

How to get your listings published

Calendar items are published free of charge. Generally, items will appear the two weeks prior to an event. The best way to submit material is by e-mail, to: thepost@leader.net. You also may send it to The Post, 15 N. Main St., Wilkes-Barre PA 18711, or drop it in the box at Uni-Mart, Rt. 309, Dallas. Deadline is Monday at 3 p.m.

THIS WEEK

KIDSTUFF

December 29-31 - HOLIDAY CAMP, for ages 6 to 12, 9-10:30 a.m. Matisse collages, Rodin sculptures, O'Keefe paintings studied and used as inspiration for projects. \$15 for all three sessions. Dietrich Theater, Tunkhannock.

MUSIC

Dec. 30 - MIKE ANTOSH AND FRIENDS REUNION CONCERT, original acoustic music of local musicians. Surprise performers are back in town! 7 p.m. Tickets \$10. Dietrich Theater, Tunkhannock.

UPCOMING

HEALTH

Jan. 6-27, DIABETES SELF-MANAGEMENT PROGRAM, four parts, Jan. 6, 12, 20, 27, 10 a.m.-noon each day. Fr. Streit Enrichment Center, Mercy Hospital, 25 Church St., Wilkes-Barre. Info, registration, 826-3532.

STUDENTS, Mondays, K-6, 1-2 p.m.; 7-12, 2-3 p.m. Rock Recreation Center, 340 Carverton Rd., Trucksville. Info, 696-2769.

Jan. 13 - MOTHERS OF PRESCHOOLERS (MOPS), 9:30 a.m.-noon, High Point Church, 1919 Mountain Rd., Larksville. Free childcare is provided. Mothers and their children (ages infant-6) may attend. Info at 288-6481 or e-mail LORIBALT814@aol.com

KIDSTUFF

Jan. 5-Feb. 23 - PHYS ED FOR HOME SCHOOLED

Warringtons will swing at Contra dance

The Chicory House and the Folklore Society will showcase local talent at a New England Contra Dance on Saturday January 3, at 8 p.m. The dance is held at the St. Therese's Church, Pioneer Avenue at Davis Street in Shavertown. No partner or previous experience is necessary, and all dances are taught and called.

The Warrington family band features a repertoire of American, Celtic and English Country dance tunes. They are joined by Lisa Burse and Rob Lewis. Lucy Warrington and Lisa play fiddle, while Jean Warrington and Rob Lewis will add rhythm acoustic guitar, and Peter Warrington will provide bass rhythm.

Caller Bob Nicholson of Syracuse has often teamed up with the group in other dance appearances.

Contra dancing probably began during the 1500s in English Villages, but the name contra derived from the French "contre" (opposite) to reflect the long line of dancers facing each other. Contra dance figures are either choral or couple.

figures include moving the long lines simultaneously forward and back, or in groups of four in circles, stars, and heys (a figure eight pattern). Some of the couple figures include many common to square dancing, such as do-si-do, allemandes (turning by the right or left hand), and the balance and swing (a ballroom dance position).

Contra dancing is energetic and involves mixing with the other dancers as each couple performs a short routine with another couple before progressing onto the next couple and repeating the sequence. A different routine is taught before each dance by a caller who has everyone "walk through" the dance while explaining it. The dancing is moderately aerobic, but all figures can be accomplished with a walking step.

The Chicory house is an all-volunteer non-profit coffee-



The Warrington Family Band, with substitutes Lise Boors on fiddle and Rob Lewis playing guitar and percussion, will play at a New England Contra Dance January 3 at St. Therese's Church.

house, sponsoring folk music and dance in the Wyoming Valley. Admission is \$6 for adults and \$15 for families. Dancers are asked to wear soft-soled shoes and may bring a snack to share at intermission. Information is available at 333-4007.

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