

# PEOPLE



SUSAN DEMIDOVICH

## Demidovich to head Oratorio fundraising

The Wyoming Valley Oratorio Society's Board of Directors is pleased to announce the appointment of Susan Demidovich as chairperson of the 1991 fund-raising campaign.

Prior to locating in this area, Susan had been a member of West Side Oratorio Society of Ridgewood, New Jersey, the Rockland County Camerata of New York and church choirs in Chesire, Connecticut and Upper Saddle River, New Jersey. A member of the Mozart Club and Wyoming Valley Oratorio Society Chorus and Board of Directors, Mrs. Demidovich finds time to serve on the boards of several local associations.

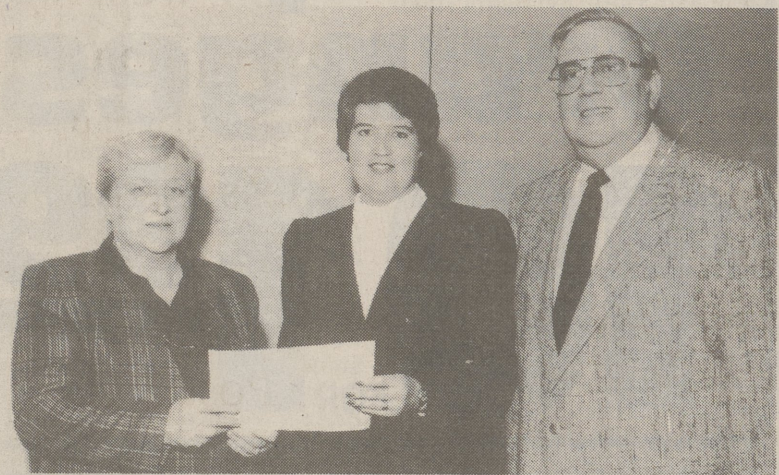
Founded over 40 years ago the Oratorio Society has presented two outstanding concerts per year. Members of the all volunteer chorus range from high school students to retirees. The orchestra that accompanies the chorus consists of local musicians. Whenever possible the soloists are chosen from the chorus membership. Former local residents who have gone on to attain national acclaim have often appeared with the Society including Charles Bressler, Christine Donahue, Thomas Fallon and James Katchko.

A non-profit organization, the Wyoming Valley Oratorio Society annually requests the support of the community to obtain the funds necessary to rent rehearsal and performance locations, orchestral fees and other performance expenses that are not covered by the admission fee. Information about the Wyoming Valley Oratorio Society may be obtained by calling 824-6125 or 675-8710.



## Troop #281 helps Swetland program

During this Christmas holiday, Boy Scouts from Troop #281 of Dallas assisted with the Wyoming Historical Society's Christmas program at the Swetland Home providing over 60 volunteer hours over eight days building and maintaining several outdoor campfires for the benefit of visitors attending the program. Shown from left, are Jan Conway, Historical Society Museum Curator; Boy Scouts Craig Bowersox, David Seidel, Greg Riley and Mary Ruth Kelly, Executive Director of the Society. Absent at time of photo was Boy Scout Jared Dukas.



**OFFERING CONGRATULATIONS** - Shown congratulating Carey on her recent achievement, are, from left, Marcie Jones, assistant professor for the Division of Nursing at College Misericordia and a member of the Heinz Institute's Board of Directors, Carey, and Dr. Stanley A. Rosenblatt, medical director of the Heinz Institute and assistant vice president of medical affairs of Allied Services.

## Nancy Carey named to Who's Who is nursing

Nancy Carey, B.S.N., C.R.R.N., R.N., outreach nurse at Allied Services John Heinz Institute of Rehabilitation Medicine, has been named to "Who's Who in American Nursing."

"Who's Who in American Nursing" is published annually by the Society of Nursing Professionals. The approximately 8,000 persons honored by selection are chosen based upon significance of professional accomplishment, impact on the delivery of health care and the enhancement of nursing, accord-

ing to Judith W. Ryan, Ph.D., chairperson of the selection criteria committee.

Carey joined the Heinz Institute staff in 1984. She has worked in the Institute's Head Trauma Unit since 1985 and has been outreach nurse for the Institute since March 1989.

A 1984 graduate of College Misericordia, Dallas, Carey earned her Certified Rehabilitation Registered Nurse status in 1990.

She and her husband, David, reside in Dallas.

## Anthony elected 57th Irem Potentate

Irem Temple, A.A.O.N.M.S., conducted its annual business meeting and election at the Mosque in Wilkes-Barre, on Saturday, Jan. 19. Elected as Irem's 57th Illustrious Potentate was Donald S. Anthony of Dallas.

He has been a member of Irem for 27 years, and has been a member of the Irem Chanters as well as assistant director, accompanist, and past president of the unit. He served as Temple organist, was Imperial Representative in 1979, and is a Past President of the Wilkes-Barre Shrine Club. He is a member of Valley Lodge #499, West Pittston and Caldwell Consistory, where he was a recipient of the Meritorious Service Award.

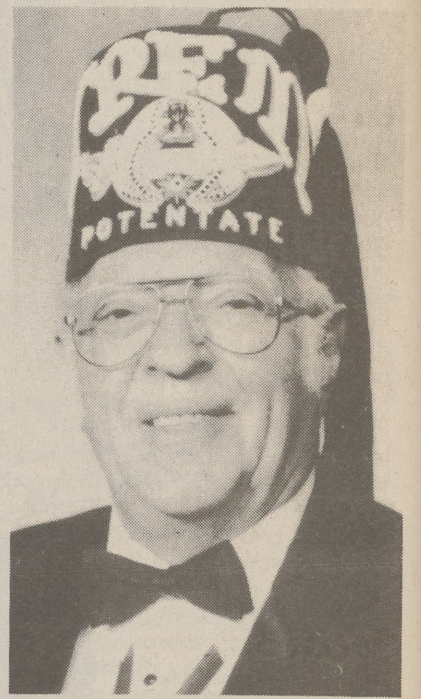
Illustrious Sir Anthony is a graduate of the University of Scranton, and received his Master's equivalent from Wilkes College in biology and education. He served on the faculty of L.C.C.C. for nine years. A biochemist, he was chief

medical technologist at Station Hospital, Fort Belvoir, Va., Nanticoke, Pittston and the Wyoming Valley Hospitals.

Prior to retiring he was owner of the West Side Clinical Laboratory. He is a veteran of World War II, serving in the U.S. Navy from 1942 to 1945. He is past president of the Dallas Kiwanis, past chairman of the Back Mountain Library Auction, past chairman of the 1967 Dallas Sesquicentennial celebration. He is a member of Trinity Presbyterian Church, Dallas, and a member of the choir.

He is married to the former Gabriele Hutchinson. His children are Donald, Jr., Donna, Deborah, Dorothea and Diane, his stepsons are Robert and Glen.

Also elected as officers of Irem for 1991 were: Chief Rabban, Fred J. Dietrich; Assistant Rabban, Kenneth E. Burkel; High Priest and Prophet, Gordon E. Dussinger, Jr.; Oriental Guide, James Rowe.



DONALD S. ANTHONY

## Ratzin receives Doctorate

Rosemary Ratzin, instructor of Exercise and Sports Science at Penn State Wilkes-Barre received her Ed.D. from the University of Northern Colorado School of Kinesiology and Physical Education.

Her dissertation, which involved vegetarian diet research, was successfully defended this fall. The topic was "Effect of Aerobic Conditioning on Resting Serum Testosterone Levels and Muscle Fiber Types in Vegetarian and Non-Vegetarian Sedentary Males."

Head of the department of Health and Physical Education, Dr. Ratzin has been at the Penn State Wilkes-Barre campus since 1989. She is a specialist in nutrition and exercise

physiology. She is a member of the American College of Sports Medicine and has taught aerobics and fencing as well as being the assistant director of an adult fitness program.

Dr. Ratzin received her M.S. in Physical Education at the University of Colorado in Boulder and her B.A. in Physical Education at Metropolitan State College in Denver, Colorado.

Penn State Wilkes-Barre will have a new gym/multi-purpose building in 1991, which will also be a center of wellness and nutrition programs under the direction of Dr. Ratzin.



ROSEMARY RATZIN

## 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 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, 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; 9:35 a.m. Church School; 11 a.m. Worship Service; TUESDAY: 7:00 p.m. ToughLove 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. THERESE'S CHURCH** - 64 Davis St., Shavertown. 696-1144. Pastor, Msgr. Kevin O'Neill; 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 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). Sunday School at 9:30 a.m.

**TRUCKVILLE 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.

**TRUCKVILLE UNITED METHODIST CHURCH** - Church Rd., Trucksville. 696-3897, Pastor, Rev. Shillabeer. SUNDAY, Chapel Services 9:00 a.m.; Sunday School 9:30 a.m. all ages; Regular worship 11:00 a.m. UMYF, 6:30 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.

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DR. ROBERT GREENHALGH PRESENTS

# TO YOUR HEALTH

## New Year's resolutions: Planning, commitment and perspective are the keys

It's already New Year's and I've resolved, once again, to lose 10 pounds. My intentions are always good, yet, after about a week, I'm back to my old eating habits. If I don't succeed this year, I'll never make another New Year's resolution.

Losing weight, stopping smoking, being a better person, becoming more financially responsible, spending more time with the kids: All of these are classic New Year's resolutions that often are proclaimed out of social pressure to make a resolution. Unfortunately, many—if not most—resolutions are abandoned shortly after the New Year.

In theory, making and pursuing resolutions, New Year's or otherwise, can be a good way to develop a behavioral pattern of discipline and achievement. However, making a resolution first requires setting a specific goal. For instance, there is a difference in saying "I want to lose weight" and "I want to lose 10 pounds." A specific target lays a more firm foundation for developing a plan of attack and for monitoring your progress along the way.

After you've set your goal, you are best advised to concentrate on three essential qualities: planning, commitment and perspective, in that order.

Just as a person would plan a wedding or a dream vacation, so too should he or she plan on how to achieve a stated goal. In your case, given your historical try/fail cycle with resolutions, you should ask yourself several questions during the planning process: "Can I realistically lose 10 pounds?" "Do I have the discipline to succeed?" "Do I really want to succeed?" and "Am I willing to sacrifice?"

Effective planning will almost always provide a person with a roadmap for success. Devising a timeframe is helpful, since it sets some boundaries and establishes certain limitations, in terms of what you realistically can or cannot do. Write down all the steps involved in accomplishing your goal and follow those steps faithfully.

Being mentally prepared and committed to your New Year's resolution is perhaps equally as important as planning. Clearly, losing 10 pounds will require a certain amount of sacrifice on your behalf; however, in order for you to shed those pounds, you must remain focused. As the saying goes, "No pain, no gain." Think in terms of the end result, and work towards that end.

Keeping a good, well-balanced perspective also will help you to achieve your goal. Remember, though, that with any success, there are drawbacks: Don't be too hard on yourself. If you do happen to experience a setback, all chances for success have not been ruined. Start the process over and build on past experiences. You might consider rewarding yourself for small and large successes along the way; however, those rewards should be positive and helpful.

Seeking the assistance or advice of others—whether it be loved ones or professionals—can help you to keep that perspective. For instance, a person who wishes to stop smoking should consider enrolling in a smoking-cessation program. Likewise, a person who wishes to stop drinking should consider joining Alcoholics Anonymous.

In the United States and in many other cultures, the start of a new year typically is a time for reflection and self-scrutiny. People tend to look at where they were last year or five years ago, and they think about how changes to their behavior might allow them to better control events in the coming year. Setting goals gives people hope, while also empowering them to change themselves or at least to change certain elements of their lifestyles. However, in order for goals to be met, they must be specific and realistic, and should be accompanied by a well-planned, committed course of action.

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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