

COMMUNITY

Property transfers

Property transfers recorded at the Luzerne County Court House from February 21, 1991 to February 27, 1991. Prices are extrapolated 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. Schenk 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 Estate, 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 Twp.

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

Charles J. Raklewicz to Michael C. Raklewicz, 390 Pierce St., Kingston, 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 local church

The LIGHT Internationals, one of America's most exciting young musical groups representing Liberty University in Lynchburg, Virginia will be appearing in concert on March 16 and 17 at Fellowship Evangelical Free Church located on Hildebrandt Road.

A youth concert will be presented Saturday, March 16 at 7 p.m. Concerts will be presented Sunday, March 17 at 8:30 and 11 a.m.

This dynamic international ministry will be presenting an exciting concert utilizing a unique video presentation featuring the recent LIGHT '90 Campaign to Russia and Romania.

The LIGHT Internationals have traveled all over the world. In the past 10 years, LIGHT has conducted 50 international evangelistic campaigns involving 2,000 students ministering to over two million people on every continent of the world.

Special services at Apostolic Faith

The Apostolic Faith Tabernacle, Village Road, Orange will be having two special services on Saturday, March 9 and Sunday, March 10. Both services will begin at 7 p.m.

Evangelist Keith Parsons of Dunbury will be ministering in song and the Word of God. There will be prayer for the sick and those in need. Come and bring a friend and enjoy the Spirit filled singing. Rev. Frank J. Chorba, host pastor. Phone 333-5172 for more information.



Adopt-a-pet

Sam is a tan and white Collie mix, who is not wanted by its previous owner. An eight-month old female, Sam has had all her shots and is housebroken. She is playful, well-trained and is looking for someone to give her a good home and treat her with loving kindness.

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



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 Löh, 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 Company has recently joined with the Back Mountain Communications Center to teach area children about "911" emergency service.

Commonwealth Telephone donated funds, which will be applied toward the distribution of over 2,700 coloring books to children within the Ross Township schools in addition to the Dallas, Lake-Lehman and Gate of Heaven School Districts.

The coloring book was designed to familiarize young children with emergency situations and how to use the "911" service.

The 911 emergency service has been available to the Back Mountain area since December 8, 1990. Residents in the 674, 675 (Dallas), 696 (Trucksville), 639 (Harveys Lake) and 477 (Sweet Valley) exchanges may now dial "911" to request emergency assistance. The

service is provided at no additional cost to customers within these exchanges.

Adelle Mulea, Community Relations manager for Commonwealth Telephone stated, "We want to teach children about "911" in a manner that is non-threatening." She continued, "The coloring books will help teach our youngsters about the new service in a way that is informal and friendly."

Noxen Rattlesnake Roundup

Rattlesnake drawings sought for stamp

The annual Rattlesnake Roundup to be held June 13-June 16, 1991, usually attracts thousands of people to the community of Noxen. The event benefits the Noxen Volunteer Fire Department. The U.S. Postal Service of Noxen is again planning a pictorial cancellation to honor the event. This year the Postal Service and the Fire Company will sponsor a "Drawing the Rattlesnake Contest."

The Postal Service is looking for a unique drawing of a snake for the cancellation and the Fire Company for their T-shirts. Last year we had over 3,000 requests for the cancellation from places as far away

as Australia.

The contest is open to all school age children of the Noxen area as well as Tunkhannock, Lake-Lehman and Dallas School Districts. Entries should be on white paper, 8 inches by 10 inches and drawn with black ink only. Each entrant will receive a certificate of appreciation.

From the entries received, two finalists will be selected from each category: kindergarten-4th grade; 5th-8th grade; and 9th-12th grade. Each finalist will receive either a Postal T-shirt or a rattlesnake T-shirt. From the finalists, the Postal Service and Fire Com-

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 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.

Volunteers needed for Thresholds program

The spring session of the Thresholds 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 existence at the State Correctional Institution for the past 13 years.

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

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 contact Ingrid Prater at 823-9548 or leave a message at 675-1723.

Lake-Lehman class of 1981 seeks members for reunion

The Lake-Lehman Class of 1981 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 Kline, Joseph Kormis, Steven Le-

roy, Lisa Martin, Lisa Nusbaum, Debbie Symonds, Phillis Szurgocinski, 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, please call and let us know.

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TO YOUR HEALTH

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?

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.

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.

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.

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

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