

Health



Tea conducted

Wilkes-Barre General Hospital Auxiliaries recently held their annual tea at the Westmoreland Club. The event is held to close the organization's activities for the fiscal year and to welcome new Auxiliary members. Lillian Alinkoff and Ellen Ayre served as co-chairmen for the event, and Frances Wartella was tea hostess. Lina Serpico, Auxiliary president, conducted the membership meeting and introduced new members, after which the tea, consisting of hors d'oeuvres, desserts and beverages, was served amid an elegant pink setting. Entertainment was provided by Ballet Northeast. The auxiliary sponsors a number of hospital events and services, with proceeds benefitting Wilkes-Barre General Hospital patients. Foremost among their activities are the Starlight Ball, card party and golf tournament. Members also operate the hospital's Hospitality and Gift Shop and patient television service, and many are active hospital volunteers. Pictured are a number of Auxiliary officers. From left, seated, Lina Serpico, president, Trucksville; Suzanne Golden, recording secretary, West Pittston. Standing, Lillian Alinkoff, program chairman, Edwardsville; Alice Biernacki, second vice president, Mountaintop; Gertrude Harrison, correspondence secretary, Edwardsville; Jan Gunster, public relations chairman, Dallas; Rosanna Foote, treasurer, Forty Fort.

Loucks honored

Cathy Loucks was named Employee of the Month for July at the Meadows Nursing Center, Dallas. She joined the Meadows in August, 1983, and is a nursing assistant on the second floor. Born in Winnipeg, Manitoba, Canada, she moved to Dallas in 1969 and graduated from Dallas Senior High School. She and her husband, James, reside at Harveys Lake. Mrs. Loucks was presented a cash award for her award winning idea. This is the second time she has been so honored.

Shown here, are, from left, Kathy Vidumsky, L.P.N., 3-11 Charge Nurse, Second floor; Cathy Loucks, Employee of the Month; and Jan Congdon, R.N., 3-11 Supervisor.



Coach

(Continued from page 11)

1969 after having spent four years each with the Los Angeles Dodgers and Detroit Tigers. His long career as a player and then as a coach has allowed his wife of 23 years and daughter, Joy to meet some of baseball's biggest names.

Mrs. Tracewski mentioned a few of them: "We knew Denny McLain very well (a 31 game winner in 1968 for the Tigers). In the summer of 1970, we rented his house in Lakeland, Florida when my husband managed there. I've known Al Kaline (a Hall-of-Famer with 3007 career hits and 399 homeruns) since 1966. We spent many springs with him. We still see him. He broadcasts Tiger games in Detroit. Joy knew Al Kaline's sons very well when she was a little girl.


"They played together in Florida when they were all kids. Gates Brown, Kaline and Dick just did a commercial together in Detroit. I know manager Sparky Anderson very well. He is a nice man, very courteous. He's a baseball man. His whole life is baseball. He's very down to earth. Sparky is very good to my husband. Of the current players, I know Jack Morris, Dan Petry and Lance Parrish very well. There always seems to be a lot of changes on the team, so you can't get to know everybody."

Dolores remembers Mark "The Bird" Fidrych who was the talk of the baseball world in the mid 1970s after a 19 victory rookie season. However, an injury cut Fidrych's career short (Sports Illustrated recently featured a story on Fidrych). "Fidrych was a free spirit, a nice kid. He's currently living and working in Massachusetts. He has a farm there, too. He has a quiet life. I saw him at a wedding on Dec. 21. The wedding was in Michigan. Kirk Gibson and former Tiger Dave Rozema (now with Texas) married sisters," the friendly Peckville resident stated.

In my most recent conversations with Tiger Coach Tracewski, he commented on some of the best players he played with or against: "Willy Mays was the best player I ever saw. Frank Robinson was the toughest for one out. The best pitcher I ever saw was Sandy

Koufax. The best I ever batted against was Bob Gibson. Denny McLain was the best pitcher I ever saw for one year in that splendid 1968 season. Al Kaline would have to be the best player I ever played with," the gentleman revealed.

He considers portly southpaw Mickey Lolich as the most underrated star he played with. "He wasn't a shining light. He belongs in the Hall-of-Fame, but probably won't make it," explained the expert.

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Bug bites can be serious

Nothing is as unnerving as the sight or sound of a mosquito in the house, especially at bed time. There is anxiety and anger in knowing that sleep will be lost until you get the critter and itchy welts in the morning if you don't.

Dr. Bobby Jones, of the state Health Department's Division of Epidemiology, says people are more concerned about discomfort from the bites than the possibility of disease.

"The one disease commonly associated with mosquitoes is the tropical disease malaria, which most of us know is not a problem at latitudes as far north as Pennsylvania.

"What we fail to realize is that they spread other diseases, especially viral encephalitis-inflammation of the brain and spinal cord-which can result in brain damage and even death," Jones says.

Mosquitos become infected with encephalitis viruses by biting infected birds primarily, but other small animals may also carry the viruses. When infected mosquitoes bite larger species, such as humans and horses, the chain is broken because the virus concentrations in the blood are low. Mosquitos that bite infected humans or horses cannot spread the virus.

Jones identified the symptoms of encephalitis as headache, high fever, mental confusion, disorientation, coma, muscle spasms, tremors, and occasionally convulsions, especially in infants.

Four strains of viral encephalitis carried by mosquitoes have been found in Pennsylvania-Eastern Equine, Western Equine, St. Louis, and California-named for the geographical locations and, in some cases, the species where they were first identified. An outbreak of the St. Louis strain invaded Pennsylvania in the mid-1960s. Of the four, Eastern Equine is the most devastating, frequently leaving severe brain damage. Mosquitos live on blood and prefer birds and other

animals to humans, but will take what is available when the need arises. Before drawing the blood through its hypodermic needle-like mouth, it injects salivary juices which contain an anticoagulant to keep the blood from clotting and blocking the feeding tube.

It is the salivary juices that cause the welt and the itching, and if the mosquito is infected the virus will be injected also.

Jones says people can effectively control the mosquito population with a little effort and without a lot of chemicals.

"It's done by interrupting the life cycle, which means draining or dumping standing water at least once a week from containers where it collects. It takes two weeks for development from egg to larva to adult.

"Such things as children's wading pools, bird baths, sprinkling cans, old tires, flower pots, blocked rain gutters and the like, provide unsuspected breeding places. They won't breed in properly chlorinated and filtered swimming pools, running water, or year-round ponds containing fish and other predators. Low-lying areas that hold water after a rain but eventually dry up should be treated with larvacide."

Jones says don't be alarmed about reports of large numbers of mosquitoes in other parts of the country, unless you are going there. The mosquito that bites you was probably born nearby.

"Flight patterns of most species of mosquitoes range from several hundred yards to a mile, so persons who experience bites should assume the insects are breeding in the area and take steps to control them."

To reduce chances of being bitten, Jones recommends the use of an insect repellent applied to exposed areas of the body. Additional applications will be required following activities that cause perspiring. Perspiration dilutes the repellent. Any of the commercial preparations are good, as is the old standby citronella.

Alcohol and summer don't mix

Drinking and driving don't mix. And according to a state health official, drinking does not mix with many summertime activities.

Jeanne Peterson, director of the Health Department's Bureau of Program Services, said, "The effects of alcohol on driving are well known, but many people don't realize that too much alcohol will have an

adverse effect on any activity which requires physical coordination and mental alertness.

How much is "too much"? There are no easy answers.

"For a person who weighs 90 pounds, only one or two drinks could slow his or her reflexes down enough to cause a fatal accident while driving, bicycle riding, swim-

ming, or boating," Peterson said.

"The effects of alcohol are magnified greatly when a person is taking any one of a number of medications, including many cold and allergy remedies. To be on the safe side, always read the labels and check with your doctor or pharmacist if you have any questions.

"It is vital to remember that regardless of all the sophisticated advertising and myths about the glamor of drinking, alcohol is a depressant drug. While it is true that alcohol - like any other drug - can affect people differently, the way it works is predictable."

"For instance, a person who drinks while swimming may indulge in unusual horseplay or some other reckless or life-threatening behavior. In fact, the best estimates we have indicate that about half of all drowning deaths are alcohol-related.

"People would be well-advised to remember that whenever they take an alcoholic drink - beer, wine spritzer, whatever - they are taking a dose of a powerful mood-altering drug," Peterson concluded.

Face your loss; the pain will be easier to bear

People who suffer the loss of a loved one need to work through bereavement in their own ways. Yet grief is less prolonged when a person is able to mourn openly, according to the July Reader's Digest. What is crucial is that some kind of action release the pain.

Here are some ways to hasten the healing process.

- Talk with trusted friends. The company of others provides solace as well as a means for releasing emotions. Self-imposed isolation only makes matter worse.

- Remain active. Work, especially, has a therapeutic value. Living up to responsibilities to others will help you discover inner strength. If you must remain at home, try to follow a schedule - do the laundry, shop for groceries. Physical activity can be very res-

toring to heart and soul.

- Help others. Doing something for others, even while you are hurting, will help you to respect yourself.

- Indulge yourself. Do things that make you feel good. Take a warm bath at bedtime, set the table attractively, buy a bouquet of flowers - such small acts of self-caring can be helpful in times of duress.

- Find a group to join. After the initial shock has begun to wear off, look into group activities at your community center, local college, church or synagogue.

When ignored or denied, grief can do harm in countless ways. Facing loss is the key to recovery.

For a free reprint of "How to Live Through Loss," write to Reprint Editor, Reader's Digest, Box 25, Pleasantville, N.Y. 10570.

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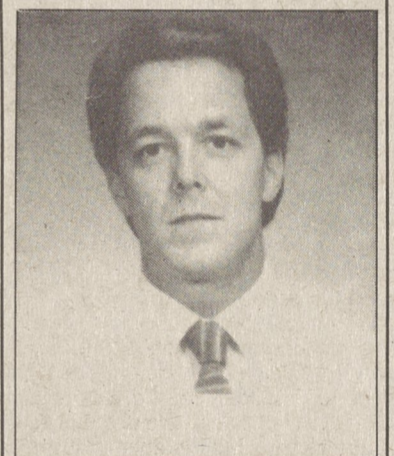
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