

Hello... SPRING

Springtime means "chicken pox"

It happens every spring. Just as the kids are clamoring to go outside and play, just as parents are recovering from treating a winter's worth of childhood ills, along comes a new outbreak of chicken pox, racing from child to child with the speed of an Olympic runner. And this year's "red-spot sprint" promises to be no different from those that came before.

According to the Centers for Disease Control in Atlanta, approximately three-and-half million children will be affected with chicken pox by year's end, with a significant number of those cases occurring in April and June. And at this point, there's really no way to check the spread.

"Chicken pox is the last common childhood disease for which no preventive vaccine is yet available, although one is expected to be approved for limited use within the next year or two," notes Thomas S. Spencer, Ph.D. and dermal

research manager for Rydelle Laboratories. "Until a generally usable vaccine is developed, the best thing parents can do for their youngsters is to learn more about the disease and its symptoms and the ways in which its inevitable discomforts can be minimized."

Classified as an infectious disease, chicken pox is caused by a form of the herpes virus, one that remains in the body for life but that also renders its carrier immune. In other words, once you've had the disease, the chances of catching it again - or spreading it - are virtually non-existent. Its symptoms, which follow an 11- to 20-day incubation period, include low-grade fever, headache, muscle aches, chills and a distinctive skin rash consisting of small red spots that change to small blisters and then crust over.

Although complications from chicken pox can readily arise in adults, particularly pregnant women and the immunosuppressed, they're extremely rare

in otherwise healthy children. Nonetheless, Spencer emphasizes, the child's physician should always be notified by an outbreak so that he or she can oversee a proper course of treatment.

Generally, such treatment will include bed rest, plenty of liquids and a non-aspirin pain reliever to reduce fever and alleviate overall discomfort. Because scratching can cause chicken pox spots to become infected - a condition that may result in scarring - the use of a product like Aveeno Bath Regular may also be called for to minimize itchiness associated with the rash. Replicating the pH balance of healthy skin, the natural colloidal oatmeal in Aveeno Bath reduces the irritating itch and in turn, the urge to scratch.

In most instances, a child will recover from a springtime bout of chicken pox within seven to 10 days. But parents be warned. A case of spring fever is usually close behind.



PSU OPEN SET — Shown from left, seated, are tournament planning committee members: Jack Monick, Penn State Wilkes-Barre Athletic Director; Jack Zarno and Barry Fies, Wyoming Valley Club Pro. Second row, Dennis Puhalla, Joe Burnett, Joe Mantione and Ed Keil.

Penn State tees off for Booster Club

The third annual Penn State Wilkes-Barre Open Golf Tournament has been set for Monday, May 16, at the Wyoming Valley Country Club. The captain and crew tournament will award a customized Penn State Van designed by Celebrity Coach for the first hole-in-one on No. 13. Various Penn State prizes will be distributed. Bob Intrieri, P.G.A. Master

Professional at Penn State University, and Barry Fies, Wyoming Valley Club Pro, will conduct a clinic for tournament participants at 12 p.m. with the tournament beginning with a shot-gun start at 1 p.m.

A Penn State Hour and dinner will follow. The \$75.00 entry fee includes green and cart fees, refreshments and

dinner. Corporate sponsorships are also available. Proceeds from the tournament will benefit the Penn State Wilkes-Barre Booster Club for expansion of athletic programs at the campus.

To sign-up, contact Jack Monick, Penn State Wilkes-Barre Athletic Director, at 675-9284 or 1-800-426-2358.



A GOOD PLACE TO MEET — Many Back Mountain Senior Citizens enjoy spending Monday through Friday at the newly-renovated Center on Main Street, Dallas, where they enjoy making a variety of crafts, visiting with others or quilting. Among those making crafts for Easter are, from left, Bertha Wasilewski, Florence Owens, senior aide; Dorothy Chissler, Meryl Wagner, Julia Romanowski and Marian Kunigonis. (C.M. Denmon Photo)

Local seniors enjoy new center

BY CHARLOT M. DENMON
Staff Writer

The new Senior Citizens Center in Dallas is fast becoming a popular meeting place for approximately 60 seniors daily, Monday through Friday from 9 a.m. to 2 p.m. The senior citizens find the renovated center easily accessible and a place where they can enjoy a variety of activities with other residents their age.

The program of activities under the direction of Jane Hady includes crafts, needlepoint, crocheting, knitting, counter-cross stitch and many of those attending the Center are willing to teach their skills and talents to others interested in learning.

They also play bingo and cards and hold card parties the second and fourth Tuesday of each month.

Many of the citizens play shuffleboard every day and also hold competition with teams from other centers on a regular basis. Parties are usually planned for all holidays and recently, the senior citizens have been discussing the feasibility of planning some daily bus trips to various points of interest.

VISTA sponsored a Tax and Rent Rebate Workshop, recently.

A large patio outside the Center is enjoyed by the citizens during the warm weather and this year, some new benches have been purchased for the patio.

The Dallas Senior Citizens Center also has a nutrition program with a full course meal served daily. Florence Owens, Senior Aide, assists with the meal, and all of the members usually stay for it. Reservations must be made the day before.

The citizens at the Center are presently working on Easter decoration sets which include a rabbit, duck and chicken for which they took orders from persons wanting them for their children or grandchildren. They also make other beautiful crafts which they give as gifts or keep for themselves.

The Dallas Senior Citizen Center is becoming a popular place with Back Mountain residents.

Pothole "hotline" now open

The Pennsylvania Department of Transportation opened up the lines of the "Pothole Hotline" March 10 through

April 8. Local numbers are: Luzerne County 826-2386; Wyoming County 278-1171.

A STORY ABOUT BRIAN

This is the story of Brian. Mr. Cool he was without trying. The hallways he owned. His charms he but loaned. Ah my, how he left the girls sighing.

Then a virus caught our Mr. C. A bug with a long history. He ached, and he sneezed. He coughed, and he wheezed. It was flu causing this misery.

Feeling so low was this guy. He was set to give aspirin a try. But remember he did. A note on the lid. That warned of a syndrome called Reye.

Reye is this trouble called Reye. But permanent it might make you lie. Kids with the flu. Chicken pox, too. May suffer when aspirin they try.

How did Brian reprise his cool? Hey, remember this dude was no fool. He just took it slow. That's the best way to go. When they need you so badly at school.

—A message from the Food and Drug Administration

ASPIRIN

WARNING: Children and teenagers should not use this medicine for chicken pox or flu symptoms before a doctor is consulted about the syndrome it may lead to serious illness.

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