

OLD

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evening, a gentleman born on the same day and year as Engler, February 29, 1932, had also come for his free dinner.

Some people with February 29 birthdays run into problems with driver's license expirations and in the past, birth certificates but Engler has never encountered any issues with his birthday.

Though he may not actually be turning 19, even at 76, Engler still works and is currently employed at Emanon Country Club in Falls.

On his approaching "19th" birthday, Engler doesn't plan to celebrate like a 19-year-old or any differently than in other non-leap years. But at just "19," his grandchildren are kidding him they have exceeded him in age. And that's fine by him.

"I hope I can see my '20th,'" he laughed.

SCHOOL BRIEFS

KHS Class of 1959 plans meeting

The Kingston High School Class of 1959 will hold a Dutch treat meeting at 6:30 p.m. on Sunday, Feb. 24, at Norm's Pizza and Eatery, Sherman Street, Wilkes-Barre.

Discussion will be plans for a summer picnic and for the 50th reunion next year. All members are urged to attend.

Michigan concert to perform at Seminary

The Spring Arbor University Concert Choir and Chamber Singers will present a concert of sacred music at 4 p.m. on Palm Sunday, March 16, in the Great Hall of Wyoming Seminary, 228 Wyoming Ave., Kingston. The performance is free and open to the public.

Prior to their 4 p.m. performance, the Concert Choir will participate in the 10 a.m. service of the First Presbyterian Church, 97 S. Franklin St., Wilkes-Barre.

At Sem's Great Hall, the 52-member choir will perform a program titled "All Ye Nations Praise the Lord," featuring music from different countries of the world in praise of God. Various styles of music, including traditional, gospel and folk songs, will be featured.

For more information, call the Seminary Public Relations office at 270-2190.

RELIEF

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the group together. The two have been teaching Zen meditation for about five years, but Craig has been practicing it for 15 years and Shemo for 10 years. Craig sat in front of the group on a special cushion while also kneeling on a cushion. Shemo knelt on a cushion, but sat on a very small bench, called a seiza bench, used for meditating.

Zen meditation, according to Craig, is over 2500 years old. It was practiced and taught by an Indian man named Siddhartha Gotama, the historical Buddha. Gotama was wealthy and protected and was a wanderer for years until he reached what is called his enlightenment. At that time, he discovered that each of us is endowed with The Divine, even though we don't realize it until we wake up through meditation.

Zen meditation traveled to China and later Japan. It was brought to the United States by Roman Catholic priests and sisters doing missionary work in Japan.

"It's like a journey, but the journey is inward to discover my true self, who I really am," Craig said. "And part of that journey is letting go."

The instructors pointed out participants should have no expectations of what will hap-

IF YOU'RE INTERESTED ...

Introductory Zen meditation classes are held at Mercy Center every other month. The next introductory class will be held at 7:30 p.m. on Tuesday, March 18.

pen during meditation. They say one should not judge themselves if a thought comes into their head while meditating. Instead, they should let the thought come in and pass.

Daily home practice is recommended for anyone who chooses to become more skilled at meditating. It is suggested that meditation occur at the same time and in the same location every day. Lighting a candle or incense or having a living plant nearby can be helpful and incorporated into the ritual. Beginners should do 10 minutes of meditation a day and work their way up to more. Daily Zen meditation can help people to let go of things gradually, all the while helping people to accepting things as they are.

Pat Smith, 64, of Shavertown, thinks with all of the craziness in today's world, meditating is necessary. She found Zen meditation to be helpful and wished she had found it when she was younger and raising her children, suspecting she might have been less anxious.

"I found the short meditation we did was a lot simpler than I thought it would be," Smith said. "If you truly, truly pay attention to your breath, what else can you think about?"

BOOKS

Continued from Page 1

like. "I worry sometimes that people think the books are lost," Schilling said. "It would be more interesting to hear what people thought."

Schilling placed a book near an elevator one day at a doctor's office in Fountain Hill, Pa. She watched a woman pick the book up, look at it and take it with her. But the woman never logged that she found the book on the web site.

Currently, Schilling is reading "The Kite Runner" which she purchased on her own. Her favorite book of all time is "The Life of Pi." Although it was "Geisha, A Life" that got her involved with BookCrossing.com, she has not yet read that book.

She has only released fiction books so far, but Schilling may eventually leave children's books in "the wild" as her sons, Stephen, 17, and Jason, 14, have outgrown their children's books.

"What a great surprise if you take a child out and about and they find a



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

The book, 'Geisha, A Life' was found by Dallas resident Susan Schilling. The book is registered through BookCrossing.com.

book," Schilling said. "I think that's a great way to encourage kids to read."

Schilling, who says she has always been a big reader, has registered 25 books on the site and has released 16 books "into the wild." Her hope is that her efforts will persuade others to read and pass books along.

"That's what books are for," Schilling said. "Not to be left on a shelf, but to share them."

James May kicks off his senate campaign

More than 130 people braved the frigid cold temperatures recently to support James May in the kickoff to his campaign for the Pennsylvania State House.

The speaker for the event was David Barton, senior staffer in the Republican National Committee and the Bush/Cheney Election Team. In 2006, Barton was named by Time Magazine as "The Lesson Planner" for the conservative movement in America.

May announced that the chairman of his election committee is Bob Synniewski, president of Penn Mortgage in Dallas, and the treasurer is Deborah Cragle, branch manager of the Wachovia Bank in Tunkhannock.



James May is a candidate for the Pennsylvania State House.

For more information on James May or his campaign, go to www.May08.com.

LifeSmarts team is among state's best



Yet again, Dallas High School's pupils have grasped academic triumph through participation in the LifeSmarts

team. Each year for the past 15 years, the Office of the Attorney General has joined with the National Consumer's League collaborate to give Pennsylvania students an avenue for success in the LifeSmarts competition. Students from across the state, including those members of the LifeSmarts team at Dallas High School, participated in the state qualifying level of competition just a few short weeks ago.

Student participants completed a three-part, 60-question, online exam in one of five knowledge areas: personal finance, health and safety, the environment, technology and consumer rights and

DALLAS HIGH SCHOOL NEWS

ROSEMARY SHAVER

responsibilities. From this group, Pennsylvania invites the top nine scoring teams to participate against each other on the state level in Harrisburg.

Dallas was among these nine teams. Drew Clouse, Kim Coscia, Katelyn Reinert, Pierce Donovan and Tim Reinert are the LifeSmarts team members who will represent Dallas High School in the state competition on February 26. The team is coached by Dallas High science teacher Kevin West.

The winning team will advance to the national competition in Minnesota. In past years, Dallas had fared extremely well in the state contest, so good luck to the LifeSmarts team as they travel to compete in the state competition.

was named Creative Student, Katie Confer was labeled Citizen Student, Chris Wilson was awarded School Spirit Student and Cory Conrad was named Student Achiever.

Battle of the Bands coming up

Upcoming events at Dallas High School include the Battle of the Bands. Set to be held from 6 to 11 p.m. on Saturday, March 1, in the high school auditorium, the battle will be composed of six area bands. The event is a fundraiser for the senior class graduation and Lock-In. Entrance is a mere \$5. For this price, you can spend a Saturday night having fun.

'Ink Blot' entries due

March 1 is also the final date on which students can turn in original literary and art works for the school's literary magazine the "Ink Blot." For the past three years the "Ink Blot" has granted students a creative outlet for poetry, short stories and art. Any student from any grade can submit a work to the literary magazine, with a limit of two pages. All entries should be dropped off to Mrs. Pasquini in room 36 or Mrs. Pokrinchak in room 3.

Rosemary Shaver is a senior at Dallas High School. Her column appears every other week in The Dallas Post.

PUZZLE ANSWERS

King Crossword Answers

Solution time: 27 mins.
 APT REF JABBA
 LOU UKE ALOUD
 ILL TEDDYBOYS
 BAS HOURS
 IRAQ UPI WOKS
 ACT PLANET
 PHOTO ELEGY
 EMBANK EAT
 NOIR NON ZARF
 BONGO GEL
 TEDDYBEAR ATE
 SWEAT AGE IRE
 PENNE LES NOT

Go Figure! answers

7 + 9 ÷ 2 = 8
 - ÷ X
 6 ÷ 3 + 5 = 7
 + + -
 1 + 8 ÷ 9 = 1
 2 11 1

Puzzles, Page 2

PAL FOGG BACH SLIME
 IMAS URAL ELIA ATONAL
 NOTHINGBUTNEAT DETECT
 GREEN BEAN ERRRRHO
 EXACTLY BLANDEIGHTON
 FARE PETTY AFRO
 GIS ANNA TOSH TEMPT
 ACME MORNS MEAL TEARS
 MEARA ACT BAVARIAN
 RANCH HERA ITE NCO
 BET THEGOADFATHER MEW
 ALS ORR MAID ERATO
 SWEETPEA RAM HINDU
 HEAVE SITA EGGAR PEER
 STINT NIBS ISLE YEN
 TEAM LETGO LAIR
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 2008-2009
 DATE: March 11 to 14
 TIME: Tuesday - 1:00 to 4:00 pm
 Wednesday thru Friday 9:00 - 11:45 am • 1:00 to 4:00 pm
 PLACE: Dallas Elementary School Library
 NEEDED: Immunization Records, Birth Certificate, Social Security Card, Proof of Residency and Child
 These With Last Names Beginning: Register On:
 A thru B Tuesday PM March 11
 C thru F Wednesday AM March 12
 G thru K Wednesday PM
 L thru O Thursday AM March 13
 P thru S Thursday PM
 T thru Z Friday AM March 14
 New First Graders Friday PM March 14
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