

Library

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latest farmer to join in the venture; there is still room for more booths. The Farmers Market will continue until Saturday, October 2.

In conjunction with the Dallas Harvest Festival, the Friends of the Back Mountain Memorial Library are presenting "Wordhorde," an open-mic forum for the performing arts — poetry, music, and theater — on Friday, Sept. 17, from 7 to 9 p.m. at the library. It is open to 9th-graders through adults. There will be a sign-up sheet at the library desk starting on September 13.

By popular demand, another American Red Cross baby-sitter class is scheduled for Saturday, October 2, from 10 a.m. to 1:30 p.m. It is an intensive course treating all facets of what it takes to be a responsible baby-sitter, and includes a handbook. Participants should bring a bag lunch. Registration and a check made out to the American Red Cross in the amount of \$40 must be received at the library desk no later than Friday, Oct. 1.

The Slightly Read Book Store will reopen on Wednesday, September 8. Keep an eye out for bargains offered by Manager Fred Krohle.

The Haunted Library is coming in October! Adult volunteers are needed in all capacities: cleanup of the haunted rooms, the maze, games, outdoor decorations, setup and tear-down, plus guides, face painting, selling tickets, food booth, assisting with costumes, portraying characters, monitors, soliciting donations, and making phone calls. Sign up at the front desk as soon as you can.

The 2005 edition of the perennially favorite Entertainment Book is now available at the library. You may take advantage of the bargains immediately — no need to wait until 2005. The cost remains at \$25. Profits benefit the library.

If you think you or a member of your family may have left an item in the library by mistake, be sure to check the lost-and-found box. There are several items of value in it right now.

OBITUARIES

JOSEPH SICKLER
Native of Tunkhanock

Joseph L. Sickler of Dallas died August 20, 2004 at Geisinger Wyoming Valley Medical Center.

He was born in Tunkhanock on Feb. 25, 1938, son of the late Clarence S. and Ethel Brown Sickler. He was a graduate of Tunkhanock High School, Class of 1957, and a former member of the Army Reserve.

He was preceded in death by a brother, Carl Sickler; and sister, Pearle Sickler.

Surviving are his wife of 43 years, Barbara Kennedy Sickler; son, Chuck Sickler of Dallas; son and daughter-in-law, Joseph and Deborah Sickler of Vernon; daughter and son-in-law, Linda and Gerald "Buster" Coolbaugh of Tunkhanock; brothers, Leland of Nicholson; John of Tunkhanock; sisters, Elizabeth Sickler, Doris Garinger, Grace Rodgers, Clara Traver, all of Tunkhanock; Carol Chisenhall of Waverly; four grandchildren, Pete, Mike and Mitch Sickler; Kasie Warrelman; great-grandchildren, Alexis Warrelman and Kylie Marie Sickler.

Interment, Sunnyside Cemetery, Tunkhanock.

Memorial contributions can be made to the Bowman's Creek Free Methodist Church, 10 state Route 309 South, Tunkhanock, Pa.

The Post publishes obituaries of Back Mountain residents, natives or those who have a long connection to the area.

Send obituaries to: The Post

15 N. Main St. Wilkes-Barre PA 18711

JOHN GRIFFITH
Dallas High graduate

John Thomas Griffith, 47, died August 16, 2004, at Crozer Chester Medical Center, Upland.

Mr. Griffith was born in Bridgeport, Conn., and lived in Bethel, Conn., for a short period of time before moving to Dallas, in 1970. John graduated from Dallas High School in 1975. He then graduated from Wilkes University, Wilkes-Barre, in 1979, where he received a Bachelor of Science degree in Theater Arts. Mr. Griffith has been a resident of Wallingford for the last seven years. He owned and operated ITP Exhibit and Display Inc., where he was project manager from many construction companies throughout Delaware County. He was a member of the I.A.T.S.E. Union. John was an active volunteer with the Girl Scouts of America. He was an assistant soccer coach with the N.P.A.A., Wallingford. He was a co-leader with the Cub Scouts in Wallingford. He was a member and trustee of Swarthmore United Methodist Church, Swarthmore.

John's greatest enjoyment was spending quality time with his children, Riley and Jake. He was a devoted and active father who dedicated himself to his children and their activities.

He was a son of the late Parke F. Griffith Sr.

Surviving are his wife of 15 years, Cynthia Hart Griffith; a son, John T. (Jake) Griffith Jr., at home; a daughter, Riley Griffith, at home; mother, Claire Montanye Griffith, of Shavertown; a sister, Carolyn Bulford, of Shavertown; a brother, Parke F. Griffith Jr., of Shavertown; many loving nieces and nephews.

Private burial in East Lawn Cemetery, Swarthmore.

Memorial donations may be made to the Griffith Children Education Fund, c/o Legg Mason Wood Walker Inc., Two Town Place Suite 100, Bryn Mawr, PA 19010-3493, attention Margaret A. Dubil.

BEATRICE SICKLER
Founding member of Osterhout Bible Church

Beatrice Ann Sickler, 80, of Osterhout Road, Tunkhanock, died August 22, 2004, at Hershey Medical Center, Hershey, Pa.

She was born in Johnson City, N.Y., daughter of the late Samuel and Gertrude (Newberry) Crew. She was the widow of Oliver G. Sickler Jr. She was an active and founding member of the Osterhout Bible Church, Tunkhanock. She was a graduate of Tunkhanock High School and was a veteran of WWII, serving with the Navy WAVES. She was a member of the Wyoming County Senior Citizens, Welch Society of Johnson City, a former 4-H Leader and a member of the Tunkhanock Grange.

She is survived by a daughter, Sharon D. Sheehan, Hummelstown; six sons, Dean O. and wife Ha of Nicholson, Pa.; Francis H. and wife Jeannie, Luzerne; Glendon G. and wife Bobbi of Chesapeake, Va.; Walton L., of Exeter; Alan O. and wife Mun, Bensalem, Pa.; James L., Richmond, Va.; brother, Kenneth Crew of Tonowanda, N.Y.; 10 grandchildren; seven great grandchildren; and several nieces and nephews.

Memorial contributions may be made to the Osterhout Bible Church, Tunkhanock, PA 18657.

KENNETH FARR
Owned Ken's Place restaurant

Kenneth R. Farr, 55, Meshoppen, passed on August 24, 2004. Born in Meshoppen, he was the son of the late Harold P. and Dorothy (Bickos) Farr. He was a veteran of the U.S. Marine Corps and was owner/operator of Ken's Place Restaurant, Meshoppen.

He is survived by his brother, Stanley W. Farr, Sahuarita, Ariz.; three nieces; a great-nephew; and a great-niece.

He was preceded in death by his brother, Thomas A. Farr.

Interment, Sunnyside Cemetery, Tunkhanock.

MARY GLENN
Lived in Shavertown, Dallas nearly 50 years

Mary Dorothy (Dot) Glenn, 84, died August 19, 2004. A gentle, loving woman, she lived a life devoted to her husband, her children and her church.

Born in Philadelphia, she lived in Shavertown and Dallas for the past 47 years. She was preceded in death by her husband, Thomas, in 1985 and by her grandson, Michael, in 1971.

She is loved and survived by two daughters and four sons, Mary Mangan, Cincinnati, Ohio; Anne (Nancy) Glenn, Woodbridge, Va.; Thomas Jr., Tempe, Ariz.; Robert, Philadelphia; Charles (Chuck), Warrenton, Va.; James, Mountain Top.

She is also loved and survived by son and daughters-in-law, 22 grandchildren and 10 great-grandchildren.

Interment, St. Nicholas Cemetery, Shavertown.

Memorial donations may be made to St. Therese's Church Building Fund, 64 Davis St., Shavertown, PA 18708.

LETHA THOMAS
Lived in Sweet Valley

Letha J. Thomas, 92, former resident of Sweet Valley, died August 22, 2004 in Fernwood Manor Personal Care Center, Hunlock Creek.

She was born May 6, 1912 in Montana, the daughter of the late Oscar and Janet Williams Monroe.

She was preceded in death by her husband, Charles F. Thomas.

Surviving are her daughters, Arletta Ciarafoni, Berwick; Virginia Hutnik, Maryland; Carol Bonham, Mossville, Pa.; sons, Rodger LeValley, Shick-shinny; Robert LeValley, Berwick, and Charles Thomas, Sweet Valley.

Interment, Mossville Cemetery, Benton, Fairmount Township.

RESEARCH MATTERS

Dr. David J. Madeira



Chiropractic Saves Money for HMO's

When I was at the World Federation of Chiropractic 7th Biennial Congress in Orlando at the beginning of May, I came across an interesting research paper.

This 4 year study of 1.7 million patients in a California HMO was divided into 2 groups: 1 million without chiropractic coverage and 700,000 with chiropractic coverage.

The researchers discovered that chiropractic care in the managed-care setting was more cost effective on a number of levels:

- Total health-care costs were 12% lower for Chiropractic patients.
Low-back pain costs were 28% lower for Chiropractic patients.
Chiropractic patients had slightly more than half the inpatient stays.
Chiropractic patients had about 1/2 the MRIs.
Chiropractic patients had 25% less low-back surgeries.
Chiropractic patients had 10% less x-rays.

According to Dr. Nelson, these findings could translate into \$47.5 million savings over four years if everyone in the HMO was provided with chiropractic coverage.

This study shows that adding a Chiropractic benefit does not add to the total amount of care (and therefore costs), but provides a lower-cost, more effective alternative for patients.

If your HMO is not including Chiropractic as a core benefit, they are wasting your money and your health.

Small text about research source.



"Helping you feel better and achieve more through Chiropractic"

Twin Stacks Center
1172 Memorial Hwy • Dallas
570-675-4775

SENIOR MENUS

Senior Citizens Centers sponsored by the Area Agency on aging for Luzerne and Womping Counties offers hot non meals Monday through Friday to people 60 years of age or older. Donations from participants are gratefully accepted and needed in order to expand this program. The following is the menu for the week of August 30 to Sept. 3. All menus include margarine, milk and coffee. The Senior Center is located at 22 Rice St, Dallas.

MONDAY: Sweet and sour chicken, rice, Oriental vegetables, chilled pineapple.

TUESDAY: Roast pork with gravy and bread stuffing, whipped potatoes, vegetable medley, rice pudding.

WEDNESDAY: Swedish meatballs over noodles, sliced beets, chilled peaches.

THURSDAY: Cheese ravioli with tomato sauce, seasoned spinach, Italian ice.

FRIDAY: Batter dipped fish, hash brown potatoes, peas and carrots, sugar cookie.

CROSSWORD ANSWERS

Grid with crossword answers: AVA, ABBA, WRAPS, SPATS, IMIR, BRAM, REBUT, ALLOW, IMAR, SILO, YOUNG, LEADA, IOLON, SIKH, ETA, TIDY, WEST, OTTO, UTAH, ORSET, WATER, BUT, BOAT, NA, ALAS, ROONE, URBAN, TUBBY, FLANNEL, SABLE, OLAR, TET, ABLE, ALA, GAPE, ELOT, SRA, DOT, JUST, STOP, AND, THINK, HOW, HAG, STU, SOAR, EDNA, GA, STAT, HEM, ELITE, LUNCH, LISSOME, SWEDEN, ADER, MARIA, OSLO, OLD, RARE, AWETH, HORSES, MELTS, EWAN, DELA, SOAP, RAB, LAC, KILO, THROB, GEORGE, GEBEL, RUTH, RAKE, ENNU, EDUCE, ACHE, OGRE, STEMS, RADON, NEON, NEAP

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Rational Numbers

Table with numbers: 6 2 4 3 6, 1 1 2 9, 3 8 1 8 8, 0 1 1 2, 3 4 5 2 4, 9 2 1 1, 2 7 3 0 5

King Crossword Answers

Grid with King Crossword answers: MAR, SWAP, DAMP, ALI, TIDE, EPEE, OFF, COLOR, SORE, FOOL, EIDER, AGRID, AIRS, CLAN, OFFSTAGE, REF, UBOAT, QUA, OFFSHOOT, YURT, POET, BEAUS, SARAH, ROAR, ALAR, OFFWHITE, LOVE, WADI, URN, TEES, LOSE, SID

Just Judy's Fashion Boutique advertisement for Summer Clearance Sale. Text: 'Just Judy's Fashion Boutique. Fashion That Fits. Style That Sizzles. Summer Clearance Sale. Save on Back-To-School Fashion! Dallas Shopping Center (570) 255-Judy M-Sa, 10a-8p/Sun 12n-5p'

Got an apartment to rent? advertisement. Text: 'Post a vacancy with Apartments.com and gain access to thousands of potential renters each and every day. TIMES LEADER.com apartments.com'

Concrete Construction advertisement. Text: 'Concrete Construction Sidewalks • Floors • Patios • Driveways • Etc. 836-5629'

JAGS Custom Shutters advertisement. Text: 'JAGS Custom Shutters 570-779-3079'

Curves advertisement. Text: 'Curves The power to amaze yourself. At Curves, we give the support you need to achieve 30-minute fitness and compassionate weight loss. Join Now 2 for 1. Lehman 674-5588'

Country Cabin Soy Candle advertisement. Text: 'Country Cabin Soy Candle Soot less and smokeless Country Cabin puts the fun in fundraisers. Which makes it easy and effortless for you. Our low prices allow you to maximize your fundraising profits. We have the largest scent list in the Valley. If a scent is not on our list and you want it for your fundraiser, we'll get it! Our great smelling candles are double scented and made to order which ensures freshness and fast prompt delivery. Call 817-1311'

Jack Flash DSL Internet Service advertisement. Text: 'OUR FAST PACED WORLD... JUST GOT FASTER. JACK FLASH LIGHTNING-FAST INTERNET SERVICE Powered by Commonwealth Telephone Company. New Jack Flash DSL Internet Service - now at double the speed! Introducing new Jack Flash High-Speed Internet service with speeds up to 1.5Mbps. Download e-mail, pictures, streaming audio/video and experience all the internet has to offer faster than ever! Call today! 1-877-282-6243'