



DMS Jazz Band performs at Capitol...Disney next

The Dallas Middle School Jazz Band, under the direction of Louis Piazza, recently performed at the state capitol in Harrisburg. They have also been invited to perform in April at Disney World in Florida. Anyone interested in donating to help curb the cost of the Disney trip is invited to send a check payable to DMS Jazz Band, c/o Dallas Middle School, PO Box 2000, Dallas, PA 18612. Jazz Band members pictured are, from left, first row: John Prater, Erica Lisses, Mike McLaughlin, Kevin Barry, James McAndrew, Molly Gilligan, Christopher Jayne, Maria Maas, Drew Clouse. Second row: Lou Pizza, Director, Senator Charles Lemon, Dan Gilbert, Nicole Clemson, Sarah Flannery, Beth Martindale, Cara Olson, Amanda Tomaselli, Michael Jayne, Kaitlyn Monahan. Third row: Anthony Roppa, Joey Evans, Joey Pretko, Laura Murgitroyde, Shana Weinstock, Kasia Szulborski, Mallory Kern, Lauren Kelly, Stacey Stepniak. Fourth row: Mark Gilbert, Bobby Vojtko, Jordy Thimot, Michael Calkins, Bryan Darling, Hillary Schaub, Courtney Besecker. Fifth row: Dianna Morgan, Cecelia Besecker, Mark Evans, Alex Gallagher, Michael Dennis.

Franklin Twp. needs planners

The Franklin Township Board of Supervisors is seeking applicants to fill two vacancies on the planning commission. The positions, which are not compensated, require attendance at monthly meetings to review subdivisions and land developments, and to make recommendations regarding planning and zoning to the Board of Supervisors.

Interested township residents can submit a cover letter and resume to the Franklin Township Business Office, RR 3, Box 220-M, Dallas PA 18612 by noon on Friday, January 23.

Vacancies will be filled at a special meeting of the Board on Monday, January 26 at 6:30 p.m. in the Franklin Township Fire Hall, immediately before the January meeting of the planning commission. For more information, call 333-5131.

Jackson Twp. tree dropoff

The holiday tree drop off for residents of Jackson Township will be held from Tuesday through Saturday, January 20-24, from 7 a.m. to 7 p.m. in the rear of the Jackson Twp. Municipal Building at 2211 Huntsville Rd.

All trees, must be live and cannot contain any metal or plastic items and cannot exceed six (6) inches at the base diameter.

Proof of twp residency may be required upon request.

Lehman Twp. sells 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 be available from 6-8 p.m. on Tuesday, Wednesday and Thursday evenings, or call 675-5654.



Dallas firefighters certified

Three members of Dallas Fire & Ambulance Inc. have attained certification as a Fire Fighter 1. Shown above are the three newest certified members, from left: Tim Rismondo, Cathy Moore and Ralph Schwartz.

Choral Society invites singers

The College Misericordia Choral Society, directed by John Curtis, will hold an open rehearsal period through February 3 for new members. Openings are available in all parts. The chorus will be preparing music by Antonin Dvorak in commemoration of the 100th anniversary of his death, as well as spirituals by his pupil H.T. Burleigh.

The Choral Society is a 500-voice chorus comprised of students, staff and faculty of the college, as well as members of

the community. It has gained a reputation for bringing fine performances of great music to the Back Mountain and the Wyoming Valley.

All are welcome to join and no audition is necessary. Rehearsals are Tuesday evenings from 7 to 9:30 p.m. in the Kennedy Lounge of the Banks Student Center on the College Misericordia campus. For more information, contact Dr. John Curtis at 674-6739 or visit www.misericordia.edu/choral_society.

PSU W-B slates week of honors to Dr. Martin Luther King, Jr.

Monday through Friday, January 19-24, the Nesbitt Library at Penn State Wilkes-Barre will remember Martin Luther King, Jr. with a week-long program of book displays, suggested reading lists and continuous running videos of Dr. King's speeches. On Monday, James Chester will lecture at noon on African-American Ethnicity and Dr. Martin Luther King, Jr. in Hayfield House 105. A question and answer period will follow. Mr. Chester is Act 48 Certified by Penn State University and a PA Dept of Education Professional Development Certified Provider. He was formerly with the Dept of Environmental Resources and the Treasurer for the Northeast Network.

These events are sponsored by the Campus Environment Team and/or the Nesbitt Library. For more information, call 675-9284.

Fresh Air Fund seeks host families for 2004

The New Year gives families an opportunity to make resolutions about activities they can do together in the coming year. In 2004, help the children of New York City by volunteering to be a host family for The Fresh Air Fund. Volunteering as a family is a chance to spend time together and to introduce children to volunteerism and community service.

Since 1877, New York City children growing up in low-income neighborhoods have experienced the joys of summer in suburban and small-town communities through The Fresh Air Fund's Friendly Town Program. By welcoming visitors into their homes during the summer, host families give Fresh Air children a break from the sometimes dangerous, hot

and crowded city streets.

For more information on hosting a Fresh Air child, call Karin Spak at 655-9342 or The Fresh Air Fund at (800) 367-0003, or visit www.freshair.org.

Master Gardener program starting

The Penn State Cooperative Extension of Luzerne County will be offering a Master Gardener training program for volunteers beginning February 4 and running through April 7.

In exchange for 30 hours of indoor instruction, candidates must agree to donate 50 hours of volunteer service to Penn State Cooperative Extension within the first year.

There is a program fee of \$75. Applications must be returned no later than January 19. For more information call 825-1701.

Jackson Twp. building permits

Jackson Township Zoning officer reminds all residents that the Township has an ordinance that requires a building permit for any new construction, repairs, alterations, etc. being done to any building or property. Building Permits may be applied for at the Zoning office in the Municipal Building, 2211 Huntsville Road. Zoning Office Hours are Monday, Wednesday and Friday 9 a.m. to Noon.

SPINNING INTENSITY ATHLETICS

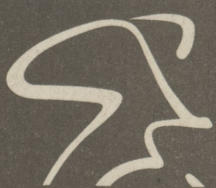


Instructor Paula Pickarski leads a spinning class through intervals designed to improve health and fitness. The spinning program welcomes participants of all fitness levels. Classes at **INTENSITY ATHLETICS** are offered seven days a week.

CLASS SCHEDULE

Monday: 5:30 p.m.
Tuesday: 5:45 a.m.
7:00 p.m.
Wednesday: 8:00 a.m.
Thursday: 5:45 a.m.
9:15 a.m.
7:00 p.m.
Friday: 8:00 a.m.
Saturday: 7:15 a.m.
Sunday: 7:15 a.m.

SPINNING



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Call around for prices — then make us your last call!
We'll beat any advertised home heating oil price in our area by
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JAGS
Custom Shutters
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Leap For Learning
 Open House Week at Trucksville Nursery School
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January 26 - 30
Call today for Appointment!
696-3899
for children ages 2 1/2 through 5
Openings available for January 2004

RESEARCH MATTERS

by Dr. David J. Madeira



"Walk Away From Winter Colds"

Add one more benefit to the growing list of good things that come from regular moderate exercise. In addition to easing depression, preventing heart attacks, increasing strength and endurance, improving sleep quality, and reducing cholesterol and weight, regular moderate exercise can reduce your risk of catching the common cold.

A recent USCC set out to understand the relationship between physical activity and the risk of upper-respiratory tract infection, also known as the "common cold." Researchers estimate the average adult may be hit with two to five colds each year.

The researchers studied 547 healthy adults between the ages of 20 and 70 (the average age was 48). After assessing the data, the USCC team found that subjects who had a moderate to high level of physical activity experienced 25% fewer colds than those whose daily activities were relatively low. And for some reason, during autumn months that number jumped to 32% fewer upper respiratory infections. In general, these benefits were slightly more pronounced among the men.

Researchers found that the benefits of reduced risk of colds can be attained with moderate physical activity each day, such as a 30-minute walk or even mowing the lawn. In addition, high levels of physical activity may have negative effects on the immune system and could increase the risk of catching a cold. Running a marathon, for instance, can deplete the immune system defenses, leaving a runner vulnerable to colds and other illnesses in the week following a marathon race.

For more information on cold and flu prevention, or if you have an ankle, knee or low back injury that prevents you from engaging in regular exercise, please give me a call.

*Moderate to Vigorous Physical Activity and Risk of Upper-Respiratory Tract Infection. Medicine & Science in Sports & Exercise 2002;34:1242-1248



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