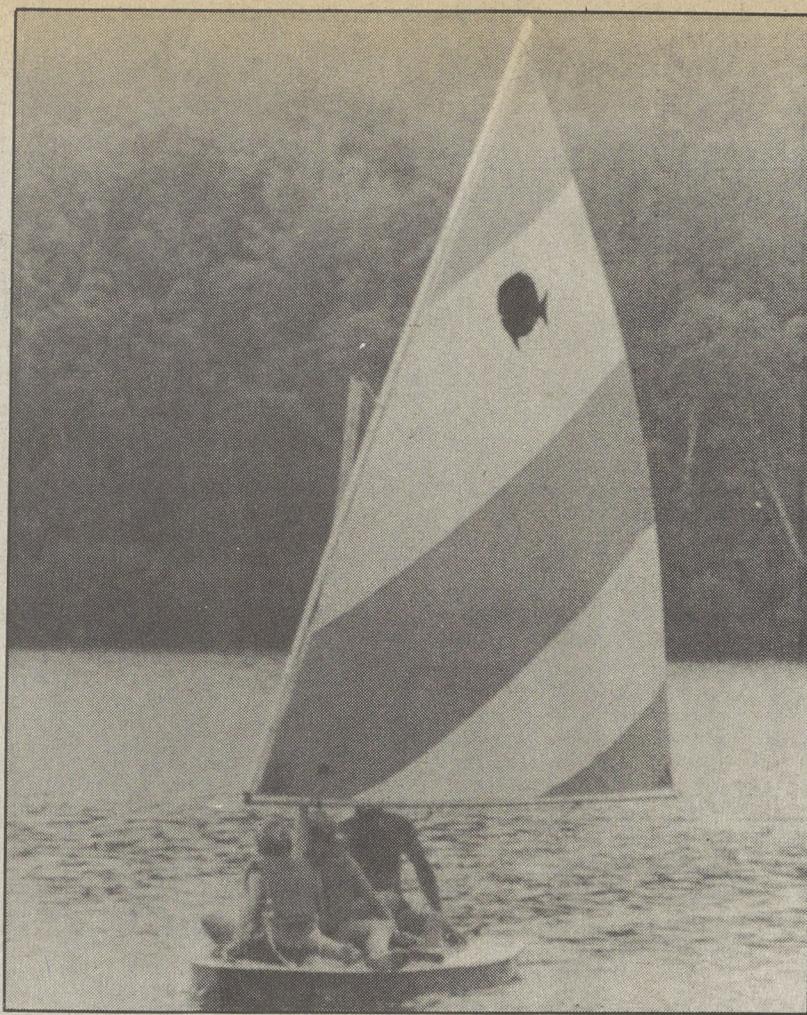




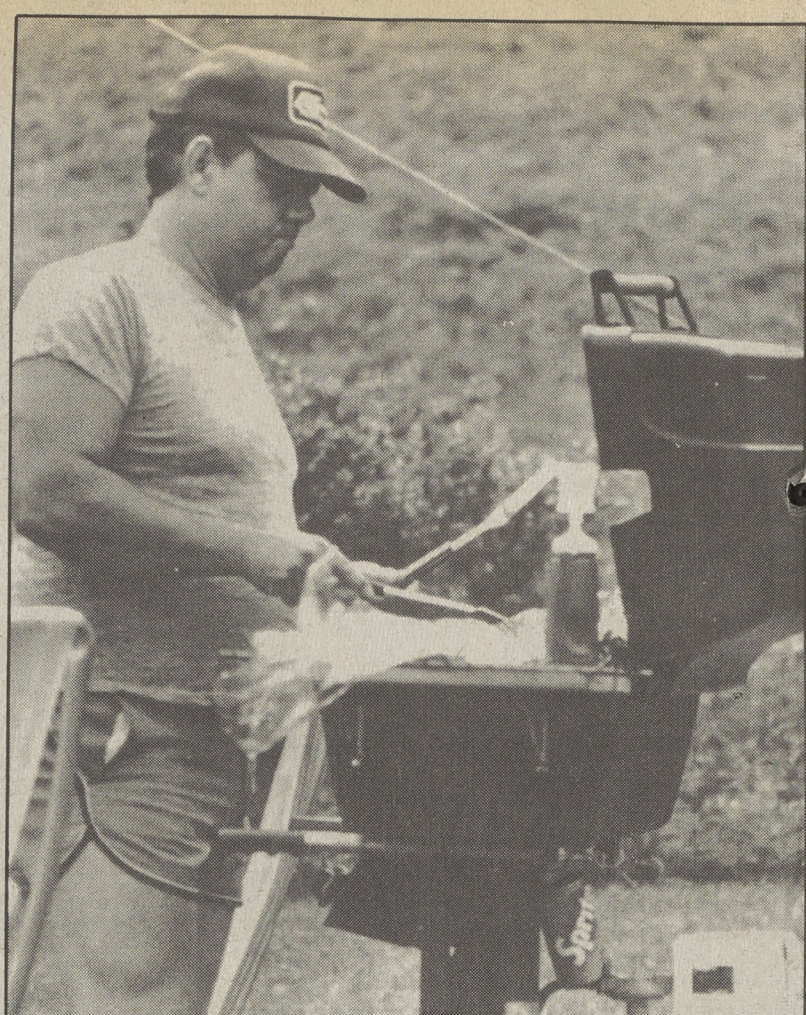
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Anniversary noted

Helen and David Welsh, of Fairlawn, New Jersey, are shown here as they prepare to cut a cake in celebration of their 55th wedding anniversary. The Welshes recently participated in the Elderhostel program at College Misericordia where they have celebrated their anniversary for the last few years.



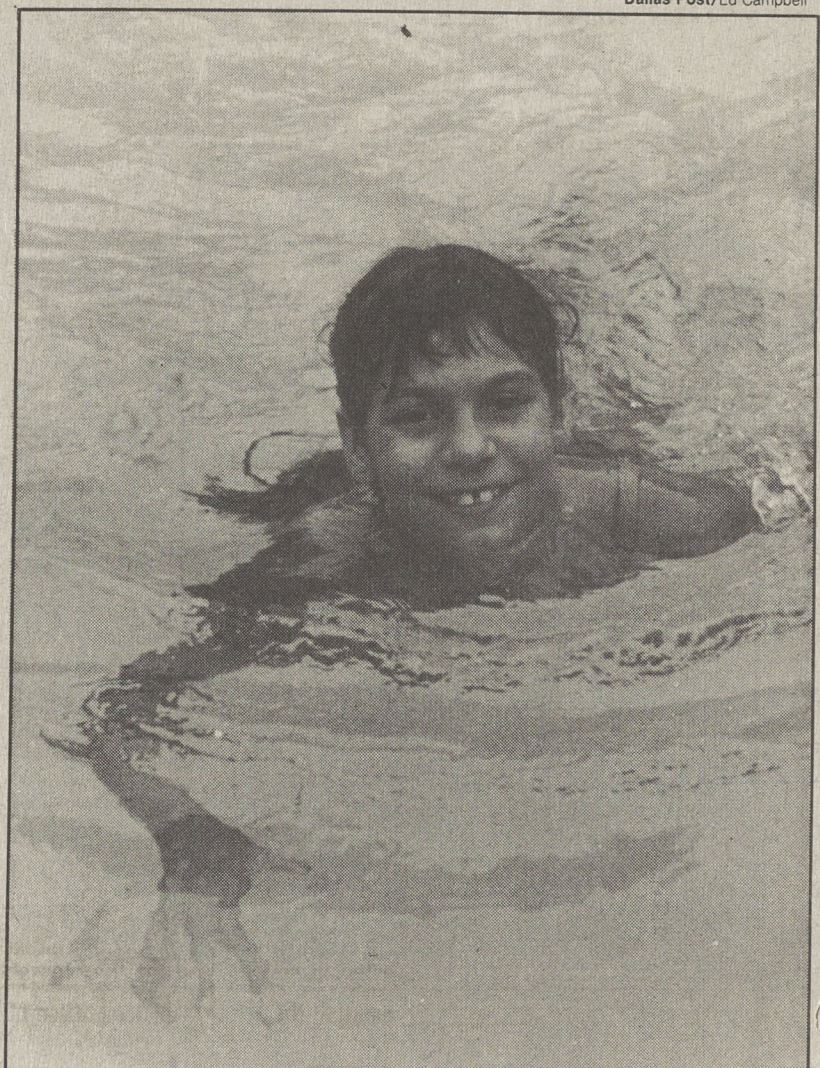
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Enjoying the outdoors

Warm weather brings out the "outdoors" in all of us as is shown in these photos. Back Mountain residents haven't had much warm weather to enjoy this summer, but when we get it, we sure take advantage of it. In the top left photo, Glen Watkins of Lehman presides over a family barbecue while three people enjoy the sun on a sailboat at Frances Slocum State

Park in the top right photo. Nine-year-old Eric Yazurnsky of Kingston had a fairly successful day with his fishing pole recently at Frances Slocum as he poses proudly with his catch in the lower left photo and Wendy Watkins, age 11, keeps cool in the family pool, in the lower right photo.

We should all learn how to swim

Each year thousands of persons die by drowning, some under conditions in which they could not possibly survive. They are swept away in floods, turbulent rivers and treacherous undertows, fall overboard and are lost, or are trapped in some way that they are unable to save themselves. These are tragic stories, but the most tragic of all are the people who drown because they don't know how to swim.

Wayne Edmonds, executive director of the Governor's Council on Physical Fitness and Sports, in the State Health Department, said that water is such an integral part of our lives that we should all be able to deal with it under normal circumstances.

"The story is familiar because it is repeated hundreds of times a year. A child wading in a farm steps in a hole and is drowned. A child slips through an inner tube while floating on a lake and is drowned. A child is pushed off a dock into the water and is drowned. A child is in a canoe or rowboat that overturns and is drowned. Here are children in an environment that calls for simple expertise in survival and they can't because they don't know how to swim," Edmonds said.

"You have to ask yourself how something like this could happen. Children, often under the supervision of adults, are permitted to go or are deliberately taken into an area that may require such expertise, and no thought is given to the fact that they can't swim, until it's too late. That is a real tragedy."

It may be amazing to some people, but children can and do

learn how to swim at a very early age. Infants no more than a few months old take to the water like fish, and Edmonds said, it is an ideal time to learn.

"Children don't have an inherent fear of water, that's why they often get in trouble. It's a bad experience like being shoved into the water or being held under the water that creates a fear that may last a lifetime. Children who know how to swim when these experiences occur are less likely to develop a fear of the water."

Edmonds said the increase in the

number of backyard swimming pools makes it imperative that parents teach their children how to swim. Parents who permit their children go unescorted to a neighbor's pool, when they don't know how to swim, are placing an awesome responsibility on the neighbor. Backyard pool owners who allow these children into their pools without parental supervision, are accepting responsibility for the children's safety.

Edmonds urged parents to teach their children how to swim at an early age as possible. Parents

who do not have the time or desire to do the teaching can enroll their children in swimming classes. Learn to swim programs with qualified instructors are available at YMCAs and other civic organizations, school pools, outdoor public schools, and club pools. Information about swim classes is available from the Red Cross and recreation departments in most communities.

Edmonds also urged parents to have their children, especially those under age ten, wear life vests, as an added safety measure, when on or near the water.

Where would we be without sun?

The sun. Without it life, as we know it, could not exist. If it were to suddenly disappear, it would take with it the light of day and warmth of summer. Temperatures would plummet far below the cold of winter, all movement would cease and the earth would die.

Mankind has recognized the sun as the center and sender of life from the beginning. Each culture has had its own sun deity and temples for sun worship, where sacrificial rites were held to assure continued benevolence.

Today's sun worshippers sacrifice themselves at the temple of the sun to assure a continual tan. And the invention of the sun-suit, a bathing suit made from material that lets the sun's rays through, will allow the sun to shine where it has seldom shone before.

The sun, so vital to our existence, can be deadly. According to Jack B. Ogun, R.Ph., director of the state Health Department's Drugs, Devices and Cosmetics Division, about 400,000 new cases of skin cancer - more than all other forms of cancer combined - are diagnosed each year. Many of those cases can be attributed to the sun.

"Fair-skinned persons are at highest risk, but darker skinned persons must also consider the consequences of overexposure," Ogun said.

"While most will be cured, five percent of those people will die from one of the most preventable forms

of cancer."

Ogun said there is no way to get a suntan without exposure to damaging rays. This includes sunlamps and tanning booths. When the skin is exposed to ultraviolet radiation the body begins to produce a pigment called melanin to create a protective shield against the destructive effects. Fair skinned people will burn before tanning and some never at all.

"While creating the desired tan, the sun's rays also interfere with the production of proteins that keep skin cells firm and resilient. Fine lines develop on the skin, which eventually becomes wrinkled and saggy," Ogun said.

"Chronic exposure can also leave the skin blotchy and scaly and skin cancer may follow. Some studies link ultraviolet rays to malignant melanoma, a swift moving, deadly form of skin cancer that spreads to blood cells and lymph glands and is frequently fatal. This form of cancer is increasing at a rate of 3 percent a year.

There are three ways to reduce the damaging effects of the sun: stay out of it; cover up completely or use a sunscreen with skin protection factor (SPF). SPF is a chemical filter that effectively screens ultraviolet light.

Ogun said the degree of protection offered by sunscreens is indicated by a number from 2 to 15. The higher the number, the more protection. The choice of sunscreen should

depend on skin type and the amount of time to be spent in the sun.

"People who always burn and rarely tan, will want to use a product with an SPF number of close to 15. Persons who rarely burn may want to try a 6-8 SPF product. Persons who work long hours outdoors might want to choose a product in between. And persons who have purchased an unsuit will want to apply a higher number sunscreen to those areas where the sun has never shone before. These areas are more sensitive and could receive a severe burn."

Ogun also advises anyone taking medication to check with their doctor or pharmacist. There are a number of medications, ranging from anticoagulants and antibiotics to tranquilizers and thyroid supplements, that reduce tolerance to sun and heat, increasing the risk of severe sunburn, heat stroke and dehydration. Sun and heat also increase the body's sensitivity to some drugs.

For persons who do get burned, Ogun said a shower or bath in tepid to cool water will remove much of the sting. Less severe burns can be soothed with a variety of over-the-counter ointments and creams. For moderately bad burns, apply wet dressings of gauze dipped in a solution of aluminum acetate 1-500 or white mineral oil. Severe cases of sunburn accompanied by chills, fever, blisters and possible delirium, should be seen by a physician.

Hostel

(Continued from page 1)

and Mr. Welsh received a boutonniere. They were then surprised at the farewell dinner as they were serenaded with the Anniversary Waltz and served champagne. Last year they received a large cake. This year they were once again surprised at dinner with an anniversary cake and celebration.

The Welshes currently live in Fairlawn, New Jersey but live in West Palm Beach, Florida during the colder months.

The Welshes made up two of at least 40 hostellers who were enrolled at College Misericordia from July 1-7. College Misericordia offers three one-week Elderhostel programs: June 24-30, July 1-7, and July 8-14.

Each week, 30 to 40 people from all walks of life, residing in 30 different states, and ranging in age from 60 to 90, visit Misericordia to share their love of knowledge and adventure.

The hostellers, living on campus, enjoy a week of study and other activities. Daytime courses include: Creative Jewelry Making, Religions of Lebanon; The Art of Printmaking, Tennessee Williams: A Retrospective, Elie Wiesel; Poet and Prophet, Gods, Goddesses, Demigods and Heroes, Heroines, Harlots and Bloody Mary, and Richard Wagner: The Music and the Man.

In addition to the regular course work, there will be nightly music, art exhibits, poetry, lectures and dances.

College Misericordia was one of the first few colleges to participate in the Elderhostel program and is in its eighth year of hosting older adults. Elderhostel is a network of colleges, universities and other educational institutions which offer low-cost, short-term residential academic programs for older citizens.

The program combines the best of the traditions of education and hosting. Inspired by youth hostels and folk schools of Europe, it is guided by the needs of older citizens. Elderhostel is based on the belief that retirement does not have to mean withdrawal and that one's later years are an opportunity to learn new things.

Be careful of chlorine

A chemical used in swimming pools to make chlorine last longer may possible cause kidney damage and the Environmental Protection Agency is under pressure to remove the chemical, cyanuric acid, from the market, says Joseph Cardenuto, Penn State Extension recreation specialist.

Scientific studies have linked the additive to kidney damage because the chemical enters the body through swallowing and absorption through the skin.

The EPA received a memo about the scientific studies five years ago. As of yet, no one has filed suit claiming kidney damage due to the chemical.

Elderhostel is an international event, held annually. It is sponsored by Elderhostel, Boston, Massachusetts, and colleges and universities throughout the United States, Canada, and other foreign countries.

Mr. and Mrs. Welsh have enjoyed almost every year of the program, from its start 10 years ago. They are nine-year veterans of the program and this is their third consecutive year at Misericordia.

Says Mrs. Welsh, "We enjoy coming here because the courses are excellent and the staff and faculty are so accommodating." She continues, "This particular course is outstanding and the locale is in a beautiful area."

The Welshes have attended many other Elderhostel programs, mainly in the New England area such as: University of New Hampshire, University of Massachusetts and Trinity College in Vermont. In more recent years, they have branched out further traveling to programs held in New York and Pennsylvania.

While on their travels, the Welshes have encountered many adventures. Mrs. Welsh recalls one unique experience which occurred last year on their way to the Misericordia program. After visiting their son who lives outside of Philadelphia, they continued traveling toward Dallas. Mr. Welsh decided to pull off the turnpike for a snack, where they encountered a woman with car trouble. No mechanics were available that Sunday, and the Welshes offered to help out any way they could. Through conversation with the woman, they discovered by chance that she too, was on her way to the Elderhostel program at Misericordia. Mr. Welsh promptly transferred the woman's luggage to his car, and all three arrived at the college safely.

Helen and David Welsh have made many new friends through the Elderhostel programs. The hostellers share common qualities, according to Mr. Welsh. "The people are friendly," he says, "and they like to keep on the move."

Mrs. Welsh adds, "The people are interested in various fields such as history and the arts."

Mr. Welsh expresses his sentiments about the week-long program: "You can be with strangers when you arrive on Sunday and leave old friends on Friday."

After their stay at Misericordia, the Welshes plan to visit a Connecticut college later this month. Then this fall, the Welshes plan to "broaden their horizons" in the fullest sense of the meaning. They intend to travel to Israel for the Elderhostel program where they will attend three different schools in three weeks. Although the Welshes have already been to Israel several times, they believe the Elderhostel program will enable them to experience new things they may have missed before.

"It's a thrilling experience for anybody," claims Mr. Welsh.

Helen Welsh sums up their feelings about Elderhostel: "After returning home from an Elderhostel session, we've always found it enriches both our lives."

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