

Signups for Kingston Twp. rec program end June 27

The 2004 Kingston Township Summer Recreation Program will be held from June 21 through August 13. The program is open exclusively to resident children of Kingston Township who have completed kindergarten up to 12 years of age at time of registration. Proof of residency, such as a tax bill or driver's license will be required at the time of registration.

Registration fees are \$25 for the first child and \$15 for each additional child per family and must be paid at the time of registration. Each child registering will receive a township logo t-shirt, and sizes will be requested during registration. For more information, call the Kingston Township Municipal Building at 696-3809.

This program will be conducted each weekday, weather permitting, from 9 a.m. until 4

p.m. Program participants will meet at the Center Street Park each morning. Children should bring a bag lunch and drink each day. Parents are reminded that the children are responsible for their own admission fees for field trips, swimming, and other activities.

The recreation supervisor and counselors will have many exciting and enriching activities planned for the children. Each day spent at the Center Street Park will include sports, games, guest speakers, music, and arts and crafts. In addition, there will be several field trips throughout the summer.

Registration will be accepted at the administration office, June 21 through June 25, 8:30 a.m. to 4:30 p.m. The last day for registration is June 27. Registrations will not be accepted after the deadline, June 27, at 4:30 p.m.



Pottery badge winners

The Back Mountain Girl Scout Troop 2631 earned the pottery badge through clay instruction at New Visions Art Studio, Shavertown, under the direction of Sara "Missy" Eneboe. Seated, Julia Fries. Standing, from left: Shelby Smith, Kirby Smith, Zoe Evans, Jessica Kreidler, Jessica Valenti.

Student art on display

New Visions Art Studio announces first place winners from student art show will be on display at The Waterlily, Overbrook Rd., Shavertown, through June 22. The work displays a variety of subjects and mediums. Students are under the art direction of Sara "Missy" Eneboe.



Bradley Walter Adams and Stephanie Lynn Thuss

Adams, Thuss to marry in July

Mr. & Mrs. Richard Thuss, Berryville Virginia, announce the engagement and approaching marriage of their daughter, Stephanie Lynn, to Bradley Walter Adams, son of Mr. & Mrs. Walter Adams, Shavertown.

The bride to be is a graduate of Council Rock High School, Newtown, Pa. and has a Masters Degree in Occupational Therapy from College Misericordia, Dallas. She currently works for Loudon County Public Schools in Leesburg, Virginia.

The prospective groom is a graduate of Dallas Fligh School and earned a Bachelor of Science Degree in Elementary Education from Kings College, Wilkes-Barre. He is currently pursuing a degree in Masters of Curriculum from Shepherd's College, Harper's Ferry, West Virginia. He currently works for Loudon County Public Schools in Leesburg, Virginia.

The couple will exchange vows July 24 at an evening wedding and reception at Whitehall Estate, Bluemont, Virginia.

Jackson Twp. taxes due

Face value will end June 28 for Jackson Township property taxes. The tax office will be open the following hours: June 25, 3-7 p.m.; June 26, 12 noon-2 p.m.; June 28, 3-7 p.m. If these hours are inconvenient, call the township office at 675-8371.

Franklin Twp. permits

The Franklin Township Board of Supervisors would like to remind Township residents that permits are required for new construction, additions, swimming pools, and business signs. Additionally, the Township has ordinances that govern the installation/resurfacing of driveways, the causing of a nuisance, and the barking of dogs. All Township ordinances and a complete fee schedule may be viewed at the Business Office by Township ordinances and a complete fee schedule may be viewed at the Business Office by calling 333-5131.

Dallas Borough curbside yard waste collection

The Dallas Borough Public Works Department will pick up yard waste at curbside each week through the summer months, with collections on Tuesdays and Wednesdays. There will be no curbside collection the week of Spring Cleanup, May 3-8.

Following are guidelines for the curbside yard waste collection program:

- 1) The Public Works Department will collect a maximum of two green recycling containers (or equivalent) per household.
- 2) All yard waste must be placed in containers. No loose items will be collected and will be left curbside if not placed in a container.
- 3) Branches placed curbside for collection must be bundled in lengths not to exceed six feet.
- 4) Each container should weigh 30 lbs. or less to prevent injury to the road personnel.
- 5) The curbside yard waste program is designed to collect grass clippings, trimmings and small amounts of yard debris. Whole trees or amounts that exceed the two-container limit listed above will not be accepted.

The Dallas Area Municipal Authority (D.A.M.A.) will accept dropoff of any yard waste during regular business hours at the D.A.M.A. facility in Kingston Township. Call D.A.M.A. at 696-1133 for hours of operation and dropoff policies.

Standing water caution

KINGSTON TWP. — Residents are asked to eliminate any accumulation of stagnant water on their property to help prevent the spread of mosquitoes. It is unlawful to have any collection of standing water in which mosquitoes are likely to breed, unless the water is treated or maintained to prevent breeding. The only exception is for agricultural purposes. The Pennsylvania Department of Environmental Protection and Health warn there is a chance the West Nile Virus could be spread into Pennsylvania this summer by the common mosquito. For additional information, contact the zoning officer at 696-3809, or the Health Department at 1-877-PA-HEALTH.

Sale signs must be removed

KINGSTON TWP. — Signs for garage/yard sales should be attached to individual stakes and should be removed no later than two days after the sale. It is illegal to attach the signs to utility/telephone poles or trees. Violators may be fined up to \$300. For additional information, contact the zoning officer at 696-3809.

Grass must be kept trimmed

KINGSTON TWP. — The vegetation ordinance requires that all grass or weeds on occupied properties be kept trimmed to a maximum height of six inches, or they may be declared a nuisance and fines assessed. For additional information, call the zoning officer at 696-3809.

Deadline for submitted news is Wednesday at noon.

E-mail is the best method - thepost@leader.net

RESEARCH MATTERS

by Dr. David J. Madeira



Nutrition and Breathing

Anyone who experiences the symptoms associated with COPD (Chronic Obstructive Pulmonary Disease -- things like asthma, emphysema and chronic bronchitis) might benefit from eating more Vitamin C and magnesium-rich foods and supplements.

Studies have shown that lung function deteriorates for all of us as we age, making us more susceptible to predatory viruses that cause pneumonia and other respiratory complications like dyspnoea (difficulty with breathing or catching your breath). Fortunately, there are dietary nutrients that support healthy lung function.

A 1991 study that surveyed more than 2,500 subjects to assess the relationship between diet and COPD. Nine years later half of the original group participated in a follow-up survey.

Researchers reached two important conclusions:

- 1) Subjects who consumed higher amounts of Vitamin C had better lung function;
- 2) Higher Vitamin C and magnesium significantly improved lung function in COPD.

The researchers didn't offer a recommendation about the dosage level of vitamin C and magnesium required to reap the protective benefits, but the study indicates that the average participant in the survey was not supplementing with megadoses.

So make sure to eat 5 servings of Vitamin C rich foods such as citrus fruits, berries, kiwi, melons, green peppers, broccoli, kale and cauliflower everyday. For magnesium try nuts, legumes, meats, dark green vegetables and dairy. A whole food vitamin supplement will fill in for the days you don't get your "5-a-day." For more natural strategies for dealing with your symptoms, please call for an appointment.



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*Medicine in Science Study 2001

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