Swim fun

(continued from page 1)



Ready for some swim fun, from left, front row; Coral Stredny, Jill Vanderhook, Scott Gay, Rebecca Pincofski, Mallory Trojan. Back row; Stephen Elston, Eric Loeffler, Dan Piccillo.

"It's good for us. You get to help other people in a relaxed way." Stephen Elston

Dallas Middle School student



Jolene Brown, Jeann VanFossen and Stephnie Myers helped Karen Bowersox enjoy a dip in the pool at College Misericordia.

AT ST. THÉRÈSE RESIDENCE FOR THOSE DIAGNOSED WITH ALZHEIMER'S.

Quality personal care, comfortable surroundings, and quiet hope embrace to provide a meaningful life for residents with Alzheimer's or other dementiarelated diseases at St Thérèse Residence. If your loved one needs such care, you'll want to explore our Whispering Hope program.

Whispering Hope was created for those who can still do some things for themselves, but who can no longer live at home. The full-day program includes:

- **** Individual activities**
- **Exercise**
- **** Assistance doing daily tasks**
- **Mental stimulation**
- **Spiritual services** Music therapy
- **Crafts**
- **Companionship**
- **Sensory activities**

Your loved one will be treated with dignity and respect by the Carmelite Sisters whose religious order was formed solely to care for the aged and infirm. And for people in the initial stages of Alzheimer's or similar conditions we have a 15-suite care unit available.

Call 570-823-6131 for more information or to schedule a visit.



Little Flower Manor and Saint Thérèse Residence

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Over a dozen swim team members attended and acted as lifeguards at the event.

Misericordia swim team member Kelly Hutchings encourages the success of the Deutsch Institute program. "The YMCA in Poughkeepsie has a similar program. Everyone benefits."

Doreen Gay, mother of Cool Club member Scott Gay, believes the club is a wonderful project. "I think it is a great idea that kids reach out to other kids," she said, while watching Scott splash in the deep end. Girl Scout Leader Becky Gumble also joined in the event. "They learn from each other," she said.

"Nobody is different in the water," said Maria Yurchision, whose daughter Amy is a student at Westmoreland Elementary. Yurchision has been working at the Deutsch Institute and has seen how the kids from the Middle School love interacting with the other teens.

"The Cool Club is open to anyone who wants to join," said Loefflad. Parents have been very involved, she mentions, and thanks to their support and the encouragement of Principal Anthony Martinelli, the club is planning future events.

"Nobody is different in the water."

> Maria Yurchision Shavertown



Tara Gwilliam toweled off her sister, Cori.

POST PHOTOS/CHARLOTTE BARTIZEK

Harveys Lake to plan New Year's party

Harveys Lake Borough is in the process of planning a New Year's Gala Celebration for this coming 1999 New Year's Eve. The first meeting will be held on Wednesday, March 3, at 7 p.m. at the Municipal Building, Route 415 Sunset. All businesses and residents are invited to attend this meeting. Anyone wishing more information may call the Borough Secretary, Carole Samson, at 639-

Troop 661 to sell cookies March 13

Brownie Troop 661 of the Back Mountain will be selling Girl Scout Cookies at the BiLo, Country Club Shopping Center in Dallas on Sat., March 13 from 1-3 p.m. For more information, call Melanie Lumia at 675-4627.

Faneck makes Phila. College dean's list

Jeff Faneck, a 1998 graduate of Dallas Senior High School, has made the Dean's List in the Doctor of Pharmacy program at the Philadelphia College of Pharmacy



and Sciences. Jeff attained a 3.8 out of a possible 4.0. He was one of 30 pharmacy students to achieve this distinction. Jeff is the son of Robert and Jeanne Faneck of Shavertown.

Literacy Volunteers to hold workshops

The Wyoming Valley Literacy Volunteers announces a series of Tutor Training workshops on the following Saturdays: March 6, 13, and 20 from 9:30 a.m. to 1:15 p.m. in the Hoyt Library, 284 Wyoming Avenue, Kingston. These workshops train volunteers in the Laubach method of teaching adults how to read. No previous teaching experience is needed. For more information and to register for the workshops, call 287-2013 by March 3 and ask for the Literacy Volunteers office.



Laura Palanzo, left, and Kelly Hutchins prepared to jump in.

One in every two women may wind up with osteoporosis.

Now, our simple DEXA Scan can determine if you're the one.

It's a fact: Half of all post-menopausal women develop osteoporosis, which means low bone density and a far greater susceptibility to fracture. The good news is that with early detection, the crippling effects of this disease can be prevented. And the best technology for detecting osteoporosis is available right now at Nesbitt Memorial Hospital. It's a DEXA Scan and it's provided by a leading edge diagnostic tool called the Hologic QDR 4500SL. Quickly and comfortably, a DEXA Scan measures the bone density in your hip, spine and forearm. Then, our board-certified radiologists interpret the results for your doctor, who will recommend the proper course for prevention or, if necessary, treatment. Remember, osteoporosis is preventable — and treatable. That's why you should ask your doctor about a DEXA Scan now.

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