

# SCHOOL



## Selling roses to fight diabetes

The Luzerne County Chapter of the American Diabetes Association is again holding its Mother's Day Rose Sale to help raise badly needed funds for their ongoing program of research to find a cure or preventative for diabetes, the leading cause of blindness in the United States. Boxed, long-stem, red roses will be available, by prior order, at selected locations throughout Wyoming Valley on May 11 and May 12. Each dozen roses will be available for only \$18.00 per dozen. Deadline for orders is May 4.

One group assisting with this year's campaign is the Lake-Lehman High School Key Club. Shown above are, from left, first row, Nicole Gardner, Anjanette Rodzinak, Gayle Rogers, Melissa Billington, Key Club President; Molly White and Judy Andrejko, treasurer. Second row, Angelo Grasso, ADA Chapter President; Charles Wasserott IV, ADA Rose Sale Chairman; Rich DeRemer, Ray Hall, Adam Clark, Gene Shendock, Key Club Advisor and Dr. Gary Smith, ADA board member.



## Selected for Johns Hopkins Program

Cathy Grossman an eighth grade student at the Dallas Middle School was recently selected to participate in the CTY program sponsored by Johns Hopkins University. The university's Center for the Advancement of Academically Talented Youth (CTY) annually searches the nation in an effort to locate and serve mathematically and verbally talented youth. In 1989-1990 over 34,000 middle school students took the Scholastic Aptitude Test (SAT) under the auspices of the annual CTY talent search. Cathy Grossman has qualified for the writing program offered by Johns Hopkins and now has the opportunity to attend the CTY 1990 Summer Residential Program at Dickinson College, Carlisle, Pa. Pictured are Mr. John Wolensky, guidance and Cathy Grossman.

## Essay contest winners honored at Penn State

Penn State Wilkes-Barre recently honored the top finishers in a "World of Tomorrow" essay contest held as part of the dedication of the new Center for Technology at the campus in Lehman. Jennifer Doran, Hanover Area Junior High School, took first place honors in the 8th grade category. Kimberly Daniels, Lake-Lehman Junior High School, placed second.

They competed against more than 40 entries in the essay contest, each addressing the theme "Changes, Choices and Challenges of our Future Technological World." Certificates and U.S. Savings Bonds for first and second place (\$100 and \$50, respectively) were presented at a special awards ceremony held at the Tech Center.

## Leena Shah is awarded National Merit Scholarship

Leena Shah of Dallas has been awarded a National Merit Scholarship. She will receive a \$2,000 scholarship from the National Merit Scholarship Foundation.

She has won numerous awards and prizes and is a member of the Cum Laude Society, the Madrigal singers, the orchestra and chorus. She plans to study medicine.

More than one million students in over 19,000 high schools entered the 1990 Merit program. Miss Shah is one of approximately 6,000 who will receive awards.

Miss Shah is a senior at Wyoming Seminary School, where she

### Sell It

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## Notes from school

### Dallas Band Boosters to meet May 1

The Dallas Band Boosters' Association will hold their meeting Tuesday, May 1, 7:30 p.m. in the Dallas Senior High School Band Room. On the agenda will be the Election and Installation of Officers for the 1990-91 school year. All parents of Instrumental Music Students and Band Front Students are invited to attend.

### Plans continuing for Kingswood Scholarship

Applications for the Kingswood Scholarship will be accepted by Wyoming Seminary College Preparatory School from ninth, 10th and 11th grade students who are members of the United Methodist Church. Deadline for submission of all forms is May 15. Interested applicants should contact Wyoming Seminary's Admission Director John R. Eidam in writing, or by calling 283-6060. Candidates will be required to submit an information sheet, plus recommendations from their pastor and teachers, and a school transcript. Through this program, Wyoming Seminary may provide two \$2000 Kingswood Scholarships to new students each school year. Jennifer Bradley of Kingston and Roy Harvey of Tunkhannock are the 1989-90 winners of these Kingswood Scholarships to Wyoming Seminary.

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### AIRPORT GREETINGS

We will meet and greet your winners at the Nashville International Airport, help them get checked into their Cadillac Seville and escort them to the Hilton Suites in Brentwood.

### WELCOME RECEPTION

At our Welcome Party, trip winners from across the country will be introduced, get to know each other, and celebrate the exciting week to come.

### ADMISSION TICKETS

J.D. Haas Enterprises Events, Fan Fair Events, Country Music Hall of Fame, Recording Studio B, Opryland Amusement Park

\* Register at the Following Sponsors From April 16 - May 19th

- |                              |                         |                      |
|------------------------------|-------------------------|----------------------|
| IGA                          | CARRIAGE INN RESTAURANT | STEPPIN UP SHOES     |
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FINALISTS DRAWN - MAY 21 - 26TH!  
GRAND PRIZE DRAWING - MAY 26TH

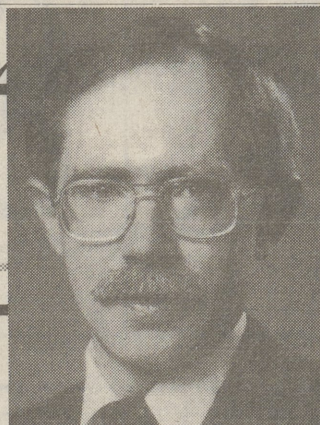
\* MUST BE 21 YEARS OR OLDER TO WIN

EVENTS WITH THE STARS

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MUSIC ROW TOUR WELCOME & BON VOYAGE PARTY

## DR. ROBERT GREENHALGH PRESENTS TO YOUR HEALTH



### Caution while tanning can help prevent skin cancer

My daughter plans to spend a lot of time this spring and summer, working on her tan. I am afraid that she is asking for trouble. Can exposure to too much sun cause cancer?

The two most common forms of skin cancer are basal cell cancer, a common but slow-growing malignancy, and squamous cell cancer, which is found less frequently but may spread more rapidly. These cancers usually appear on exposed parts of the body; the arms, neck, face and the backs of hands.

The sun acts cumulatively in damaging our skin. It is not just today's sun that is harmful: The damage may start with overexposure to the sun in our childhood, and continue to accumulate.

Basal cell and squamous cell cancers are characterized by a pale, waxy, pearly nodule that ulcerates and crusts, or by small, red, scaly bumps or patches. They usually grow locally and don't spread to other parts of the body.

Skin cancer is the most common form of cancer, but if detected and treated early, it is the easiest to cure. The skin, the body's largest organ, is constantly subjected to external abuse by infections and by irritations from clothing, the weather and chemicals in the air. Internally, the products of our normal bodily functions also affect our skin.

A third and far more serious form of skin cancer is malignant melanoma, which, while still relatively uncommon, is increasing in incidence. This form of skin cancer is characterized by a rapidly growing black or dark brown mole-like growth that may become ulcerated and bleed easily if injured even slightly. The survival rate for malignant melanoma is 70 percent, lower than 99 percent rate of other forms of skin cancer because it spreads so quickly.

The worst external enemy of skin is the sun. And as our leisure time increases, we are spending more time in the sun.

Older people often develop precancers called actinic keratosis, which may eventually become cancerous. Although they are non-malignant, these precancers should be examined and treated if they enlarge before they develop into squamous cell cancers.

This summer there are ways you can prevent the sun from damaging or "poisoning" your skin:

- Use common sense and avoid overexposure to the sun.
  - Wear a sun-screening lotion or cream, and if you have very fair skin, wear a broad-brimmed hat and long-sleeved shirt.
  - Stay out of the summer sun when its rays are the most intense at midday.
- Because people are living longer and spending more time pursuing outdoor activities, physicians expect to see a greater incidence of skin cancer in the future.

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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