

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

S	M	T	W	T	F	S	S
30	31	1	2	3	4	5	6

COMMUNITY

June 5 - FLEA MARKET, 9 a.m.-2 p.m., Mountain Grange 567, Carverton. Food and beverages all day. For table rentals, call 477-5462.

DANCE

June 5 - CONTRA DANCE, 8 p.m., Wyoming Seminary Lower School, 1560 Wyoming Ave., Forty Fort. Caller, Ted Crane; band, Friends & Kin. Sponsored by the Chicory House. Info, 333-4007.

HEALTH

June 1-29 - DIABETES SELF MANAGEMENT, Tuesdays, 10 a.m.-12 noon, Fr. Streit Enrichment Ctr., Mercy Hospital, Wilkes-Barre. Physician referral required. Info, registration, 826-3532.

June 3 - ALZHEIMER'S SUPPORT GROUP, 11 a.m., Meadows Nursing Center, 55 W. Center Hill Rd., Dallas. Public welcome. Info, 822-9915 or 675-8600, ext. 195.

June 4 - AMERICAN CANCER SOCIETY RELAY FOR LIFE, Colledge Misericordia Mangelsdorf Field, 5 p.m. to June 5, 5 p.m. A 24 hour team event to fight cancer. Food, music, activities. Free. Luminaria ceremony, 8:30

p.m. June 4 Info, call ACS at 1-888-227-5445.

KIDSTUFF

June 5 - NATURE CAMP REGISTRATION, beginning at 10 a.m., Frances Slocum State Park. First come, first served. Non-refundable fee of \$20 per child, due with registration. Info, 696-9105.

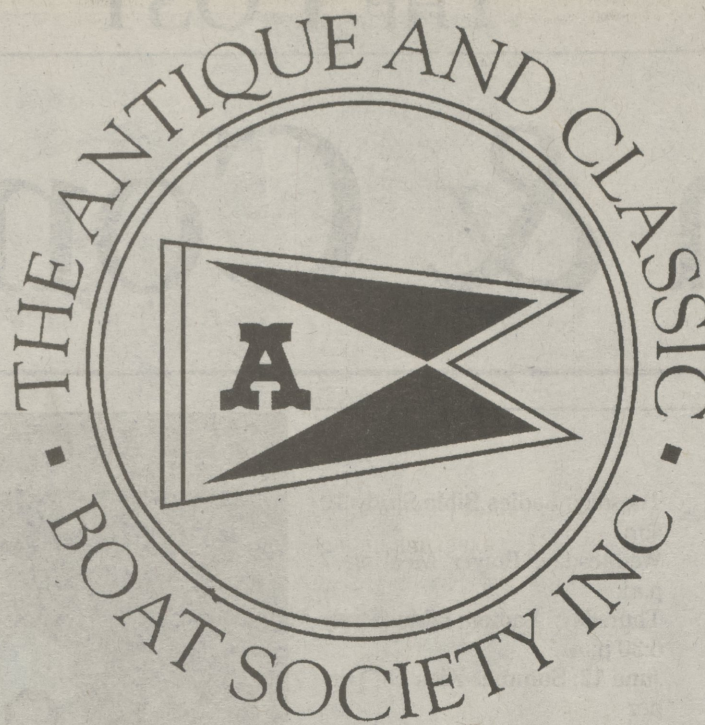
OUTDOORS

May 30 - NATURE WALK, 2 p.m., leisurely hike. Frances Slocum State Park. Meet at Pavilion 3. Info, 696-9105.

May 30 - LET'S TALK TURKEY, 7 p.m., presentation by Tony Hudak, wild turkey expert. Frances Slocum State Park campground amphitheater. Info, 696-9105.

June 5 - NATIONAL TRAILS DAY BIKE RIDE, meet before 9 a.m. on Carverton Rd. at Frances Slocum State Park. Ride to Susquehanna River via levee trail.

June 5 - WYOMING VALLEY RIVERFEST 2004 in Wilkes-Barre's Nesbitt Park and two canoe trips on the Susquehanna River, one in the morning and one in the afternoon. The North Branch of the Susquehanna has been named Pennsylvania's Featured River of the Year. Info, 718-6507.



14th Annual Boat Show at Harveys Lake

An Antique and Classic Boat Show sponsored by the Northeastern Pennsylvania Chapter of the Antique and Classic Boat Society will be held on Saturday, June 5, 10 a.m. to 4 p.m. at Grotto Restaurant and Marina, Route 415, Harveys Lake. A boat parade will commence at 4:15 p.m.

Over 50 antique and classic boats will be displayed from the Mid-Atlantic states along with antique and classic cars. The local chapter of A.C.B.S. sponsors boat shows and cruises on various lakes in Northeastern Pennsylvania and the Northeast River-North East, Maryland.

UPCOMING CLASSES

June 19 - WATERCOLOR SEMINAR, starting at 9 a.m., at the Tunkhannock Public Library. A couple of small water color projects will be done for practice prior to a larger piece. Paper, paints and a mat for the finished project will be supplied. Bring an Ultra Fine Point Sharpie marker, 1/2" angle brush, #8 or 10 round and a liner brush plus regular painting supplies. Presented by The Pennsylvania Heartland. Register by June 12, 869-2507.

DANCE

June 10 - BRAVO DANCE, year-end performance, 7 p.m., Dart Center, Wilkes University. Tickets \$12 at Bravo Dance or at the door.

June 12 - SQUARE DANCE, with caller Red Jones and the Polka Dukes, 8-11 p.m., Father Nallin Hall, 99 E. Tio-ga St., Tunkhannock. Tickets \$10 at the door. Food and refreshments available. Proceeds benefit the Tunkhannock Public Library.

OUTDOORS

June 10 - GREEN ISN'T ALWAYS GOOD, a native wildflower slideshow, 6:30-7:30 p.m. Join Carissa Reilly-Longo, Environmental Educator, as we explore the outdoor landscape. Learn how & where to purchase native wildflowers for your garden. Free. Wild Birds Unlimited, Dallas Shopping Center.

SPECIAL EVENTS

June 13 - 12th ANNUAL SURVIVORS CELEBRATION, 1-4 p.m. at Montage Mountain. Displays, food, live music, children's activities. Free. To register or for more information, 941-7984 or (800) 424-6724.

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ONGOING

COMMUNITY

EVENING PUBLIC SWIM, Wednesdays and Fridays, 6:30-8:30 p.m.; Sundays 2-5 p.m. Dallas Middle School pool is open to the public for lap and recreational swimming. No one under 18 admitted without a parent or guardian. Proof of residence and a \$2 daily fee.

FAMILIES HELPING FAMILIES, Wednesdays 6-8 p.m., St. Paul's Lutheran Church, off Rt. 118, Dallas. For families with chemical dependency, in cooperation with Clear Brook Inc.. Info, 823-1171.

EXHIBITS

Through May - PORTRAITS FROM LIFE by MaryLouise Chibirka, open when movies are scheduled. Featuring Wyoming County residents Dietrich Theater, 60 E. Tio-ga St., Tunkhannock. Info, 996-1500.

Through July 6 - GEORGE L. SCHELLING - A LIFE-TIME OF ART, Lizza Studios, 155 Bridge St., Tunkhannock. Nationally renowned artist and illustrator George Schelling is known for his wildlife, landscape, western and seascape paintings. Gallery hours: M-F, 9 to 5; Sat. 10-5. Info, 836-8806.

HEALTH

BACK MT. FREE MEDICAL AND LEGAL CLINIC, every Friday, 6:30 p.m., Fr. Sammons Hall at St. Therese's Church, Pioneer Ave., Shavertown. Strictly confidential and non-denominational. Volunteer doctors, nurses and greeters are welcome. Call Maureen at 696-1427 with questions.

GRIEF SUPPORT GROUP every Tuesday from 6:30 p.m. to 8 p.m. offered by the Hospice Care of the Visiting Nurses Association. Thomas P. Saxton Medical Pavilion Health Enhancement classroom, 468 Northampton St., Edwardsville. For info or to register, call 552-1391.

Memorial Sunday Motor Madness

A Sunday Motor Madness Demolition Derby and Tuff Truck day will be held May 30 starting at 1 p.m., at the Kiwanis Wyoming County Fairgrounds in Meshoppen. The Memory Chasers Car Club, Ltd. will have their annual show during the day. Ticket prices for the demo derby and the car show are: Children 6-12 \$4 presale, \$6 at the ticket gate. Adults \$5 presale, \$7 at the gate.

All proceeds will go to the Kiwanis Fair, which has over 20 local organizations and groups included in their yearly donations.



Jenny Bowen, Montrose; Ann Searfoss, Carverton; and Sue Hand with some of the art that will be on display.

Theme art show at Sue Hand's

Seven area artists will exhibit their artwork at the 7th Annual Theme Show Invitational Art Exhibit at Sue Hand's Imagery, 35 Main Street, Dallas, during Memorial Day weekend. Each artist will exhibit six to 12 pieces of art showcasing their chosen subject, media and style. Local artists include: Sue Hand of Dallas, "Apotheosis of Pemaquid" realistic watercolor; Dave Hoffman of Harvey's Lake, "Scenes from Russia" realistic watercolor; Marcie Jones of Hunlock Creek, "A Glimpse of Wales" romantic oils; Jean Miller of Dallas, "Clowning Around" Impressionistic watercolor; Janice O'Brien of Harvey's Lake, "Magical Moments" realistic graphite; Ann Searfoss of Carverton, "Cats in My Garden" romantic acrylics; and Ruthy Sizemore of Beaumont, "Wolves" realistic oil. They will be joined by eight other artists from Luzerne and Susquehanna counties. The public is invited to attend the exhibit Monday, May 31 (Memorial Day) from 2-4 p.m.

RESEARCH MATTERS

by Dr. David J. Madeira



Hey! Lose Some Weight!

On April 19th, *Yahoo news* reported... "Even though obesity has become a national epidemic, doctors continue to not advise their patients to lose weight. Research showed that in the year 2000, only 40 percent of doctors advised their patients to drop some weight. This was a drop from the 42.5 percent in 1994.

It was discovered that the patients who were recommended by their doctors to lose weight were around three times more likely to follow through and lose the weight than those patients who weren't given any recommendations.

Experts stated that diagnosing obesity in patients, advising treatment and scheduling regular check ups was just as important as treating hypertension and diabetes. Experts have also urged doctors to include advising weight loss to overweight patients due to its link to serious health consequences such as diabetes, stroke, high blood pressure, heart disease and certain cancers.

Statistics revealed that 30 percent of U.S. adults are afflicted with obesity.

The defense offered by doctors was that they didn't feel they had enough knowledge on obesity to offer recommendations on it. Other experts claimed that doctors' lack of recommendations regarding obesity stemmed from the absence of training and education on nutrition."

At the Better Health Center, we have been telling patients to lose weight for 14 years and Dr. Madeira has the nutritional training and experience to help you lose the weight safely. Call today if you would like an appointment to discuss weight loss with Dr. Madeira.



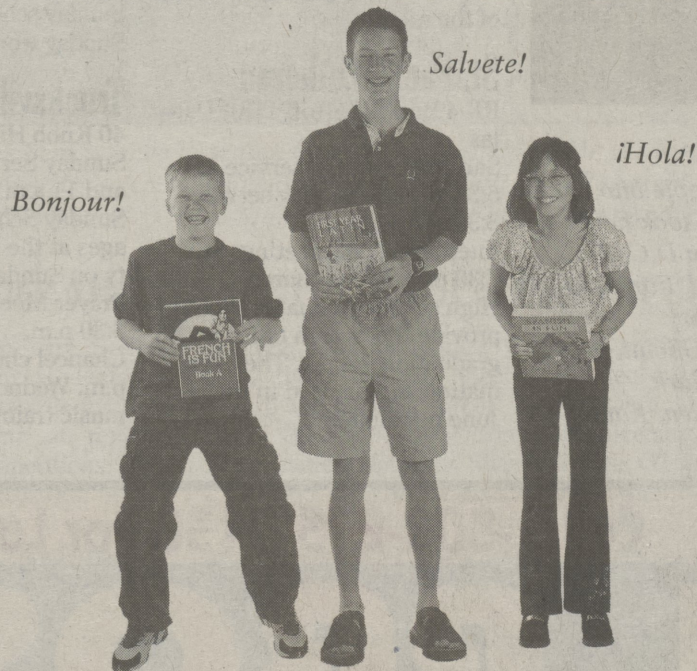
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- music students may choose among band, jazz band and select chorus.
- students may try out for any of nine competitive sports.
- community service days are incorporated regularly into the school calendar.

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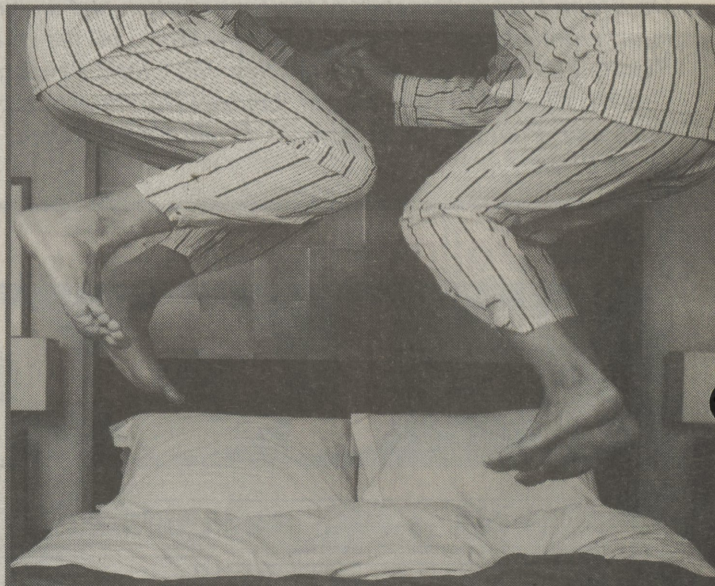
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