

WALKING

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well. "We've become a society where there's so much technology and they're not outside like they were in the past," Arnaud said of school-aged children. But Arnaud, who has been teaching at Wycallis for six years after previously teaching at the Dallas Middle School, does not think obesity is as much of an epidemic in the Back Mountain. Arnaud credits this to good children's athletic programs and physical activities for children in the area.

Steps in the Dallas School District have been taken to ensure children eat healthy at school. There is no soda and snacks have to be baked and cannot contain more than a certain percentage of sugar. Only one sweet per child is allowed at parties.

Other health-related activities have been planned for upcoming weeks at Wycallis. The Great PA Apple Crunch will be celebrated on October 24 when Arnaud will walk around the cafeteria during lunch time and give an apple to any student who has food from all five food groups on his or her plate. A health fair will be held on November 8 for students in grades four and five.



Audrey Aristeo, a second-grader at Wycallis Elementary School, leads her class on a mile-long walk in observance of national "Walk at/to School Day."



Malik Kaleta and Ian Backus, center, trudge up a hill near Wycallis Elementary School in observance of national "Walk at/to School Day."



Sandra Serhan, Harveys Lake, shows off a fireplace screen she bought at the Alderson Methodist Church flea market.

TREASURES

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Alderson United Methodist Church member Nancy Smith of Beaumont says in the 35 years she has belonged to the church, there have always been rummage sales each spring and fall. Saturday, or Bag Day, typically attracts the same people from Friday who are looking for an even better deal.

"We do very well," Smith said. "It helps us to pay our bills and we send some of the money to missions."

St. Paul's Lutheran Church also has a rummage sale each spring and fall. Connie Borchert, Margie Hislop, Dolores Leehan, and many other church members worked the sale last Friday.

"We consider this part of the mission and ministry for us to offer people things at low prices," the ladies said. The sale is organized by the Dorkus Society, a la-

dies' auxiliary that does different projects to benefit the church.

Shavertown resident Alberta Cook found two purses for her granddaughter, a red sports jacket and four shirts.

Once, Cook was in need of a new bathroom scale and found one at a rummage sale. Cook comes to every sale at the church to see familiar faces and help out the church, in which her daughter is a parishioner.

"You see different people - people you haven't seen in years," she said.

June Newell of Dallas once came across a Longaberger basket, a popular product line she collects, at a rummage sale. Newell came to St. Paul's sale to get out of the house and see friends.

"I just love to come to them," said Rosalie Pretko of Dallas, who buys clothes for fabric because she loves to sew. She also found a green dish for Christmas. Pretko donates items to the sale and goes to find different things and friendship.

SCHOOL BRIEFS

LCCC planning Transfer Day program

Luzerne County Community College also will hold its annual Transfer Day Program from 11 a.m. to 2 p.m. on Thursday, Oct. 18, at the Campus Center.

Representatives from colleges and universities will provide information to students who are interested in transferring to another institution after completing their studies at LCCC.

College Night planned at LCCC

Luzerne County Community College and the Luzerne County Counselors Association will hold the 34th annual College Night and Financial Aid Information Night from 7 to 8:30 p.m. on Thursday, Oct. 18, at the College's Campus Center.

LCCC's College Night and Financial Aid Night program is sanctioned by the Pennsylvania Association of College Admissions Counseling (PACAC) as a regional fair.

Representatives from close to 100 colleges, universities, hospitals, post-secondary technical schools and the armed services will be at the program to speak with prospective college students and parents about educational opportunities and admission requirements.

Representatives from the college's financial aid office will be available to discuss federal and state financial aid programs.

Ellen Rutkowski to perform at Seminary

Acclaimed mezzo-soprano Ellen Rutkowski will perform the works of composer and pianist David Burge in recital at 2 p.m. on Saturday, Oct. 20, in the Great Hall of Wyoming Seminary, 228 Wyoming Ave., just north of Kingston Corners.

The recital is free and open to the public. For more information, call 270-2190.

Misericordia University schedules open houses for students, parents

Misericordia University invites high school students and their parents to the Summer

Open House programs at its Back Mountain campus from 10 a.m. to 3 p.m. on Saturday, Oct. 27.

The open house schedule includes registration, refreshments, campus tours, a faculty session, and lunch and meetings with representatives of student services, athletics and student government, as well as a session on financial aid.

For those interested, a session will also be held on the university's Alternative Learners Project for students with learning disabilities.

For more information, please contact the Misericordia University Admissions Office at (570) 675-4449, or toll free at 1-866-262-6363, or by e-mail at admiss@misericordia.edu.

Students can also visit Misericordia University online at misericordia.edu.

Seminary Players schedule production

The Wyoming Seminary Players will present the Tony Award-winning Broadway production "Grand Hotel: The Musical," written by Luther Davis with music and lyrics by Robert Wright, George Forrest and Maury Yeston at 8 p.m. on Friday and Saturday, Nov. 2 and 3, and at 2 p.m. on Sunday, Nov. 4 in the Buckingham Performing Arts Center, Sprague Avenue, Kingston.

Tickets are \$3 in advance and \$4 at the door. For more information, call 270-2190.

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