

# THE POST

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FOR THE POST/M.B. GILLIGAN

Elementary school students Jackie McNeill and Ali Hood listen as Mary Dalpiaz of Blue Cross of Northeastern Pennsylvania explains the health issues of asthma.

## Dallas students learn about healthy lifestyles

By M.B. GILLIGAN  
Post Correspondent

DALLAS TWP. — Fourth and fifth grade students in the Dallas School District recently participated in the Health Fair at the Wycallis Elementary School. Representatives from nine local health and human service organizations participated in the program, which is held every two years.

"We are trying to encourage and promote a healthy lifestyle," said elementary school nurse Linda Burd. "Hopefully, they'll come away from this learning something about healthful living."

The program ran in the morning for students from Dallas Elementary and in the afternoon for Wycallis students. All students were divided into small groups that rotated from station to station.

"Four hundred-forty four thousand people a year die from cigarette smoking and chewing tobacco has four times as much nicotine," registered nurse Therese Kosek, from the Rural Health Tobacco Prevention program, told the students. She showed them pictures of the affects of smoking and chewing tobacco and made quite an impression when she passed around a bottle filled with a tarry liquid.

"Someone's going to offer you a cigarette someday and I want you to remember this bottle of tar," she told them as she handed out pencils that were printed with the words: "I pledge to be smoke free."

James Carey from the Department of Health also made an impression on the students. He passed around a 5-pound brick of fat and proceeded to discuss the benefits of a healthful diet and ex-

ercise.

Mary Dalpiaz from Blue Cross of Northeastern Pennsylvania educated the students about asthma.

"In cold weather, people with asthma need to cover their neck and mouth with a scarf to prevent the cold air from entering their brachial passage," she told them. She showed pictures and discussed the affects of asthma on adults and children. Several students raised their hands when asked if they either have asthma or know someone who does.

"I am very pleased that our children get to learn from these experts," said Dallas Elementary principal Paul Reinert. "I am very proud of our faculty and that the community and the school come together for this."

Another speaker was Kathy Capitan, who works at Drs. Watkins and Medura's dental offices in Dallas. She warned students about how sweetened drinks affect the bacteria in one's mouth.

"The very best thing you can drink is water," she said. "After a game you can have a sports drink, but drink it right down. Don't sip on it all night."

"I love this program because everything is building on each other," said Capitan. "Kids are learning about bacteria over at that table, and I'm talking about how bacteria affects your teeth. In addition, they are learning about using inhalers for asthma and that also affects your teeth. This is a great program."

Other agencies represented at this year's program included the Luzerne County Cooperative Extension, Wyoming Valley Drug and Alcohol, the Association of the Blind, and NE Highway Program.



FOR THE POST/CHARLOTTE BARTIZEK

The Wyoming Valley Barbershop Harmony Chorus performed a variety of songs during a special concert at St. Paul's Lutheran Church.

## In harmony with the season

By DAVE KONOPKI  
Post Editor

DALLAS TWP. — Bob Carey says there's a simple reason why barbershop harmony music has been popular with people of all ages for more than a century.

"It's pleasing to the ear," said the 90-year-old Dallas resident. "People enjoy listening to the harmony."

Carey should know. He's been a member of the Wyoming Valley Barbershop Harmony Chorus for 43 years and is one of many Back Mountain residents who are members of the organization. The chorus recently performed a concert at St. Paul's Lutheran Church on Route 118.

"I keep singing because I enjoy it," said Carey, a Forty Fort native who moved to the Back Mountain 40 years ago this month. "We sing the old songs. It's great fellowship."

The Wyoming Valley Barbershop Harmony Chorus is enjoying its 54th year. The organization has more than 50 members and is part of an international organization with more than 30,000 members.

Although the chorus performs at a variety of functions throughout the year, this is an especially busy time of the year. The group has been busy singing at area churches, nursing homes, schools, Christmas parties and fund-raisers.

"It's a unique type of art," said Shavertown resident Ted Rebenack, who has been a member of the chorus for 42 years. "You have to have an ear for barbershop-ping. I really enjoy it. I've sang all of my life, in church choirs, in quartets. I get a kick out of it."

Rebenack enjoys singing at



FOR THE POST/CHARLOTTE BARTIZEK

Some of the Back Mountain residents who are members of the Wyoming Valley Barbershop Harmony Chorus are Bob Carey, Earl Loch, Phil Brown, Ted Rebenack and Charlie Davenport.

local schools and seeing the reaction from students who are surrounded by hip hop and rap music.

"We go to the schools to reach the younger generation," he said. "Once they listen to it, they like it. That happens a lot, especially with the kids. People who never thought they would like barbershop music end up really enjoying it."

Barbershop music is a four-part harmony that is sung a cappella—without musical accompaniment—with four types of singers.

The lead sings the melody, the tenor harmonizes above the melody, the bass sings the lowest notes, and the baritone completes the chord. The melody is not sung by the tenor or bass, ex-

### USEFUL TO YOU

The Wyoming Valley Barbershop Harmony Chorus meets from 7:30-10:30 p.m. each Monday at St. Clement & St. Peter Episcopal Church, 70 Lockhart Street in Wilkes-Barre.

cept for an infrequent note or two.

"You have to get used to singing it," said Carey, who sings lead. "It's not difficult, but everything is memorization. Everyone sings their part."

And the result? "It's beautiful music," said Carey.

The concert at St. Paul's was the first time the group had performed at the church. But the Rev. Charles Grube hopes it won't be the last.

"It was very nice," said the church's pastor. "The people really enjoyed it. There were a lot of positive reviews. They sang a mix of traditional Christmas carols and secular music. It was more of a concert than a worship service."

"But I think it's a great thing for a church to do. We have the space and the acoustics are very good. We look forward to having more things like this at our church."

And if the Wyoming Valley Barbershop Harmony Chorus makes a return visit, Carey hopes to be part of it.

"I'd like to keep singing as long as I can. And as long as I enjoy it," he said. "I started doing it in 1962. I like to sing, I like the music, and I like the group. They're a great bunch of guys."

## Area dancers chosen to perform with Moscow Ballet

By GENELLE HOBAN

Post Correspondent

From pirouettes to leaps across the stage, approximately 70 dancers — including 18 from the Back Mountain — were eager to perform their hearts out and take advantage of a unique opportunity Saturday, Dec. 17 at the Kirby Center for the Performing Arts in Wilkes-Barre.

The 18 local dancers from the Joan Harris Centre were scheduled to perform with professional dancers from the Moscow Ballet in an unforgettable performance of "The Great Russian Nutcracker." The musical has been captivating audiences every holiday season for decades.

Whether audience members enjoyed the Dance of the Sugarplum Fairy or when Clara kisses the Nutcracker Prince and he became human, the Nutcracker is a holiday classic beloved by many.

"This is the fifth year the Moscow Ballet has come," said



Eighteen Back Mountain residents were recently chosen to perform with the Moscow Ballet. The local dancers, from left, first row are Alyssa Burcker, Dallas; Nicole Slavoski, Shavertown; Madalyn Bozinski, Shavertown; Krista Zimmerman, Dallas; Anna James, Shavertown; and Jessica Hiscox, Dallas. Second row: Katrina Weiskerger, Trucksville; Sarah Tomayko, Lehman Twp.; Aubrielle Smith, Dallas; Corrine Matusiak, Dallas; Irina Ackerman, Dallas; Katelyn Reinert, Trucksville; and Lauren Boyle, Lehman Twp. Third row: Alex Kijek, Trucksville; Kristen Justice, Dallas; Jessica Szechowicz, Dallas; Lee Riccetti, Shavertown; and Caprice Sola, Shavertown.

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Kathy Capitan, a representative from Drs. Watkins and Medura dental offices, give a tube of toothpaste to Dallas Elementary School fourth-grader Brenten Pennell.

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