

THE POST

50¢

SERVING THE COMMUNITIES OF THE DALLAS AND LAKE-LEHMAN SCHOOL DISTRICTS



FOR THE POST/CHARLOTTE BARTIZEK

Elyse Ide, Dallas, blood donation at St. Terese's Church in Shavertown is much appreciated.

For many local residents, donating is in their blood

By DAVE KONOPKI
Post Editor

SHAVERTOWN - As the communications director for the Wyoming Valley chapter of the American Red Cross, Molly Dalton has probably heard dozens of creative excuses about why people don't donate blood.

But most of the time, it's very simple.

"Most people say that no one ever asked them to donate," said Dalton. "We're certainly asking them now."

The Red Cross held two blood drives in the Back Mountain earlier this week - one at St. Terese's Church in Shavertown and the other at the Church of Christ in Sweet Valley. Although the "blood supply right now is the best it's been in months" says Dalton, members of the community are encouraged to continue donating.

"Blood is a perishable commodity. We need people to replenish what we send to hospitals," said Dalton, who added that 400 units of blood are needed daily. There is no substitute for blood. You never know when a loved one, a friend or even you might need blood. Most people don't think about it until someone they know needs it."

Anyone age 17 or older, weighing at least 110 pounds and in good health is eligible to donate blood. Donations may be made every 56 days.

"I'm a regular. I've been giving for 40 years," said Dallas resident Ed Brace. "I started when I was down in Virginia. They have me down as a 6 gallon donor but I'm really a 10 gallon plus donor because they didn't count those years in Virginia."

Giving blood is a relatively simple process, said Dalton.

"I used to tell high school students that stubbing their toes hurts more than giving blood."

Trucksville resident Mark Holtman agrees.

"This doesn't scare me at all," he said while donating blood at St. Terese's. "I (been giving) every 56 days since 1997."

That kind of loyalty doesn't go unnoticed - or unappreciated.

"We have some very wonderful, faithful blood donors," said Dalton. "They're the base of our donors. But we're grateful for everyone who donates. The people of the Back Mountain have been wonderful. They really support the program."



Mark Holtman of Trucksville says he donates blood to help people.



Dallas resident Ed Brace has donated more than 10 gallons of blood during the past 40 years.

Hungry for donations



Back Mountain food pantry volunteer Wally Gosart holds one of the last cans of cranberry sauce. Hurricane Katrina has diverted local donations, making the Back Mountain pantry very low on supplies.



FOR THE POST/CHARLOTTE BARTIZEK

Volunteers Jennie Hill and Wally Gosart prepare food orders.

By CHARLOTTE BARTIZEK
Post Correspondent

TRUCKSVILLE - In the wake of Hurricane Katrina, the Back Mountain Food Pantry finds itself low on food and resources.

Though September is traditionally a tough month for the food pantry, the hurricane that devastated much of Louisiana and Mississippi has diverted food and local funds so that the pantry is exceptionally low on supplies, says coordinator Louise Hazeltine.

HOW TO HELP

Donations of food are always welcome. Anyone interested in organizing a food drive should call Louise Hazeltine at 696-2917. Food drives will be held Oct. 31 to Nov. 11 at Dallas Middle School and Oct. 31 to Nov. 4 at Dallas High School.

Additional food drives, collections and donations are needed to restock the shelves at the pantry, which is located in the Trucksville Methodist Church's educational facility on Church Road.

Sponsored by 10 member churches of the Back Mountain Ministerium, the pantry serves people from nine communities within Dallas and Lake-Lehman school districts. Pick up day is on Fridays and, on average, approximately 10-15 families will pick up bags and boxes of food.

"The people are so grateful, happy that they are getting something," said volunteer Jennie Hill. "We try to put special goodies in bags that we know are

See FOOD, Page 7



Back Mountain food bank coordinator Louise Hazeltine goes through some of the many regulatory forms the pantry has to file.

Students continue watershed study

DALLAS TWP. - Fifth grade students at Dallas Elementary School have been working with teacher Angel Bestwick to study the scientific process, the water cycle, and the watershed. The students have used their observation skills to study their schoolyard environment and its watershed.

The students wrote and illustrated poems about some of the topics. An activity that generated much excitement among the students was one in which they surveyed the schoolyard watershed during a dry day and made predictions as to where the water would flow when it rained.

Each student drew a map illustrating

the schoolyard watershed and showing the predicted path of water flow. The students watched weather reports for rain in the forecast, eager to venture outdoors during a rain shower in order to prove their hypotheses correct.

Student essays, Page 6

After a long wait, the students went outside during a rain shower to see where the water flowed. They went back into school and created new maps showing the actual path of the flowing water.

Shawn Rybka, a watershed specialist from the Luzerne Conservation District, visited the classroom with Enviroscope, which demonstrates how pollution enters the watershed. After the demonstration, Rybka answered questions from the students.

The students will be visiting Toby's Creek in the near future to test for water quality and examine the aquatic life in the stream.



Students created drawings of the watershed.

▼ Inside The Post

| | |
|---------------------|----|
| 12 Pages, 1 Section | |
| Calendar | 12 |
| Church | 2 |
| School | 8 |
| Sports | 9 |

▼ How To Reach Us

News: 675-5211
thepost@leader.net
15 N. Main St.
Wilkes-Barre, Pa. 18711
Advertising: 829-7101
Subscriptions
and Delivery: 829-5000