

## VDT operators should use caution

Headaches, blurring vision and other symptoms of eye strain do not have to result from working with video display terminals (VDTs), says the Pennsylvania Optometric Association (POA).

According to the POA, some VDT operators have minor vision problems that, under normal seeing conditions would cause no difficulty, but produce visual discomfort under the stress of working with a VDT. Periodic optometric examinations are a good way to uncover these and keep vision working at top efficiency. A mild prescription worn only on the job may be needed to reduce vision stress.

Some VDT operators who wear prescription lenses may need special occupational glasses because VDT screens are often higher and more distant than can be focused through general purpose glasses. VDT operators should tell their optometrist about job tasks, measure on-the-job seeing distances and report any discomfort they are experiencing.

At work, VDT operators should take frequent eye breaks to avoid strain. Prolonged steady concentration

on close work, such as a VDT screen, may contribute to the development of nearsightedness. POA suggests a break at regular intervals, depending upon the intensity of concentration on the screen, to look around the room and rest the eyes or to do other less visually demanding tasks.

For comfortable vision, lighting in VDT areas should be reduced to a range of 30 to 50 footcandles, which is about half of customary office lighting levels. Localized lighting, such as individual, flexible lamps, can be used for other deskwork as required.

Reflected glare on video display terminals screens can be minimized by shading windows and attaching small hoods to extend around the screen. Workers should not sit in front of or behind an unshaded window or other bright light source.

For more information, and a free pamphlet titled "Vision and the VDT Operator" write the Pennsylvania Optometric Association, P.O. Box 3312, Harrisburg, PA 17105.

## Diuretic meds vital to heart patients

Diuretic medications are a mainstay in the treatment of patients who have congestive heart failure, a condition in which the heart fails to pump blood forcefully through the vessels in the body's organs, including the kidneys.

In such cases, fluids tend to accumulate in tissues because they aren't excreted at a normal rate. This fluid build-up often becomes quite uncomfortable, even painful, as it causes visible swelling. A marked weight increase may occur. Some congestive heart failure patients experience fluid accumulation in other organs, like the lungs, which affects breathing.

Diuretics act on the kidneys to increase urine output and thereby remove excess salt and water from the body. The medication affects the roughly one million filters located in the kidney that sort useful substances from those to be excreted.

Patients taking diuretics should know rather quickly whether or not their medication is working. Urination is much more frequent and for those who had previously experi-

enced weight gain due to swelling, clothing and shoes should become comfortable once again. Don't confuse this weight loss with the results you get with dieting, however - it is really just a reduction in the body's salt and water content, not fat!

The effectiveness of diuretic medications, however, may be severely hampered by patients who add large quantities of salt to their daily diets. Most doctors, therefore, urge diuretic patients to avoid table salt, reduce the intake of dairy products, and eliminate salty, processed canned or pre-cooked foods.

In changing eating habits, a diuretic patient can learn the value of using different, more natural flavorings in preparing food. For example, herbs and spices, like dill, basil, or garlic, will enhance chicken, potatoes, stews and soups in a very distinctive manner.

Often, diuretics initially cause fatigue in a patient, but after a short adjustment period, this feeling should disappear. Consult your doctor if such side effects as dryness of the mouth, thirst, weakness, drowsiness, restlessness, muscle

fatigue, rapid heart rate, or disproportionate urine-to-fluid intake levels recur. Some patients report experiencing a sensitivity to sunlight, so avoid overexposure until you are sure it is safe for you.

One additional side effect of diuretics is a reduction in the body's stored level of potassium, a substance provided by certain foods, including bananas. If you are on a special diet which may further lower your potassium intake, consult your doctor. Warning signs of low potassium are unusual fatigue, diarrhea, vomiting, loss of appetite, and cramps and pains in the arms and legs.

Other tips for diuretic patients include:

- Always inform any other physician you may see of the fact that you are taking a diuretic medication.
- Be sure to keep your physician informed of new developments in your health, especially if another doctor has diagnosed gout, diabetes or arthritis, or liver or kidney disease.
- Consult your physician before undergoing any surgery, including dental surgery, in which general anesthesia will be used.

## Tips offered on avoiding 'lostness'

In a crowd, a young child is always on the ragged edge of being lost. He is a catastrophe just waiting to happen!

He runs ahead, lags behind, stops to look and touch, takes off in another direction to explore something which has attracted his attention. Parents are only human, and can also be distracted for the moment it takes for a parent and child to lose contact, reminds Growing Child, the monthly child development newsletter. When the child is found - usually only moments later when he begins to wail loudly - both parent and child are relieved. The child is comforted, and the parent takes tighter security measures.

But sometimes it doesn't work out so easily. When the dawdling child looks for his parents, they are gone. And with them goes his whole world. He is small, and lost in a forest of moving, unfamiliar and uncaring big people.

Where are Mother and Father? They are always there in the world as he has known it. Now his whole world is shattered. How could they leave him? Don't they love him any more? Are they gone forever?

At this point, sheer panic strikes

and most children will cry loudly and push here and there calling "Mommy, Daddy! I want my Mommy!" These children are conspicuous and readily recognized as "lost."

But a child may simply freeze in terror at his sudden loss of security and simply stand there, jostled by the crowd, with tears rolling down his cheeks. Another child may cower in fear and to escape the crowd may crawl under or into any small enclosed space to hide. These children may take hours to find.

And what of the parents during this time? Worried, fearful for the child's safety, angry at his disappearance, angry at themselves for letting it happen, impatient at the time lost, and angry at the thought that the child's "lostness" reflects on their carelessness. It is this strange mixture of worry, fear, guilt, and anger that produces such a mixture of parent response when the child is found.

Here are a few suggestions to avoid lostness:

- If you are using a shopping cart, put the child in the seat provided.

- Many discount houses and department stores provide strollers for young children. Use them. This

is particularly important if you have a lot to do because it keeps the child from becoming overly tired and unhappy.

- Use a child's harness and lead. These are not always easy to find but there are many alternatives: an old leather belt with a snap ring, or a waist harness made out of cloth and clothesline.

- If the child does get lost, it is important that he know his full name. Make a game of teaching it to him: "What's your name, little boy?" Later add "What's your Daddy's name?" and "Where do you live?" This last becomes very important if you are a family that moves frequently.

- Finally, should you and your child get lost from each other, remember that it can happen to anyone. Try to "keep your cool," and at the moment of reunion let your child know that you are happy to find him as he is happy to find you.

Growing Child newsletter follows a child's development month-by-month from birth to six years old.

For more information and a free sample newsletter, write to Growing Child, P.O. Box 620N, Lafayette, Indiana 47902. Include child's birthdate when writing.

## Try to stay in shape all year long

Exercise is necessary all year long if we want to keep physically fit. Exercising in the winter months is usually difficult because of cold weather and snow, but exercising in the summer months is usually easy and enjoyable.

"However, for those of us who exercise during the summer season," explains Wayne K. Edmonds, Director of Pennsylvania's Governor's Council of Physical Fitness and Sports, "there are hazards we must watch out for if we are to exercise safely during the hot weather."

"Heat stroke, heat exhaustion and sunburn are the most common by-products of physical exertion that individuals must avoid in order to work out safely," remarks Edmonds. He adds that as a guideline persons that are physically active during the summer should begin to be careful when the temperature rises above 70 degrees and the humidity reaches 40 percent.

Edmonds and the State Department of Health have compiled a list

of tips to help exercises beat the heat during the summer.

-When exercising try to do so in a shady area.

-Try to jog or run in the early morning or evening hours, preferably before 9 a.m. and after 4 p.m.

-Wear lightweight, light colored and loose fitting clothes when working out.

-As much liquid as possible should be drunk when exercising, be also sure to have plenty of water on hand when exerting yourself.

-Hazy days as well as bright sunny ones can cause severe sunburn to unprotected skin. For this reason exercisers should obtain the proper sunscreen for their type of skin. The fairer the skin the higher the Sun Protection Factor (SPF).

-Exercisers with chronic medical problems or who are taking medication should check with their physician or pharmacist to see if it is advisable to expose themselves to regular periods in the sun. Some medications when combined with sun and heat can cause an allergic reaction.

-Persons with medical problems should also check with their doctors to see if their present health condition is compatible with physical

exertion under the sun's hot rays.

These are suggestions that the

Pennsylvania Department of Health deem important enough to be followed by anyone who wants to exercise safely during the summer season.

## EDCNP offers loans

Officials of the Economic Development Council of Northeastern Pennsylvania announced that low-interest loans are available to area businesses through its Revolving Loan Fund Program.

The purpose of the Revolving Loan Fund Program is to provide low fixed interest rate financing to eligible businesses in Northeastern Pennsylvania which will result in the creation or retention of employment opportunities.

This Program can be utilized in conjunction with a wide variety of other financing sources including state, federal and private sector funds.

Howard J. Grossman, Exec. Dir. of EDCNP, noted that "as a general rule, the Council's Revolving Loan Fund cannot exceed 20 percent of a



Dallas Post/Ed Campbell

### Olympic hats

Shown here displaying the Olympic hats which are on sale at McDonald's across the country are employees of the McDonald's restaurant in Shavertown. From left, Joe Simon, Pam Solinski, Catherine Leonard, Kim Montross, Mary Ann Headman, Joy Schuler.

## Olympics

(Continued from page 1)

store doesn't have it, our customers come to me and ask me to get it for them. I haven't had one request like that for anything having to do with the Olympics."

Back Mountain Lumber and Coal Company is another local business that chose not to carry Olympic items. Al Williams, general manager for the store, explained their reasons.

"Most of the souvenirs that we were approached about selling were items that we never sold before. We never were into T-shirts, hats and stuff like that. We did, however, set up an Olympic display for Stanley Tools because they were official sponsors of the games. That's about all we did, though."

We did find a few area businesses that sold a limited amount of Olympic items. Some of the items were well received, while others were not.

Jack Magee, manager of Stapinski's Drug Store, Dallas, claimed that the small figurines and other items for sale weren't as profitable as hoped.

"We may get a few loyal fans who want to buy them," he said, "but overall, they're not selling too well."

"Our location could be one of the problems," he added. "I suppose if we were closer to Los Angeles, we would be selling more. We're just too far away."

The McDonald's Restaurant in Shavertown is, on the other hand,

selling quite a few of their Olympic hats.

"The hats are going very well, but I suppose that when the Olympics and all the fanfare is over, the enthusiasm for the hats will also decline," said Albert Mueller, owner of the restaurant.

"We want to emphasize though, that we did not bring the hats in to make a profit," he continued. "As you know, we (McDonald's) donated the swim stadium to the Olympics. We couldn't have done it without our customers though, so we're offering these hats to them at the same price we paid for them."

- WALLY KOCHER

## Jackson

(Continued from page 1)

same thing he did with the instruments.

At last, the moment I had been waiting for, came true - the show had begun. I was really excited!

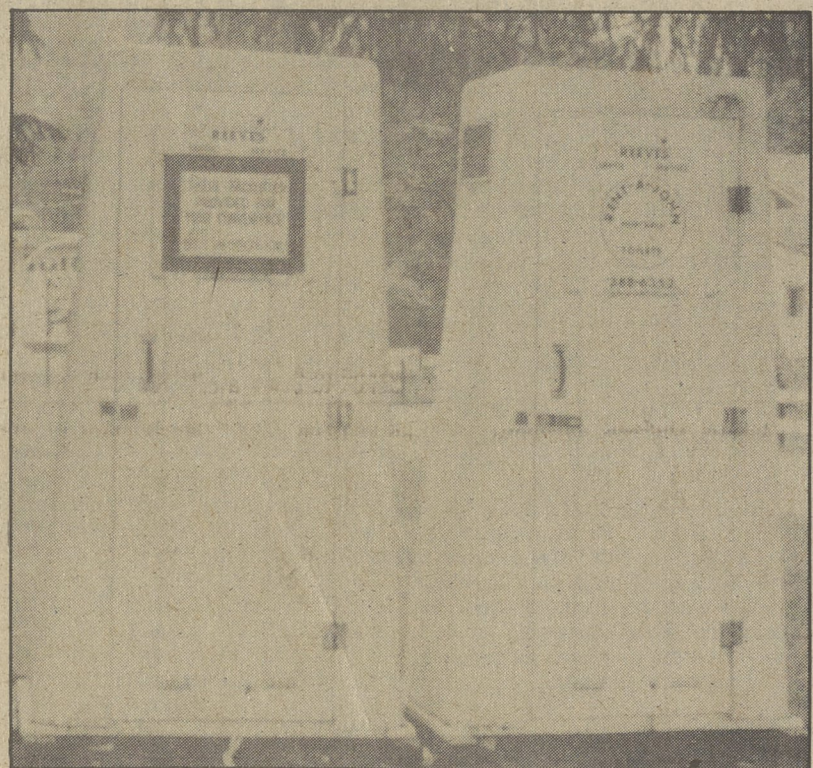
The show was like half of a play and half of a concert. It started out as "Kreetons" (monsters) came out on stage. Following them were warriors. It was supposed to be like the "Kreetons" ruled the world and the only way you could save the world was if one of the warriors could pull a magic sword out of a stone and then kill the "Kreetons." There were four warriors and they all tried to pull the magic sword. Randy Jackson was the last one to try to pull the sword. He did it!

Now the Jacksons could perform. They started out with their song, "Wanna Be Starting Something." The one thing I liked best about this show, besides seeing Michael Jackson, was the sound - thanks to my father.

It was about an hour and 15 minutes later and the Jacksons were finishing up the song, "I Want to Rock with You," then all of a sudden two gigantic spiders came out from the corners of the stage. Then, they bit Michael twice, he fell on a platform and was lifted up, then brought down and then, (he, of course, had a sheet on him) he disappeared. The crowd didn't like that at all.

Afterwards, Michael appeared again, singing "Beat It" then "Billie Jean." After that came the very last song and it was "Shake Your Body."

Finally, Michael said, "Bye, everybody. I love you all," and then there were fireworks. As the background music of "State of Shock" played, the fans started to clear out of the stadium.



Dallas Post/Ed Campbell

### Only facilities

These portable toilets, which were recently erected at the boat launching area at Harveys Lake, are the only public facilities at the lake.

## Hasay

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After studying the idea, it became apparent to the commission that a flush-type toilet would also be feasible.

"We have offered to pay for the system," said Bickler, "but such a system needs constant maintenance. We don't have the manpower for that, so we asked the protective association if they would maintain the restrooms as long as we payed for them."

"As far as the access road to the Mountain Springs Lake," he added, "there is work going on there presently to fix the potholes and other problems, and that's not being done because of pressure from Representative Hasay. We eventually get to all our roads."

Hasay is now in the process of drafting legislation that would mandate the Fish Commission to provide and maintain restroom facilities at all access areas owned by the commission on natural bodies of water larger than 650 acres located entirely in the commonwealth.

"Such legislation would essentially apply only to Harveys Lake," said Hasay. "It's time the commission stops thumbing its nose at the public's complaints. It's an arrogant attitude to take to a sporting public which has supported it through the years."

"We realize that fish license holders are our stockholders," said Bickler, "and we are responsive to them."

## Buckle up for safety

Although you probably know that wearing the seat belt in your car could save your life or prevent serious injuries, chances are you don't buckle up. Most Americans don't. The Highway Users Federation, a national coalition promoting improved traffic safety, says this widespread lack of belt use is boosting support for state laws requiring motorists to buckle up.

To help encourage use of seat belts and child safety seats, 8,000 new car, truck, and tire dealers are offering a 10-minute audio-visual program entitled "Buckle Up With Confidence." It explains how belts work to save lives and how child safety seats should be used. The dealers are members of the Dealers Safety and Mobility Council, a Federation affiliate, and will loan the program to local groups and schools free of charge.

At the same time, the Federation is offering two new publications promoting belt use. "The Safety Belt Proponent's Guide" is a 96-

page book designed to help organizations and individuals in efforts to gain passage of state safety belt use laws. A 58-page "Catalog of Safety Belt Educational Materials" lists items offered by public agencies, associations, and business firms which advocate greater use of belts.

Details on how to obtain the audio-visual program and the publications are available from the Public Affairs Division, Highway

Users Federation, 1776 Massachusetts Avenue, N.W., Washington, D.C. 20036. Telephone (202) 857-1251.

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