

They give

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"They just love my blood because I've been pregnant three times," laughed Mary Ann Fosko, a registered nurse who has donated a gallon and a quart, or 10 units. "They told me that donors who have had at least three pregnancies have something special about their blood. It's quick and easy - and they give you cookies and a drink afterwards."

Dietary assistant Eric Traver often thinks of his little niece, Courtney Beth Sult, when he donates blood.

"She was born prematurely and weighed only 1-1/2 lbs.," he said. "She needed a lot of blood. But she's fine today."

Certified nursing assistant Barbara Chiarucci, who first donated for her brother-in-law, said that there's a great need for good blood. "With the AIDS epidemic, they need blood that hasn't been infected by the virus," she said.

"I think of all the children who need blood," said activities assistant Nancy Space. "When I first began donating blood, they were

asking specifically for blood for sick little ones."

Both Space and Chiarucci have donated a gallon.

The Meadows' blood drive, set for January 17 from 1-6 p.m., has a goal of 50 units, according to activities director Marilyn Gregorsky.

"We're a part of the Back Mountain community, which has give us wonderful support over the years," she said. "This is a way for us to give something back."

"These six are my regulars," Gregorsky said. "I can count on them every time."

The Meadows has run blood drives twice a year for the past six years and has met its goal all but once, Gregorsky said. That was during Operation Desert Shield/Desert Storm, when many people were already donating blood for the armed forces.

Once it reaches the regional blood center, donated blood is further tested for diseases before it is either stored or broken down into plasma, platelets and red cells.

"I think of all the children who need blood."

Nancy Space
Meadows Gallon Club donor

The regional blood center must collect an average of 325 units of blood every day in order to maintain its supplies, according to Red Cross communications department writer Ed Kobylus.

It supplies blood to 41 hospitals in 19 counties in northeastern Pennsylvania and two counties in southern New York.

Donated blood or blood components are needed by accident victims, surgical patients, people with hemophilia and patients under treatment for leukemia and bone marrow cancer.

The times of greatest need are January, because people have been too busy with the holidays to donate, and the summer, when people are on vacation, Kobylus said.

Blood supplies must constantly be replenished, either because they have been used up or aren't usable any more, Kobylus said.

"Although frozen plasma can be kept for up to a year, we can keep platelets only five days," he said. "Red cells last up to 35 days before we must discard them. That's why it's so necessary to maintain our supplies."

The most popular blood types are O negative, which can be given to nearly anyone, and O positive, which can be given to any patient with a positive blood type, Kobylus said. In an emergency, supplies of the O-types can decrease very dramatically.

The blood bank also stocks the rarer types - A negative, B negative and AB negative - which are needed less frequently.

"It's something that you can do that you know will save a life. And it doesn't cost anything," Mary Ann Fosko said.

Anyone needing further information on The Meadows' blood drive may call The Meadows at 675-8600, extension 138.

Most people can give blood

Many people can donate blood but don't because they have heard too many misconceptions about blood drives.

Generally, anyone at least 17 years old, weighing more than 105 lbs and in good health can give blood, even people on medication.

According to Lee Strobel at the Red Cross Regional Blood Bank, it's always a good idea to check with your family doctor, especially if you're being treated for a specific condition.

"Before you give blood, a nurse at the blood drive will take a small sample to check your hemoglobin count and ask for your health history," she said.

"Even diabetics can donate blood, as long as their blood sugar level is stable and they feel OK."

Strobel said that people who have been treated for certain conditions shouldn't give blood:

- Radiation or chemotherapy treatments for cancer within the past five years.
- Hepatitis.
- Anyone taking antibiotics.
- Anyone who has donated blood within the past eight weeks.
- A tattoo or blood transfusion within the past year.

"Of course, if you don't feel well or have a cold or sore throat, you should wait until you feel better," she said. "If you're unsure if you're eligible to donate blood, ask your family doctor or the head nurse at the blood drive."

Potential donors with questions may also call the Red Cross Regional Blood Center at 823-7164.

Pioneer Ave.

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"People still roar through here."

Davis said that the traffic problem has grown through the years along with development in the Back Mountain.

Recent repaving and road repairs have only compounded the situation, Moen said. Now the motorists don't have to dodge potholes as they zoom through.

Moen has suggested placing stop signs at the Main Road and Overbrook Road intersections, a possible solution which Dallas Township police chief Carl Miers says might work. The ultimate decision for placing stop signs lies with the state, which is responsible for maintaining Pioneer Ave.

Before the state could set up a stop sign, it would first have to do a traffic study to determine whether or not the intersection meets a complicated set of criteria. If it doesn't meet the criteria, known as warrants, it doesn't get the stop sign.

This section of Pioneer Ave. is divided between Dallas Borough and Dallas Township, with both municipalities' police departments taking care of traffic control.

Dallas Borough police chief Jack Fowler calls Dallas Borough's stretch very dangerous, with curves, overhanging trees and ice in the winter. Both Fowler and Miers have run speed traps, but haven't caught many speeders.

"When people see us, they automatically slow down," Miers said. "I've never clocked a car going 60 mph."

He added that he doesn't have too many places to safely park a cruiser on Pioneer Ave. and set up a VASCAR speed-timing unit. The road is too narrow and has too few pull-offs.

Davis, Moen and the police all anticipate more fast-moving traffic when construction slows travel on Route 309 in the spring.

"Pioneer Ave. is a major alternate route when there's heavy traffic or a major accident on Route 309," Miers said. "We'll have to increase our enforcement there."

When the weather breaks, he

"We're going to run more speed traps and give no warnings. If I have to, I'll call in the state police for assistance."

Jack Fowler
Dallas Borough police chief



POST PHOTO/GRACE R. DOVE

DANGEROUS STRETCH - Dallas resident Roy Moen and his daughter wait for the school bus along Pioneer Ave., which Moen says is very dangerous.

plans to set up a radar gun and digital sign to show passing motorists how fast they're driving.

Fowler plans to get more ag-

gressive. "We're going to run more speed traps and give no warnings," he said. "If I have to, I'll call in the state police for assistance."

Meet Our New Dallas Staff



(From left to right): Rick Hennan, Dave White, Adam Adaujo, Ed Jones, Ray Davenport, & Randy Williams.

Many of you may already know Randy & Rick. Randy Williams, our new General Manager, grew up in the Dallas Area and graduated from Dallas High School. Rick Hennan, our new Manager, has lived in the

Back Mountain area and was an assistant manager at our Kingston Store for the past 4 years. Randy, Rick, and the staff are ready to be of service to you for all of your tire and automotive needs!

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A: Only in The Dallas Post

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