

Dallas Post/Ed Campbell

Dr. Edward B. Diethrich

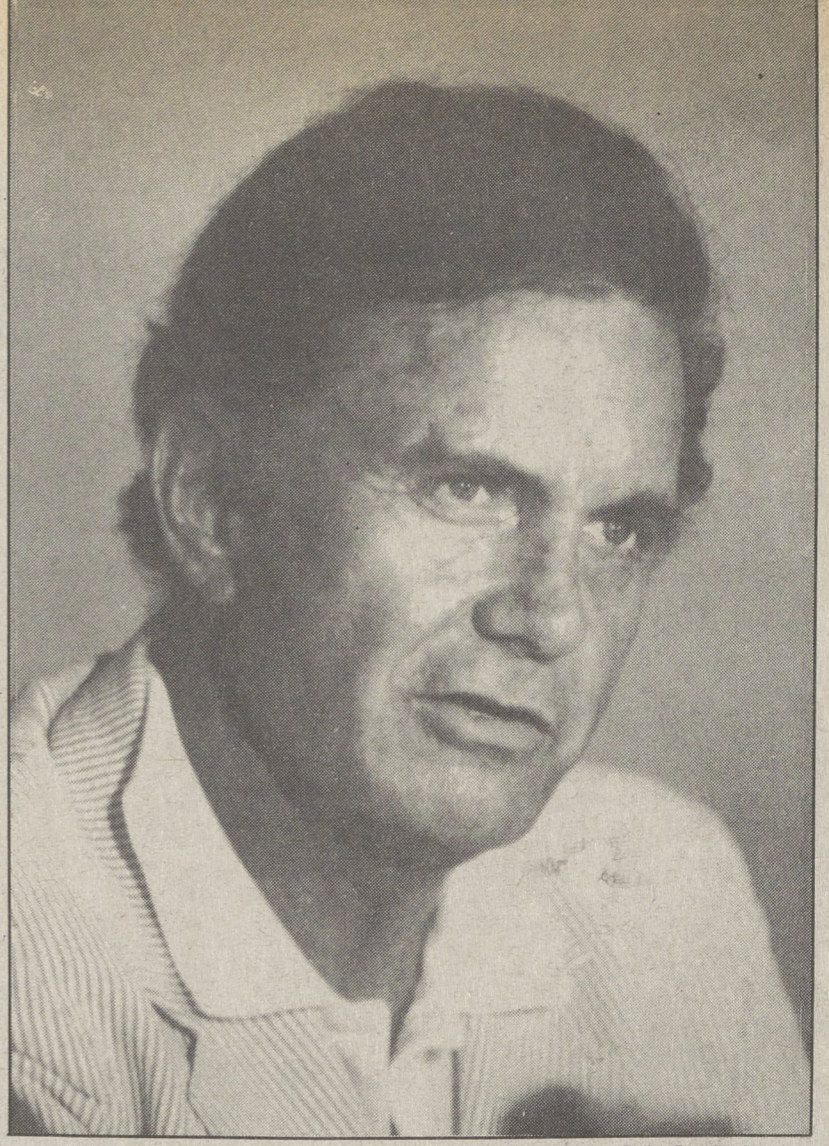
Dr. Edward B. Diethrich, medical director of the Arizona Heart Institute, was in Wilkes-Barre Friday afternoon to release statistics from the first part of the OK Heart Project currently being conducted throughout Wyoming Valley.



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Pat Taylor

Pat Taylor, living proof that people with heart conditions can lead normal lives by changing their lifestyles and their eating habits, accompanied the OK Heart Project directors to Wilkes-Barre Friday afternoon.



Dallas Post/Ed Campbell

Cliff Robertson

Actor Cliff Robertson, narrator of a documentary being done by Public Broadcasting Service on the OK Heart Project being conducted in Wyoming Valley, participated in a news conference with OK Heart Project officials Friday afternoon.

Taylor

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for air. She had to rest before continuing up the stairs. For two years, Taylor had been suffering from severe angina pain along her neck, face and arms. During one angina attack in 1978, Taylor experienced such excruciating pain that she literally ripped her own blouse off in reaction to the pain. In short, there seemed to be little hope. "I really did not want to stay (Arizona Heart Institute) for the eight weeks," she said. "I wanted to be with my family. If something was going to happen, (die of heart disease) I wanted to be home. I told the doctor (Diethrich) I was not

going to stay." Taylor said Dr. Diethrich, who was very concerned with her serious cardiac condition, turned to her husband, Richie, and said, "You had better convince her to stay." Taylor stayed and the eight-week Diethrich program proved to be a life-saver. "It (the Diethrich program) was a large adjustment," Taylor said. "It was very hard to get use to at first. It was not until about the fifth week that I said to myself, 'I can feel the pain disappearing.'" "I lost over 20 pounds during the program and my husband really did not recognize me the day I was

leaving," Taylor said. "I had on a new dress and had my hair done and I was standing about 75 feet from Richie when he saw me and he said 'are you the same wife?'" Taylor remembered. A few days later, while at home, Taylor said she went out with her husband to a local running track near her home and started to jog. Taylor said her husband could not believe what she was doing given the fact three months earlier she could not walk 10 yards without gasping for breath. "Stop, you are going to hurt yourself," Taylor recalls her husband saying. Pat said she turned to

her husband and jokingly said, "Don't be silly, I know what I'm doing." "It (jogging only eight weeks after she was diagnosed to die) really blew his mind," Taylor said with a big smile. "The Diethrich program is about 70 percent exercise and 30 percent diet," Taylor said. "Diet alone is not going to save your life. You really have to exercise." Taylor also said that many people misunderstand the so-called "signs" of heart disease. "The main thing is to be aware of any sudden changes with your body," Taylor said. "Prior to me

getting sick, I was selling life insurance and was living a normal life. Then I started to notice I was getting tired. The food in my stomach would just sit there. That was a sign," Taylor explained. "It is also important to understand that you can have pain on your face, neck, leg or anywhere and be in trouble," she added. "Some people get angina (sharp pains) across their chest, but not everyone." Taylor said it is also important to change eating and cooking habits. "In the past seven years, my family has only used about two quarts of

oil for cooking," Taylor said. "I also used to be a big egg eater," Taylor said. "Now I can't stand butter and I always eat dry toast." "It really is not that tough to change eating habits," she said. "I'm human too, you know. Sometimes I slip up, but you just have to learn to gradually change your cooking habits." As Taylor thought about her seven-year ordeal, she said with a big smile, "After the eight-week Diethrich program, I sent a letter to the cardiologist (who suggested she go home and die) that said I was not at all in any trouble."

Fair

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According to Hillman, this year's Fall Fair committee expects the five-day attendance to top the 40,000 mark. "We anticipate quite a large attendance," Hillman said. "One funny thing is that many people have not ever been to the fair before. If they do get out to the fair this year, they will be impressed," said Hillman. Hillman, a 17-year member of the Dallas Kiwanis Club, said that even with this year's expanded exhibit area, the available booth areas are filling up quickly and the deadline for applying for a spot has been moved up. "We are getting a real good response from the exhibitors," Hillman said. "People have been lining up for the additional space. A few months back we were talking about

a deadline around August 31 (for applying for a booth), now we have had to move that up to around August 25." Hillman said interested parties should quickly contact Arts and Crafts Chairman, Joe Suprum at 735-7916 or 288-5990, if they intend to operate a stand during this year's Fall Fair. With the expected increase of attendance, parking for the fair has also been expanded and there will be parking attendants on duty to aid in swiftly getting cars off Route 118 and Memorial Highway. Parking will be located behind the Nesbitt Hospital Back Mountain Medical Center and immediately across the street. A \$1 parking fee will be charged. "Our main goal with parking this year has been to make it easier for people to get in and out of the fair,"

Hillman said. "It (Fall Fair) really has doubled in size compared to last year," Hillman continued. "And we have spent a lot of time and money on trying to insure the safety of Wyoming Valley resident attending the Fair." Hillman said police officers from Lehman Township, Dallas Township and Dallas Borough will be on hand to assist people in parking and directions. In addition to the top billing of Jeannie C. Rielly, the new livestock and horseshow and the fireworks display, the Fair will present live bands, hundreds of commercial exhibitors, food concessions and many exciting amusement rides provided by S&S Amusements. Said Hillman, "We look this year to have a nice and clean fair."

Scouts

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currently holds the rank of Star Scout, which is only two promotions from Eagle Scout. Gingo has been involved in scouting for seven years and is a Life Scout, only one promotion away from Eagle Scout. Skursky and Williams have a combined 10 years in scouting and are members of the Explorer Post, an adventurers group within the troop. "You gain a lot of experience from Scouting," Williams said. "You learn to handle yourself in the woods and the outdoors. Sometimes it is a lot of work, but it is worth it," Williams continued. "I would recommend it (Scouting) for anyone. Anything you can think of, you can do." "I joined the scouts because everyone else joined," Gingo said. "I thought it would be fun and now I am almost an Eagle scout." "It (Scouting) is not always what people think," Gingo said. "You know, that goody, goody stuff. It is a lot of fun,"

Gingo said. "I joined because it was something to do," Michael said. "Some of it is hard work, but pretty much it is a lot of fun." "I saw what the older kids, with rank and age, in the troop were doing," Skursky said. "And I said with rank and age I'd be able to do it. So I joined." Skursky said he sometimes laughs when people make comments about the supposed goody, goody personality of a Boy Scout. Said Skursky, "People sometimes laugh, but I'll bet 10-1 that nobody in my homeroom ever repelled off a 100 foot cliff!" In addition to the Jamboree, the Back Mountain scouts were treated to a visit of Busch Gardens, Washington and a tour of the Smithsonian Institute where they layed a wreath at the Tomb of the Unknown Soldier. They also toured the U.S. Naval Academy at Annapolis, Maryland.

Hyperlipidemia can affect your heart in this way. Cholesterol and other lipids build up in the lining of blood vessels like rust in water pipes. Over time those vessels can close. When this narrowing of blood vessels, called atherosclerosis, occurs in the vessels that supply blood to the heart muscle the result can be severe chest pain and eventually heart attack. The body gets cholesterol from two sources. Each day the liver produces about 1,000 milligrams of cholesterol, which is needed to produce certain hormones and to construct cells. The remaining cholesterol in the body comes from food sources. Dietary cholesterol is the cholesterol about which people should be concerned. Through prudent eating habits people can usually reduce blood

Blue Cross announces new plan

It was announced recently that Blue Cross of Northeastern Pennsylvania, in cooperation with the Pennsylvania Department of health and the Governor's Diabetes Task Force, will offer reimbursement to eligible health care providers for outpatient education of the chronic diabetic patient. "We firmly believe that proper diabetes education in a cost-effective setting will help to improve the health of diabetic patients and reduce hospital admissions, readmissions, emergency room use and other long-term complications associated with diabetes," said Gilbert D. Tough, President and Chief Executive Officer of the Blue Cross Plan. Maurice Hertzfeld, Chairman of the Governor's Diabetes Task Force, established in 1980 to investigate the problem of diabetes in the Commonwealth and to develop a plan to address it, explains, "We are pleased that Blue Cross of

Ambulatory Diabetes Teaching Pilot Program, Secretary of Health H. Arnold Muller, M.D., presented Tough with a plaque from the Department of Health to recognize Blue Cross for instituting the reimbursement program and for being the first third party payor to take this step. "It is important that we take action to address this problem," Muller stated. "Pennsylvania has over a half million citizens with diabetes, and more than 15 percent of the diabetic population is hospitalized each year. Yes, diabetes is a major public health problem in Pennsylvania. This occasion today is a prime example of how government and the private sector have worked cooperatively toward our mutual goal of providing maximum health impact through the judicious use of our limited resources for the betterment of the physical and fiscal health of the people of Pennsylvania." The new program as explained by Thomas J. Ward, Blue Cross vice

president, professional and public affairs, will provide payment for services and supplies which are necessary components of the Diabetes patient Education Program and are consistent with specifications set forth by the Department of Health and Blue Cross of Northeastern Pennsylvania. Reimbursement under this new program will be made only at those hospitals and health care provider locations which have been approved by the Department of Health as pilot sites for the Ambulatory Teaching Program. Following the news conference, representatives from hospitals and other health care providers attended instructional sessions devoted to the implementation of the new program. Of the thirty-two member hospitals within the thirteen-county area serviced by Blue Cross of Northeastern Pennsylvania, it is expected that almost one-third will have implemented the pilot program within the next twelve months.

Lower cholesterol; reduce risk

A study recently released by the National Institute of Health reports, it has been established beyond a reasonable doubt that lowering elevated blood cholesterol levels will reduce the risk of heart attack caused by coronary heart disease. According to the American Heart Association (AHA), more than 50 percent of American adults have cholesterol levels above 200, a level at which the risk of heart disease begins to rise sharply. Approximately 27 million adults have serum cholesterol levels higher than 260 milligrams per deciliter of blood. Cholesterol is a soft, fat-like substance found among the fats in the bloodstream. These fats are called lipids, and a high level of lipids in the blood is called hyperlipidemia.

cholesterol in a safe, practical and effective manner. Reducing the intake of high-fat meals, whole-milk dairy products, egg yolks and other foods high in saturated fat and cholesterol is helpful, along with eating more poultry, fish, fresh fruits and vegetables, grains and cereal, and low-fat dairy products. If diet changes along won't reduce a person's blood cholesterol, his or her doctor may prescribe one of the medications available to help keep it within a recommended range. How do you find out what your cholesterol level is? Your doctor can measure the amount of cholesterol in your blood with a simple test. The AHA recommends that, ideally, everyone should have a cholesterol level test done by age 30 and repeated every five years thereafter.

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Northeastern Pennsylvania today becomes the first major third party payor in the state to join with us in accomplishing our goals. By their action, Blue Cross is recognizing

that education for self-care is a fundamental component of quality treatment for people with diabetes. This one rule forms the basis of our Task Force's statewide plan. To mark the kick-off of this new form of reimbursement, called the

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(USPS 147-780)
An independent newspaper published each Wednesday by Pennaprint, Inc. from Route 309 - 415 Plaza, P.O. Box 366, Dallas, Pa. under the act of March 3, 1889. Subscription rates are \$12 per year in Pennsylvania and \$14 per year out of state. Subscriptions must be paid in advance. Newsstand rate is 25 cents per copy.

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