



Season completed

The Luzerne County Recreation Department-North Valley Swim & Tennis Club Summer Volleyball League finished its first season recently. The league consisted of six teams who competed every Wednesday night for six weeks. The first place team was the Harveys Lake Waves. The Sharks were the second place team. Pictured, from left, are members of the Harveys Lake Waves with their winning trophies, Scott James, Larry Stash, Mike Stash, Greg Javer, Chuck James, Tony Javer, John Charles-Director of the Luzerne County Recreation Department; members of the Sharks: Terry Miller, Jonah Zmiles, Andrea Harris, Mike Kestelaba, Mary Claire Solano and Noreen Harron.



Meet held

The First Luzerne County Recreation Department 1-Meter Diving Meet was held recently at the North Valley Swim & Tennis Club in Jenkins Twp. The event included many local divers along with various other aquatic clubs in the region. Shown here going over results of the meet are, from left, John Charles, director, Luzerne County Recreation Board; Denise Johnson, manager, North Valley Swim and Tennis Club; and Joseph Czopek, meet director. Absent at the time of the photo was Mike McGinley, meet director.

Scholarships are available

For the 10th straight year, more than \$200,000 in scholarships is available through the Century III Leaders program to college-bound high school seniors throughout the country.

Seniors with records of exceptional school and community involvement, as well as outstanding leadership skills, should contact their high school principals starting in mid-September to obtain an application. The entry deadline for the 1984-85 program is October 22. (General information is available by writing Century III Leaders, P.O. Box 33008, Washington, D.C. 20033).

"I entered the Century III Leaders program for the scholarship money which could help pay for my college education," said Lillian Oshva, one of two New Jersey state winners last year, "but the rewards which I gained from this program were much greater than I could have imagined, and far exceeded the money incentive."

Century III Leaders is funded by the Shell Companies Foundation and sponsored by the National Association of Secondary School Principals, which represents more than 34,000 secondary school administrators. The program is designed to inspire America's youth to become involved in community and social issues, to assume leadership roles, and to explore their responsibilities as adults.

The 1984-85 competition will get underway at the high school level in mid-September. Students are judged on their leadership abilities, school and community activities and awareness of current events.

After completing the application and preparing a "Projection for Innovative Leadership" on a particular challenge facing the nation in its third century, each applicant will take a current events exam. School winners advance to the state level where the top contenders are interviewed by a selection committee. Then two winners and two runners-up are named in each state and the District of Columbia. Each winner receives a \$1,500 scholarship and an all-expense-paid trip to the national Century III Leaders conference in Colonial Williamsburg, Virginia. Runners-up at the state level each receive a \$500 scholarship.

Heinz on aging

Bones can become brittle

By SEN. JOHN HEINZ

For bones, aging means becoming more brittle, more fragile, more susceptible to hard impacts and falls than the skeletal structure of younger individuals.

For as many as 20 million of our older citizens, brittle bones are more than just a factor of "normal" aging; they may be the result of osteoporosis.

Osteoporosis is one of a group of diseases which causes a reduction in the bone mass to a point below that necessary for normal functioning. A fall, blow or lifting action that would not bruise or strain the average person can easily cause one or more bones to break in persons with severe osteoporosis. In fact, about 1.3 million fractures each year are attributable to osteoporosis. And the cost of the disease in the United States is about \$3.8 billion annually.

All of us reach our "peak" bone mass at about age 35. After reaching this peak, the bone mass declines throughout the remaining years of life. In women, bone mass decreases rapidly for 3 to 7 years after menopause. Given that women have less bone mass than men to begin with, this natural decrease means they are at a higher risk than men of developing osteoporosis. White women are a much higher risk than black women; underweight women have osteoporosis more than overweight women; and women who smoke may have an additional risk factor.

Unfortunately, there are no laboratory tests for determining an individual's potential for developing osteoporosis, nor for diagnosing the disease in its early stages. Too often it takes a fall and a fracture for a diagnosis.

There are certain preventative steps you can take to reduce the risk and retard or halt the progress of osteoporosis before irreversible structural defects occur. The mainstays of prevention and management are estrogen and calcium, with exercise and nutrition as important additional factors.

ESTROGEN. Estrogen replacement is highly effective for preventing osteoporosis in women. Even when started as late as six years after menopause, estrogen prevents further loss of bone mass but does not restore it to premenopausal levels. Discuss this with your doctor.

CALCIUM. The usual daily intake of calcium among Americans is only about 500 mg - one-third of the 1,500 mg recommended dietary allowance (RDA) for older men and women. For those unable to take the recommended level of calcium by diet, calcium tablets are available. Again, check with your doctor before taking calcium supplements - there are some potential adverse side effects. Normal exposure to sunlight provides a natural source of Vitamin D, an aid to the body's calcium absorption capability.

EXERCISE. Bones which are not used regularly, appear to "give up" their calcium to other apparently needier or at least more active areas of the body. Even modest exercise, like walking, can help maintain bone density. You shouldn't live in fear of falling. All too often, those who have suffered a fracture or who have a friend who has broken a bone become recluses, afraid to go out for fear of injury. Sensible caution combined with moderate exercise is the best approach.

DIET. Caffeine and excessive protein in your diet can accelerate bone loss. On the positive side, dairy products are high in calcium. One cup of skim milk has 302 mg; 8 ounces of yogurt or Swiss cheese has about 274. Almonds and Brazil nuts have a high calcium content, as do fresh salmon, shrimp, soy and herring.

For more information on osteoporosis, write for the booklet, "Osteoporosis" - National Institutes of Health Consensus Development Conference Statement, Volume 5, Number 3, NIH Office of Medical Applications of Research, Building 1, Room 216, Bethesda, MD 20205.

Some tips to avoid '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 as 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.

Philadelphia Festival features Guthrie

Arlo Guthrie, Tom Rush, Patrick Sky, and the Red Clay Ramblers will be performing at the Philadelphia Folk Festival, rain or shine, so those attending are warned to be prepared.

The Philadelphia Folk Festival, a three-day event encompassing three evening concerts, three afternoon concerts, two days of workshops, dancing, juggling, storytelling and

camping, will happen Aug. 24 to 26 at the Old Poole Farm in Upper Salford, Montgomery County, Pa.

Festival organizers, noting past years that have included flooding rains and parching heat, have announced that all events will go on as scheduled. They recommend that those attending the Festival plan for all kinds of weather.

Foul weather gear and sturdy shoes are a must, as is a hat for

protection from the sun and sun lotion.

As always, no drugs or alcoholic beverages are permitted at the Festival.

Tickets for single days and evenings are still available. For information, call the Philadelphia Folk Festival at 215-242-0150 or toll free at 800-422-FOLK (in Pennsylvania) or 800-556-FOLK.

Club plans Outdoor Show for Sept. 1

Serve-Your-City Club of Wilkes-Barre will sponsor its 25th annual Haymarket Outdoor Antiques and Art Show and Sale Saturday, September 1, in a large, cleared field midway between Dallas and Tunkhannock, Route 309, in the village of Evans Falls.

The sale will be conducted from 10 a.m. until 5 p.m. Antique dealers participating in the show will offer a

comprehensive collection of antiques and collectibles and sell their wares from open automobiles.

Club members will feature a white elephant table and homemade jams, jellies, pickles and baked goods will be offered for sale as a project to raise funds to continue the Club's support of various charities.

The art show will feature many

water colors and oil paintings displayed on the outside of a weathered barn adjacent to the field in which the antiques show is held.

Spacious, level parking is available at no charge and patrons may enjoy a snack in a rustic outdoor setting at the snack bar which will be set up on the premises.

Rain date for the affair will be Sunday, September 2, same hours.

Principal

(Continued from page 1)

comes to Dallas via the Millerstown school system where he served as high school principal. Millerstown is located near the Lewisburg/Harrisburg areas.

Prior to being appointed principal at Millerstown, Dr. Cypher taught American History, Comparative Religions, Sociology, Cultures and Economics in Fulton County and was Assistant Principal in the Peters Township Schools in Western Pennsylvania.

A graduate of Shippensburg State College where he received his Bachelor of Arts Degree and his Master of Arts Degree, Dr. Cypher earned his Ph.D. in Education Administration at Penn State University.

His main contributions to Millerstown were changes in the curriculum, personnel and school policy. Admitting that any assessment at this time of his plans for the Dallas School District would be premature, however, Dr. Cypher does hope the public will take an interest in the schools. He is also interested in keeping the public informed about what goes on in the Dallas Junior

and Senior High Schools.

Dr. Cypher's wife, Kay, is a graduate of Juniata College in Huntington, Pa., with a degree in Home

Economics. The couple has three children, Kristin, 11; Tricia, nine; and Mark, seven. The family likes the Dallas countryside and is currently seeking a home near the Dallas schools.

Bus trip to Miss America parade

The Lake-Lehman Band will be traveling to Atlantic City on Tuesday, Sept. 11, to participate in the Miss America parade.

The Lake-Lehman Band Sponsors are chartering a bus for parents and

friends of the band who would like to travel to Atlantic City for the parade.

Anyone desiring further information regarding this trip should contact Mrs. Joan Titus at 675-4079.

Ross Academy will open

Ross Christian Academy, a ministry of the Sweet Valley Church of Christ, announces the beginning of its sixth school year on August 27, 1984. The school year will start off for students and staff with a two day orientation program.

Ross Christian Academy uses the curriculum of Accelerated Christian Education for teaching young

people from kindergarten through twelfth grade. Minister Gary DeSanto and principal Walter Carpenter look forward to a very successful school year.

If you are interested in enrolling your child in Ross Christian Academy, please call either 477-2320 or 477-2143, to obtain more information.



Dallas Post/Ed Campbell

Studying plans

Dr. Maria McGrane, left, and Dr. Jay Ochreiter pause for a moment from studying plans for the new building they are constructing in Dallas. The husband-wife team, who will occupy one wing of the building, recently purchased land on Route 415, adjacent to Wesley Garage and are anticipating the construction of the new Dallas Center.

Doctors

(Continued from page 1)

ing will take, it is decidedly modern with lots of brick and glass. Many suites will offer second story balconies for added space. There will be ample parking as up to 28 cars will be handled easily.

The entire project is scheduled to be completed in seven months, should all go well, says Dr. Ochreiter, who adds it took almost a full year just to plan the project.

Former scheduling of hours has yet to be completed, however, Dr. Ochreiter will split his time between the Dallas location and his Kingston office at 480 Pierce Street. Dr. McGrane will remain associated with the Back Mountain Medical Center on Route 118 in Dallas until the new offices are complete.

Dr. McGrane graduated in Family Medicine from the University of Texas at Austin. Dr. Ochreiter received his training at the Illinois College of Podiatry and is completing his Master's Degree in Health Administration at Marywood College in Scranton.

The couple resides in Dallas.

MALTYB DRUG STORE

326 Hughes St.
Swoyersville, Pa.
287-7724

Hall's Cough Drops

3 pkgs. 99¢

FREE PICK UP AND DELIVERY
LOWEST PRICES GUARANTEED
JOE RANIELI, R. PH.
287-7724

BARON'S SEAFOOD

Wholesale - Retail

300 Avenue A, Swoyersville 287-2111
Let Baron's be your seafood headquarters

We Carry a Complete Line of FRIED HADDOCK, FISH STICKS, DEVILED CLAMS, DEVILED CRABS, SHRIMP, LOBSTER, FRESH CLAMS, FRESH SALADS, AND ASSORTED FROZEN FOODS

HOMEMADE CLAM CHOWDER

Monday-Thursday 8-5; Friday 8-6; Sat. 8 to Noon

Take Out Orders FRESH SEAFOOD DAILY

GEORGE'S BARBERSHOP

135 Shoemaker St.
Swoyersville

Paul George is back at his regular hours: 9 a.m. to 6 p.m. Monday thru Saturday.

Call
287-7000