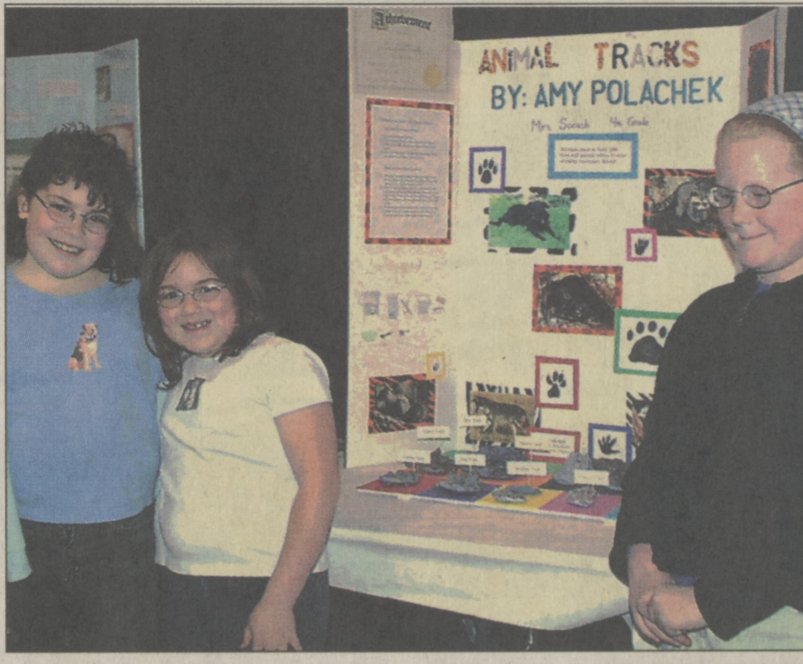
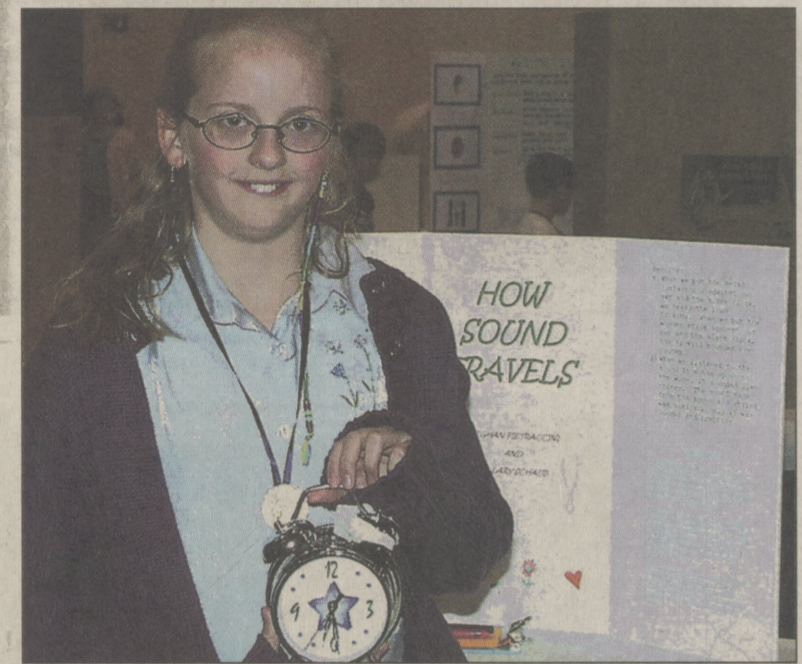


# Elementary Science



Dallas Elementary School recently held its annual Science Fair, as more than 125 student projects were put on display in the school gymnasium. The Science Fair is sponsored by the Dallas Elementary Parent-Teacher Association. In photos, clockwise from top left: Fifth graders gather to check out their sense of taste. From left: Lindsey Davenport, Nikki Rave, Alyssa Cybulski and Lauren Kelly. Becca Banks, a fifth grade student, demonstrates how invisible ink works. Amy Polachek and her dad made plaster of paris molds of animal tracks, including bear, deer, and coyote. From left are: Cierra Leonardo, Amy Polachek, and Heather Sands. Fourth grade student, Meghan Pietraccini, explains a project about sound that she worked on with Hillary Schaub.

## Tell-a-friend

(continued from page 1)

yearly mammogram.

Women age 40 and older should have a screening mammogram every year, according to the American Cancer Society (ACS). Between the ages of 20 and 39, women should have a clinical breast examination by a health professional a minimum of every three years. Health care professionals agree the information is out there regarding why women should have mammograms, but for one reason or another not all women who should

have mammograms do.

This year Blue Cross of North-eastern Pennsylvania teamed up with the ACS's Tell-a-Friend program. "The program takes the peer counseling approach," said Judy Bouthot, Shavertown, Blue Cross of NEPA quality management and improvement manager.

The Tell-a-Friend program advocates for breast health and potentially lifesaving benefits of early detection. A network of volunteers with the goal of increasing the number of women that make and keep mammogram appointments contact five family members or friends by phone and follow up with them over a three to six week time span.

"People respond better sometimes when hearing they should go from another source than a doctor," said Gina Klepadlo, Blue Cross of NEPA quality improvement coordinator.

"The program is a coordinated effort with ACS. The ACS kicked the Tell-a-Friend program off last year," Bouthot said.

Tell-a-Friend volunteers receive training from the ACS on how to motivate their friends and how to

*"What you don't know can hurt you. The sooner you find out the easier it is to take care of any problems."*  
Ellie Kandler Rodda  
Shavertown

accurately answer questions about mammography. "Many women don't get mammograms out of fear. Without even knowing if something is wrong or not they have a fear. It's the fear of the possibility of finding out some-

thing is wrong. But if it's found early and fast it can be treated," Gina said.

Rodda took part in the Tell-a-Friend program last year. The women she contacted were already following through with annual mammogram appointments, but she said every reminder helps.

"What you don't know can hurt you. The sooner you find out the easier it is to take care of any problems," Ellie stresses.

The kickoff of the 2001 Tell-a-Friend program is May 29. If you are interested in learning more about the program or how to get involved, contact the American Cancer Society's regional office at 1-888-227-5445.

## Early deadlines for May 30 issue

Because of the Memorial Day holiday, advertising and news deadlines for the May 30 issue of The Dallas Post have been changed. All contributed news copy, photos and calendar items should be submitted to the office by 4 p.m. Thursday, May 24.

Space reservations for display advertising should be received by 1 p.m. Thursday, May 24. Later orders will be accepted as space and time permit. Classified advertising should be called in by 3 p.m. Friday, May 25.

The office will be closed all day Monday, May 28 in observance of the holiday.



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## Post 967 memorial services

Memorial services to be held at Harveys Lake American Legion post 967 on Sun., May 27 at 10 a.m. Veterans and public are invited to attend.

The monument outside also the Legion has been restored by a joint effort of the Son's of The Legion and The Legionnaires. New flag poles have also been erected and flowers with shrubs planted around the base of the monument.

Three flag poles have been erected. The center or main flag pole was donated by the Brucher and Hillman families in memory of their sons. The second flag pole will bear the POW MIA flag while the third flag pole will fly the Legion flag or the State flag.

Following the service, the Legion will host a two hour open house, to show the renovated Legion.

## Motherhood

(continued from page 1)

monsters and hide and seek." Her sister, 6-year-old Katie Kuzma, added, "I love when Pop-Pop tells us scary stories and grabs us. Then he always ends the story with a great big hug and kiss."

With further thought, Ellie remembered another attraction at Nana's: "I love playing with the elephants." Helen started collecting elephants before her first daughter was born in 1946. She now has more than 50 of them: Irwin, her husband of over 56 years, brought them back from all over the world. Her latest additions came from the 2000 Republican National Convention in Philadelphia which her daughter Martha attended.

Helen's oldest great granddaughter, Nicole Harvey, is a third grader at Dallas Elementary. She has discovered another specialty of a great grandma's house: a well-stocked refrigerator. As soon as they arrive, Nicole races her 4-year-old sister, Heather, for first dibs on their favorite, bologna and cheese. Then they pull out the old toy chest filled with toys their daddy enjoyed when he was a child. They especially like the nesting eggs and old tractors. Their visits are extra special when Nana and Pop-Pop take them to the Dallas Elementary School playground.

What does Helen find to be

the best part of being a great grandmother? "Watching them grow and seeing their progress. Of course, the hugs and kisses are great as well!" When asked if motherhood has changed, Helen quickly responded, "No! Mothers still belong in the home."

She knows how difficult mothering can be: her husband was stationed away from home for over 10 years during his service in the Air Force. "Those were difficult years. Everything that could go wrong did: I called a lot of

*"I love when Pop-Pop tells us scary stories and grabs us."*  
Katie Kuzma  
6-year-old great grandchild

contractors. I got through it only with God's help." Her daughter, Sue Harvey (Katie, Ellie, Nicole, and Heather's grandma), added, "Once you are a mother, you never stop. We are always there for our children no matter how old they get."

This Easter held a special moment for the Messick family. Four year old Heather said the traditional family blessing before the meal — "God is great. God is good ..." Fifty years ago, Helen taught her daughters those same words. Helen exclaimed, "What a thrill to realize my influence is continuing down through the generations!"

That helped this extended family celebrate the recent Mother's Day and rejoice that some things never change.

## CRYSTAL VISION CENTER

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