

Prince of Peace hosting World Day of Prayer service

The Annual World Day of Prayer service will be hosted by Prince of Peace Episcopal Church on Friday, March 3, at 1 p.m. Everyone is cordially invited to attend this celebration that is observed by Christian communities all over the world. It is sponsored by Church Women United of Wyoming Valley and includes participants from 13 Back Mountain churches. A Fellowship Tea will follow the service. Please call the church office at 675-1723 if you need directions or if you will require child care.

This year the women of Indonesia have written the service based on the theme of "Talitha Kumi: You Woman, Stand Up!". This theme is particularly relevant to the young women of Indonesia

who experience the hardships of child labor and exploitation as well as the same problems young people face everywhere: the "communication gap" between generations and the search for identity.

The following churches will be participating in the Prayer Service this year: Dallas United Methodist, Gate of Heaven Roman Catholic, Huntsville Christian, Huntsville United Methodist, Idetown United Methodist, Lehman United Methodist, Prince of Peace Episcopal, St. Frances Cabrini Roman Catholic, St. Paul's Lutheran, St. Therese's Roman Catholic, Shavertown United Methodist, Trinity Presbyterian and Trucksville United Methodist.



Meadows volunteers recognized

In observance of National Volunteer Week, the Meadows Nursing Center, Dallas, honored over 100 volunteers for their service to the 130 residents at the Center. Special recognition was given for five, 10 and 15 years of service.

Shown left to right, seated: five year honorees Kathy and Jim Barlow, Georgianna Orkwis, Barbara Laning. Standing: 15 year honorees, Louise Frantz, Helen Mondulick, Myrle Coolbaugh, and ten year honoree, Rosemary Volinsky.

Senior volunteers offer tax help

The Luzerne/Wyoming Counties Bureau for the Aging is pleased to announce volunteers from the Retired and Senior Volunteer Program (RSVP) will be available to give assistance with federal and state income tax, PACE, and PA Rent/Property Tax Rebates. Volunteers will be at the Dallas Senior Center (675-2179) Tue. March 7. Taxpayers will be taken by appointment only. There is no charge for this service.

Please bring with you: all 1099's, social security 1099, W-2's, Tax or Rent Receipts, copy of last year's taxes and rebate, and any other income you received in 1999. Forms cannot be completed without all the necessary information.

RSVP is sponsored locally by the Luzerne/Wyoming Counties Bureau for the Aging, and federally by Corporation for National Service.

PA tuition program is meeting topic

The Lake-Lehman M.L.E.B., Teens, Parents and Teachers in conjunction with Mrs. Barbara Evans, Guidance Counselor, will sponsor an information night on Monday, Feb. 28, at 7 p.m., in the Middle Level Education Building.

The program is entitled, Tuition Account Program, presented by Cathy Joyce Cavanaugh from the Commonwealth of PA, Treas-

ury Dept., Tuition Account Program Bureau. The T.A.P. program is a safe, affordable way to finance many forms of higher education. It explains how parents can prepare early financially to meet the rising needs of higher education.

Parents of Middle Level students are asked to attend this information night.

Troop 241 hosting roast beef dinner

Annual Roast Beef dinner, to benefit Boy Scout Troop 241, Lehman will be held Sat., Feb. 26, at 4 p.m. Tickets are available through any member of the Troop or at the door. The cost is \$7 for adults and \$4 for children under 12. Our menu will consist of roast beef, mashed potatoes, gravy, two vegetables, coffee, tea, fruit drink and desserts.



Holiday House winners selected

The Kingston Township Board of Supervisors recently presented the awards to winners of the townships holiday house decorating contest. Mr. Paul Sabol, Vice Chair of the Board of Supervisors and Mrs. Shirley Moyer of the Board of Supervisors, presented the awards to the following winners.

First Prize - Mr. and Mrs. Gerald Getz
Second Prize - Mrs. Mary Ann Strohl
Third Prize - Mr. and Mrs. George Monaghan
Best New Entry - Mrs. Grace J. Lane

Information on the holiday house contest can be obtained by contacting the Administrative Office at 696-3809.

Storyteller to visit Montessori School

The Wyoming Valley Montessori School, will present Mary Baker, storyteller and musician, in a free performance on Sun. Mar., 5, as part of its KIDSARTS performing arts series. The public is invited to attend a 2 p.m. performance. Ms. Baker will combine modern and traditional folk tales and songs, taking the audience on "An Imaginary Journey." Baker is a member of the National Storytelling Network and a participant in Ghost Story Night and Tellabration!, an annual countrywide night of storytelling. She is a founding member of Voices of the Valley, a local storytelling organization. For more information, call 288-3708.

SENIOR MENUS

Senior Citizens 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 February 14, 2000. All meals include margarine, milk and coffee.

MONDAY - Valentine Appreciation Dinner - Stuffed Chicken Breast w/Fricassee Sauce, Broccoli, Carrots, Cauliflower, Rosy Applesauce gelatin, Dinner roll, Cherry pie

TUESDAY - Turkey Barbeque w/pickle relish, Potato puffs, Broccoli, Chicken noodle soup, Chilled pears

WEDNESDAY - Knockwurst, Sauerkraut, German potato salad, Brussel sprouts, Tomato juice,

Pumpernickel bread, Chocolate cake

THURSDAY - Chicken scampi w/garlic butter sauce, Spinach, Parslied rice, Lemon, Pineapple chunks, Dinner roll

FRIDAY - Baked fish w/creole sauce, Spring mix vegetables, Parsley boiled potatoes, Whole wheat bread, Lemon, Birthday cake

Penn State will hold eating disorders screening program

Dr. Joy Armillay, director of outpatient services at Aristotle Group, an affiliate of Human Services Consultants Management, Inc., will provide eating disorder screenings at Penn State Wilkes-Barre in Lehman. The screenings will take place from 12 noon to 2 p.m. on Monday, Feb. 28 in the Student Commons lounge.

Dr. Armillay, director of outpatient services at Aristotle Group, an affiliate of Human Services Consultants Management, Inc., will conduct the screenings in conjunction with the National Eating Disorders Screening Program (NEDSP). The NEDSP is a national nonprofit program held every two years and will take place during Eating Disorders Awareness Week, Feb. 14-18. Eating disorders include anorexia nervosa, bulimia nervosa and binge eating disorder. All can result in serious medical problems including significant weight loss,

cardiac abnormalities, osteoporosis and skin, digestive and intestinal problems. If untreated, they can lead to death. The psychological characteristics vary, but usually include poor self-esteem, isolation from family and friends, and significant disturbances in the way the person sees his or her body.

Armillay, a well-known regional nutritionist, eating disorder specialist, and a national lecturer on eating disorders said, "Our overriding message to students is that people come in a broad range of shapes and sizes and that the most important thing is how you feel inside. It's a shame when the excitement of the college experience is overshadowed by calorie counting, compulsive exercising and worrying about clothing size.

The screenings are free, anonymous, and open to the community. For more information, call (570) 675-9224.

Trucksville UMW serving pork dinner

The annual pork and sauerkraut supper sponsored by the women of the Trucksville United Methodist Church will be held on February 26. Take outs will be available from 4 p.m. to 5 p.m. and serving from 5 p.m. until 7 p.m. The menu consists of roast pork, sauerkraut, mashed potatoes, gravy, mixed vegetables, homemade rolls, cherry or apple pie, coffee, tea, and juice. Tickets are available from any United Methodist Woman or by calling the church office at 696-3897 between the hours of 8 a.m. and 1 p.m. Tickets are \$6.50 for adults and \$3.25 for children 11 and under. All proceeds for the dinner are used for the many mission projects of the United Methodist Women, local, national and global.

Great Books series features Greene novel

The Great Books at Hayfield program at Penn State Wilkes-Barre in Lehman will continue its 16th season on Monday evening, Feb. 28. There will be an informal discussion of Graham Greene's *The End of the Affair*, a powerful novel filled with suspense in which characters are torn by the conflicts between love, hate and faith. The program, held in Hayfield House community room, begins at 7 p.m. The discussion will be led by John Jarecki, of Glen Lyon, and all in the community interested in great books are welcome to participate, or just to listen. Refreshments will be served. For more information, call 675-2171.

Interfaith Tea to be held February 29

The annual Interfaith Tea, sponsored by Church Women United of Wyoming Valley, will be held Tue., Feb. 29, at St. Stephen's Church, Wilkes-Barre, at 1:30 p.m. Speakers will be Sr. Sienna Finley, Rev. Rebecca Tannier, State College CUW President, and Rabbi Kaplan. The theme will be "Walking Together into the new Millennium." The public is invited to attend.



MARY MONTROSS

Dallas woman celebrating 82nd birthday

Mary Montross, Lake Street, Dallas, formerly of Lake Township, is celebrating her 82nd birthday. She was married to the late Clarence Montross, and has one son, Harry. Mary was employed at G.H. Harris Associates, Harveys Lake, as a secretary, and the Noxen Family Clinic, Noxen, prior to retiring in 1983. She will be honored at a dinner, at Picketts Charge, Dallas, given by Harry and daughter-in-law, Ann.

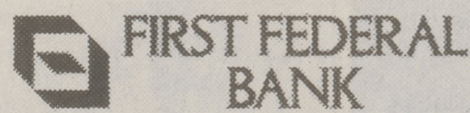
Post 672 to sponsor health screening

Daddow-Isaac Post 672, The Dallas American Legion will sponsor a health screening for all veterans on February 27, from 10-2. Call the American Legion at 675-6542 for further information.

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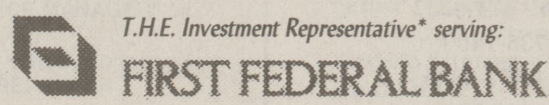
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BE A HEART SAVER



Sudden heart attack can be a killer. But according to the American Heart Association, early CPR, when combined with early advanced care, can significantly raise heart attack survival rates.

Do you know CPR? You will after participating in a FREE three-hour adult CPR training session offered by Wyoming Valley Health Care System and volunteer CPR experts from the American Heart Association. And by all means, bring your family and friends. Upon completion of the course you will receive your AHA Heart Saver Card. Call now to register. It could save a life. It could save your life.

Saturday, February 26, 2000

8:30 AM TO 11:30 AM OR 1 PM TO 4 PM

Thomas P. Saxton Medical Pavilion
468 Northampton Street, Edwardsville

Space is limited, so please register now.

Call 1-800-838-WELL and select option one (1).



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