

Free tax help at College Misericordia

Low-income and elderly residents can obtain free assistance in preparing their income tax returns from College Misericordia's Volunteer Income Tax Assistance Program (VITA). New this year is College Misericordia's partnership with Choice One Federal Credit Union, Wilkes-Barre, which will enable the college to further expand the free services it offers to area residents.

Students and other volunteers from the college prepare federal, state, and local tax returns for people meeting eligibility requirements. Common problems for which VITA can provide advice include: trying to file a schedule D (capital gains and losses), Schedule EIC (earned income credit), child tax credit, child and dependent care expenses credit, PA property tax and rent rebates, and the special tax forgiveness form for the state.

Tax assistance sessions are scheduled for these Saturdays between 9 and 11 a.m. at College Misericordia, Lake St., Dallas: March 27, April 3. Interested persons must schedule an appointment to ensure prompt service. For more information or to schedule an appointment, call 674-6430.

Dallas Borough tax office hours

Dallas Borough Real Estate Tax bills were mailed on March 12. The tax rebate period will run through May 11. Dallas Borough Tax Collector Mark VanEtten will have office hours during the rebate period at the Dallas Borough Building located at 25 Main Street, Dallas on Saturday March 27, April 17, May 1, and May 8 from 8:30 a.m. to 12 p.m. also on Wednesday April 28, Thursday, April 29, Wednesday, May 5 and Tuesday, May 11. To mail bills, send to:

Mark W. VanEtten, Jr.
Dallas Borough Tax Collector
PO Box 447
Dallas, PA 18612
To contact the tax collector, call 675-1878 or e-mail DallasBoroughTax@aol.com



Scout spaghetti dinner Saturday

Boy Scout Troop 155 will be holding its annual Spaghetti Dinner on Saturday, March 27, from 3 to 7 p.m. at the Trucksville United Methodist Church's Education Building. Dinner price of \$6 for adults and \$3.50 for children under 10 includes fresh pasta, meatballs and sauce, tossed salad, Italian bread, and an assortment of tasty home baked desserts. Takeouts are available throughout the dinner. Tickets are available from any Troop 155 scout or from the Trucksville church's office. Call 675-4201 with questions.

Pictured from left: Meg Lombard, Tom Duffy, Kyle Baines, Joe Duddy, Robert Welnoski, Jr., Ed Transue, Joseph McDaniels, Jr., Chris Shrader.

Friends of Library announce poetry contest

All area residents in the fourth grade or older are invited to participate in the first annual poetry contest sponsored by The Friends of the Back Mountain Memorial Library. Contestants may submit an original, unpublished poem by April 1 to be included in the judging. There is no entry fee, and the top prize is \$100. Winners will be notified by April 19. The top three winning poems will be read at the 16th annual Luncheon with a Special Author at the Appletree in Dallas on April 29 and will be published in the Friends Newsletter.

For information on contest rules and a registration form, log on to: www.bmmfriends.org or visit the Back Mountain Memorial Library, 96 Huntsville Road, Dallas.

Pictured above are committee members. From left, seated: Melanie Maslow Lumia, editor of GOT VERSE and guest speaker at the April 29 luncheon, and Jill Kryston, president of The Friends and co-chair of the poetry contest. Standing: Sandy Peoples, publicity chairperson; Pam Allardyce; Claudia Stevens, co-chair of the luncheon; Vi Gommer, co-chair of the poetry contest.



North Branch Water Trail advisory meetings slated

Interested parties are invited to attend the second round of advisory committee meetings for the Susquehanna River North Branch Water Trail. Meetings are scheduled for 1 p.m., March 23 at the Susquehanna Depot Borough conference room; 2 p.m., March 25 in the Sullivan Room at Shadowbrook Inn and Resort in Tunkhannock; and 2 p.m., March 30 at the Community Corporation Building at 121 Main Street, Wyalusing.

Advisory committee attendees will be updated on the developing water trail project. Funding for the water trail was made possible by a \$45,000 grant from the National Park Service administered by the Endless Mountains Heritage Region (EMHR). Information will be available at the meetings on several upcoming special events and activities on the North Branch of the Susquehanna River.

The headwaters of the North Branch begin in New York, entering Pennsylvania near Sayre in Bradford County. The river continues through Wyoming County, joining the Susquehanna River near Pittston and West Pittston in Luzerne County. This 88-mile stretch of the North Branch primarily flows through the small towns, rural

landscapes and rolling hills that make up the Endless Mountains Heritage Region.

EMHR is a State Heritage Park encompassing Bradford, Sullivan, Susquehanna and Wyoming counties. The new water trail will become part of the Chesapeake Bay Gateways Network that provides access to scenic, cultural, geological, historical points of interest, attractions, and activities along the river.

The North Branch water trail will outline routes for canoe, kayak and small, motorized watercraft. It encompasses a recreational corridor adjacent to the river identifying access points, boat launches, day use and overnight camping areas. Veleker sees it as an opportunity for regional partners to plan a "community friendly" water trail along the Susquehanna.

For more information contact EMHR, 10 Park Street, Towanda, 18848; emhr@epix.net; 570-265-1528, or explore EMHR on the web: www.endlessmountainheritage.org. More information about the Heritage Parks Program is available at www.dcnr.state.pa.us. For more information on DCON's rivers program, visit www.dcnr.state.pa.us and click on "rivers."

Historical Assoc. seeks award nominees

The Luzerne County Historical Association is accepting nominations for its annual Historic Preservation Awards. The awards recognize successful examples of restoration, rehabilitation or adaptive reuse of historic buildings and/or properties in the county.

Winning nominations will be presented and the awards conferred at the Society's Annual Dinner, April 23.

Private, public, commercial and residential buildings are eligible. Nomination forms are available at the Luzerne County Historical Society, 49 South Franklin Street, Wilkes-Barre or by calling 823-6244. Nominations must be in by March 26.

Lake Township tax office open Saturday

Lake Township Tax Collector Donna Kocher reminds residents that the 2004 School Property and Per Capita taxes were mailed on Monday, March 1. Anyone who did not receive their tax bill should contact the office at 639-1522.

In addition to the hours and office location printed on the

bill, taxes can be paid in person at the municipal building on Saturday March 27 and Saturday April 10 between the hours of 10 a.m. and 2 p.m.



Library auction committee to meet Thursday

Paul Nicholson, chairman of the 2004 auction being held by the Back Mountain Memorial Library on July 8-11, led the discussion at a recent meeting of the auction committee. Shown are, from left, seated: Gloria Bilder, Bennie Matchett, Jim Snyder, Sybil Pelton, Connie Scott, Bonnie Brakefield, Nadine Young, and Kim Stager.

Standing: Ernie Ashbridge, Karen Boback, Karen Shuster, Michael Klug, Joe Dwinchick, Paul Nicholson, Pauline Kutz, Peggy Harvey, Barbara Kohler, Natasha Hennings, Martha Butler, and Fred Krohle.

The next meeting of the committee will be held on Thursday, March 25, at 7 p.m. in the community room. More volunteers are needed, and will be welcome at the meeting. For further information, call the library at 675-1182.

PACE/PACENET applications available

Senior citizens who rely on prescription drugs to stay healthy may qualify for financial assistance through the state's newly expanded PACE and PACENET prescription drug assistance programs. This year, the PACE income limits have been increased by \$500, allowing more seniors to access the program's benefits. It now includes single senior citizens with incomes up to \$14,500 and married seniors with incomes up to \$17,700. PACENET income eligibility limits are between \$14,500 and \$23,500 for single seniors and between \$17,700 and \$31,500 for couples. PACENET participants are required to pay a monthly \$40 deductible, and then are only responsible for an \$8 copay on generic drugs and \$15 for brand name prescriptions. PACE participants pay \$6 copayment for each generic prescription and a \$9 copayment for brand name medications. Copays will be reviewed annually and amounts will be set by

the Department of Aging.

The law creates a Pharmaceutical Assistance Clearinghouse, which gives seniors access to information on public and private assistance programs available to help them pay for medications. In addition, the law calls on the Department of Aging to study pharmacy best practices and cost control programs.

Created by the General Assembly and funded by the state lottery, the programs are open to low-income Pennsylvanians age 65 or older.

For more information about PACE/PACENET or for an application, contact one of these state legislators:

- Rep. George Hasay, 5315 Main Rd., Sweet Valley, or 862 State Rt. 29 South, Tunkhannock, 836-1247.
- Rep. Phyllis Mundy, 400 Third Ave., Kingston, 283-9622.
- Sen. Charles D. Lemmond, 22 Dallas Shopping Ctr., Dallas, 675-3931.

Gardening workshop at Penn State

The Penn State Cooperative Extension Master Gardeners of Luzerne County are hosting "Spring into Gardening" workshops for the home gardener. Workshops include: Vegetable Gardening, Summer Bulbs in the Flower Garden, The Herb Garden, Container Planting, and Pruning. Workshops will be held Saturday, March 27 at Penn State Wilkes-Barre Campus in Lehman at the Science Building from 10 a.m. to 3:30 p.m. The \$5 fee covers any or all workshops for the attendee. A door prize will be given away in each session.

Call 825-1701 or 1-888-825-1701 for more information or to register.

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RESEARCH MATTERS

by Dr. David J. Madeira



"Pregnancy And Painkillers"

I have used this column numerous times to warn of the dangers of commonly used pain killers. I'm going to do it again because what you don't know may kill your unborn child.

In a prospective cohort study of 1055 pregnant women in the Kaiser Permanente population of northern California, researchers found that the use of NSAIDs or aspirin around the time of conception or during pregnancy increased the risk of miscarriage by 80%.

53 women (5%) reported prenatal NSAID use around conception or during pregnancy. After adjustment for potential confounders, prenatal NSAID use was associated with an 80% increased risk of miscarriage. The association was stronger if the initial NSAID use was around the time of conception or if NSAID use lasted more than a week. Prenatal aspirin use was similarly associated with an increased risk of miscarriage.

All drugs have side effects, but these "over the counter" drugs are particularly dangerous because they are viewed as "safe". But you don't have to suffer to protect your baby. For over 100 years, Chiropractic has safely provided significant pain relief to pregnant mothers without the use of dangerous drugs. If you have pain and would like to avoid the dangers of drugs, call our office for an appointment and let the relief begin.

Li DK, Lui L, Odouli R. Exposure to non-steroidal anti-inflammatory drugs during pregnancy and risk of miscarriage: population based cohort study. *BMJ* Aug 16, 2003;327:pp368-71



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