

CALENDAR

Calendar items are published free of charge. Generally, items will appear the two weeks prior to an event. To submit material, send it to the Dallas Post P.O. Box 366, Dallas PA 18162, or bring it to our office at 607 Main Road, Dallas. Deadline is Friday at 3 p.m.

COMMUNITY

June 6 and 7 - RUMMAGE & BAKE SALE, Friday 10 a.m.-4 p.m., Saturday 10 a.m.-2 p.m. Alderson U.M. Church, Pole 108, Harveys Lake.

BOOK SALE - June 6, 9 a.m.-5 p.m., June 7, 9 a.m.-4 p.m. on the lawn of the Hoyt Library, 284 Wyoming ave., Kingston. Info, 287-2013.

Sat. June 14 - BAKED MEATLOAF DINNER/BAKE SALE, 4:30-6:30 p.m. Loyalville U.M. Church. \$7 for adults, \$3.50 for children 12 and under. Home made pie or cake included in price of dinner. Call ahead for takeouts 477-3521.

Sat. June 14 - FLEA MARKET, over 100 vendors, featuring odds & ends, snow cones, books, plants, crafts, collectibles, jewelry, toys, face painting bake sale, Hillside Ice Cream. New this year "Cook-Book Corner". 9 a.m.-3 p.m. Meadows Nursing Center 55 W Center Hill Rd., (across from College Misericordia), Dallas. Rain date June 21. Info, call 675-8600, Ext. 195 or 138.

KIDSTUFF

July 16 to August 8 - SUMMER THEATRE WORKSHOP for children ages 8 to 13, 9 a.m. to 12 noon. Mondays, Wednesdays, and Fridays. The Workshop, under the direction of Kevin Costley, will provide students with the opportunity to learn the basics of acting, mime, improvisation, with seminars on costumes, scenery, lighting and special effects. Enrollment fee per child is \$150, with discounts for additional family members. Music Box Dinner Playhouse, 196 Hughes St., Swyersville. For further info, 283-2195 or 800-698-PLAY.

HISTORIC SITES

SWETLAND HOMESTEAD, at 885 Wyoming Ave., Wyoming. Open Thurs.-Fri., 1-4 p.m.; Sat.-Sun., 11 a.m.-4 p.m. Admission \$3; children 12 and under, \$1. For more info, call 823-9011.

THE PENNSYLVANIA ANTHRACITE HERITAGE MUSEUM, McDade park, off Keyser Ave., in Scranton. Open Mon.-Sat. from 9 a.m.-5 p.m., and Sun., noon-5 p.m. Admission is charged. Info, call 963-4804.

Send The Dallas Post to a friend. It makes a great gift. Call 675-5211 for information.

EXHIBITS

Through June - THE SUSQUEHANNA RIVER FROM COOPERSTOWN TO THE CHESAPEAKE. Luzerne County Historical Society's Museum, 69 South Franklin Street, Wilkes-Barre. En Plein Air Society showcases over 100 paintings of the mighty Susquehanna from New York to Maryland, including many from Wyoming County and Luzerne County.

Through July 3 - SCULPTURE AND DRAWINGS OF HERBERT SIMON, 1989-2001. A resident of Shavertown, Simon has exhibited widely throughout the United States. Simon's sculptures are all in metal, both cast and fabricated pieces. A reception for the artist will be held Saturday, June 21 from 2-5 p.m. Gallery hours are 1-4 p.m., Monday through Friday. Madelon Powers Gallery of East Stroudsburg University Normal and Marguerite St., East Stroudsburg. Both the exhibit and reception are free and open to the public. Info, 422-3483.

Jun 7 and 8 - PENNSYLVANIA EN PLEIN AIR SOCIETY painters will participate in Riverfest on Saturday and on Sunday, they will begin to paint the weeklong Susquehanna Sojourn from Wilkes-Barre, to Harrisburg. During this exhibit, members of the PA En Plein Air Society will conduct fundraising events and workshops to benefit the Luzerne County Historical Society for the duration of this exhibit. Contact Sue Hand for further details 675-5094.

Jun. 18 through Aug. 10 - PEOPLE, PLACES AND THINGS. Photographs from the Permanent Collection. The summer exhibition will feature more than 40 photographs from the Sordani Art Gallery's own permanent collection. 150 South River St., in the Stark Learning center on the Wilkes University campus. Summer hours are: Wednesday through Sunday, from 12 noon to 4:30 p.m. Admission is free. For info, 408-4325.

Through 2003 - REGIONAL ART EXHIBIT, archival photographs and artifacts. Monday through Saturday, 9 a.m.-5 p.m.; Sunday, noon to 5 p.m. Pennsylvania Anthracite Heritage Museum, McDade Park, off Keyser Ave., Scranton. Info, 963-4804



'Market on the Pond' June 14

The Auxiliary of the Meadows Nursing Center, Dallas, will hold its annual "Market on the Pond" flea market at the center on Saturday, June 14, from 9 a.m. to 3 p.m. To "kick off" this event, raffle tickets are available at the Reception Desk for the more than 30 baskets that are on display in the lobby. Tickets can also be purchased the day of the event. All proceeds benefit residents at the center. Shown with baskets donated by family, friends, volunteers and staff are, from left: Meadows Assistant Administrator Gary Kirk and Auxiliaries Louise Montigney, Don Smith, Bernie Hill, Nelson Ashburner and Lloyd Ryman, "Market" Chairman and Dallas Kiwanis member.

Tobi Grossman pastels featured at Tudor Book

Dallas artist Tobi Balin Grossman will be featured at the Tudor Book Store, Kingston Pa. in a one-person show titled "Spaces and Places." The show will run through June 30. The show will highlight pastels, the latest specialty that Grossman has been accomplishing over the last seven years.

A major impact on Ms. Grossman's artistic career was Lawrence Davidson, an artist in the Philadelphia Area who was a graduate of the Pennsylvania Academy of Fine Arts, and The Barnes Foundation in suburban Philadelphia. Davidson encouraged Grossman to paint freely, while experimenting with color, and establishing her own style. Upon recommendation of Davidson, she was accepted to study and completed

the two-year course at The Barnes Foundation. Ms. Grossman was influenced by studying Impressionism, directly from the collection of art at the Barnes.

Grossman has received a scholarship to study with a prominent pastel artist at Woodstock School of Art this summer, has received special awards and honors for her art work, been accepted in exhibits throughout northeastern Pennsylvania, Norwich, Connecticut, and elsewhere.

The Tudor Book Store and Café is located at 642 Wyoming Avenue, Kingston, and show hours are Monday through Thursday 8 a.m. to 9 p.m., Friday from 8 a.m. to 10 p.m. and Saturday and Sunday from 9 a.m. to 5 p.m.

Victory Run scheduled for June 21

The Harveys Lake Victory Run, an 8.1 mile race around Harveys Lake, will be held June 21. Cost is \$15 if registered by June 8, \$20 after. Awards will be given to the top three finishers in each age group. There will also be a half-mile fun run for children. For information, call 474-5363 or 639-1358.



Q: Where do you find the most Back Mountain news each week?
A: Only in The Dallas Post

Showtimes effective Friday 6/6/03

FINDING NEMO
Daily 7:00 • Fri/Sat 9:00 • Sat/Sun 3:00
Sat/Sun/Wed 1:00 • Fri/Sat/Sun 5:00

MATRIX RELOADED
Daily 6:45 • Fri/Sat 9:05 • Sat/Sun 4:00 • Wed 1:15

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SPECIAL EVENTS

Sat. June 7 - YARD SALE, to benefit WRGN Christian radio Sweet Valley, 8 a.m. to 3 p.m. There will be hundreds of items, perennial plants, baked goods, and breakfast and lunch served. There will also be live music. The yard sale will be at Killian's Farm, Troxel Switch Rd., Dallas. For info call 675-2981 or the radio station at 1-800-245-3688.

June 8 - N.E. REGIONAL CANCER SURVIVORS CELEBRATION, 1-4 p.m. at Montage. Featured guests and speakers, food, musical entertainment, Doug Smith's Dixieland All-Stars Band and Kathy Elgaway, jugglers and clowns; face painting; and children's games. To register or for info, 941-7948 or (800) 424-6724.

June 10 - BRAVO! DANCE ANNUAL SHOW, 7:30 p.m. at the Darte Center, Wilkes University. Several residents of the Back Mountain are participating.

June 14 - NEW ENGLAND CONTRA DANCE with music by Black Bear Crossing, 8 p.m. St. Therese's Catholic Church, 17 Pioneer Ave., Shavertown. \$6. Info, 333-4007.

OUTDOORS

FRANCES SLOCUM STATE PARK

Fri. Jun 6 - THORNS AND THREATS, 7 p.m. Audience participation will help us figure out the similarities in plant and animal defenses. Campground Amphitheater.

Sat. Jun 7 - WHAT'S THE BUZZ? 8 p.m. Learn about life of the honeybee. Campground Amphitheater.

Fri. Jun 13 - MAMMAL MIX UP 7 p.m. Identifying Pennsylvania mammals. Campground Amphitheater.

Sat. Jun 14 - WE'VE GONE BATTY! 8 p.m. Carissa Reilly-Long environmental educator from Beltzville State Park, introduces us to the world of bats. Campground Amphitheater.

June 14 - SMART ANGLER FISHING CLINIC Kids ages 8-14 with little or no fishing experience are invited to a day of education, fun activities, and fishing! 1-4 p.m. Registration if required. Space is limited. Call Kathy Kelchner 696-9105.

RESEARCH MATTERS

by Dr. David J. Madeira

Use It Or Lose It

You only get one body, and if you don't take care of it, it won't take care of you. Everyone knows they should exercise, but only about 35% of us do any regular exercise. A recent study gives you one more reason to exercise.

"The study found that exercise, particularly when combined with weight loss, may reduce mental stress-induced blood pressure and obviate the need for antihypertensive medication."

The authors suggest that "exercise and weight loss are effective non-pharmacological treatments for elevated BP," producing results "similar to [those] achieved with antihypertensive therapy."

Most exercise programs fail because they are too ambitious. People join a gym, buy an expensive piece of equipment or video, and then can't find time to exercise.

I recommend my patient's start by doing 5 minutes a day on their stairs listening to their favorite song on their walkman. After a week, increase exercise time by 1 minute a week up to 20 minutes. Many people find this is just what the need to get them started.

If you have a great way to get started exercising, call me and maybe I'll include it in a future column.

Source: Georgiades A, Sherwood A, Gullette ECD et al. Effects of exercise and weight loss on mental stress-induced cardiovascular responses in individuals with high blood pressure. Hypertension. 2000;36:171-176.



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