

## Back Mountain briefs

### Free seniors' health guide available

A free guide on good health tips for senior citizens is now available through Allied Services.

Allied Services' exercise physiologist Theresa Cunningham has compiled a 10-point checklist to help seniors reduce their risk of disease, handle stress better, manage their weight more effectively and generally make them feel better about themselves.

To receive a free copy of "Allied Services Senior Guide for Good Health," call or write Allied Services Corporate Communications Department 348-1405.

Allied Services is a not-for-profit healthcare system serving people with disabilities and the elderly.

### Shavertown Auxiliary to hold game party

The Shavertown Vol. Fire Co. Auxiliary will hold their game party, Jan. 26, 7:30 p.m. at the Shavertown Fire Hall, weather permitting. Refreshments will be served.

### Flea market at J. R. Davis Fire Hall

The Jonathan R. Davis fire Company in Idetown will hold a flea market at the fire hall every Sunday starting January 29. Call 639-1105 or 639-5755 for vendor information.

### KIDSARTS program at Montessori Feb. 5

The Wyoming Valley Montessori School, KIDS ARTS program featuring Storyteller Randy Whipple will be held February 5 beginning at 2 p.m. in the Greatroom of the School, 851 W. Market Street, Kingston.

Age appropriate for children pre-school through elementary. All KIDS ARTS programs are free and open to the public.

### LCCC to host seminar

Luzerne County Community College Office of Community Service will hold an introductory session for the ISO System 9000 for the small to medium-sized company, Feb. 23.

"System 9000 - A Breakthrough in Document Control and the Software Solution for ISO 9000 Registration" will be held from 8 a.m. to noon. Breakfast will be served at 7:30 a.m.

This one-day executive quality seminar is designed to introduce the individual to System 9000 software, a flexible and easy to implement network-oriented Quality System that facilitates ISO 9000 compliance. Students will be able to review the ISO 9000 Comprehensive International Standards for Quality and discuss how they can improve their company.

For more information on this program, call the college at 829-7477 or 829-7496.

### Pesticide certification exams scheduled

Pesticide Certification Examinations will be given at the Penn State Cooperative Extension Luzerne County office, Courthouse Annex, 5 Water Street, Thursday, January 26, beginning at 8 a.m.

The exam is open to anyone wanting to be certified as private, commercial or public applicators.

The exam is a pass or fail, open book exam. The exam is free to only private applicators.

Others have a charge that must be paid at the time the test is taken. For more information call the Department of Agriculture at 826-2040 or 836-2181.

### Named to Lehigh Dean's List

Keith McDonald, son of Mr. and Mrs. James McDonald of Dallas, has been named to the Dean's List at Lehigh University. Keith is a 1992 graduate of Dallas Senior High School and is majoring in electrical engineering.

### Scouts attend winter camp

Boy Scouts from Troop 232 Gate of Heaven, Dallas, attended a camping trip to Hart Scout Reservation in Greenlane near Philadelphia, December 16-18. Scouts attending were Sam Brown, Joey Latosek, Rob Neher, Damien Tyria, Jim Flanagan and Paul Dougal.

The Scouts also made their annual Christmas visit to the Mercy Center at College Misericordia Dec. 21 to sing Christmas carols and present handcrafted ornaments to the residents.

Scouts participating were Ryan Ward, Matt Motyka, Sam Brown, Damien Tyria, E.M. Hinchey, Rob Neher and C.J. Adamchik. Bob Neher is Scoutmaster.

## Employment information for senior citizens is available

Green Thumb, Inc., is a federally-funded employment program for persons over 55 years of age whose income is not more than 125% of the Federal poverty income guidelines.

Participants may tutor students; teach trade skills, provide home health care and day care; prepare and deliver meals for homebound persons; operate computers; and work as clerks, mechanics and laborers.

Green Thumb matches participants with community service organizations that need assistance with their activities and can provide meaningful work experience for the workers.

Older workers train for approximately 20 hours per week at a wage of \$4.25 per hour.

For more information about opportunities in Luzerne county, call the State Office of Green Thumb at 1-800-854-1578.



### Top honors in first competition

"Major Stars," a dance group from Major Performing Arts Center, Trucksville, recently won first place in their first team competition in the Ethnic dance category, performing an authentic Spanish piece to "El Recario."

The seven young women also won second place in the Funk Dance category.

Members of "Major Stars" are first row, Vicki Tasselmyer, Alison Taroli, Maria Bassano and Kelly Lenahan; second row, Andrea Steele, Carrie Thimot and Jill Durr

## Big Brothers/Big Sisters seek bowlers for fundraiser

Big Brothers/Big Sisters of the Bridge will hold the 13th Annual Bowl for Kids' Sake March 25 at Stanton Lanes, Wilkes-Barre.

Representatives will be at Stanton Lanes the week of January 30 to register league and junior bowlers and the week of February 13 to collect sponsor sheets and pledges.

All bowlers who register will receive a bowling towel and those who raise \$50 or more will receive a tee shirt. Both items feature the colorful new "Bowl For Kids' Sake" logo.

Bowlers will be eligible for the guaranteed prizes listed on the back of the sponsor sheet. This year's top prize is a Deluxe Vacation for two to Walt Disney World.

Bowl For Kids' Sake provides 45 percent of the annual budget needed to operate the Big Brother/Big Sister programs. All monies raised remains in this area. This organization provides children from single parent families with a caring, trusting relationship with adult volunteers.

For additional information call 824-8756 or 1-800-955-HERO.

## BMT Seniors plan activities

The Back Mountain Senior Citizens Club recently held its January meeting.

Members observing birthdays were Mary Wahlgren, Betty Beline, Ann Balavage, and Mary Pechal.

High bowlers were Louise Capozzi and Joseph Balavage; and Irene Katyl and Nicholas Pericci.

Members are reminded to bring items each meeting for the white elephant table.

On February 16, a covered dish Valentine party will start promptly at noon.

On April 8, the members will attend the dinner show "Charlie Prose Helping Hands, Something Old, Something New" show at Our

Lady of Grace Auditorium, Hazleton. Cost per person is \$20.

Reservations are still open. For further information call Ann Balavage at 696-2400.

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## Harmony and dance show will appear at Showcase

Showcase Theatre will present "Something Different - Harmony and Dance" on February 10, 11, and 12 at the theater at 54 Tunkhannock Ave., Exeter, next to Fox Hill Country Club.

The unusual title brings together the four-part sounds of barbershop harmony and the creative expressions of dance.

Guest Quartet will be "Lookin' Good" from the Wilkes-Barre Chapter, Society for the Preservation and Encouragement of Barber Shop Quartet: Tenor William

A. Zdancewicz, Lead Al Rodriguez, Baritone Jack Muchler and Bass Ted Rebennack.

The dance segment will feature members of "The Dance Factory." Performances are scheduled for 8 p.m. nightly and on February 12 at 2 p.m.

Tickets are \$8 per person. Inquiries/advance reservations can be made by calling Showcase Theatre at 654-2555 or writing to P.O. Box 1635, Kingston, PA 18704.

## Irem Temple elects officers

Jim Eason was elected Oriental Guide by members of the Irem Temple Shrine at the annual business meeting January 21.

Eason is married to the former Carol Jean Ruger and has resided in the Dallas area with daughter, Michele Geise, for the past 27 years. They are member of Dallas Trinity Presbyterian Church.

Jim earned his Bachelor of Science degree from King's College, Class of 1978. He is president of Dallas Center Hardware, Incorporated, which he founded 14 years ago.

Masonically, Jim belongs to George M. Dallas Lodge #531, Caldwell Consistory, Bloomsburg, and Irem Temple.

At Irem Temple he has been active in the clown unit for the past 10 years and has served as

director and as representative to the Executive Committee of the Uniformed Units for the past five years.

Eason is most likely best known for efforts in formation and naming of the James O. Brokenshire Hillbilly Clan #119 in honor of Past Potentate Brokenshire.

Also elected to the Divan were Potentate Paul Nicholson, Chief Rabban Hugh E. Williams, Assistant Rabban, Alan Luff, High Priest and Prophet Gerald W. Hoover and Oriental Guide Jim Eason.

Elected to the Board of Governors for a term of three years was Bob Emery and Gilbert Tough.

Elected to be Imperial Representatives for a term of one year were Paul Nicholson, Hugh Williams, Scott Schuster and Gerald Munzing.

## Senior menus

Senior Citizen's Centers sponsored by the Luzerne/Wyoming Counties Bureau For the Aging offer hot noon meals Monday through Friday to people 60 years of age or older. Donations from participants are gratefully accepted and needed in order to expand this program.

The following is the menu for the week of January 30. All meals include margarine, milk and coffee.

**MONDAY** - Rigatoni w/meatballs and tomato sauce, sliced zucchini, Italian bread, chilled fruit cup, toss salad w/Italian dressing, parmesan cheese.

**TUESDAY** - Ham slice w/pine-apple, sweet potatoes, peas w/

mushrooms, whole wheat bread, tapioca pudding.

**WEDNESDAY** - Liver-onions, whipped potatoes, carrots w/dill, dinner roll, apple pie.

**THURSDAY** - Chicken scampi over rice, Roman vegetable medley, peach compote, cranberry juice, whole wheat bread, vanilla ice cream.

**FRIDAY** - Tuna salad hoagie, carrot raisin salad, fruited getatin, tomato juice, hoagie roll, oatmeal cookie, cream of potato soup.

For further information, contact the Luzerne/Wyoming Counties Bureau For the Aging Nutrition Program or call the Senior Citizens Center nearest your home.

**BACK MOUNTAIN**

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and **ACRO**

Classes Start Jan. 27th at  
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Hickory Corners Shopping Center  
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## The Trustee Achievement Scholarship at Wyoming Seminary




Senior Sheila Sheffler of Tunkhannock is a Trustee Achievement Scholar at Wyoming Seminary.

AREA EIGHTH- AND NINTH-GRADE students are encouraged to register for Wyoming Seminary's Trustee Achievement Scholarship exam, to be held Saturday, February 11, at the school's Kingston campus.

The Trustee Achievement Scholarship, now in its 14th year, provides an opportunity for the highest quality education in the region. Up to five scholarships will be awarded to students who combine outstanding performance on the competitive exam with a solid record of citizenship and achievement.

Students entering ninth or tenth grade who are not currently enrolled in Wyoming Seminary's Upper School are eligible. For more information, or to pre-register, contact the Office of Admission at (717)283-6060.

  
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