

COMMUNITY



Gate of Heaven holding fourth annual auction Saturday

It's auction time again at Gate of Heaven School, Dallas. The PTG is sponsoring its Fourth Annual Fall Auction, Saturday, Nov. 11, at 7 p.m. in the school gymnasium. The adult public is invited to preview auction merchandise donated by local merchants and friends of Gate of Heaven and browse through the Craft Corner between 6-7 p.m. Committee chairperson, Jay Tanner, has announced a wide selection of holiday gifts at bargain prices. Special guest auctioneers will highlight the evening's activities,

including the return of Harry the Haggler and his specially selected wares. Refreshments will be available throughout the night. Anyone wishing to still donate auction items can contact any PTG member. All proceeds will benefit Gate of Heaven School. Pictured are the Auction Committee, seated, from left, Tina Oulette, Arlene Feleccia, Virginia Reisser, Mary Ellen Roch, Joan Wagner. Standing, John Pambianco, Jay Tanner, O.C., Paul Gaffney, Dennis Garvey, Ann Marie Narcum, George Narcum.

Boy Scout council to hold recognition dinner

The Penns Mountains Council will hold its Annual Recognition Dinner on Thursday, November 16 at the Genetti Best Western Hotel and Convention Center, Wilkes-Barre, beginning at 6:30 p.m. The cost of the dinner is \$12.00 per person.

The purpose of the recognition dinner is to recognize our dedicated volunteers for their hard work on behalf of the youth of our community. The highlight of the evening will be the presentation of the

Council's highest honor - the Silver Beaver award to three very dedicated individuals. Training awards, Woodbadge awards and other special recognitions will also be presented.

The dinner is open to Registered Scouters, parents, and friends of Scouting. Reservations and additional information can be obtained by contacting the Penn Mountains Council Scout Home and Service Center at 823-6158.



SCORE prepares small business workshop

SCORE (Service Corps of Retired Executives) sponsored by the Small Business Administration, will conduct a workshop on "Starting and Managing a Small Business". It will be held on November 15 at the Holiday Inn, Rt. 115 and 315, Wilkes-Barre, starting at 9 a.m. Enrollment and information can be obtained by calling SCORE, 826-6502.

Shown above planning the event are from left, C. Wesley Boyle, Harveys Lake and Joseph Galletta, Laffin, volunteer SCORE members.



Mercy Center Convent Auxiliary to hold Christmas Boutique

Mercy Center Convent Auxiliary will hold its annual Christmas Boutique on Saturday, Nov. 11, from 10 a.m. to 7 p.m. and Sunday, Nov. 12, from 12 to 5 p.m. in the Rivers Room of Mercy Center, Dallas. Gifts, crafts and decorations handmade by auxiliary members will be featured at good prices. Funds raised from the boutique benefit the retired Sisters at Mercy Center. Baked goods and refreshments will also be available.

Shown are auxiliary members preparing for the boutique. From left, seated, are Sr. M. Mildred Kissaluski, Sr. M. Carolyn Legutko, Genevieve Corsten, Florence West, Pauline Rudzewski and Anne Crake. Standing, Isabelle Lavelle, Helen Ranalli, Jeanne Jones, Jean Heinbach, Vivian Rinken and Anne Hozempa. Sr. Lucille Zorzi is moderator of the auxiliary.

Meadows set for luncheon

The Meadows Nursing Center Auxiliary will meet in the All Purpose Room at the Center in Dallas on Monday, November 13, at noon for a Covered Dish Luncheon and business meeting.

Anyone interested in learning more about the Auxiliary is invited to attend. For more information, please call the Volunteer Office, 675-8600, Ext. 118.

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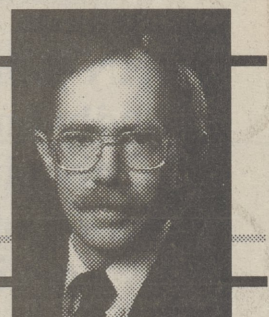
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DR. ROBERT GREENHALGH PRESENTS

TO YOUR
HEALTH



Epstein-Barr Virus -- lots of company!

I've read that most of us have the virus that causes mononucleosis. Why don't most of us get sick with "mono"?

Just about everybody has Epstein-Barr Virus (EBV), the herpes virus that typically causes infectious mononucleosis (the "kissing disease"). By adulthood, 90 to 95 percent of Americans carry EBV. Why is it so common? Because it's transmitted through the saliva, and we all drink out of each other's glasses, share toothbrushes and kiss each other enough to unsuspectingly ensure that plenty of the virus gets around.

Fortunately, most of the people who have EBV never have symptoms. However, once infected, you have the virus for life and can transmit it to others. Most people who transmit the virus are perfectly healthy.

EBV is associated with other diseases besides mononucleosis. They are Burkitt's lymphoma, seen mainly in equatorial Africa, and nasopharyngeal carcinoma, common in Chinese and other oriental populations. These diseases are rare in the United States.

The most common disease caused by EBV in the western world is mononucleosis, which is becoming primarily a disease of adolescents and young adults. Symptoms or manifestations of "mono" include fever, sore throat, enlarged lymph nodes, fatigue, and muscle pain. Mononucleosis can sometimes look like toxoplasmosis, which also involves the lymph nodes and can cause fever, or like cytomegalovirus (CMV),

which can cause fever and fatigue.

The treatment for "mono" is bedrest. Some patients may only suffer from a fever and sore throat for a week or so, and then feel fine. Others have severe fatigue, which can last several weeks and sometimes a couple of months. However, two to three weeks is the common timespan for "mono" symptoms.

Whether or not you are suffering from mononucleosis and its accompanying symptoms, however, it is presumed that you can transmit EBV if you have it. But that doesn't necessarily mean you are constantly transmitting the virus every time you share a glass or a kiss. It's estimated that at any one time 10 to 25 percent of people who have been infected will have the virus in their saliva. The rest of the time these same people are not infecting others.

EBV should not be high on your list of things to worry about. Although there can be complications with "mono", these occur rarely. Even if you're pregnant, there is little danger to your baby if you have "mono". There have been very few cases of congenital infection reported.

Should you try to find out if you have EBV? There's really no need to, and besides, the test is not widely available and is expensive. You probably will be given a "mono-spot test" if you go to your doctor with sore throat and other mono-like symptoms. Otherwise, even if you are one of the many carriers of EBV, there's no need to be concerned.

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.

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