

RECREATIONAL

1977 Cruiseaire Class A Motor Home Dodge chassis, 440 engine, 9.5 miles per gal. 22' length, 18-639 miles, roof air, TV antenna, cruise control, AM-FM stereo, tilt wheel, double passenger seat, exc. shape, asking \$13,800, sleeps 6. 477-3204 after 5 p.m. 27-tn-P

1980 Nomad 23 ft., new deluxe awning. Immaculate cond. Serviced and ready to go. Asking \$6,300. 829-1661 day or night. 27-tn-P

Invader - 1983. 115 HP, used 12 times. \$8500 or best offer. Call 639-2404. 31-4-p

MUST SEE

1976 Apeco LaStrada, 21 ft. self contained, sleeps 6, exc. cond. Asking \$3300. 825-7127. 33-4-P

MOTORCYCLES

Suzuki 80 G.S. 450, very good cond. Leather cover included. \$900. neg. 829-1298. 19-tn-P

1982 Yamaha 650 CC Heritage Special, 2,000 original miles, exc. cond. \$1,350. 9 a.m.-1 p.m., after 10 p.m. 639-2411. 19-tn-P

1980 Suzuki Road Bike 750 \$1,000. Silver, good cond. 1975 Res road bike 500, good for parts or fix up. Best offer. 333-4878 or 333-4584. 20-tn-P

1979 Honda CB 750K, 8,000 miles, extras, \$1300. 696-3364. 20-tn-P

1983 Honda 750 Night Hawk, 4,000 miles, mint cond., 2 helmets & cover, \$2,000. 287-8241. 25-tn-P

1985 Honda 250 SX 3 wheeler w-D-G header pipes, \$1300. 696-1439 after 4:30 p.m. 25-tn-P

1985 Yamaha 200ER, exc. cond. features shaft, reverse, electric start and racks. 6 mos. old. \$1500. 675-2900. 27-tn-P

YAMAHA

1980 Enduro, 2800 miles, excellent condition asking \$750. 675-6107 after 5 p.m. 31-4-p

Yamaha 82 Virago, practically new, 400 miles. Faring luggage rack and matching carrying case. Sacrifice at \$1995 neg. Call 287-0686. 33-4-P

HONDA, '81 CX500

A-title, full dress w-extras, water cooled, 8,000 mi. garage kept. Exc. cond. Asking \$2,600. 823-2788. 33-4-P

1981 Yamaha Seca 750, Anti drive, front forks, shaft drive, exc. cond. 7900 miles. Asking \$1650. 675-4832 or 675-5236. 33-4-P

LOST & FOUND

Lost - small grey kitten wearing a green collar around Shavertown Shopping Center. 696-3945. 31-4-p

Lost - 6 mo. old female shepherd husky mix. Wearing brown leather collar, answers to Loretta, lost in Centermoreland area. 333-4973. 32-4-P

Found Aug. 18, tiny white long haired kitten. Tan & gray patches on ears, gray tail on Rt. 118 between Lehman Horse Show Grounds & Lehman Center. 696-4956. 32-4-P

TRUCKS

79 Datsun King Cab with aluminum cap, 5 spd, trans., call after 6 p.m. 696-2727. 20-tn-P

1976 Chevy C-10, 4 wheel drive, auto, p.s., p.b., 8 ft. bed, large toolbox and other extras \$2,000. 822-5072. 23-tn-P

1984 Mazda Le Sport Truck, bucket seats, 5 spd., stereo, good gas mileage, \$5,000. Call 696-1439 after 4:30 p.m. 25-tn-P

1980 Toyota Pickup Truck 8 ft. box with cap, 55,000 miles, good cond. \$3,800. 287-8560. 27-tn-P

85 FORD RANGER

XLT, 4 by 4, two tone red & white, 5 spd., extended bed with liner, super seal, western mirrors, sliding back window, radial tires, \$12,000 neg. 287-7324. 33-4-P

REAL ESTATE

GOVERNMENT HOMES
From \$1, (U Repair). Also delinquent tax property. Call 1-805-687-6000. Ext. GH-6026 for information.

HUNTING CABIN
Bradford County, 2 bdr. cabin on 2 acres of land in excellent hunting area. Near State Game Land. Call 288-9933 anytime. 31-4-p

FOR RENT

Wilkes-Barre 4 rooms, first floor, wall to wall carpeting throughout. Stove, refrigerator, heat, hot water included. Available Aug. 1. \$300. Security, lease, references required. Call 288-8933. 26-tn-P

FOR RENT

WILKES-BARRE
Office, commercial, merchantile space, up to 30,000 sq. ft. low rates, flexible terms, 1st floor space, loading docks, broker protected 822-1139. 31-26-p

Professional Commercial Space for rent, approximately 450 square feet, will build to suit, Fort Fort area. Call 288-8933. 31-tn-P

NEWLY REMODELED

Store or Office Space available. Main St. Lutzerne. Immediate occupancy. 696-2238. 31-4-p

WILKES-BARRE Westside Apts.

N. River St. Efficiency Apts., 1 and 2 bedrooms. \$185 to \$300. Some utilities furnished adults, no pets, lease, sec., references. 822-1139. 31-26-p

CUTE & COZY

3 room cottage & porch, furnished, total electric. No pets, ideal for one, pay own utilities, \$145 a month. \$75 security. 298-2174 or 298-2372. 33-2-P

WEST SIDE

1 bdrm. efficiency apt. Refrig. & stove included. Laundry service in bsmt. Adults only. No pets. Lease, Sec. Ref. \$2300 mo. plus util. Call 288-2041, 8 to 6. 33-4-P

2nd Floor Apt. 3 rooms, bath, back porch & driveway. Utilities furnished, except cooking gas. Call 675-0044 for appointment. 34-2-P

EASY LIVING

Swoyersville, half double, 6 rooms, 1 1/2 bths, dishwasher, air conditioner, off-street parking, range, \$350 mo. plus utilities. Call 696-2825 or 288-3549. 34-2-P

FREE

Free Kitten - to a good home. Beautiful 11 wk. old female, white and tiger striped. Very loving, good company. 696-3945. 31-4-p

Free Kittens to a good home. Litter trained, 8 wks. old. 675-4819. 32-4-P

Free Beautiful long haired kittens. 298-2407. 34-4-P

MISCELLANEOUS

CLIPPING NEWSPAPER ITEMS. Earn \$2 to \$10 each. Experience unnecessary!!! Offer details rush stamped addressed envelope & 25 cents service fee - J.J., Dept. M., P.O. Box 293, Reform, Al. 35481. 32-12-P

MUSICAL

MERCHANDISE

MUSIC INSTRUMENTS

ORGAN HAMMOND T-500, 244 note keyboard w-draw bars & tone tabs. Rhythm accomp. W-Leslie speakers and tape player. Italian cabinet W-padded bench. Exc. cond. \$1595. 696-3678. 32-4-P

MOBILE HOME

Mobile Home Axle with wheels and springs \$45. 675-3076 after 5 p.m. 21-tn-P

BUSINESS

OPPORTUNITIES

BEAUTICIAN WANTED
Exc. business opportunity. Open your own shop in my basement. Space available Sept. 1. Call 288-8933 for details. 24-tn-P

BECOME A DEALER!!
Buy a Steel Building at wholesale prices. Call 1-800-874-4312 and ask for Mr. Griner. 34-4-P

HELP WANTED

CORRESPONDENT
The Dallas Post has an immediate opening for a freelance correspondent to cover municipal meetings and school board meetings. Send resume and work samples to Dotty Martin, Editor, The Dallas Post, P.O. Box 366, Dallas, Pa. 18612. 25-tn-P

IMMEDIATELY NEEDED
Carpenter's helper. Call 639-1354, after 5 p.m. 32-4-P

STABLE HAND
Groundkeeper to work around small horse farm. Must be experienced around horses. Call 675-0663. 32-3-P

EARN EXTRA \$
For Xmas, showing toys & gifts. No collecting, delivery or cash investment. Call 283-0489.

HELP WANTED

Babysitter to care for one child in my Shavertown home, 2 or 3 days and occasional evenings. References, own transportation. Reply to Dallas Post, P.O. Box 366, Dallas, Pa. 18612. 33-4-P

BABYSITTER

Needed for Wed., Thur., Fri., Sat. & Sun., 4 p.m. to 10 p.m. Harveys Lake Area. References required. 639-5030. 33-4-P

RN's, LPN's, Aides for Registry. 826-6128. 34-2-P

AUTOS

1981 Dodge Challenger standard, two door, 5 spd., low mileage, runs good \$5100. 675-5164 after 4 p.m. 19-tn-P

1983 Honda Accord LX red, 2 door, 5 spd., 15,000 mi., loaded, showroom cond., grage kept. AM-FM cassette \$8200. neg. 288-4497. 19-tn-P

71 Ford Torino, 69,000 mi. auto. trans., new battery, muffler, springs and shocks. Needs some bodywork. Must sell. \$350. 675-5821. 19-tn-P

1973 Buick LeSabre runs, needs some work, \$100. 298-2066. 21-tn-P

1977 Chevy Concourse exc. cond., p.b., p.s., a.c., must see. Asking \$2100 neg. 823-7482. 21-tn-P

81 Dodge Omni Miser, Front wheel drive, 4 new tires, 4 spd., hatchback, great m.p.g. Red with tan interior. 639-5310. 21-tn-P

62 Corvair Monza-4 dr., auto, 47,000 orig. miles. Many new parts, current inspection. Body fair, engine needs minor work. Extra parts included. Very suitable to restore. Asking \$595. 696-2794 between 6-8 p.m. 22-tn-P

69 Dodge Coronet Deluxe, 4 dr. sedan, small 318 V-8 engine. California car, no rust. Very good cond. \$895. 675-8191. 22-tn-P

1982 Chevy Window Van 6 cyl. standard. 43,000 miles. air, p.s., p.b., tinted glass, carpeting. Exc. cond. \$6500. 477-3421. 25-tn-P

1983 Trans Am Loaded, t-roof, air, AM-FM cassette, louvers, mags, car cover, new tires, plus much more. Adult owned. Call 288-7375 and leave message. 25-tn-P

1968 Pontiac Catalina, p.s., p.b., exc. cond. Needs engine work. \$100. 288-4492. 33-4-P

AMC, '84 EAGLE
4 WD, many extras, exc. body, exc. running cond. \$9994. Call 829-3979. 33-4-P

1981 Dodge Challenger, standard, two door, 5 spd., low mileage, runs good \$5100. 675-5164 after 4 p.m. 19-tn-P

1983 Honda Accord LX, red, 2 door, 5 spd., 15,000 mi., loaded, showroom cond. garage kept, AM-FM cassette \$8200 neg. 288-4497. 19-tn-P

'82 Plymouth Champ, 4 dr., front wheel drive, standard twin stick, power & economy great mpg, stereo, exc. cond., 43,000 highway miles \$3350. 675-4202 or 826-1493. 21-tn-P

1974 Buick Regal. Body in fair cond. Asking \$100. Must see. 287-8330. 23-tn-P

1972 Volvo SW, 145E, AM-FM radio, auto., roof rack, needs bodywork and brakes. Current inspection \$350. 696-1720. 23-tn-P

1973 Plymouth Road Runner air shocks, Rally May wheels, exc. cond., 56,420 miles. Asking \$1200 or best offer. 288-8146. 23-tn-P

Mechanics Special Runnable 1970 Volvo 142, \$350 neg. 287-1105. 23-tn-P

1972 BMW, 4 spd., AM-FM radio, \$2900. 675-4126 or 826-0481. 24-tn-P

1982 Z-28 Camaro Gold w-black interior, loaded and more, 20,000 miles, \$10,000. Exc. cond. 693-0840. 24-tn-P

'67 Ford XL Slantback 2 dr. hardtop, V-8, mag wheels, asking \$795. 696-2821. 26-tn-P

1977 Dodge Monaco runs well, interior like new, needs body work, \$550. Call 822-8562. 26-tn-P

85 TEMPO

GL Sport Coup, Auto., Air, Rear defroster, power steering and power brakes. Showroom condition, Approx., 11,000 miles. Retail for \$9700 will sell for \$8450. 287-9889. 31-4-p

74 SWINGER

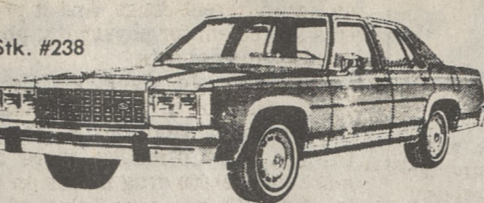
Dodge Sport Coup, small V8, Auto., power steering, reconditioned motor, excellent condition inside and out. \$875. 287-9889. 31-4-p

79 CHRYSLER

Cordoba, air, p.s., p.b., power door locks, split bench seat, AM-FM radio, low mileage, very good cond. \$3695 neg. 1-969-6151. 32-4-P

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SALE PRICE \$12,575*



Stk. #231
FORD LTD 4-DOOR SEDAN

3.8L, V6 Engine, Automatic Trans., Power Steering, Power Brakes, AM/FM Stereo Radio, Conventional Spare Tire, Bumper Guards, Digital Clock, Electric Rear Window Defroster, Dual Remote Mirrors, Vent Windows, Tinted Glass, Light Group.

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AUTOS

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1973 V.W., no rust, new engine. Exc. cond. Reasonable. 675-3074. 33-4-P

'67 Dodge Coronet 318, p.s., p.b., V.T., auto., new brake system. \$200. 288-4492. 33-4-P

PORSCHE

1974 Porsche 914, nice interior & exterior, 5 spd., AM-FM stereo cassette, good cond. \$3500. 675-6972. 33-4-P

1969 Chrysler Newport, 4 door sedan, motor in good running cond. High bid. 287-7932. 34-4-P

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Seniors safety book available

An illustrated booklet warning senior citizens on hazards encountered in the home is now available free at county aging offices. The booklet, produced by the National Council on Aging, contains a checklist of potential hazards from electric outlets and chimneys to space heaters and flammable materials. "More than 600,000 Americans over age 65 are seriously

injured each year through accidents in the home," according to Alma R. Jacobs, Secretary of the Department of Aging which has reprinted the booklet for distribution to all Area Agencies on Aging. "I hope this information will alert more seniors to the potential dangers they may encounter on a daily basis," she said. Listed in the booklet are some 35 areas in the home that

present potential dangers. The booklet also contains recommendations for averting hazards in dangerous areas. The booklet, entitled Safety for Older Consumers, is part of a statewide campaign to improve safety in the home. Several of the state's 51 Area Agencies on Aging are recruiting and training "safety specialists" in their communities who check on homes for poten-

tial hazards--often noticing other needs of senior citizens such as a fuel or food assistance or home health care. Several senior centers in the state dare also planning to hold home safety seminars. A fullscale home safety program was conducted last year in Philadelphia, funded by the U.S. Consumer Product Safety Commission.

Should The Government Make People Wear Motorcycle Helmets?

"Wearing A Helmet" To get a good discussion going (and, frequently a heated one at that!) bring up the subject of whether a motorcyclist should be required to wear a helmet. Arguments against helmets can run the gamut from "mandating a helmet violates my civil liberties" to "they mess my hair". Arguments forned only point out statistical facts that prove the value of a helmet. In the 60's when cyclists began wearing helmets, head related fatalities dropped 40 percent. When the Highway Safety Act of 1976 removed the authority of the U.S. Secretary of Transportation to require mandatory use of helmets, those states that repealed their helmet laws found that fatality numbers shot up. Approximately 80 percent of all motorcycle crash injuries are to the head. If you're riding without a helmet this means that your chances of getting killed in an accident are 67 percent greater than if you are wearing a helmet! A motorcyclist in Pennsylvania is required by law to wear a helmet and approved face shield when riding. When

traveling through states where a helmet isn't required keep those accident statistics in mind before removing your helmet! If you're buying your first one - or planning to buy a new helmet - don't forget that in Pennsylvania the helmet you wear must meet DOT safety specs. Look for the label when making a helmet purchase. Labels that say ANSI or SNELL indicate that those helmets meet higher standards than minimums required and thus offer more protection. Helmets are not designed for fashion appeal or economy so while these may be buying inducements, make your priority the helmet that offers you maximum protection rather than minimum cost. Another important safety fact to keep in mind is that most helmets' protective qualities only survive one impact. The safety factor can be affected even by dropping the helmet! Most manufacturers will inspect and repair a damaged helmet for a small fee if you return it to them. Here is a case where the old cliché does hold true--better to be safe than sorry. If you suspect that your helmet has been damaged in any way

don't rely on it to protect you in an accident. When buying a helmet make sure the one you select fits properly and is held securely in place by a strap. Your dealer can help you make the right choice. Eye protection can be goggles or a plastic bubble attached to the helmet. Plastic or shatterproof glass should be used to reduce the hazard from broken glass in the case of an accident. One final reminder - when you're carrying a passenger on your cycle they should wear protective clothing just like you do (pants, boots, jacket, gloves) and they are required by

law to wear a helmet. Another important safety reminder - take a Motorcycle Safety Program (MSP) free course. They are designed for both the novice and the experienced rider and are available statewide. Motorcycles are provided. The only requirement for this Pennsylvania Department of Transportation program is a Class 5 permit or license. An important plus is that your receive your Class 5 license upon successful completion with no further testing! This program is headquartered at IUP. For more information on classes in this area call 1-800-442-6826. You'll be glad you did!

Bulbs Bloom

Flowers are for your enjoyment. And chances are you'll want to use some of the ones from your garden in a floral arrangement soon-so you can enjoy them indoors as well as outdoors. You can emphasize the beauty of cut flowers by arranging them with some though toward shape, size, and color of each blossom. An arrangement makes each flower most interesting, and gives you a new point of interest

in a room. You'll be more pleased with your floral arrangement when you keep in mind the relationship between flowers, containers, accessories, and their placement in a room. To get the course, send \$6.75, including handling, to FLOWERS ARRANGEMENT, Dept. 5000, University Park, PA 16802. Make check payable to PENN STATE. Ask about prices for group study.

Flowers are for your enjoyment. And chances are you'll want to use some of the ones from your garden in a floral arrangement soon-so you can enjoy them indoors as well as outdoors. You can emphasize the beauty of cut flowers by arranging them with some though toward shape, size, and color of each blossom. An arrangement makes each flower most interesting, and gives you a new point of interest

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Cholesterol Key To Heart Problems

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. 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 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.