

Gate of Heaven mentioned in Reader's Digest

The staff at Gate of Heaven School has known for years that the closing notice for the school for bad weather was a standing joke among local news personnel. Now it has gained national attention. Following is an item that appeared in the December, 1998 issue of Reader's Digest, the world's largest-selling magazine:

"Watching TV while we were stuck inside during a blizzard, we noticed on the screen a running list of public and parochial school closings. The severity of the storm became apparent when the message read: 'Gate of Heaven - Closed.'"

The item was submitted by Frederick J. Fritz.

Sem scholarship exam correction

A headline that appeared in last week's issue on an article about the upcoming Trustee Scholarship exam at Wyoming Seminary was inaccurate. The headline read, "Sem students encouraged to take scholarship exam." In fact, the scholarships are available only to students not presently enrolled at the school. The examination takes place Saturday, Feb. 6, with registration beginning at 8:30 a.m. Pre-registration is required; for more information, contact the Office of Admission at 283-6060.

Library news



Nancy Kozemchak

The Back Mountain Memorial Library has three separate display racks in the main reading room for audios, videos and CDs. The audio collection includes mysteries, thrillers, self-help, western and current fiction. Some of the most recent audio tapes include: "The Speckled Band" by Arthur Conan Doyle; "McNally Risk" by Lawrence Sanders; "Devil's Waltz" by Jonathan Kellerman; "Puttting on the Ritz" by Joe Keenan; "The Nine Taylors" by Dorothy L. Sayers; "After All These Years" by Susan Isaacs; "Talking God" by Tony Hillerman; "J is for Judgement" by Sue Grafton; "Nemesis" by Isaac Asimov; "Degree of Guilt" by Richard Patterson; "Moonlight Becomes You" by Mary Higgins Clark and "A Man in Full" by Tom Wol; "Time and Again" by Jack Finney; "West with the Night" by Beryl Markham.

The video cassettes include new videos on China, New Zealand and England, which are excellent. There are also educational and classical videos. Recent additions to the video collection include several videos about dealing with cancer, "Why, Charlie Brown, Why?"; "A Significant Journey"; "Korea, War, Prosperity & Democracy"; "The Basics of Model Railroad"; "Soccer/Goalkeeping"; "Puccini's Madam Butterfly"; "The Will to Change: A breakthrough program in metabolism control"; "Einstein: The Life and Mind of Albert Einstein" and "The Lost Children of Berlin" by Steven Spielberg.

The CD collection includes recent additions; "Concert by the Sea" by Errol Garner; "The Blues Roar" by Maynard Ferguson and "The Best of the Rippingtons" by the Rippingtons. A collection of Jazz CDs has recently been started for the library. Other CDs on display include: "New York" by Leonard Bernstein; "Magnificat & Christmas Oratorio" by Bach; "Cheap Seats" by Alabama; "Old Enough to Know Better" by Wade Hayes; "Harlem" by Lil Armstrong; "The Floating Jazz Festival 1986"; "The Road to You" by Pat Metheny; "The Very Best of Neil Diamond"; "Children of Bosnia" by Luciano Pavarotti; "Vienna Master Series" by Robert Shumann; "Violin Concertos by Brahms and Bruch; "and Beauty and the Beast" by Alan Menken.

It's Easy to Subscribe!
use the handy coupon on page 2.

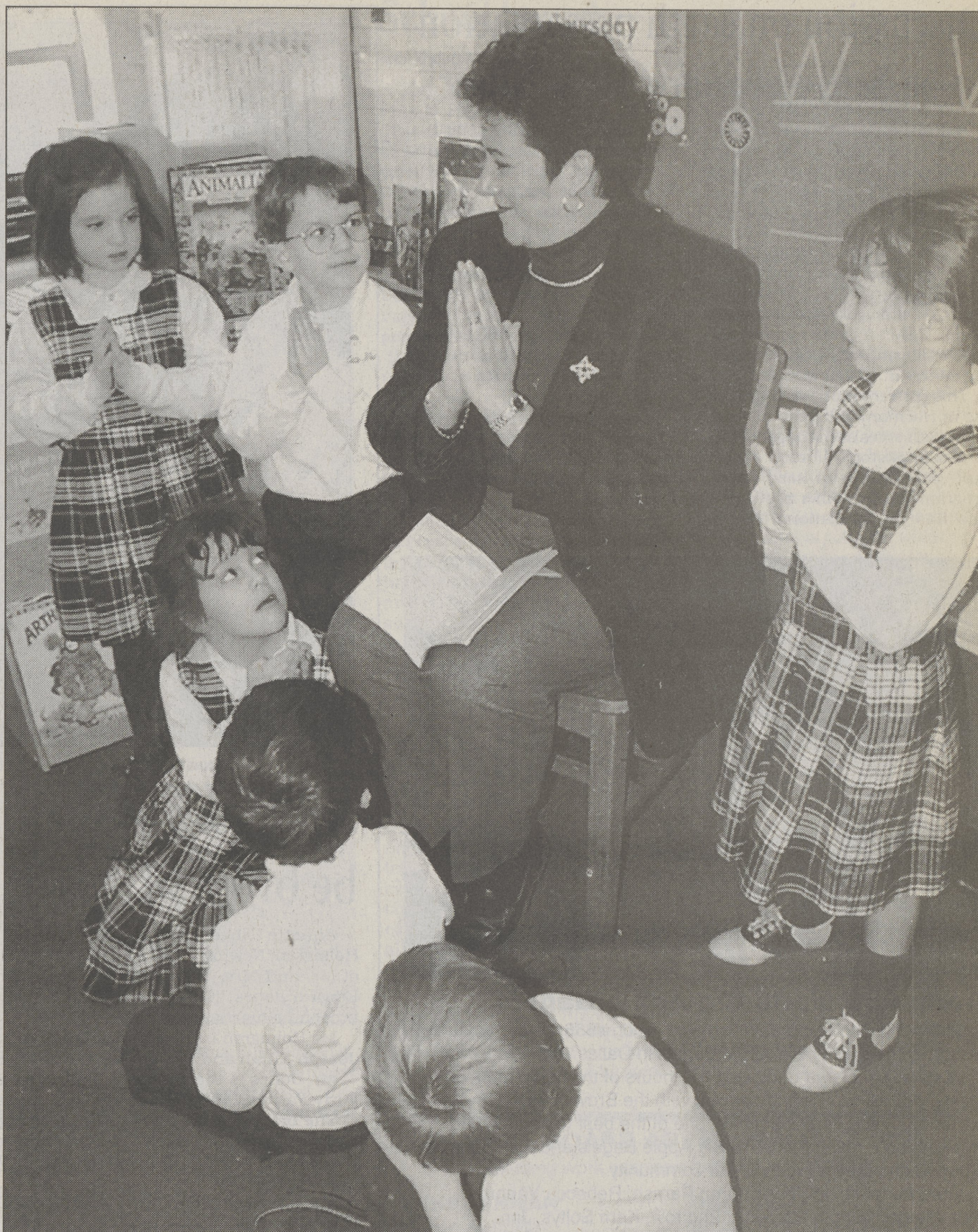
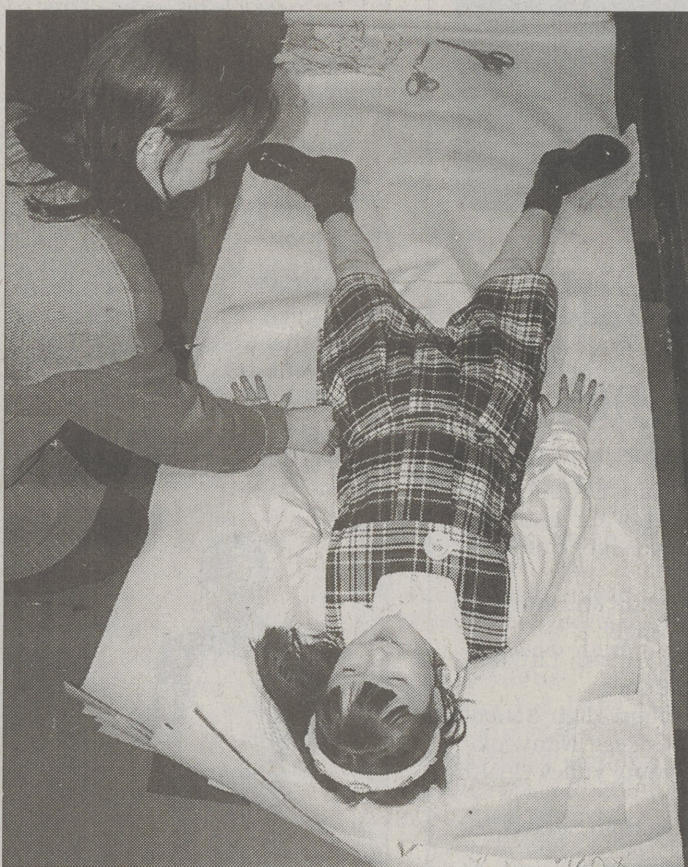
Faithful learning

Gate of Heaven School is celebrating Catholic Schools Week with special programs in and out of class. At right, Erika Calvatti, a native of Mexico now living in Tunkhannock, taught students how to pray in Spanish.



The children, clockwise from far right, Jessica Rukstalis, James Schwenner, Adam Limongelli, Allison Spencer, Catherine Clements and Tanner Baloh. Below, Lisa Sherin traced daughter Sherri for a body form. Rebecca Farrell held her completed body form, left.

POST PHOTOS/CHARLOTTE BARTIZEK



February:

A GOOD TIME TO BECOME HEART SMART!

February is American Heart Month and a perfect time to become Heart Smart. In recognition, Wyoming Valley Health Care System is pleased to present a variety of educational programs, seminars, screenings and support groups all focused on heart health. So be Heart Smart and plan on attending. You'll feel better for it!

HEART DISEASE: PREVENTION AND TREATMENT UPDATE

Heart disease is America's number one killer. Join our speaker as he discusses some of the latest developments in the prevention and treatment of cardiovascular disease.

Presenter:
Mark M. Bernardi, DO, Cardiologist
WEDNESDAY • FEBRUARY 24 • 7 PM
THOMAS P. SAXTON MEDICAL PAVILION AUDITORIUM
468 NORTHAMPTON STREET, EDWARDSVILLE

QUESTIONS HEART SURGEONS CAN ANSWER

Join our panel of physician experts as they discuss the latest surgical developments in treating cardiovascular disease. A question and answer period follows the brief presentations.

Presenters:
George E. Cimochoowski, MD
Chief of Cardiac Surgery
Michael D. Harostock, MD
Russell F. Stahl, MD
MONDAY • FEBRUARY 22 • 7:00 PM
THOMAS P. SAXTON MEDICAL PAVILION AUDITORIUM
468 NORTHAMPTON STREET, EDWARDSVILLE

FREE! BLOOD PRESSURE SCREENINGS.

High blood pressure is a silent killer, and one of the leading risk factors of heart disease and stroke. In recognition of American Heart Month, Wyoming Valley Health Care System will offer free blood pressure screenings on the following dates:

WEEKDAYS THROUGHOUT FEBRUARY 10 AM TO 2 PM
CROSS VALLEY CENTRE
HEALTH RESOURCE CENTRE
667 N. RIVER STREET, PLAINS

FRIDAY • FEBRUARY 5 8 AM TO 10 AM
WEST PITTSFORD MEDICAL CENTER
901 WYOMING AVENUE, WEST PITTSFORD

THURSDAY, FEBRUARY 11 10 AM TO NOON
BACK MOUNTAIN MEDICAL CENTER
100 UPPER DEMUNDS ROAD, DALLAS

WEDNESDAY, FEBRUARY 17 1 PM TO 3 PM
COMMUNITY COUNSELING SERVICES
110 SOUTH PENNSYLVANIA AVENUE
WILKES-BARRE

MONDAY, FEBRUARY 22 4 PM TO 6 PM
THOMAS P. SAXTON MEDICAL PAVILION
468 NORTHAMPTON STREET, EDWARDSVILLE

THURSDAY, FEBRUARY 25 8 AM TO 10 AM
EXETER MEDICAL CENTER
1701 WYOMING AVENUE, EXETER

BE A HEART SAVER

The Luzerne County Division of the American Heart Association and Wyoming Valley Health Care System are offering a free Heart Saver (Adult) CPR course. What you learn can make the difference between life or death. Learn the importance of CPR and participate in actual hands-on demonstrations. All participants will receive a Heart Saver CPR card upon completion of the three-hour course. Please specify morning or afternoon session when registering.

SATURDAY • FEBRUARY 6 9 AM TO NOON OR 1 PM TO 4 PM
LUZERNE COUNTY COMMUNITY COLLEGE GYMNASIUM
1333 S. PROSPECT STREET, NANTICOKE

HEART HEALTHY COOKING

Do something good for yourself during Heart Month. Learn how to cut the fat and sodium in food without cutting the taste.

TUESDAY, FEBRUARY 9 • 7 PM
CROSS VALLEY CENTRE
HEALTHY KITCHEN
667 N. RIVER STREET, PLAINS

HEART TO HEART

A support group for individuals who have had open heart surgery or have been treated for cardiac disease.

WEDNESDAY • FEBRUARY 10 • 7 PM
THOMAS P. SAXTON MEDICAL PAVILION AUDITORIUM
468 NORTHAMPTON STREET, EDWARDSVILLE

INTERNAL CARDIOVERTER DEFIBRILLATOR (I.C.D.) SUPPORT GROUP

MONDAY • MARCH 8 • 7 PM
CROSS VALLEY CENTRE
HEALTHY KITCHEN
667 N. RIVER STREET, PLAINS
To register, please call Ruth Renna, RN, at 552-3269.

STAR CARDIAC REHABILITATION

Patients recovering from heart attack, angioplasty or bypass surgery receive more than individualized care from STAR Cardiac Rehabilitation...they get the heart to live a healthier life! The most comprehensive program of its kind in the region, STAR Cardiac Rehabilitation located at the Thomas P. Saxton Medical Pavilion offers a personalized plan of nutrition, education, weight management, behavior modification and supervised exercise—all designed to get you on the road back to a healthy, productive lifestyle. For more information, ask your doctor, or call 552-4590.

Ask for a FREE copy of our new All Ways Healthy Guide. Your guide to better health for life!

To register (required) or for more information, including obtaining a copy of All Ways Healthy, please call 1-800-838-WELL.

WYOMING VALLEY
HEALTH CARE SYSTEM