



# Report from Harrisburg

Here is a summary of important events that occurred on Capitol Hill from Rep. Scott DiTterick, 120th Legislative District.

**PRO-CHOICE RALLY** - Some 5,000 abortion-rights activists marched on the Capitol urging lawmakers to support legislation granting women the right to abortions in Pennsylvania. Following the rally, participants visited the offices of legislators seeking their support in what is certain to be a heated battle over the abortion issue. Pro-life advocates, led by Rep. Stephen F. Freind (R-Delaware), intend to introduce a legislative package next week to regulate abortion in the state.

**SAFETY IN THE WORKPLACE** - Dauphin County Rep. Jeffrey E. Piccola, the Republican chairman of the House Labor Relations Committee, this week introduced

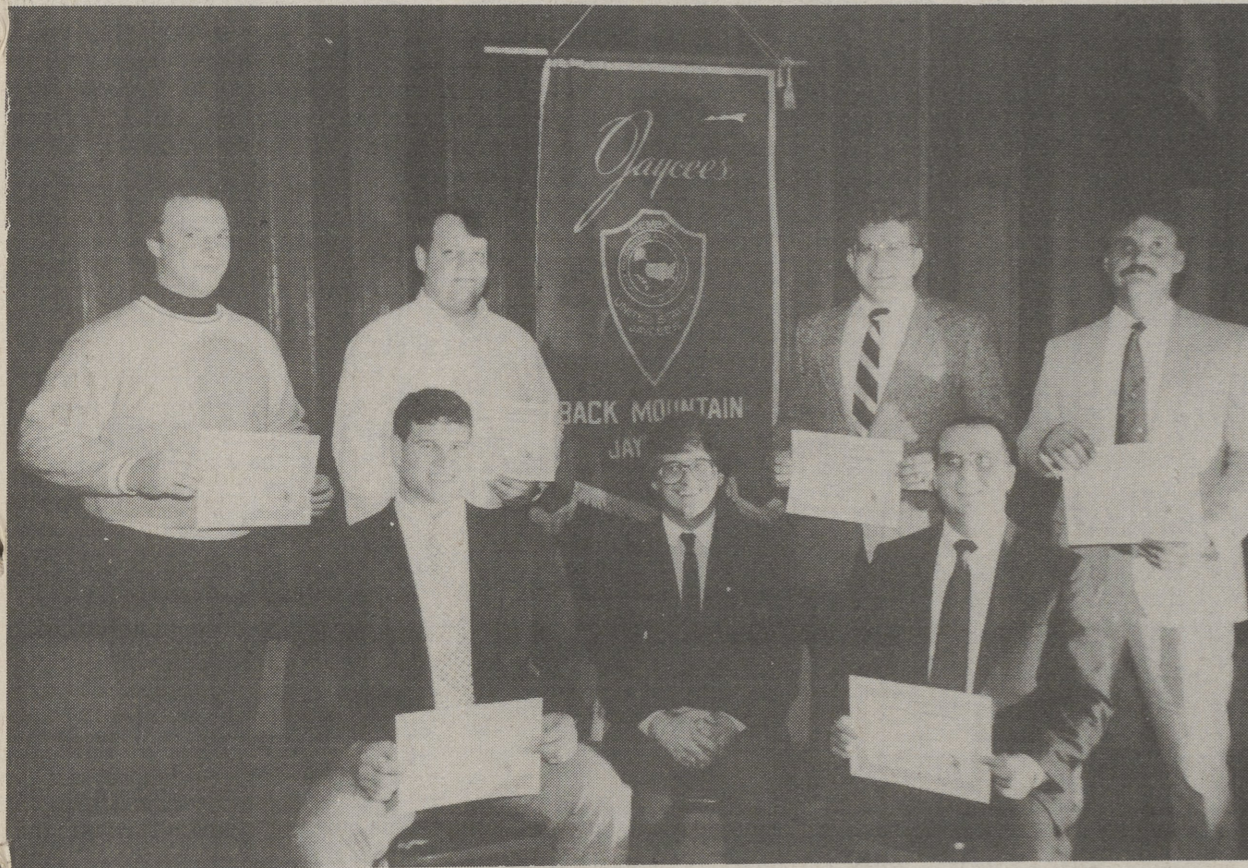
legislation to establish health and safety regulations for public employees in Pennsylvania. The proposal would implement specific safety and health standards for public-sector workers similar to those now required under federal law in the private workplace. Piccola said a Democrat initiative "represents excessive intrusion into the workplace we simply cannot support". He said his proposal "recognizes the unique nature of the public workplace and is designed to be effective without interfering with the necessary functions of public employees and employers. It will ensure a safer and healthier environment for all public employees".

**LIMIT LEGISLATIVE TERMS** - In an effort to improve the Pennsylvania Legislature's responsiveness to voters, Rep. Alice S. Langry (R-Allegheny) announced this week she has introduced a bill to limit terms of office for state legislators. Her measure proposes a state constitutional change limiting House members to three consecutive three-year terms and state senators to two consecutive six-year terms. "Recently-elected officials are in close touch with the voters' concerns and bring new ideas and energy to the office," Langry said. She noted fewer elections over the course of a legislator's career would also decrease the cost of campaigning.



## Breakfast to honor DiTterick

The Back Mountain Republicans are sponsoring the 2nd annual breakfast for State Representative Scott DiTterick, 120th District on Saturday, Oct. 21, at 9 a.m. at the Irem Temple Country Club, Dallas. Committee are seated from left, Vern Pritchard, Trucksville; Joseph (Red) Jones, Chairman, Lehman Twp.; Nancy L. DiTterick, Kingston; Ronald Villano, West Pittston. Standing, Leonard (Pooch) Kozick, Dallas Twp.; Paul Kamor, Exeter; Robert Dovan, West Pittston and Mayor John Gaiteri, Forty Fort. Absent from photo were Robert Jacobs, Kingston; Frank Hochreiter, Forty Fort; Ted Wright, Dallas; Shirley Smith, Dallas; Shirley Moyer, Shavertown; Ernie Stahley, Wyoming and Gladys Wilson, Wyoming. Tickets are available by contacting any committee member. For further information, call 288-5097.



## "Outstanding citizens"

The Back Mtn. Jaycees have selected their 1989 Outstanding Young Citizens. Standing from left are: William Ulichney, Wilkes-Barre; Frank Morgan, Dallas; Dwight Fink, Hanover; Allan Casterline, Shickshinny. Seated, Dean McDavitt, Wilkes-Barre; John Jablowski, President; Gerry Williams, Plymouth. (Photo by Charlotte Bartizek)

## Property transfers

Property transfers recorded at the Luzerne County Court House from September 22, 1989 to October 5, 1989. Prices are extrapolated from transfer taxes paid. Many transfers are exempt from tax, so no amounts are shown.

George L. Ruckno Inc. to Daniel L. Allabaugh, RD 1, Box 46, Dallas, property E. Hemlock Dr., Harveys Lake, \$4,500.

Thomas J. Zekas to Kenneth Pisano, 1927 Susquehanna Ave., Exeter, property Rte. #782, 2.015 ac., Franklin Twp., \$13,000.

Estate Verna M. Sheehan to Heather Sheehan, RD 4, Box 118, Dallas, property Dallas.

John L. Owens to Marian Owens, 47 E. Center St., Shavertown, property E. Center St., Kingston Twp.

United Penn Bank to Robert Rhines, 41 Laurel Dr., Dallas, property Beaumont Rd., Dallas Twp., \$32,500.

Michael T. Dombroski to Rodger Fulbright, 339 Crane Rd., Shavertown, property Crane Rd., Kingston Twp., \$342,000.

Carlo H. Santarelli Jr. to Carlo H. Santarelli Jr., 30 Tamanini Dr., Sunrise Estates, RD 3, Wyoming, property Timothy Rd., Kingston Twp.

Estate Stanley Krispin to Josephine McGuire, 48 Krispin Rd., Wyoming, property 105 acres, 66 perches, Kingston Twp.

Josephine McGuire to Melinda McGuire, 48 Krispin Rd., Wyoming, 105 acres, 66 perches, Kingston Twp.

Keith D. Newell to Alan Updyke, Box 41, Sweet Valley, property North View Plot, L45, 46, 47, Lake Twp., \$800.

Estate Mary Saamer to Curtis A. Egli, 254 Ridge Ave., Dallas, property Lehman Twp., \$50,000.

Gerald R. Schultz to Scott C. LeMay, 32 Yeager Ave., Dallas, property Yeager Ave., Dallas Twp., \$82,000.

Per Sheriff Richard P. Waslick to Philadelphia National Bank, Trustee Broad & Chestnut Sts., Phila. property 5 S. Pioneer Ave., Kingston Twp.

Fred R. Wisniewski to Bruce E. Stine, RD 2, Box 76, Outlet Rd., Harveys Lake, property S.R. 1032, 1.0 ac., Lake Twp., \$3,000.

Charlotte Lewis to Sterling Farms Inc. 45 Owen St., Forty Fort, property Orchard West, 6.449 ac., Dallas, \$175,000.

Robert C. McNeil to George D. Hockenbury, Pole 198, Box 246, Harveys Lake, property Maplebrook Ave., Harveys Lake, \$85,000.

Helen Walko to E.C.I.K. Development Corp. Inc. RD 2, Box 200, Harveys Lake, property Baird St., Harveys Lake \$1,800.

Arthur P. Ce to William Cook, 15 Williams St., Edwardsville, property North View Ave. 5 parcels, Harveys Lake, \$46,000.

JRH Inc. to Sanford Adelson, 72 W. Pettebone St., Forty Fort, property Idlewood Dr., Dallas Twp.

Michael A. Stofila to David G. Demorat, 43 Park St., Korn Krest property Jackson St., Dallas Twp., \$8,500.

Steven L. Lloyd to Michael P. Aquilina, 37 Arlington Rd., Devon, property 1) 2.23 ac.; 2) L13; 3) L14, Somerfields Dr., Kingston Twp., \$59,500.

Donald L. Taylor to Jean C. Utter, 47 Powderhorn Dr., Dallas, property Powderhorn Dr., Dallas, \$88,000.

Lindsay L. Murray to Alan Fieverker, 660 Beaver Brook Rd., Sutton Hills, Shavertown, property Beaver Brook Rd., Jackson Twp., \$183,500.

Marjorie J. Watson to Donald R. Watson, 295 Scranton Ave., Lynbrook, L.I., NY, property Lehman Twp. Jerome A. Freedman to Joseph J. Matosky, 144 Harris Hill Rd., RD 7, Trucksville, property Roushey St. & Demunds Rd., L 1,2,3,4, Dallas Twp., \$17,500.

Dorothy Price to Dorothy Price, 815 Huntsville Rd., Shavertown, property Meadow Crest Dr., Jackson Twp.

Joan Makowski to Joan Makowski, 14 Charles St., Dallas, property Elizabeth St., Dallas.

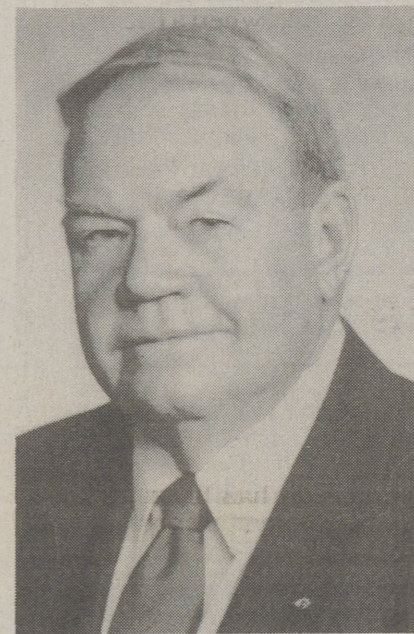
Charles R. Sewell to Joy G. Sewell, 21 N. Lehigh St., Shavertown, property Cor. Lehigh Ave. & Hazeltine St., Kingston Twp.

## Tough elected to Shriners Hospital board

Gilbert D. Tough, C.A.M., president and chief executive officer of Blue Cross of Northeastern Pennsylvania, has been unanimously elected to the Board of Governors of the Philadelphia Unit of Shriners Hospitals for Crippled Children. To date, approximately 246 million dollars has been spent at the 22 Shriners crippled children's hospitals and burns institutes nationwide since the first hospital opened in Shreveport, Louisiana in 1922.

Tough is also a member of the Board of Governors of Irem Temple Shrine, Wilkes-Barre and golf liaison of Irem Temple Country Club, Dallas. Tough said he was deeply honored to serve on the board "which works relentlessly to restore youngsters with orthopedic problems through treatment, research and teaching."

A native of Lehman, Mr. Tough is a graduate of Lake-Lehman High School, the Wyoming Seminary Dean School of Business and Wilkes College. He also holds accreditation as a certified administrative manager (CAM), from the Administrative Management Society and has completed the



Gilbert D. Tough, C.A.M.

health care executive's training school administered by the University of Michigan's graduate school of public health.

Tough assumed the presidency of the area's largest non-profit health insurance plan in 1983.

Under his leadership, Blue Cross of Northeastern Pennsylvania has grown to more than 690,000 subscribers with subsidiary companies, Universal Managed Care and the Health Maintenance Organization (HMO) of Northeastern Pennsylvania.

Mr. Tough's community and fraternal involvement is extensive, having served in various finance committee capacities with the United Way of Wyoming Valley and presently as a board member of that organization; serving as a member of Pennsylvanians for Effective Government from 1979 to the present and as President of the Lake-Lehman Board of Education from 1977 to 1979 and as board member there until 1987.

He also is a former member of the Board of West Side Vocational Technical School, Chairman of the Board of Trustees of Lehman United Methodist Church and a member of the Board of Governors, Irem Temple, AAONMS.

Most recently he was elected to a second term of office of the national board of BCS Financial, an affiliate of the Blue Cross/Blue Shield National Association.

DR. ROBERT GREENHALGH PRESENTS

# TO YOUR HEALTH

## The knee - our most vulnerable joint

I've been doing a lot of jogging for the past couple of years, and recently my knees have begun to ache. Have I damaged my knees because of the constant pounding from jogging? Could there be permanent damage?

The knee is easily injured by blows and sudden stops and turns because of its lack of protection from surrounding muscles. Both professional athletes and active amateurs are susceptible to knee injuries of varying severity, but many of these conditions can be treated without surgery. The knees, like all joints, can also be affected by arthritis.

A complex joint, the knee consists of three rounded bone surfaces, 12 bands of fibrous tissue (ligaments), 13 fluid-filled sacs (bursae), and the kneecap (patella). The kneecap bursa is the largest bursa, located between the patella ligament and skin. Inflammation of this bursa causes the painful condition known as "housemaid's knee."

Athletes commonly tear the ligaments of the knee joint. When this happens, there may be any of a number of different symptoms—tenderness when the area is touched, black and blue spots, weakness of the joint, crackling noises, and fluid surrounding the joint. The most serious knee ligament injuries are not visible on x-ray film, although x-rays sometimes reveal abnormal bone positions resulting from the tear.

Treatment of torn ligaments may include suctioning of excessive joint fluid, compressing the joint to control swelling, and using tape or splints.

If the ligament is not completely torn, the knee may be packed in ice and wrapped with an elastic bandage.

If the muscles supporting the knees are weak, a strenuous running program may cause pain in the knees. Exercises designed to strengthen the muscles can help. If you exercise regularly, the best way to prevent knee injuries is to include stretches for flexibility and a proper warm-up for your particular sport.

Even swimmers sometimes have knee problems. The breaststroke done with a "whip kick" may stress the knees and cause pain; the older frog kick is less stressful. Competitive swimmers can get "swimmer's knee" from sprains or strains followed by too much hard swimming or by an improper swimming stroke.

Bursitis is another common knee problem. If the bursae are traumatized or overused, they can become inflamed. Treatment includes the application of splints, rest or sometimes injections of cortisone.

The knee can be affected by many different types of arthritis, and the causes of these conditions are varied. You probably don't have arthritis unless your knee pain is chronic. There may be remissions, but as with any joint, if the pain keeps returning, if there is often stiffness in the morning, soreness or swelling that keeps recurring, pains that interfere with sleep, loss of weight, or fatigue and fever accompanying the pain, then you should consult your doctor as soon as possible. The earlier a diagnosis of arthritis is established, the better the outcome.

This health awareness is brought to you as a service to the Back Mountain community by Robert Greenhalgh, M.D. Dr. Greenhalgh is a Back Mountain physician who offers general pediatric, gynecology, and geriatric medical care, on a personal basis. Board-Certified in Family Practice, he is on staff at Mercy, Nesbitt, and Wilkes Barre General Hospital.

Robert Greenhalgh, M.D. • Family Practice • Mercy Medical Offices • 199 Lake Street • Dallas, PA • 675-4995

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