

Summer guest musicians at Trucksville U.M. Church

The Trucksville United Methodist Church has announced the guest musicians who will participate in the Sunday services for the remainder of the summer.

Ellen Rutkowski, well known mezzo soprano, will be the guest soloist on August 6 and 20. On Sept. 23, Donna Trebilcox, a member of St. Stephen's Episcopal Church choir will be the soloist. Both soloists are members of the Wyoming Valley Oratorio Society.

Cindy Thomas and her son, Craig, will perform sacred music

arranged for flute and cello at the August 13 service. Robert Baird will play church music arranged for the trumpet on August 27. Vivian Jayne, organist will accompany all of the musicians.

The Chancel Choir of the church, under the direction of Harry Trebilcox, will resume its regular schedule on September 10.

The summer services are held each Sunday at 9 a.m. Rev. W. Charles Naugle, pastor, will conduct the services.



Bank helps Victims' Resource Center

Mellon Bank was recently recognized as a corporate sponsor for its support of the Victims Resource Center's 10th Annual Geranium Sale, which earned nearly \$10,000 to be used for programs.

Victims Resource Center serves victims of crime in Luzerne and Wyoming Counties with a 24-hour line response, court accompaniment and a variety of educational programs for schools, service groups, and professionals. Presenting the award were Patrice R. Persico, VRC special events director; William Sharkoski, asst. vice president, Mellon Bank; and Anne Marie Adonizio, geranium sale chairperson.

Dallas Rec Center activity schedule

The following is the schedule of events for the Dallas Rec Center at the Kenneth Young Memorial Park, Burndale Road, Dallas for the week of Aug. 3 - 9:

- THURSDAY** - Tie-dye, 6 p.m. Bring a white T-shirt.
- FRIDAY** - Swimming, 1 p.m. Under 12, \$1; 12 and up, \$2.
- MONDAY** - Mini golf, 1 p.m.
- TUESDAY** - Arts & crafts, 11 a.m.; ping pong tournament 1 p.m.
- WEDNESDAY** - Swimming, 1 p.m. Under 12, \$1; 12 and up, \$2.

Kingston Township Rec Center schedule

The following is the schedule for the Kingston Township Rec Center, East Center Street, Shavertown for the week of Aug. 3 - 9:

- THURSDAY** - Swim. Money due for pizza.
- FRIDAY** - Pizza party (no price yet).
- MONDAY** - Money due for Knoebels.
- TUESDAY** - Lake Jean, swimming. Free.
- WEDNESDAY** - Knoebels, \$15.25; \$18.25 w/roller coaster.

Fink named karate school's July student of the month

Barnes Kenpo Karate System has announced that Michael Fink, son of Ron and Carol Fink of Hunlock Creek, has been named as Student of the Month for July.

This award is presented to one student each month who demonstrates exceptional quality both in and out of the studio. It is based upon the student's attitude as well as prowess in the Martial Arts.

Students are expected to dis-

play superior character traits such as respect, discipline, and courtesy in their daily lives as well as in their interactions with other karate students, especially those of lower rank.

Mike, 13 years old is a student at Lake-Lehman Middle School. The oldest of two brothers, Mike enjoys basketball and football in addition to karate. He has even expressed interest in one day opening his own karate school.

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 August 7. All meals include margarine, milk and coffee.

MONDAY - Stuffed pepper w/ tomato sauce, whipped potatoes, broccoli, chocolate chip cookie, whole wheat bread.

TUESDAY - Stuffed tomato w/ chicken salad, assorted fresh vegetables, yogurt w/fruit, as-

sorted crackers.

WEDNESDAY - Baked pork chop, au gratin potatoes, peas/ carrots, grapefruit juice, vanilla pudding, rye bread.

THURSDAY - Baked haddock, risi bisi, stewed tomatoes, whole wheat bread, chilled pineapple w/ coconut, lemon.

FRIDAY - Vegetable lasagna w/ tomato sauce, spinach w/ lemon, hot fruit compote, orange juice, cottage cheese salad, Italian bread.

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

All burning banned at Harveys Lake

Harveys Lake Mayor Richard Boice has declared a ban on all burning, effective July 31, until such time as weather conditions permit.

It's easy to subscribe to The Dallas Post Use the coupon on page 2 or call 675-5211

BACK MOUNTAIN BRIEFS

Dallas Jr. Football to hold carnival Aug. 19

Dallas Jr. Football will hold a carnival 11 a.m. to 7 p.m. August 19 at Dallas High School. There will be rides, games and food. Parade at 10 a.m. Join the fun and support the mini football players and cheerleaders.

Free clinic Fridays at St. Therese's

The Back Mountain Free Medical Clinic at St. Therese's Church, lower level, corner of Pioneer and Davis St., Shavertown, welcomes all who are need of medical care by competent doctors, nurses and staff.

If uninsured or underinsured we care to help. Come Fridays, time: 6:30 p.m. Confidentiality assured.

Car wash at Shavertown Fire Hall Aug. 5

The Shavertown Volunteer Fire Company will hold a car wash August 5, from 10 a.m. to 3 p.m. at the fire hall on Main Street. Tickets are \$3 and are available from any fire company member and will be sold at the car wash. Proceeds will be used for the purchase of "Ladder 61," the Back Mountain's first aerial ladder truck. Rain date is August 6.

Flea mart at Trucksville Church August 5

The United Methodist Women of the Trucksville United Methodist Church will sponsor the second annual Flea Market on the Lawn August 5, 9 a.m. - 4 p.m.

Coffee and donuts will be served beginning at 8 a.m. and lunch will be served at 11 a.m. The UMW will also host a table of homemade baked goods and candy and its famous "Sharp-sharp" cheese.

A few spaces are still available for \$10, with vendors supplying their own tables. To reserve one, call the church office at 696-3897 or Barbara Glowach at 696-1093 and a reservation form will be sent.

The Trucksville United Methodist Church is located on Church Road in Trucksville. Rain date is August 12.

Firefighters need aluminum cans

Residents and business owners of the Back Mountain and surrounding communities are asked to donate aluminum cans to the Shavertown Volunteer Fire Co. to help purchase of a new state-of-the-art pumper/aerial ladder truck.

Drop off cans at the firehall at 170 Main Street, Shavertown at the designated area. Members can arrange for pickup if necessary. Call 675-1302 for more information.

Gauthier finishes Navy sea duty

Navy Petty Officer 2nd Class Wallace C. Gauthier, son of Wallace J. and Florence M. Gauthier of Dallas, recently returned to Norfolk, VA from a six-month overseas deployment to the Mediterranean Sea with the destroyer tender USS Shenandoah.

Gauthier was one of 1,528 sailors aboard the ship who completed the 11,000 mile voyage which began in late November.

Gauthier's ship served as a floating repair facility for forward deployed U.S. Navy surface ships and their electronic equipment. rewired electric motors, and exotic metals. Gauthier's ship also is equipped with machine shops and even has a foundry for making parts.

While spending 48 days at sea, Gauthier also visited Crete, Cyprus, Israel, Italy, Sardinia, Sicily and Spain. During tour to Rome, Shenandoah crew members attended a Papal Audience at St. Peter's Basilica. Another highlight occurred when about a dozen crew members were baptized in the Jordan River during a port visit to Haifa, Israel!

The 1986 graduate of Dallas High School joined the Navy in January, 1989.

Luzerne County Fair books now available

Luzerne County Fair Premium Books with applications are now available in the Back Mountain at Sue Hand's Imagery, The Back Mountain Library, Senator Lemmond's office, Richardson's Dodge, Penn State Feed, The Craft Room, Back Mountain Lumber, Dymond's Bakery, Creek Beverage, Red's Subs, Shelly's Diner, Taft's Store, Javer's Store, Harveys Lake Borough Building, The Grotto, Drury's Restaurant, Cook's Variety Store, Smith's Country Store.

The Luzerne County Fair will be held September 6-10 at the fairgrounds in Lehman-Dallas Township on Route 118. For more information call 675-FAIR.

Weight Loss Surprises Researcher

WASHINGTON -- A nutritional researcher's plan to end world hunger became side tracked when people eating his "hi-tech" chewable food tablet lost weight. The reason for the weight loss is still somewhat of a mystery, but some results have been significant.

The original formula was developed by National Dietary Research and has now been improved with an appetite control ingredient along with a lipotropic (fat fighting) ingredient developed by the U.S. Department of Agriculture. The revolutionary new formula is called Food Source II and provides an effective way to lose weight fast.

So why are some people losing weight with Food Source -- lots of weight? According to Dr. William Morris, director of research and development at NDR, the Food Source Plans allow you to lose weight without giving up your favorite foods. "While controlling calorie intake is important to lose weight, with the FS Plan there are no forbidden foods", says Morris.

Dr. Morris says that he has received some incredible success stories from people who have lost 70 pounds or more with the Food Source Plan. One woman from Niagara Falls, New York lost over 70 pounds without giving up her favorite foods which included chocolate, pizza and chicken wings. Although her results may not be typical (individual weight loss varies), the FS Plan is an excellent way of confronting the problem of obesity. According to an article published in the American Journal of Clinical Nutrition you don't even have to reduce the amount of food you eat to lose weight, provided that you limit the fat.

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Food Source is available at the following locations or by calling 1-800-634-2348:

FINO'S PHARMACY
3 Main Street Dallas 675-1141

RELIGIOUS SERVICES

BACK MOUNTAIN HARVEST ASSEMBLY - 340 Carverton Rd., Trucksville. 696-1128. Pastor, Daniel S. Miller. Sunday School for all ages, 9:30 a.m. Worship 10:30 a.m. and 6:30 p.m. Wed., 7 p.m., "Out of Bounds" youth service. Midweek home groups; call for days and times. Weekday prayer 6:30-7:30 a.m. Visitors welcome.

DALLAS UNITED METHODIST CHURCH - 4 Parsonage St., Dallas. 675-0122. Rev. Michael A. Bealla, Pastor. Morning Worship 9:30 a.m.

SHAVERTOWN UNITED METHODIST CHURCH - 163 N. Pioneer Ave., Shavertown. 675-3616. Pastors: Rev. James A. Wert, Rev. Harriet L. Santos. Music Dir., John Vaida. SATURDAY: 5:30 p.m., Chapel Service; SUNDAY: 9 a.m. and 11 a.m. Worship Services; WEDNESDAY: 7 p.m. mid-week Chapel Service. Visitors expected. PHONE-A-PRAYER 675-4666.

ST. PAUL'S LUTHERAN CHURCH - 196 N. Main St., Shavertown. Rev. Harold R. Baer, Jr., Pastor. Worship Services 9:30 a.m. Holy Communion 1st Sunday of the month and festivals. Everyone Welcome! Office Hours: 9 a.m.-2 p.m., Monday through Friday.

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(2 hour drop-off program)
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- Karate 6 years & up
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