

OTHER OPINION

Finding ways to laugh when life isn't funny

Life is better when you laugh. Whether you're 9 or 79, whether you're rich or poor, whether you have an incurable disease or not, you should laugh as often as possible.

I'm convinced that laughter heals much of what goes wrong with us. I've been a comedian since I was 5 years old, so I've seen a lot of healing.

That's why I've spent the last 10 years doing Laughter and Healing seminars at medical centers across the country.

A few years ago, my doctors told me I had a serious disease that could take my life. I could hardly breathe from this disease that was destroying my lungs. But I kept laughing.

I laughed even when I was on a drug that made me look like a blimp, even when I didn't know whether I would wake up the next morning. And I kept other people laughing. I'm much better now, and I'm still laughing—especially at the doctors who told me I might not live this long.

Laughter is healing because it makes you feel better. No one knows that better than the kids and adults we help at the Muscular Dystrophy Association.

I know a guy with ALS—Lou Gehrig's disease—who carries a page of jokes with him wherever he goes. He can't walk or talk but he can communicate and smile. Children with neuromuscular

diseases who spend a week at an MDA summer camp laugh almost around the clock.

People zipping around in their first power wheelchairs, obtained with help from MDA, can't stop grinning over the new freedom those chairs represent.

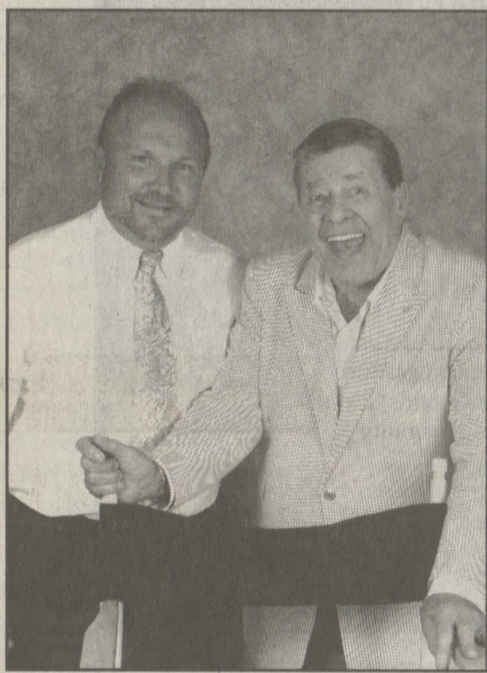
I wish laughter could heal people completely, but it can't. "My kids" need doctors to give them the right medicines and therapies. We need the MDA-funded scientists who are figuring out the mysteries that cause neuromuscular diseases and are very close to being able to stop them.

And, when I see a child's strength ebbing away or a young parent's life ending too soon, I need to cry.

But, on our Telethon, we quickly get back to the laughter and let it lighten our worries. Our show is loaded with comedians, singers, dancers, favorite personalities and other great entertainers to delight you.

One of these days—and it won't be that long—muscular dystrophy will fall victim to hope and determination. We'll have the last laugh, and it will be the best one ever.

So, whatever your plans are for Labor Day weekend, if they don't include the Telethon, cancel 'em. Get back on that couch. You'll learn, you'll think, you'll be amazed. You'll laugh—and you'll feel better.



WNEP-TV's Don Jacobs joined legendary comedian Jerry Lewis to prepare for the 40th annual Jerry Lewis MDA Labor Day Telethon. Jacobs will serve as one of the hosts during the 21-hour local fundraising broadcast, which begins at 9 p.m. Sept. 4 on Channel 16.

MOMENTS IN TIME

The History Channel

- On Sept. 9, 1850, California becomes the 31st state in the union after Mexican diplomats cede the territory. They might have had regrets had they known that gold had been discovered at Sutter's Mill in Coloma, Calif., nine days prior to signing.
- On Sept. 11, 1921, San Francisco police arrest actor and director Fatty Arbuckle on suspicion of manslaughter. Starlet Virginia Rappe had died of a ruptured bladder several days after an alleged sexual assault by the 350-pound Arbuckle. After two hung juries, Arbuckle was acquitted in 1922, but his films were banned.
- On Sept. 7, 1936, rock pioneer Buddy Holly is born in Lubbock, Texas. Holly popularized the standard rock band format of two guitars, a bass and drums. His blockbuster hits included "Peggy Sue," "Oh, Boy!" and "Maybe Baby."
- On Sept. 5, 1957, Jack Kerouac's "On the Road," one of the first novels of the Beat movement, is published. Kerouac wrote in fits of inspiration, fueled by amphetamine binges and lack of sleep. The entire book was written on a 120-foot scroll of paper and took only 20 days.
- On Sept. 8, 1960, Aguri Suzuki, one of Japan's most successful race-car drivers, is born. Suzuki began his winning career in the Japanese Kart Championship, and eventually moved on to Formula 1 racing.
- On Sept. 6, 1976, a Soviet air force pilot lands his MiG fighter jet in Japan and asks for asylum in the United States. After a thorough analysis of the MiG-25, American experts concluded that the plane was quite fast, but also unwieldy and almost incapable of close-quarters combat.
- On Sept. 10, 1981, Spanish artist Pablo Picasso's monumental anti-war mural Guernica is received by Spain after four decades of refugee existence. In 1939, Picasso gave the painting to New York's Museum of Modern Art on an extended loan and decreed that it not be returned to Spain until democratic liberties were restored in the country.

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THE POST

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The scene on Huntsville Road—especially during sunset in the summer—is breathtaking. Perhaps that's why the steeple at the Huntsville United Methodist Church in Jackson Township is one of the most photographed in the region.

LIBRARY NEWS

Registration for the fall Storytime hours will begin at 9:30 a.m. on Wednesday, Sept. 7, at the Back Mountain Memorial Library. Toddlers, who must be at least 2 years old, will meet from 11:30 a.m. to noon on Tuesdays. The 3-5-year-olds will meet from 9:45-10:45 a.m. and 11 a.m. to noon on Wednesdays; and 10-11 a.m. and 6:30-7:30 p.m. on Thursdays.

Storytime hours will begin the week of Sept. 19 and conclude during the week of Dec. 5.

The following new books and DVDs, as well as memorial and honor books, have been added to the collection at the Back Mountain Memorial Library, 96 Huntsville Road, Dallas. For more information, call the library at 675-1182.

MEMORIAL BOOKS

In memory of Nancy Kozemchak: "Ruby's Beauty Shop" by Rosemary Wells, presented by The Clifford Kozemchak family.

In memory of Bernice Bubel: "Baking Illustrated: a best recipe classic," presented by Janice Wertman.

In memory of Fred Templin: "Big Bang: the origin of the universe" by Simon Singh, presented by John and Sue Prater.

In memory of Fred Templin: "109 East Palace" by Jennet Conant, presented by John and Sue Prater.

In memory of Dorothy Tonkin, "The Illustrated History of Scotland" by Chris Tabraham, presented by W. Curtis Montz.

In memory of Grace Webster:

"Country Living: your house, your home" by Randy Florke, presented by David and Ethel Drasnin.

In memory of Elin Northrup: "Robbing the Bees" by Holley Bishop, presented by Gary and Elizabeth Baker.

In memory of Elin Northrup: "The Harmony Silk Factory" by Tash Aw, presented by Gene Wert, Mary Panaway and Joanne Runner.

In memory of Elin Northrup: "The Lady and the Panda" by Vicki Croke, presented by The Book Club.

In memory of Tom Czerniakowski, "Nature Noir" by Jordan Fisher-Smith, presented by Jim and Jennifer Kozemchak.

In memory of Michael J. Bradner: "What Caused the Civil War?" by Edward L. Ayers, presented by Nancy Brader.

In memory of David Payne: "Arc of Justice" by Kevin Boyle, presented by Shirley Forney.

In memory of Rocco A. Catina: "How the Catholic Church Built Western Civilization" by Thomas E. Woods, presented by Susan Catina Prater.

In memory of Dr. Michael Alan Krawitz: "Maximum City" by Suketu Mehta, presented by Dr. and Mrs. William L. Wilkie.

In memory of Catherine R. Palfey: "Classical Music in America" by Joseph Horowitz, presented by Robert and Florence Sherwood.

In memory of Betty Hawk Padgett: "Natural Cures 'They' Don't Want You to Know About" by Kevin Trudeau, presented by The Kingston Township High School Class of 1942.

In memory of Dorothy Rine-

himer: "Colonial Style" by Tree-na Crochet, presented by Mr. and Mrs. Justin Bergman.

In memory of Dorothy Rinehimer: "Classic Interior Design" by Henrietta Spencer-Churchill, presented by Jean and Frank Hughes.

In memory of Dr. Vincent Carboni: "Dogs 24/7" by Rick Smolan and David Elliot Cohen, presented by Mabel Jenkins and Jennie Hill.

In memory of Jessie Gird: "The Mayflower Compact" by Philip Brooks, presented by Charles and Rebecca Gilbert.

HONOR BOOKS

In honor of Marilyn C. Rudolph: "Encyclopedia of Presidents" (complete set), presented by Dorothy and Frederick Rudolph.

In honor of Eileen McDowell: "Point Blank" by Catherine Coulter, presented by Francis and Katherine Fertal, and Nora and Jeff Gallup.

In honor of Eileen McDowell: "Shadows at the Spring Show" by Lea Wait, presented by Francis and Katherine Fertal, and Nora and Jeff Gallup.

In honor of Al and Sharon Decker: "Harry Potter and the Half-Blood Prince" by J.K. Rowling, presented by Kevin and Jessica Allen.

In honor of Elizabeth Prater on her 100th birthday: "Why Gender Matters" by Leonard Sax, presented by John and Sue Prater.

In honor of Our Dog "Davey": "Dog Owner's Home Veterinary Handbook" by James M. Griffin, M.D. and Lisa Carlson, D.V.M., presented by Eleanor and Paul

Nicholson.

In honor of Mary Lee Cuscela: "Needlepoint" by Elian McCready, presented by Rosemary Caputo and Sally Shea.

In honor of Joshua Kryston: "An Ice Climber's Guide to the Catskill Mountains" by Marty Molitoris, presented by his father, John Kryston.

FICTION

"Always Time to Die" by Elizabeth Lowell

"Sweetwater Creek" by Ann Rivers Siddons

"Straight into Darkness" by Faye Kellerman

"72 Hour Hold" by Bebe Moore Campbell

"The Mysterious Flame of Queen Loana" by Umberto Eco

"Pardonable Lies" Jacqueline Winspear

"Some Enchanted Evening" by Christina Dodd

"Point Blank" by Catherine Coulter

"Slow Burn" by Julie Garwood

"Vanish" by Tess Gerritsen

"The Hunt Ball" by Rita Mae Brown

"Without Mercy" by Jack Higgins

"Polar Shift" by Clive Cussler

NONFICTION

"New Rules" by Bill Maher

"Waking Up Dry" by Howard J. Bennett, MD, FAAP

"Novels & Stories 1959-1962" by Philip Roth

"Novels 1967-1972" by Philip Roth

REFERENCE

"Women's Rights" edited by Jennifer Curry

70 Years Ago
Sept. 6, 1935

ANOTHER ACCIDENT KILLS TWO BROTHERS

The series of automobile accidents which occurred this week along the main Luzerne-Dallas Highway claimed another victim yesterday when Harold Morgan, 7, of Huntsville, died at Nesbitt Memorial Hospital.

His brother, Warren Morgan, 12, was killed instantly in the accident, which occurred on Tuesday afternoon near the concrete bridge over Toby's Creek, just west of the Luzerne borough line.

The boys were passengers in the automobile of Stewart D. Waters, 28, of Wilkes-Barre, who is in jail awaiting trial on charges of involuntary manslaughter, driving while intoxicated, and attempting to leave the scene of the accident.

Twelve people have been injured, three of them seriously, as a result of the jinx which hovered over the broad, four-lane concrete highway this week. At least four accidents are known to have happened within the last three days.



ONLY YESTERDAY

Directors of Dallas Borough school board will discuss plans for a six-room addition to the borough's high school at a meeting Monday night. The project will be discussed as a WPA job, directors decided during a special meeting Wednesday night.

Estimates will be secured and considered at the meeting on Monday. The addition would include six rooms and a basement. In the meantime, the committee authorized minor repairs to get the school ready for the first day of school.

Although most of the schools in this section will not open until next week, plans for the 1935 football season were well under way this week. Indications are that the Back Mountain Scholastic Conference will see a spirited and close contest for leadership.

Two teams will have new coaches. Ernest Line was appointed as the coach of Dallas Borough's team and Stephen G. Summerhill will coach the Lehman gridders. There's a possibility Kingston Township will play a night game against Luzerne. Township officials are going to meet with Luzerne officials. Luzerne purchased a field and will flood it with lights for night games.

60 Years Ago
Sept. 7, 1945

DALLAS ADDRESSES JUVENILE DELINQUENCY

Alarmed at a rising tide of juvenile delinquency, Dallas Borough Council at its meeting took drastic action to remove some of the causes. Council advised Burgess H.A. Smith to have police warn owners of establishments operating punch boards, pin ball machines, and slot machines to remove them at once or have them confiscated.

Alan Bizby, representative of the Native Lace Works of Hightstown, N.J. said this week that officials of his company will meet Monday morning in New York City to finally decide whether they will locate their fifth and newest plant in the Dallas area.

At least two locations for the plant are hamstrung by the debacle of the real estate boom that hit the Back Mountain area in the 1920s. These conditions have created delays that may cause Dallas the loss of a plant that would create at least 200 jobs.

50 Years Ago
Sept. 9, 1955

ENROLLMENT RISES AT LOCAL SCHOOLS

Public schools in the Back

Mountain opened on Wednesday, with more pupils expected when parents return from summer vacations.

Incomplete figures show a total of 3,802 pupils going to school in the area. The trend seems to be going toward larger registrations. Dallas Borough and Kingston Township are leading the way with total of 1,164. At Dallas-Franklin-Monroe Township joint schools there is a total enrollment of 803. Gate of Heaven parochial school has a registration of 223 boys and 209 girls. Lake-Noxen has an enrollment of 568 while Lehman-Jackson's enrollment is down, with 835 students attending the school.

A flaming ball of fire trailing a long, blue streamer of ignited gas was sighted over Huntsville Reservoir Tuesday night at around 9 p.m. Huntsville residents Hanford Eckman and Ernest Barnes both saw the phenomenon, which was first believed to be a burning plane. Mr. Eckman says it was moving at great speed and was apparently very high.

Inquiry at the radar installation at Red Rock revealed no planes in distress and no report of a fireball. The Harveys Lake Observation Post, fully manned and alert, saw no fireball. The fire tower on Chestnut Ridge had no observer at the time.