OBITUARIES

BEAHM - Grace, 74, a resident of Meadows Nursing Center, Dallas, formerly of Pikes Creek, died Sunday, April 12, 2009.

Born September 3, 1934 in Pikes Creek, she was a member of the Roaring Brook Baptist Church, Hunlock Creek. For many years, she was employed at the former Luzerne Outerware, Salem Township.

Surviving are her daughters, Kimberly Benscoter, Benton; Debra Nalls, Dallas; son, William, Dallas; five grandchildren; sisters, Irene Yeager, Hunlock Creek; Cora Harmon, Hunlock Creek; brothers, Claude, Harry, Thomas, Alfred, Joseph, of Hunlock Creek; and Clyde, of Noxen.

BEUKA - John, 97, of Sweet Valley, died Tuesday, April 7, 2009 at Fernwood Manor, Pikes Creek.

Born in Plymouth on May 27, 1911, he retired from Astoria Savings Band on Long Island and moved to Sweet Valley in 1973

He was an active member of the Sweet Valley Volunteer Fire Company, assisted with the Sweet Valley Ambulance and was a member of Our Lady of Mt. Carmel Church, Lake Silkworth.

Surviving are his brothers, Frank, of Sweet Valley; William, of Lakehurst, N.J.; and George, of Berwick; sisters, Mary Kitching, of Port Richie, Fla.; Ann Farver, of Sweet Valley; Virginia Place, of Clearwater, Fla.; and Irene Barrett, of Huntington, Long Island; numerous nieces and nephews.

Memorial donations to the Sweet Valley Volunteer Fire Co., PO Box 207, Sweet Valley, PA 18656.

CLARK-Carl Fredrick "Fred," of Wyoming Avenue, Tunkhannock, died Thursday, April 9, 2009 at Tyler Memorial Hospital in Tunkhannock.

Born in North Orwell, Bradford County on Jan. 25, 1922, he was a Marine Corps veteran of World War II and the Korean Conflict. A graduate of Rome High School, he attended Bucknell University. He was a partner and salesman for Paul Rown As-

sociates, selling sporting goods. In his younger years, he was active in the Tunkhannock Baseball Association, serving as a coach. For several years, he was a PIAA basketball referee in the Scranton and Wilkes-Barre area.

Surviving are his wife of 61 years, Donna Navle Clark; son, Dane, of Tunkhannock; daughter, Lynn, of White Haven;



brother, Leigh, of Florida; sister, Alice Bock, of Baltimore, Md.; and two grandchildren.

HAWK - Albert F., 77, of Trucksville, died Friday, April 10, 2009 at Hospice Community, Wilkes-Barre.

Born in Kingston Township, he graduated from Kingston Township School. Before retiring, he worked for Procter and Gamble, Mehoopany.

He was a member of Trucksville United Methodist Church, Irem Shrine and its Motor Corps, George M. Dallas Lodge 531 F. & A.M. He served in the Army during the Korean War.

Surviving are a son, Michael W. and a daughter, Ann L. Gillis, both of Trucksville; two grandsons.

Memorial donations to Irem Motor Corps.

SCHOOLEY - Hannah J., 87, of Loyalville, died Thursday, April 9, 2009 at Fernwood Manor, Pikes Creek.

Born in Edwardsville on April 10, 1921, she was employed a seamstress for many years.

Surviving are her sisters, Mary Jane Sedlak, of Loyalville; and Arlene Schneiderite, of Dallas; nieces, nephews and a greatniece.

Memorial donations to the Alzheimer's Association, 225 N. Michigan Ave., Floor 17, Chicago, IL, 60601-7633.

ZBICK – Leona, 95, of Hunlock Creek, Jackson Township, died Monday, April 13, 2009 at the Birchwood Nursing and Rehabilitation Center, Nanticoke.

Born in Nanticoke on February 14, 1914, she attended public school in Meeker and then St. Mary's Parochial School in Nanticoke.

She was a lifelong and active member of Our Lady of Mt. Carmel at Lake Silkworth, having been a former member of the choir and the Altar and Rosary Society.

Surviving are her two sons, Joseph Jr., of Rochester, N.Y.; and James, of Lehighton; two grandchildren; four great-grandchildren; several nieces and nenhews

Memorial donations to the Jackson Township Ambulance Association, PO Box 582, Dallas, PA 18612, or to the Flight 93 Memorial Chapel, P.O. Box 143, Shanksville, PA 15560.

SCOUTS RECEIVE RELIGIOUS AWARDS



Several members of Cub Scout Pack 281 were recently presented with religious awards. From left, kneeling, are Ivan Gingo, Davy Janoski, Jonathan Adams, Nick Guzzo, Jacob Stefanowicz and Vladimir Gingo. Second row, Justin Butsavage, Michael Santora, John Macey, Joey Blaine, Michael Smith, Jacob Serafin and Danny Burkhart.

LIUM women plan pastie sale

The Lehman-Idetown United Methodist Women will hold their monthly pastie sale on Thursday, April 23. Orders are due on Tuesday, April 21, and may be placed by calling 639-5300 or 477-5219.

The Wesley Village Brunch will be held from 11 a.m. to 2 p.m. on Sunday, April 26. Tickets may be obtained from Judy Dawe.

The women will hold their regular monthly meeting at 7 p.m. on Tuesday, April28. Program for the evening will be Campus Ministry presented by Rev. Cheryl Cavaleri. Hostess for the evening will be Kendra Cosgrove.

Residents can help postal service 'Stamp Out Hunger'

Residents throughout Pennsylvania are being asked to help feed the needy by participating in the "Stamp Out Hunger" Food Drive sponsored by the National Association of Letter Carriers (NALC) in conjunction with the Postal Service.

Letter carriers will collect non-perishable food donations left by mailboxes along their routes as they deliver mail on Saturday, May 9, to help stock local food banks for the needy.

This one-day food drive is part of a nationwide drive designed to fill food bank pantries throughout the summer months when levels are traditionally low. Letter carriers from all 50 states and hundreds of cities will participate.

An estimated 35 million people are at risk of hunger in America, including 12 million children.

Around late spring, most food banks begin running out of donations received during the Thanksgiving and Christmas holiday periods. This drive is one way people can join the Postal Service and other local sponsors to help stamp out hunger in communities across the country.

How it works

• More than 125 million postcards sponsored by Campbell's Soup Company and the United States Postal Service's Priority Mail will be mailed to customers in towns and cities throughout America, letting them know how they can help.

• Customers are asked to place non-perishable food items next to their mailbox on Saturday, May 9, before their letter carrier delivers their mail. The carrier will do the rest, taking

Dr. Bill Albert

the food to the post office where it is sorted and delivered to a local food bank or pantry.

• Other co-sponsors of the drive with the NALC and Postal Service are Feeding America, formerly known as America's Second Harvest, the nation's food bank network; the United Way of America and its local United Way agencies and the AFL-CIO.

• The 17h Annual NALC National Food Drive to "Stamp Out Hunger" is the largest one-day food drive in the nation. Carriers collected a record 73.1 million pounds of food in last year's drive. The drive is held annually on the second Saturday in May in over 10,000 cities and towns in all 50 states, the District of Columbia, Puerto Rico and the Virgin Islands.



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Let me start by thanking all of you who have called, emailed and checked out our website. We here at SpineWorks are so excited that you enjoyed my own personal "Chiropractic Health Story". Now I want to invite all of you to begin yours with us.

I am sure that you have some questions and I am

going to address one of those today. "I've been to a chiropractor before and it didn't work, aren't you all the same?" - Like with all things, not all are created equal or alike. There are many different abilities, approaches and opinions in health care. At SpineWorks we utilize a technique named Chiropractic BioPhysics® (CBP) and the next closest office to offer this very advanced service is over an hour away. CBP® is in short, a higher level of chiropractic. It is a more knowledgeable, comprehensive, systematic, scientific approach to chiropractic, which provides predictable results for patients. CBP® combines standard chiropractic joint adjustments with mirror image® (opposite position) postural adjustments, mirror image® spinal/postural exercise, and mirror-image® traction to provide more permanent relief and improved health for patients through spine and postural correction. Please contact us for more information and even if it's not for you, you may find the information and research very empowering to your own health.

We welcome you to our office for a free consultation to meet me, Dr. Bill and my staff (my wife Christi and Moose the office dog), tour the office, and ask all the questions you may have. There is never any obligation and never any pressure. SpineWorks is here to deliver the highest level of health care and health education possible. Thank you for helping

us make that a reality.

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