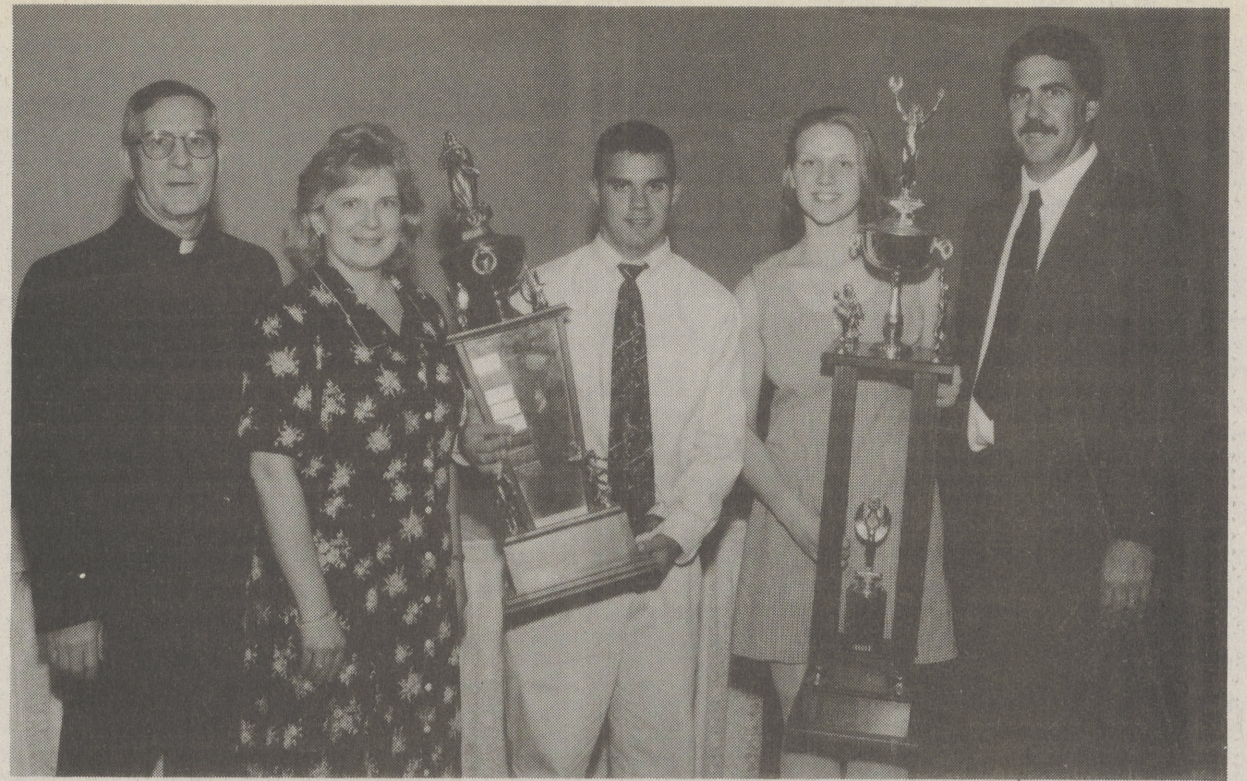




Blast U-12 takes second in state tournament

The Back Mountain Blast U-12 boys' travel team recently took second place in the state cup division of the 1996 EPYSA/USYSA Snickers National Championship competition. Blast lost to Super Nova from Harrisburg 1-0 in the state championship game held at the Philadelphia Soccer Club Fields. State competition began with four preliminary games held at Council Rock, in which Blast went undefeated, beating Downingtown 2-0, Reading Berks 3-0, Hampden 5-4 and tying Council Rock 2-2. The state cup semi-final was held at the Penn State Lehman field, where Blast defeated Manheim 2-0. Members are front row, Brian McMahon, Ricky Branco, Adam Burkland, Ryan Martin, Chip Harrison, Drew Suszko, David Walters; second row, Ryan Love, Andrew George, Jamie Rhodes, Jason Mahle, Wally Karl, Tim Faneck, back row, assistant coaches Bob Faneck and Chris Harrison, head coach Hank Walters, tactical coach, Zoomie.



Two from area named top O'Reilly athletes

At the recent Academic/Athletic Awards Banquet of Bishop O'Reilly High School, Kingston, the outstanding male and female senior athletes were named: Jeanette Manorek, standout cross-country, soccer and basketball player (captain) and Dan Paley, who played basketball, baseball, and football (captain). Paley is the son of Mr. and Mrs. Robert Paley, and Manorek is the daughter of Mr. and Mrs. Anthony Manorek. With school officials are from left, Rev. Richard Zavacki, President of the school's board of pastors; Mrs. Anita Sirak, principal; Dan Paley, Jeanette Manorek and Dave Mattes, athletic director.

If you missed *The Post* - you missed the news!

ASK AN EXPERT

ADULT DAY CARE

Q: Why Adult Day Care for your loved one?

A: ADC is the ideal option for elderly who are:

1. Suffering from dementia
2. Suffering from a debilitating disease
3. Needs social stimulation.
4. Needs supervision and/or care.

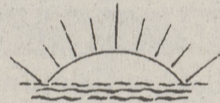
Offer:

- 1) Social/Leisure activities.
 - 2) Safe, stimulating environment for the participant.
 - 3) Respite and peace of mind for primary caregiver.
 - 4) An affordable alternative to nursing home placement or in-home care.
- Beautyicians • Out trips • Personal hygiene services • Exercise • Music and pet therapy • Balanced noon meal and snack • Nursing services.



Gerri Winder
Day Care Coordinator

RIVERSIDE...Adult Day Care Center



220 South River St.
Plains, PA 18705
823-5161

BANKING

Q: Should I prequalify myself for a mortgage before I start looking to buy a home?

A: It would be a great idea to go to your local bank and ask for an application to be prequalified. For example, Franklin First offers a toll free phone number you can call day or night to be prequalified. You should be prepared to answer questions, such as, your Social Security Number, annual income, total debts not including your present rent or mortgage, funds available for closing and the amount of downpayment you may deposit towards your mortgage.

Once you give these figures to Franklin First, we will formulate an amount you can afford to borrow. This will give you a good idea to look for a home with a certain amount on mind.

After you find that home, you should think about preapproval. We'll talk about this subject next month.

FRANKLIN FIRST



Rt. 309 and Upper Demunds Rd., Dallas, PA 18612
675-3621 or 800-262-1210

CHIROPRACTOR

Q: How does a chiropractor treat Carpal Tunnel Syndrome?

A: Your treatment depends on the cause of your wrist problem. To reduce inflammation and relieve pressure on the nerve, your chiropractor may manipulate your thumb, fingers, or wrist. He may also massage your forearm or press on joints in your neck and upper spine.

Your chiropractor may suggest other types of treatment to reduce pain and restore range of motion in your wrist. These may include using a splint or brace, ice trigger point therapy, or exercises. Your chiropractor can discuss these with you.

Just as you need regular dental exams, you also need regular chiropractic exams. Even if you don't have symptoms, chiropractic care is one of the best ways to manage or prevent wrist and other joint problems and maintain a healthier life.



Dr. John D. Wanyo
68 Main St., Luzerne PA 18709
288-0629

EYE CARE

Q: At times I see tiny black "specks" in my vision. Should I be concerned?

A: These are very common semi-transparent specks of protein typically noticeable when they fall directly within your line of sight. Almost everyone sees a few annoying floaters at one time or another in their lifetime and they tend to become more noticeable as we grow older.

The inner part of the eye is made up of a clear jelly-like fluid called VITREOUS. Occasionally small flecks of protein become trapped during the formation of the eye before birth, and become suspended in the vitreous body. Spots and floaters may also be caused by certain eye injuries, eye disease or as a result of NORMAL AGE DETERIORATION OF THE INNER EYE FLUIDS. These annoying translucent specks occur in various shapes and sizes. Since they are within the eye, they move as our eye moves and seem to dart away as we look at them.

Most spots and floaters are NORMAL AND EXPECTED. However, if you notice a SUDDEN INCREASE in their amount, their size, frequency or if they are accompanied by flashes of light, SEE AN EYE DOCTOR IMMEDIATELY.

At Evans and Russo Eye Associates, we provide comprehensive eye care for the entire family.



David Evans, O.D.

Evans and Russo

121 S. Memorial Highway, Shavertown, PA 18708
696-2000

FAMILY PRACTICE

Q: What sun screen is best?

A: Exposure to sunlight is the leading cause of skin cancer. Any exposure can be harmful, but sunburns in childhood cause the most damage.

Sunscreens reduce the skin damage caused by the sun by reducing the exposure. The amount of light blocked is measured by the SPF. The higher the SPF, the more the protection.

The amount of SPF needed can be calculated based on the wearer's complexion, time of day exposed, and the amount of time exposed. In general, SPF 15 is useful for small daily exposures to the sun. SPF 30 should be used for prolonged exposures such as several hours outside at the pool or air show. SPF 45 is best for young children.

Dallas Family Practice

100 Upper Demunds Rd., Dallas
675-2111



Diane A. Lowe, M.D.

HEALTH & FITNESS

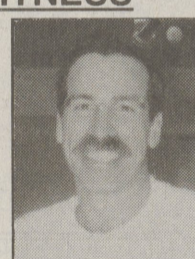
Q: I know I have to get in shape, but my pain is stopping me from participating in a fitness program. What should I do?

A: Pain often debilitates even the most sincere efforts. The important first step is to get pain relief through medicine, chiropractic and/or whatever legal, recognized means necessary.

Then, start a rehab program and begin slowly. Call me at 1-800-837-1271 and I'll help you step by step.

One-to-One Fitness

417 Memorial Highway, Dallas
675-6554



Bill Ranieri

INSURANCE

Q: Is Tenants Insurance necessary?

A: Yes, it takes people years to save for the contents in their apartments. In the event of a fire it could take years to replace clothes and personal property. Liability is another factor to consider which is included in a tenants policy. A person could be sued for negligence if they started a fire in the apartment of someone is hurt within the confines of the apartment.

Loss of use is another important element in a Tenants Policy which pays people to live somewhere else while their apartment is being repaired from a claim. Tenant Insurance is not expensive and a discount of 5% is available if your auto is with Nationwide.

NATIONWIDE INSURANCE
Nationwide is on your side
675-5234



William T. Huck
Associate Agent

Gordon Business Center,
Suite 1,
194 N. Memorial Hwy,
Shavertown, PA 18708

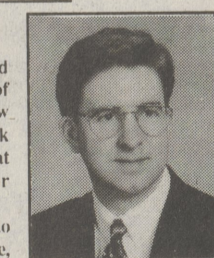
INVESTING

Q: What is Financial Planning?

A: Financial Planning is a formalized process where you define a set of goals and objectives, and we show you how to achieve those goals. Think of it as a "financial roadmap," that you follow in order to arrive at your desired destination.

For example, your goal may be to retire with a comfortable life-style, or to send your children to college. We will then determine how many years we have to work on this goal. I will examine your current financial picture, and come back to you with a written plan detailing exactly what you need to do on a monthly basis in order to insure that your goals are met. The Plan also details your Estate Plan, where our aim is to protect your estate from unnecessary taxation upon your death.

A professionally written financial plan entails far more than what is briefly outlined above. For a free, no obligation financial planning consultation, please call the number below.



Ross G. Macarty
Financial Consultant

Merrill Lynch

600 Baltimore Drive, Wilkes-Barre, PA 18702
(717) 829-8048 • 1-800-275-1885

JEWELER

Q: Is the weight of a 1/2 carat diamond really .50 points?

A: No, in most cases not. The weight of a 1/2 carat diamond has a range of .46 - .57 points. A .46 point diamond costs much less than a .57 point diamond, however, both are in the 1/2 carat range. So when shopping for a diamond always ask the weight of a diamond to be expressed in points. This is the most accurate way of comparing the weight of a diamond from jeweler to jeweler.

TOVON & CO.

Diamond Importers
Dallas Shopping Center, Dallas
675-4444



Tommy

PODIATRIST

Q: What are corns and calluses?

A: Corns and calluses are areas of thickened skin that develop over bony prominences. They are the body's defense mechanism against friction and pressure from the bony prominence rubbing against your shoe, another toe or on the bottom of the foot from too much pressure.

If a corn is mild, reducing the pressure or friction can help. Changing shoes, proper padding, and orthotics may solve the problem. In cases where conservative treatment fails, surgery to straighten toes or correct the position of bone may be the best way to correct the problem.

Kelly Yurko, D.P.M.

550 Memorial Highway, Dallas, PA
675-9540



Kelly Yurko, D.P.M.

SUBSTANCE ABUSE

Q: What is Chemical Dependency?

A: My Philosophy is based on the fact the Chemical Dependency is a disease which eventually results in grave consequences. As a potentially fatal disease, Chemical Dependency is largely misunderstood and underestimated in terms of severity, and the number of people it impacts. A chronic and progressive disease, Chemical Dependency does not disappear with time - it gets worse. Denial and ignorance are the factors which most frequently foster the development and continuation of Chemical Dependency. Without an accurate understanding of this illness, its dynamics, course, and expected outcome, traditional modes of intervention may fail. An enlightened approach to treatment is needed.

April is Alcohol Awareness Month. For more information, call: 283-2388.

CHOICES

WYOMING VALLEY HEALTH CARE SYSTEM
For The Comprehensive Treatment Of Drug And Alcohol Abuse
518 Wyoming Avenue, Kingston, PA 18704
717-283-2388 • 1-800-762-9492



Maura S. Bird, C.A.C.
Out-Patient Supervisor

The professionals and specialists on this page have studied and worked to become expert in their fields. They are ready to serve you with their knowledge.