3

pounds a week. What's more, our professional staff gives you the personalized, daily supervision and ongoing support you need to help keep your weight off.

So call now and let the Physicians WEIGHT LOSS Centers professionals take care of you. We take your weight loss seriously.

United Penn Plaza
Kingston, PA
288-8833



With you every day, every pound of the way.

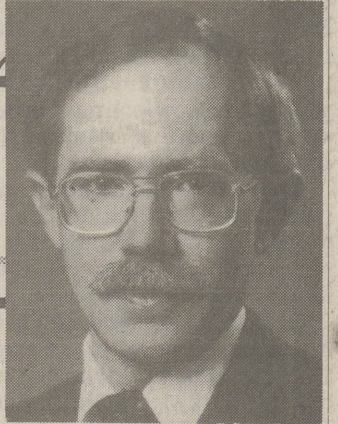
WE'LL PAY YOUR MEDICAL FEES

when you enroll in our weight loss program. The weight loss portion of the program and nutritional supplements are at regular prices. Not valid with any other offer.

Offer Expires: Sept. 19, 1990

DR. ROBERT GREENHALGH PRESENTS

TO YOUR HEALTH



Interstitial Cystitis: finally getting attention

I am a 20-year-old woman who suffers from a painful urinary tract disease called interstitial cystitis. I know there are many other young women who also suffer from this problem but don't know they have it.

More than half a million women in the United States suffer from the debilitating disease, interstitial cystitis. In Europe, doctors have been aware of the problem for some time; in fact, the disease has been closely monitored in such countries such as Finland where epidemiological studies have shown the disease to be more widespread than anyone thought.

In the U.S., interstitial cystitis is becoming more publicly recognized thanks to the Interstitial Cystitis Association, which has helped in the education process. Doctors are now much more likely to look at this disease as a real medical problem rather than to tell a woman that her pain is psychological and subsequently refer her to a psychologist or psychiatrist.

Symptoms vary widely among individuals who suffer from interstitial cystitis. But most people-- it is not known why most are women--suffer from excruciating pain ("like a knife inside your bladder," says one sufferer) that in many cases can totally disrupt a person's lifestyle. Work, even sex, and having children and caring for them become difficult if not impossible. Some women stricken

with the disease have gone to the extreme of having their bladder removed to relieve the pain. The psychological trauma caused by the disorder had led others to attempt suicide.

Other common symptoms include frequent voiding (some as often as every 15 minutes day and night) and lower urinary tract pain. When doctors examine the bladder by a special procedure, known as cystoscopy, the delicate organ is found to be scarred, cracked and no longer flexible.

While doctors do not know what causes this to happen, new avenues of research are being investigated in countries around the world. Proper medical evaluation is important. Often, a urinary tract infection has some of the same symptoms as interstitial cystitis; unfortunately, these similarities between the more common infection and interstitial cystitis can result in a misdiagnosis.

There is, as yet, no cure for interstitial cystitis. Dimethyl sulfoxide (DMSO) has been used with some success by doctors who inject the chemical (used in the past as an over-the-counter treatment for arthritis) directly into the bladder while the person is under anesthesia. Some women experience temporary relief with this treatment. Bio-feedback methods also can help decrease the pain. Surgery is a last, but often necessary, resort when medical therapies are unable to reduce the pain or voiding problems.

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