

# COMMUNITY

## Prisoners sell \$3000 worth of GS cookies

The L.I.F.E. Association at the State Correctional Institution at Dallas has just concluded their Annual Girl Scout Cookie Sale Project. This marks the sixth year the men have offered the cookies for sale at the prison, and each year the amount of money raised through their efforts has climbed higher.

This year over 1,200 boxes of cookies were sold to the inmates at the Dallas Prison. The end result is that over \$3,060 was raised to benefit the Girl Scout Organization. This year's proceeds will be divided among several local Girl Scout troops.

In addition to the Girl Scout Cookie Project, the L.I.F.E. Association also sponsors a yearly Runathon that has raised thousands of dollars for the Big Brother/Big Sister Organization. These are just some of the ways lifers strive to make real and lasting contributions to society. They are very proud of their affiliation with organizations like the Girl Scouts and hope that it will continue for many years to come.

The L.I.F.E. Association is an approved inmate organization initiated in May of 1975 to help inmates. It is open to all lifers with an associate membership for inmates who are not lifers.



### 1991 Back Mt. Memorial Library Board of Directors

The Back Mountain Memorial Library has elected its new board directors. Shown above, seated, from left, Shirley Forney, Florence Crump, Monty Evans (1991 auction chairman); Bruce Rosenthal, president; Karen Boback, Pauline Kutz, Dave Duncan. Standing, Dr. Craig Aicher, Glenn Eyer, Nancy Kozemchak, library manager; Joe Stager, James Cocolin, Elizabeth Lloyd, Bennie Matchett, Ernie Ashbridge, Joanne Runner. Absent from photo were: Barbara Lemmond, Dr. John Shaskas, Kerry Freeman, Charlotte Bartizek, Durelle Scott. (Post Photo/Charlotte Bartizek)



**NEW MEMBERS** - Dallas Federated Women's Club inducted five of seven new members at their March 14 meeting held at the Castle Inn. Participants in the induction ceremony above, are from left, Jean Hillard, club president; Carolyn Johnson, Martha Weber, Pat Nicely, Karen Lisnow, Jan Waligorski, new members; and Pam Egly, membership chairperson. Absent from photo are new members Janine Germick and Ayleen Landon. (Post Photo/Charlot M. Denmon)



### Lions Club slates March 24th breakfast

The Harveys Lake Lions will hold their annual Pancake and Sausage Breakfast at the Lake-Noxen Elementary School, Harveys Lake on Sunday, March 24, from 9 a.m. to 1 p.m. Tickets will be available from any Lion member or at the door. Pictured is Ron Ritts a member of the breakfast committee.

## Women's Club initiates new members

The March meeting of the Dallas Area Federated Womens Club was highlighted by a candlelight ceremony to initiate new members into the club.

The theme was "A Candle". A candle begins with just one simple piece of string, a club begins with just one member.

Pam Egly, membership chair-

man, assisted by Jean Hillard, club president, conducted the ceremony.

Each new member was presented a long stemmed white carnation tied in dark blue ribbon, the club flower and colors.

Members joining the club in the past year include: Pat Nicely, Jan Waligorski, Carolyn Johnson,

Rosemary Zigarski, Janine Germick, Diane May and Martha Weber.

The D.A.F.W.C. is a member of PFWC and GFWC, the largest womens organization in the world.

## Property transfers

Property transfers recorded at the Luzerne County Court House from March 7, 1991 to March 14, 1991. Prices are extrapolated from transfer taxes paid. Many transfers are exempt from tax, so no amounts are shown.

Helen Sutliff Sweitzer to Helen Sutliff Sweitzer, Box 22, Sunset Lake Road, Hunlock Creek property 13 acres, 122.55 perches, Ross Twp., Union Twp.

Molly E. Durkin to Edward E. Durkin, Jr., Unit 2, Bldg. -C, Hillside Condominium, Newberry Estates, Dallas, property Unit-2, Bldg.-C., Hillside Condominium, Dallas.

Benjamin Olszewski, Est., to Carolyn Olszewski, RD 2, Box 167, Hunlock Creek, property L-54-55, Pt. L-56, Karl St., Lehman Twp.

Philip Krasner to Thomas Castellano, 382 Pierce St., Kingston, 3 parcels, Harveys Lake, \$240,000.

Wm. M. Jones, to William M. Jones, 3 Marilyn Drive, Shavertown, property 1 acre, Jackson Twp.

Westwind Realty, Ltd. to Philip Krasner, P.O. Box 6207, Lehigh Valley, Pa, property Harveys Lake.

Craig A. Tupper, Agent to Karen and Frank Drost, 19 Clyde St.,

West Pittston, property L-21, Orchard View Terrace, Westminster Drive, Dallas Twp., \$24,000.

Gustav A. Kabeschat to Jacqueline Zabresky, 7 Birch Hill Lane, Dallas, property L19, 20, Dallas Terrace No. 1, Dallas, \$80,000.

Verda Mesaaros to Kingston Amusement Co., Inc., 212 Shoemaker St., Swoyersville, property LR 40054, 0.632 ac., Kingston Twp., \$65,000.

Robert J. Wagner to Robert J. Wagner, RD 1, Box 460-A, Dallas, property Dallas Twp.

Per Atty., Anthony Toluba to Anthony E. Toluba, 3555 Chase Rd., Shavertown, property 0.05 ac., Rt. 415, Lehman Twp.

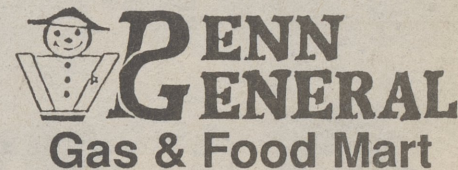
Per Atty., Anthony Toluba to Anthony E. Toluba, 3555 Chase Rd., Shavertown, property 0.864 ac., Rte. 415, Lehman Twp.

Per Per Atty., Anthony Toluba to Anthony E. Toluba, 3555 Chase Rd., Shavertown, property Poplar St., Dallas Twp.

Per Atty. in Fact, Marie N. Goodman to Joseph Panek, RR 5, Box 108B, Dallas, property Dallas Twp., \$20,000.

Comfort Designs Inc. to John S. Thalendorf, property Lake Louise, 17.0 acres, Franklin Twp., \$333,200.

## Dinner with the Easter Bunny



Corner of Rt. 118 & Rt. 415, Dallas (Across From Merchants Bank)

Saturday, March 23, 1991  
Time 4 P.M. to 7 P.M.



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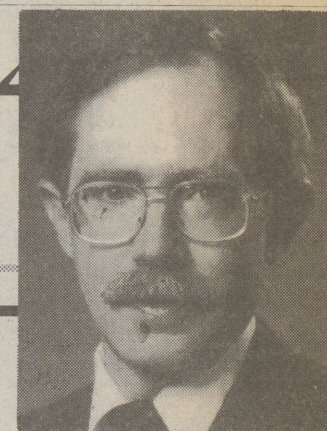
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Easter Bunny  
(with any meal)  
Free Candy & Balloons

Special Children's Menu  
1 Hot Dog served with French  
Fries & Small Soda  
\$2.39 plus tax  
Full Menu Available



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## DR. ROBERT GREENHALGH PRESENTS TO YOUR HEALTH



### Overweight Children

I am concerned about my child's weight. He has always been a bit chubby, but now he's in elementary school and other children are making fun of his size. What can I do to help him lose weight?

Childhood and adolescent obesity are increasing rapidly in this country. Obesity increased by about 40 percent in both children and adolescents between 1971 and 1985, according to a recent medical study. Unfortunately, that's not the end of the bad news. The same study also found that an estimated 80 percent of obese adolescents become obese adults. Shaking off an early start as an overweight child is not easy, and too often obesity becomes a life-long issue.

When a child's weight is above his or her ideal body weight by more than 20 percent, the risk of complications associated with being overweight increases dramatically. At 100 percent or 100 pounds (whichever comes first) over ideal body weight the condition is called morbid obesity. Doctors consider this situation of extreme excess weight to be dangerous and requires immediate attention and treatment.

Why some children become excessively overweight is the subject of a number of studies including several recent efforts to understand the hereditary contribution. There are as yet no definitive answers to that question.

Television is blamed as a heavy contributor to the problem. Statistics show that the average child spends more time in front of the television than in the classroom. Not only does that mean sitting idly and watching for many hours, but experts contend that eating "junk" food is part of the routine. One study, in fact, discovered that the time spent watching television is the single most important

predictor in determining whether a child would go on to become an obese adolescent.

Strict diets are not necessarily the proper way to approach weight loss programs for your child. A very low calorie weight-control plan can retard growth and development, including sexual maturity. A positive and beneficial approach for both child and parent is to reform the child's eating habits. Best results can be realized if the entire family is involved. Set a good example by taking up healthy eating and exercise habits yourself.

A weight-loss program will undoubtedly mean that your child will eat fewer calories, but the reductions are modest, to around 1,500 calories per day. Emphasis should be placed on making good food choices. Include raw and cooked vegetables, fish, less red meat and less fatty and fried foods, and less butter and sugar. You should not force the child to eat everything on his plate. Serve smaller portions and no seconds; substitute fresh fruits and low-calorie frozen fruit bars for ice cream and sweets. Encourage your child to eat only at prescribed meal times with no snacking in between. This can be accomplished by leaving those tempting, but fattening, snacks off the grocery list.

Build a supportive group of family members, including grandparents, and the child's school teacher as well. Provide your child with opportunities to participate in athletic activities that are fun but not overwhelming or difficult for a child who is overweight.

Being overweight or obese is a serious problem that can last a lifetime and even decrease a person's life expectancy and quality of life. Solving the problem takes determination from you and your child. Approach the problem rationally and with care. Draw up a plan (with your doctor's guidance) with reasonable goals and enough time to attain them.

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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