COMMUNITY

Property transfers

Property transfers recorded at the Luzerne County Court House from February 21, 1991 to February 27, 1991. Prices are extrapo-lated from transfer taxes paid. Money transfers are exempt from tax, so no amounts are shown.

Dolores La Nunziata to John R. Schake, RR, Box 224-3, Dallas, property L.R. 40122, 1.407 ac., Franklin Twp.

Barry M. Tenenbaum to Frances A. Tenenbaum, RR 3, Box 125C, Lake Silkworth, Hunlock Creek, property 3 parcels, Lehman Twp.

John L. Schenck to Joseph K. Harding Jr., RR 3, Box 66A, Harveys Lake, property Spruce St., Harveys Lake, \$73,500.

Pica Developers Inc. to Senate Construction Co., Newberry Es-tate, Dallas, property L33A, 34A, 35A, 36A, 37A, Oval Dr., Dallas Twp:, Dallas Boro, \$29,500.

Helen G. Major to Helen G. Major, Box 36, Lehman Center, Lehman, property 1.94 ac., Ross

John Mishanski to Ralph J. Casaldi, RR 1, Box 368A, Dallas, property Lake Twp.

Charles J. Raklewicz, to Michael C. Raklewicz, 390 Pierce St., King-ston, property Harveys Lake.

Anthony R. Barbose to Mark A. O'Donnell, 223 Davenport St., Dallas, property Davenport St., Dallas Twp., \$77,000.

Youth choir to sing at ocal church

The LIGHT Internationals, one f America's most exciting young nusical groups representing Librty University in Lynchburg, Virinia will be appearing in concert n March 16 and 17 at Fellowship vangelical Free Church located n Hildebrandt Road.

A youth concert will be pre-ented Saturday, March 16 at 7 .m. Concerts will be presented unday, March 17 at 8:30 and 11

This dynamic international inistry will be presenting an citing concert utilizing a unique ideo presentation featuring the cent LIGHT '90 Campaign to ussia and Romania.

The LIGHT Internationals have aveled all over the world. In the at 10 years, LIGHT has conacted 50 international evangeliscampaigns involving 2,000 udents ministering to over two illion people on every continent the world.



LEARNING ABOUT 911 - Pictured are students from the Westmoreland Elementary School: Gary Youngblood, Vincent Burkiewicz, Lori Bertinelli, AmyLynn Pizzano, Crystal Rondinelli, Jonathan Schneider, Katie Natitus, Richard Lorah. Second row: Mark Santayana, Regulatory Relations supervisor, Commonwealth Telephone Company; Adelle Mulea, Community Relations manager Commonwealth Telephone Company; Scott Burnside, vice president, Regulatory and Public Affairs, Commonwealth Telephone Company; Paul Sabol, president, Back Mountain Communications Board; Frank Wagner, vice chairman, Back Mountain Communications Board.

Commonwealth Telephone helps teach children about 911 emergency service

Commonwealth Telephone the Back Mountain Communications Center to teach area children' use the "911" service. about "911" emergency service.

Commonwealth Telephone do-Districts.

Company has recently joined with to familiarize young children with cost to customers within these emergency situations and how to exchanges.

The 911" emergency service has been available to the Back Mounnated funds, which will be applied tain area since December 8, 1990. toward the distribution of over Residents in the 674, 675 (Dallas), manner that is non-threatening." 2,700 coloring books to children 696 (Trucksville), 639 (Harveys within the Ross Township schools Lake) and 477 (Sweet Valley) exin addition to the Dallas, Lake- changes may now dial "911" to about the new service in a way that Lehman and Gate of Heaven School request emergency assistance. The is informal and friendly."

The coloring book was designed service is provided at no additional

Adelle Mulea, Community Relations manager for Commonwealth Telephone stated, "We want to teach children about "911" in a She continued, "The coloring books will help teach our youngsters

Volunteers needed for Thresholds program

olds Program at the State Correctional Institution in Dallas is in need of community volunteers.

A training weekend for volunteer teachers is scheduled for March 16 and 17 at the Parish House of the Prince of Peace Church on Main St., Dallas. The two sessions will begin at 9 a.m. and will end at 5:30 p.m. The weekend course will be taught by certified Thresholds teachers.

Thresholds has been in exis-

The spring session of the Thresh- The administration of the institution is actively supporting this course in decision making and problem solving taught as part of their pre-release program.

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In addition to the training weekend, the volunteer would have to make a time commitment of 10 weeks, for the most part one evening a week (or the equivalent time on Saturday morning or afternoon). The Thresholds course is taught on a one-to-one basis.

For further information; please tence at the State Correctional contact Ingrid Prater at 823-9548 Institution for the past 13 years. or leave a message at 675-1723,

Lake-Lehman class of 1981 seeks members for reunion

will be holding their 10 year reunion on May 25, 1991, at the Knights of Columbus banquet hall in Luzerne.

Letters have been sent to all classmates, except those we do not have addresses for. The following are a list of those classmates whose addresses are needed:

Thomas Carle, Regina Edmondson, Jane Hagan, Mark Harshbarger, Melanie Keller, Robert

The Lake-Lehman Class of 1981 roy, Lisa Martin, Lisa Nusbaum Debbie Symonds, Phillis Szurgoc inski, Matthew Thorne.

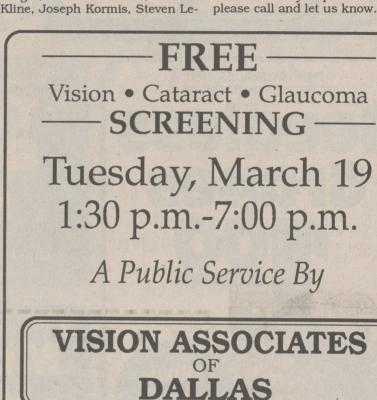
If you have any information on their whereabouts, please contact Donna Reina Hartman, Chairman 639-2272 or Liz Mack, Treasurer 639-5549.

Also, there will be a meeting held on Saturday, March 9, at 7 p.m. at the Grotto. All classmates are invited. If you plan to attend,

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Noxen Rattlesnake Roundup Rattlesnake drawings sought for stamp

The annual Rattlesnake as Australia. Roundup to be held June 13-June

The contest is open to all school 16, 1991, usually attracts thou- age children of the Noxen area as sands of people to the community well as Tunkhannock, Lakeof Noxen. The event benefits the Lehman and Dallas School Dis-Noxen Volunteer Fire Department. tricts. Entries should be on white The U.S. Postal Service of Noxen is paper, 8 inches by 10 inches and again planning a pictorial cancel- drawn with black ink only. Each lation to honor the event. This year entrant will receive a certificate of appreciation.

pany will each choose a winner. The Fire Company winner will receive a \$100 savings bond and the winning drawing will be used on the T-shirt which will be sold at the event.

The Postal Service winner's drawing will win a postal product of their choice and the drawing will

Special services at Apostolic Faith

The Apostolic Faith Tabernacle, illage Road, Orange will be havig two special services on Saturay, March 9 and Sunday, March 0. Both services will begin at 7

Evangelist Keith Parsons of unbury will be ministering in song nd the Word of God. There will be rayer for the sick and those in eed. Come and bring a friend and njoy the Spirit filled singing. Rev. rank J. Chorba, host pastor. hone 333-5172 for more inforation



dopt-a-pet

am is a tan and white Collie x, who is not wanted by its evious owner. An eight-month ayed female, Sam has had all her shots and is housebroken. he is playful, well-trained and is king for someone to give her good home and treat her with ing kindness.

op in at the Luzerne County PCA and visit Sam. You won't ant to go home without her. For ore information call 825-4111.

the Postal Service and the Fire Company will sponsor a "Drawing the Rattlesnake Contest."

Located in the

Tudor Book Store Plaza

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a unique drawing of a snake for the we had over 3,000 requests for the snake T-shirt. From the finalists,

From the entries received, two finalists will be selected from from The Postal Service is looking for each category: kindergarten-4th grade; 5th-8th grade; and 9th-12th cancellation and the Fire Com- grade. Each finalist will receive pany for their T-shirts. Last year either a Postal T-shirt or a rattlecancellation from places as far away the Postal Service and Fire Com-

Juki's

651 Wyoming Avenue

Kingston, PA 18704

(717) 283-5116

Mon. - Sat. 10:00 - 5:00

\$!

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Final Week Of

50% Off

HOURS:

THIS COUPON WORTH

Income Tax Preparation

E.K. Williams & Co.

139 North Main Street

Shavertown, PA 18708

1040, PA & Local Returns

From \$49.50

Call Today For An

Appointment

675-8360

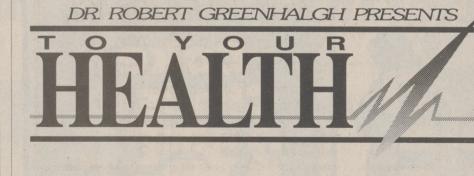
\$5.00 THRU MARCH 15

be used on the cancellation which will be available at the event.

Entries for the contest must be postmarked by March 15, 1991 and be addressed to: Postmaster, Noxen, PA 18636-9998.

Dallas Shopping Center 675-2120

No Appointment Necessary



Sex after a heart attack

My husband recently suffered a heart attack. He seems to be recovering well, getting back into the normal routine. When can we safely resume marital relations?

It is a common misconception that a person who has had a heart attack must avoid sexual relations, that such activity will significantly strain the heart, bringing on another attack. That is not true.

If you have suffered a heart attack without complications, your doctor probably will tell you that you can safely resume your normal pattern of sexual relations about six to eight weeks after your attack.

However, many people recovering from a heart attack still fear sexual relations despite reassurances from their doctor that sex is medically permissible. This fear may result in depression, impotence and eventually an unhappy marriage

The energy levels placed on the heart during sexual intercourse are approximately equal to walking briskly on the street, climbing one or two flights of stairs, or performing ordinary tasks in many occupations. During sex, the average heart-rate response averages less than 120 beats per minute and lasts 10 to 15 seconds at most. Many jobs require more energy than that on a more sustained basis.

For many years doctors tended to gloss over the sexual aspect of a cardiac patient's recovery, because so little information on the subject was available to them. One recent study showed that a review of 33 cardiology textbooks turned up fewer than 1,000 words relating to sexual activity and heart disease.

The result was that the doctor often did not bring up the subject when discussing rehabilitation with the patient, and the patient was too embarrassed to mention

It is important that you talk freely with your doctor. With his or her knowledge about your recovery, your physician will be able to give advice on your potential for sexual activity. Your happiness and successful reentry into your regular routine depends in large part on resuming your former activities, and sex may be one of them.

In determining when you are physically fit to resume sexual relations, your doctor will analyze your history and medication record, examine you and he or she may order an "exercise test" on a stationary bicycle or moving treadmill. The exercise test is designed to tell the physician whether you are ready to resume normal activities, including sex.

The six-to-eight week estimate given above is not a firm figure, but most doctors feel that if a patient can tolerate these simple exercise tests without significant heart-rate increase, he or she can safely engage in sex.

However, when your physician suggests resuming normal sexual relations with your spouse, he or she is assuming that you will be performing the sex act under conditions similar to those that existed before your heart attack. Studies have shown that the relatively few people who do die of a heart attack during sex, almost always do so when they are having sex with someone other than their spouse, in unfamiliar surroundings, after eating a big meal and consuming alcoholic beverages.

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