

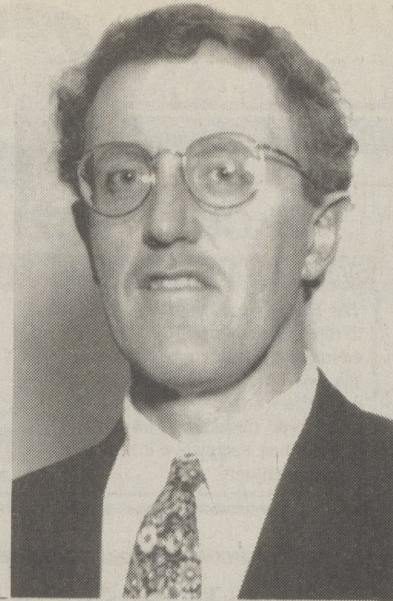


POST PHOTO/RON BARTIZEK

The Rangers continued their hot hand this season by defeating the Orioles in a first-round playoff game Sunday. Tim Faneck was impressive on the mound.



ELLIE ADAMS MULQUEEN



EARL PHILLIPS

Mulqueen, Phillips 'fame-ous' at Sem

Back Mountain natives Ellie Adams Mulqueen and Earl Phillips were among seven outstanding Wyoming Seminary athletes inducted into the school's Sports Hall of Fame in a recent ceremony.

Mulqueen starred in three sports at Wyoming Seminary: field hockey, basketball and softball. The first female athlete to earn 12 varsity letters, she was also the first athlete in Seminary history - male or female to score 1,000 points in basketball.

After graduating in 1978, she lettered in field hockey and basketball at Wilkes University and

College Misericordia, and went on to work in operations training with American Express.

Earl Phillips a 1973 graduate played a key role in securing the Blue Knights' first basketball league championship in 1972. He led the 1973 team in both scoring and rebounding and was ranked in the top 10 in all-league scoring.

At Wesleyan University, he played varsity basketball for four years, serving as captain of the 1976-77 squad, which went on to the ECAC Division II/III finals. An environmental lawyer, he is a partner with the law firm of Robinson and Cole.

Dallas, Lehman send 15 players to UNICO game

The top Wyoming Valley Conference seniors will wear their football pads one final time this Thursday night at the 44th annual UNICO All-Star Game.

The contest will be held at Wyoming Valley West Stadium in Kingston. Kickoff is set for 7:30. Instead of dividing the schools by an East-West or Division I-Division II set-up, the teams were split by a blue versus white matchup.

The white team will be coached by Coughlin's John Joseph and includes 10 players from Division

II champion Dallas. Rich Butcofski, Steve Button, Aaron Gingo, Edward Langdon, Pat O'Neill, Buddy Rhodes, Marty Straigls, Dave Townsend, Mike Viglone and Matt Williams will all represent the Mountaineers.

Players from Lake-Lehman were assigned to the blue team which will be guided by Jim McGovern of Crestwood. The five players representing the Black Knights for the final time are Chuck Kindler, Jamie Patton, Tom Smigielski, Dave Thomas and Tim Waslick.



Tournament planners

The Dallas Kiwanis planning committee for the Senior High School Girls All-Star Softball game played Monday, June 19th are shown after completing last minute details for the game. Seated, from left, George McCutcheon, Past Club President; Paul Bella, 1995 Game Chairman, and Robert Dolbear, Past Club President. Second row, from left, Dean Abbott, Kiwanis President; Tex Wilson, Kiwanis First Vice President and James Snyder, Club Secretary.

Health & Fitness

Adults need immunizations, too

"Mothers warn children about the dangers of stepping on a rusty nail. Adults should recall mother's warning, too. Without the right immunization, people can get a hazardous tetanus infection from such an injury," warns Neil Lesitsky, MD, president of the 4,000 member Pennsylvania Academy of Family Physicians (PAFP).

"Tetanus results when bacteria enter a wound or injury. Then the bacteria form a poison which can cause powerful, painful and potentially fatal muscle spasms," says Dr. Lesitsky. Tetanus is called "lockjaw" because infected patients often can't use their muscles to open their mouths or to swallow.

"Adults and teenagers comprise the vast majority of tetanus vic-

tims because they aren't immunized or don't receive booster shots. Even if you had all of your childhood tetanus vaccinations, you still need to be reimmunized every 10 years to maintain protection," Dr. Lesitsky adds.

The shot may be covered under your health insurance policy. State law (Act 35 of 1992) requires many insurers to cover tetanus immunizations for children under age 21 and, in some cases, older dependents.

"Talk to your physician about tetanus immunization. If you are ill or had a reaction to a previous immunization, your doctor may not recommend a tetanus shot right now. Report any reaction to the vaccination (beyond the normal redness or soreness at the vaccination site, the thigh) to your

doctor, too," cautions Dr. Lesitsky.

"Keep a record of your immunization — it's especially important if you are injured in an accident to know when you had your last tetanus shot."

Although there now are less than 50 cases of tetanus reported in the U.S. each year, about half the victims will die from the infection, and they usually are adults. Immunization has virtually wiped out tetanus in children — the childhood immunization schedule calls for four vaccinations between ages two months and 15 months, with a fifth at ages four to six (before entering first grade).

Tetanus vaccinations often are given in conjunction with diphtheria and pertussis (whooping cough) vaccines as a DTP, a DTap or a Td.

New laser process for correcting vision

Dr. Curtis Goodwin, Back Mountain Eye Care Center, 170 N. Memorial Highway, Shavertown, is one of the first eye-care professionals in Northeast Pennsylvania to become a participant in the Beacon Eye Institute Referral Service, which provides access to the latest technology, photorefractive keratectomy (PRK)

and will be able to educate, counsel, screen, and refer, candidates for PRK, as well as give post-procedural care to patients.

PRK is a vision-correction procedure, an alternate to reduce dependency on glasses and contact lenses. Unlike RK (Radial Keratotomy), where incisions are made in the cornea surgically with

knives, PRK is a non-invasive procedure done with a computer-controlled laser.

Dr. Goodwin welcomes inquiries about PRK and has a video available for those who are interested in learning more about the procedure.

Contact him at Back Mountain Eye Care Center, Phone 675-3627.

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