

## New books added at library

The Back Mountain Memorial Library, 96 Huntsville Road, Dallas, announces the addition of the following books to their collection:

### FICTION

"The Conspiracy Club" by Jonathan Kellerman  
"Heretic" by Bernard Cornwell

"One-Way" by Didier van Cauwelaert

### NON-FICTION

"The Mom Economy" by Elizabeth Wilcox

"Death and Justice" by Mark Fuhrman

"Return to Treasure Island and the Search for Captain Kidd" by Barry Clifford

### MYSTERY

"The Murder Room" by P.D. James

"Voice of the Violin" by Andrea Camilleri

"The Weaver and the Factory Maid" by Deborah Grabien

### BIOGRAPHY

"Rumsfeld: a personal portrait" by Midge Decter

"I am What I Ate—85 and I'm Frightened" by Bill Cosby

### SCIENCE FICTION

"First Rider's Call" by Kristen Britain

"Paladin of Souls" by Lois McMaster Bujold

### REFERENCE

"The Wyoming Valley: an American portrait" by Edward F. Hanlon and Paul J Zbiek

### YOUNG ADULT

"Inside Out" by Terry Trueman

"Out of Order" by A.M. Jenkins

"Blues Journey" by Walter Dean Myers

"Aimee" by Mary Beth Miller

"In Defense of Liberty: the story of America's Bill of Rights" by Russell Freedman

"The Afterlife" by Gary Soto

"God Went to Beauty School" by Cynthia Rylant

"Malka" by Mirjam Pressler

"Friction" by E.R. Frank

"All I Want is Everything" by Cecily von Ziegesar

"The Amulet of Samarkand" by Jonathan Stroud

### SPECIAL DONATIONS

"The American Soul: rediscovering the wisdom of the founders" by Jacob Needleman

donated by Oneida Lodge I.O.O.F. #371



### Oneida Lodge helps library

Oneida Lodge I.O.O.F. #371 recently made a donation to the Back Mountain Memorial Library for the purpose of purchasing books.

Pictured from left: Tom Reese, Martha Butler, library director, and Fred Templin.



### Legion Post donates to library

Daddow-Isaac Post 672 gave the Back Mountain Library a donation.

Pictured from left: Tom Reese, Edward Buckley, Martha Butler, library director, William Kupstas, Jim Bologna.



Mr. and Mrs. Michael Viglone

## Wagner weds Viglone

Beth Ann Wagner, daughter of Mr. and Mrs. A. Lee Wagner, Sr., Dallas, and Michael Anthony Viglone, son of Mr. and Mrs. Ronald Viglone, Shavertown, were united in marriage on June 21, at The Forty Fort United Methodist Church, Forty Fort. Rev. Donald A. Roberts performed the Ceremony.

The bride is the granddaughter of Frank Coslett, Kingston, and the late Margaret Coslett and L. Jerry Wagner, Sr., Forty Fort, and the late Julia Wagner. The groom is the grandson of the late Mr. and Mrs. Michael Stanley and the late Mr. and Mrs. Anthony Viglone.

The bride was given in marriage by her parents and escorted to the altar by her father. She chose Connie Wagner, sister-in-law of the bride, Tracey Halowich, Shannon Viglone, sister of the groom, Jennifer Gadozslu, and Jenne Evans as her bridesmaids.

The groom chose A. Lee Wagner, Jr. and Michael F. Wagner, brothers of the bride as his best men. Groomsmen were Jeffrey Falchek, cousin of the groom, Bill Weidner, and Michael Evans.

An evening cocktail hour and reception were held at The Woodlands Inn and Resort. The groom's parents hosted a rehearsal dinner at Perugini's Restaurant.

The bride is a 1996 graduate of Dallas High School and a 2000 graduate of Wilkes University where she received a Bachelor of Science Degree in Nursing. She is a Registered Nurse with the Wyoming Valley Healthcare System.

The groom is a 1995 graduate of Dallas High School and a 1999 graduate of Wilkes University where he obtained a Bachelor of Arts Degree in Psychology and Elementary Education certification. Michael will also be receiving his Master of Science Degree in Education with a concentration in Classroom Technology from Wilkes University. He is a third grade teacher and baseball coach in the Dallas School District.

Following a honeymoon in Ocho Rios, Jamaica, the Viglones reside in Dallas.

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## Water workouts are just the ticket

By DAVE KONOPKI  
For The Post

DALLAS TWP. — It's not the Fountain of Youth. But the pool at the Anderson Center on the campus of College Misericordia has been keeping a group of local older women feeling young for more than a decade.

The women are among the nearly 40 people who participate in one of three water exercise classes at the Anderson Center. And the benefits can be physical and emotional, says class instructor Mary Bartos.

"It's a good workout, but it's low impact," said Bartos. "There's not a lot of jumping around or doing things where someone could get hurt. We tell the people to go at their own pace. It's really a lot of fun."

"There are certainly physical benefits, but there's so much more to it. We have a wonderful bonding friendship. I feel like I have a lot of aunts and grandmothers. It's a great feeling."

Dallas resident Ceil Kearney credits water exercise for helping her battle against arthritis and breast cancer.

"I needed to exercise," said the 74-year-old Kearney, who has been attending classes at the Anderson Center five times a week for more than 10 years. "I knew some people who were coming here and they suggested that I try it. They thought it would be a good idea, and it was. I love it."

"I still have my (original) knees," she added with a laugh. "I've seen a dramatic improvement in the arthritis. If it wasn't for the pool, I would have been a couch potato."

Shirley Goode calls herself one of the "original mermaids." The group of 17 women have

been doing water exercise at the Anderson Center since the pool opened in 1993.

"Unless the weather is bad or I'm out of town, I'm in the pool five days a week," said Goode, 77, who started the activity to help alleviate pain from arthritis. "When I don't come, my arms and legs hurt. I can really notice a difference. I'm in much better health than I was 11 years ago."

For some participants, the benefits go beyond an overall sense of feeling better. Just ask 82-year-old Dallas resident Dorothy Peiffer.

"The thing I've found most beneficial is that I don't have to take blood pressure medication when I exercise in the pool," she said. "I'm 82 years old and doing this brings my blood pressure down. If there's a reason I can't get to the pool, my blood pressure goes way up."

"Also, my backaches have stopped. There are so many benefits. I would really encourage people to try it. I can keep pace with people a lot younger than me."

There are two morning water exercise classes and one evening class at the Anderson Center. The first class — which includes Goode, Kearney and Peiffer — is held 8:30-9:30 a.m. Monday through Friday, while the second class takes place 9:45-10:45 a.m. Monday, Wednesday and Friday.

The evening class — under the direction of instructors Bonnie Konigus, Donna Udydyke and Ronan Price — is held 7-8 p.m. Monday, Tuesday and Thursday. The next session runs from January through May. The costs are \$165 for unlimited classes during the five months, \$43 for one month, or \$28 for the evening-only class.

### Lehman Twp selling address signs

The Lehman Twp. Fire and Ambulance Co. is selling 911 address signs. Each sign will be made at the fire hall, 25 Firehouse Rd., for every address in the membership area at a cost of \$12 each.

The reflective sign can be mounted to the mail post or house. This will assist emergency personnel in locating a residents.

Members will available from 6-8 p.m. on Tuesday, Wednesday and Thursday evenings, or call 675-5654.

### Low-cost dental clinic at LCCC

The Luzerne County Community College Dental Health Clinic at the College's campus in Nanticoke is open to the public. The clinic provides low cost preventive dental hygiene services including teeth cleaning, dental x-rays, and fluoride treatments. Appointments are available Mondays at 4 and 6 p.m.; Tuesdays, Thursdays, and Fridays at 1:30 and 3:30 p.m.

For more information, or to schedule an appointment, call 740-0446 or (800)377-LCCC, extension 446.

**The Dallas Post** Call 1-800-273-7130 For Local Pros

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