

### 3-way tie

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Anzalone had two singles and Lloyd Droppers had a double and a home run. David Walters had a triple in the fifth for the Astros.

#### PHILLIES 11 - GIANTS 4

Colin Donnelly earned the win for the Phillies by pitching shut-out ball for 2 2/3 innings followed by Josh Katyl earning the save. Donnelly and Katyl combined to strike out six Giants while only walking one batter.

The Phillies combined timely hitting highlighted by Josh Katyl's 6th home run of the season, a three run blast in the first inning. T.C. Harding added two hits including a double. The Phillies batters forced the Giant pitchers into giving up 11 walks. The Giants had three singles by Kevin Domzalski, Matt Eyet and Jimmy Belles.

The Phillies win catapulted the Phillies and the Dodgers into a three way tie with the Giants creating tri-champions for the National League.

#### DODGERS 8 - ASTROS 1

The Dodgers defeated the Astros 8-1 behind a strong defense. Steve Moyer got the win for the Dodgers fanning eight in three innings. Hitters for the Dodgers were Colin McHale with two hits and T.J. Dougherty adding a triple. Hitters for the Astros were Dave Walters and Stephen Luksh.

#### GIANTS 15 - CARDINALS 3

Winning pitcher Justin DiGiuseppe combined with starter Dan Mulhern and Jimmy Belles to hold the Cards to five hits while

walking six and striking out seven. Jared Flowers pitched for the Cards and walked three while striking out three Giants. Flowers was relieved by Greg Mascioli. Leading the Giant hitting attack were Matt Eyet with three hits including a double, Jimmy Belles also banded out three hits including a double and his fourth home run of the season. Nick Harris led the Cards with a double.

#### RANGERS 7 - TIGERS 4

Darrell Evans' two run double keyed the Rangers four run third inning rally which broke a 3-3 tie and propelled the Rangers to their 16th win. Evans finished with three hits, while Brian Phillips accounted for all Tiger hits and runs with a single and a triple.

#### RANGERS 15 - INDIANS 4

Brian Vetter's four hits paced the 14-hit Ranger attack and Brian Dempsey, Frank Martino, Fran Yanik and Tim Faneck had two hits apiece. Indian starter Mike Fehlinger held the Rangers in check for the first two innings, but the Rangers had their own way with the Indian bullpen. Paul Hiller led the Indians with a pair of hits.

#### FINAL STANDINGS

Back Mt. Boys Major League			
NATIONAL		AMERICAN	
Dodgers	16 - 3	Rangers	17 - 2
Phillies	16 - 3	Tigers	10 - 9
Giants	16 - 3	Yankees	9 - 10
Reds	11 - 8	Orioles	8 - 11
Pirates	10 - 9	Indians	7 - 12
Astros	3 - 16	Red Sox	5 - 14
Cardinals	2 - 17	A's	3 - 16

### BMT Baseball and Softball All-Star teams

#### 1995 Senior League All-Stars

John Barilla  
Matt Barnard  
Jeremy Carsman  
Neil Dymond  
Randy Evans  
Jeff Faneck  
Chuck Fehlinger  
Ed Piekara  
Jayson Pope  
Rich Samanas  
J.J. Smith  
Dave Williams  
Josh Yoh  
Keith Zinn

#### 1995 Lower Valley National League All-Stars

Josh Baranowski  
Josh Bryant  
Justin DeGiuseppe  
T.C. Harding  
Nick Harris  
Jared Karalunas  
Eric Kowalek  
Dan Krause  
Dan Laurenzi  
B.J. Lewis  
Drew Suszko  
Kyle Tomek

#### 1995 National League Kubis All-Stars

Jimmy Belles  
Josh Bryant  
Andrew Dale  
Colin Donnelly  
Brian Downey  
Chip Harrison  
Eric Kowalek  
Matt Metz  
Blake Saba  
Jordy Spencer  
Drew Suszko  
Dave Walters

#### 1995 District 16 Junior League All-Stars

Dominic Castrignano  
Dan Fauerbach  
Matt Jackson  
Mike Kashnicki  
Fred Krispin  
Josh Lesinski  
Matt McMahon  
Albert Pisaneschi  
Mike Sabol  
Ryan Sorber  
Greg Stanislaw  
Justin Taminini  
Chuck Whitehead  
Matt Wycallis

#### 1995 Lower Valley American League All-Stars

C.J. Adamchak  
Robbie Amann  
Justin Ash  
Brad Balutis  
Ted Daveski  
David Martin  
Frank Martino  
Kevin Razawich  
Russ Susko  
Robbie Werner  
Paul Wisniewski  
Francis Yanik

#### 1995 American League Kubis All-Stars

Mike Dombroski  
Jeff Emanuel  
Billy Evans  
Tim Faneck  
Bobby Gebhardt  
Todd Kerestes  
Ed Krasniak  
Luke Miller  
John Pambianco  
Paul Saxon  
Shawn Whalen

#### 1995 District 16 National League All-Stars

Jimmy Belles  
Justin Bicking  
J.B. Bucha  
J.C. DeRojas  
Mike Domzalski  
T.J. Dougherty  
Lloyd Droppers  
Matt Eyet  
Dan Fetko  
Josh Katyl  
Collin McHale  
Steve Moyer  
John Slaby  
Keith Sprau

#### 1995 Major League Softball All-Stars

Jesse Tarity  
Amanda Stolarick  
Stephanie Simonitis  
Melonie Sappe  
Meaghan Peeler  
April Naugle  
Janelle Opello  
Christy Hiller  
Magen Harleman  
Katie Guntli  
Julia Chiampi  
Kate Benedetti  
Sarah Armand  
Stacey Amann

Manager: Gary Naugle

#### 1995 District 16 American League All-Stars

Pat Barnard  
Jeff Emanuel  
Darrell Evans  
Tim Faneck  
Brad Feleccia  
Paul Hiller  
Randy Knappman  
Andrew Lohin  
Luke Miller  
John Nackley  
Brian Phillips  
Kevin Piekara  
Lewis Spurlin  
Brian Vetter

#### 1995 Senior League Softball All-Stars

Maria Wright  
Susan Walters  
Sarah Stolarick  
Jennifer Stolarick  
Janelle Perlis  
Maureen Paley  
Nicole Nackley  
Marisa Michaels  
Kourtney Koslosky  
Jennifer Gramps  
Jennifer Geiger  
Kristen Czwaliina  
Robyn Considine  
Rebecca Beisel

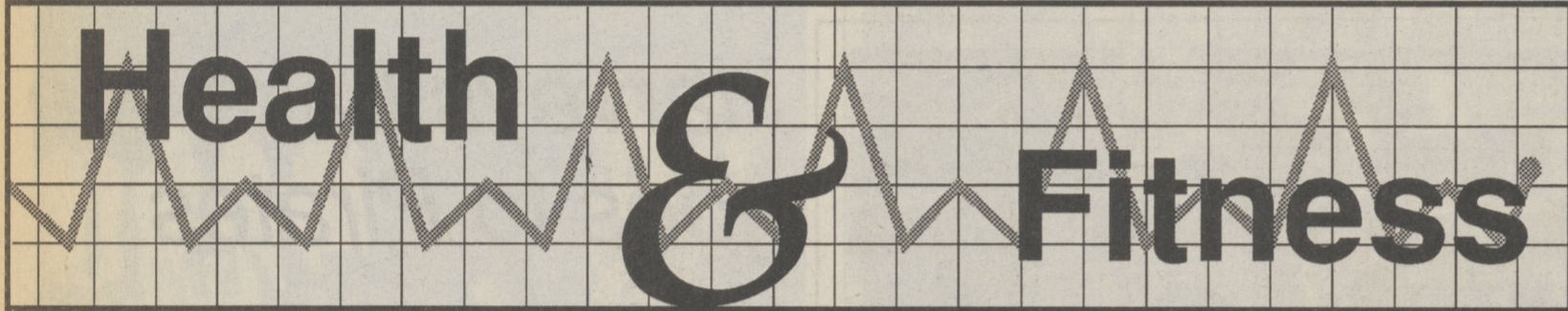
Manager: Bob Paley  
Coach: Tracy Cave  
Official Scorekeeper: Cari Cave

### Gator Run

(continued from page 13)

A couple of girls from the Dallas High School track team paced the 19 and under bracket. Amber Coolbaugh was tops with a time of 39:16, followed by Natalie Temperine in 41:42. Another resident of Dallas, Rebecca Barna, finished

third with a time of 48:11. Patrice Persico of Shavertown led the womens' 30-39 bracket with a time of 40:56.



## Food-caused diseases more common in summer

Summer is the season for swimming, baseball, barbecues and other fun. But it's also the season for food-borne disease.

"Most food-borne bacterial illnesses occur between April and November, with a peak incidence in July" says Dr. Stephen Knabel, assistant professor of food science in Penn State's College of Agricultural Sciences.

Warm temperatures and moist air create an ideal breeding ground for food-borne pathogens such as salmonella and a campylobacter. The closer bacteria are to body temperature—98.6 degrees F—the faster they multiply.

"Warm weather also makes it easier for foods to enter the temperature danger zone between 40 and 140 degrees F, when bacteria can multiply to dangerous levels in a matter of hours," Knabel says.

Does this mean a barbecue, picnic or family gathering is an invitation to disaster? Not at all, Knabel says, "Foodborne illness

is easily prevented, but it's up to you," he says. "If you prepare, store and handle food properly during the summer, you'll avoid problems."

Improper food storage is a common source of illness. "Use plenty of ice if you're going on a picnic this summer," Knabel says. "Keep meat and other foods in sealed containers and cover them with ice until you are ready to eat or cook them."

Cooling large containers of food also gives pathogens a chance to grow, since large amounts of food cool more slowly. "To cool warm food rapidly, divide it into smaller batches and place them in flat, shallow containers, which go immediately into the refrigerator," Knabel says. "Never cool foods on the counter top."

Bacteria may reach dangerous levels if foods aren't thoroughly cooked. "Cook foods to the proper temperature to kill harmful micro-

organisms that might be present," Knabel says. "Treat raw meat, fish and poultry as though they are contaminated, even though they may not be."

Cook raw poultry and meats until their centers are no longer pink and the juices run clear. "Always cut into the center of the meat to make sure it is done," Knabel says. "Use a thermometer to make sure the temperature inside large items, such as whole chickens or turkeys, reaches at least 165 degrees F."

Hamburger is particularly risky for carrying a strain of bacteria known as E. coli O157:H7. "In 1993, three children died and more than 400 people became ill after eating undercooked ground beef contaminated with this bacteria, so make sure your hamburgers are completely cooked," Knabel says.

Finally, do not cross-contaminate foods. "When handling raw meat, keep juices from dripping

on other foods and food containers," Knabel says. "It's smart to shape burgers ahead of time rather than handling raw ground beef at the picnic or barbecue site. Be sure to wash your hands thoroughly with soap and hot water after handling raw meat or after using the bathroom."

To avoid spreading pathogens from one food to another, always use clean utensils and plates. Never place cooked meat or any other foods on the same plate with raw meat. Wash containers or utensils used to prepare raw meat before using them again.

Foodborne illness symptoms include stomach pain, nausea, vomiting, diarrhea, headaches and fever. In healthy adults, symptoms usually last only a day or two. But infants, young children, the elderly, pregnant women and people with impaired immune systems can develop life-threatening complications.

## Take care to minimize risk of skin cancer from sun

By WILLIAM C. ANDREWS, M.D.

You should be protecting yourself against the sun's harmful ultraviolet rays on a daily basis, as routinely as brushing your teeth and combing your hair. The threat of skin cancer is very real.

Half of an individual's total lifetime exposure to ultraviolet radiation occurs by age 18, so it's critical to protect your infants and children along with yourself. One or more blistering sunburns in childhood or adolescence is enough to double the chance of developing malignant melanoma, the most rapidly spreading and therefore lethal form of skin cancer.

For young adults especially, the allure of the beach and the tanning parlor may seem all too great. In the last decade, melanoma rose from being the third most common type of cancer among women aged 25-29 to the first.

On women, melanomas most often appear on the legs and torso-areas receiving most exposure to the sun. Almost all are pigmented moles that have grown asymmetrical (one half does not match the other), with notched, ragged, or blurred borders. Be on the lookout also for scaliness, oozing, bleeding and the spread of pigment beyond the borders.

Other types of skin cancer, such

as basal cell carcinoma and squamous cell carcinoma, are less deadly but far more common. Basal cell carcinoma causes shiny, pearly grey nodules to appear mostly on the face, neck and back of the hands, while the squamous

cell variety forms scaly, slightly red lesions with a crusty or wart-like surface.

If you have had a lot of sun exposure in the past, examine your skin frequently for any new lesions, discolorations, or changes

in moles and freckles. If you see anything suspicious, show your doctor. Even malignant melanoma is 90 percent curable if detected early, before it spreads.

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