

Conyngham is elected to state Land Trust board

At the annual meeting of the Pennsylvania Land Trust Association (PaLTA), William H. Conyngham, President of the Back Mountain Regional Land Trust, was elected to PaLTA's Board of Directors. This meeting convened in late May at Fallingwater in southwestern Pennsylvania. Conyngham's role will be to serve PaLTA whose mission is to foster cooperation among Pennsylvania land trusts committed to the conservation of land and natural resources within the state.



WILLIAM CONYNGHAM

The membership of this state-wide organization consists primarily of land trusts and conservancies that operate within the Commonwealth of Pennsylvania. Currently, there are 81 organizations plus several affiliated for-profit businesses that comprise the membership. Collectively, the members of PaLTA have a membership of over 75,000 and have protected nearly 200,000 acres or more than 300 square miles. The BMRLT serves the counties of Luzerne, Wyoming and Susquehanna with membership of over 120. They have protected 84 acres by use of conservation easements and are currently negotiating land protection strategies with eight other landowners. To find out more about the BMRLT, land protection and how you can become a member, call 675-2274.

Lake-Lehman Class of 1977 plans reunion

The Lake-Lehman Class of 1977 will hold a meeting to discuss plans for a 20-Year Class Reunion. The meeting will be held on Sat., Aug. 9 at The Grotto, Harveys Lake at 7 p.m. Anyone interested in attending the meeting is asked to call Debbie (Piat) Kinney at 256-3556 or Debbie (Keiper) Moyer at 477-2748 as soon as possible.

Lake Silkworth bazaar July 25-27

The Lake Silkworth Volunteer Fire Company and Ambulance Association will hold their annual Bazaar July 25, 26, 27 at Our Lady of Mount Carmel Church Grounds located on Route 29. The Bazaar will start Friday at 5 p.m.

Live entertainment each evening from 8 to 12: Friday, Neon Knights; Saturday, Strawberry Jam; Sunday, Southbound.

Food and games for all. Come one come all and help support the local volunteer fire and ambulance association.

Audobon Society hike on July 19

On Sat., July 19, the Greater Wyoming Valley Audubon Society will sponsor a hike on the Choke Creek Nature Trail. John Jacoby will lead this moderate to difficult hike. Meet at Orloski's Shell station, Bear Creek, 7:30 a.m. Free and open to the public.

Major Family reunion to be held July 26

The descendants of Thomas and Mary (Braithwaite) Major will gather at Russ Major's air strip in Sweet Valley on July 26 at noon. Bring a picnic lunch and join your relatives.

Library Auction raffle winners

Winners of prizes in the raffle held in conjunction with the 51st Back Mountain Memorial Library Auction were:

- 1st,** Disney World trip, donated by AAA Travel, \$1,100 value: Eric Marquart, Shavertown.
- 2nd,** Titanium golf driver, donated by Eagle Golf Shop, \$175 value: Ainsley Schuler, Harveys Lake.
- 3rd,** Cellular phone, activation, 1 month calling, donated by 360° Communications, \$150 value: Ron Bartizek, Dallas.
- 4th,** \$150 gift certificate to Toys R Us, donated by Geisinger Health System: John Shaskas.
- 5th,** \$100 savings bond, donated by PNC Bank: Rena Rothschild, Harveys Lake.



POST PHOTO/KYLIE SHAFERKOEETTER

Members of the "Golden Mermaids" gathered for a group photo at the pool in the Anderson Center at College Misericordia. About

30 women take the class, which serves as a source of friendship and healthy exercise.

'Golden Mermaids' find pleasure, health in pool

By KYLIE SHAFERKOEETTER
Post Staff

DALLAS - Sr. Andre Dembowski, 54, of Dallas steps into the cool blue water as she does every morning, stretches and talks with her friends. Laughter comes easily from the women's relaxed smiles as the pool's water seems to lift daily burdens away. But, now it's time to get down to work.

Dembowski has been coming to the water aerobics classes at College Misericordia's Anderson Center pool since last September. Six months earlier, she underwent treatment to remove a cancerous brain tumor. For Dembowski, the no-impact exercise of water aerobics and the camaraderie of her classmates has helped her heal and focus her life.

Due to the treatment, there was muscle deterioration and she had to be helped in and out of the pool at first. The other women quickly came to her aid when she needed some assistance getting dressed the first couple days. Experiences like these quickly brought the women together.

"The camaraderie is what helps. There is no competition. We're all in this together to get well and stay healthy," said Dembowski of the approximately 30 women who

"There is no competition. We're all in this together to get well and stay healthy."
Sr. Andre Dembowski
College Misericordia

take the class. An avid walker for 10 years, Dembowski said walking never did what the water aerobics has done in 10 months.

The Golden Mermaids, as they call themselves, all agree that the water has done wonders for them. They have sought the water for several reasons including cancer treatment, knee replacements, aneurisms and strokes. Whatever the reason, they all attest it has helped them attain "A healthy body, mind and soul," in the words of instructor Bonnie Konigus.

Charlotte D. Martin, 77, of Shavertown, a 1942 graduate of Misericordia, has been coming to the classes for two years. Martin,

despite her slight appearance, is one tough cookie. After suffering two strokes, she is fighting back with a full exercise regimen that includes water exercise, walking and the weight room.

"The exercise has done a beautiful job," she said. Bonnie Konigus, an instructor, has helped her design individual activities for the side of the pool. Konigus said the water aerobics has helped Martin with her balance. "We all have a good time together," said Martin.

For Seil Kearney, 67, who recently had a mastectomy, the class is truly a support system. She feels water aerobics helps her in every way, from easing her arthritis to helping her relax. "It's one of the nicest things I ever did," she said.

Water aerobics made its debut at College Misericordia in the fall of 1993 thanks to aquatics director and swimming coach, Nancy Edkins. "It was originally a senior swim and then we added a second session that wasn't too popular," explained Edkins of the beginning. "After we combined the two, it took off." Edkins said enroll-

ment has soared this year. "This spring has gone like hot cakes. Enrollment has been terrific," she said.

Sr. Joann Jones was the first instructor. Konigus, Maryann Yanik and Mary Barto are the current instructors. "Bonnie should be credited for the muscular work she has done. When they first started, many of these women could never do what they're doing now. It's wonderful," Edkins said.

Konigus beams when she talks about her students, who have become friends. "We have all sizes, all shapes and all ages. We pray for each other, we cry together and we laugh together," she said. "The group provides more than exercise."

"We pray for each other, we cry together and we laugh together."

Bonnie Konigus
Water aerobics instructor

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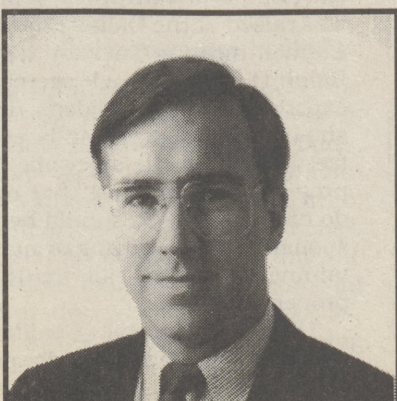
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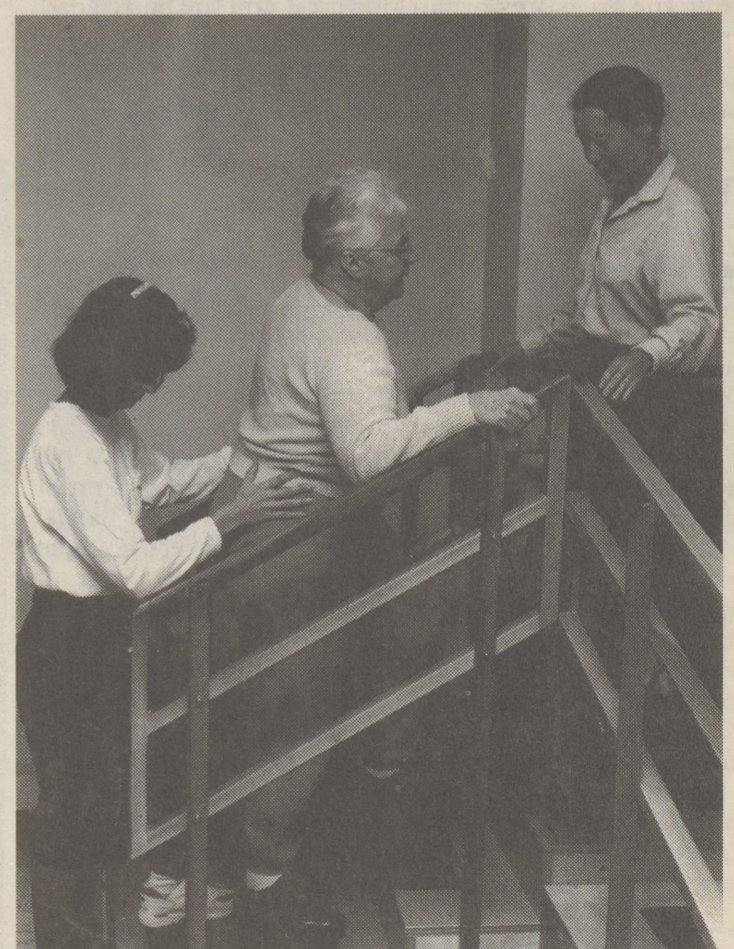
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