

Garveys win car at O'Reilly raffle

Mr. and Mrs. Dennis Garvey, Dallas are the winners of a 1996 Saturn SL, the grand prize of the annual drawing of the Bishop O'Reilly High School "Giving Calendar." The Kingston School's Blue and Gold Club sells the calendars as part of the school's fund raising activities.

Anyone interested in purchasing a 1996-97 Giving Calendar may contact Bishop O'Reilly at 288-1404.

Drew names Garcia, Baker to dean's list

Two Dallas residents recently were named to the dean's list of Drew University's College of Liberal Arts, in Madison, N.J. Marsha Alicia Garcia and Danielle Juliann Baker. These students have earned a minimum of 3.4 grade point average, equivalent to or better than a B+ on a scale in which A=4.0.

Blaum named to Holy Cross dean's list

Mary Blaum, who completed her sophomore year in May at the College of Holy Cross, has been named to the dean's list for the second semester of the 1995-96 academic year. She is the daughter of Atty. and Mrs. James P. Blaum of Shavertown. She majors in classical studies.



Lehman-Jackson sixth-graders hold class party

The sixth grade class of Lehman-Jackson Elementary School recently held a celebration at Konefal's Grove in Chase. The children competed in picnic games, and enjoyed music by D.J. and classmate Andrew Stucker.

Class members are: first row: from left: Jamie Rhodes, Eric Brady, Chris Kabosky, Mike Dulebohn, Lydia Nygoni, Brian McMahon, Jeff Carroll, Josh Maye, Robert Morris; second row: Mike Hage, Gregg Plaza, Olivia Barral, Crystal Tillery, Gina Chocallo, Stephanie Bendik, Courtney Colletti, Ryan Blaszcak, Chuck Kopetchne, Curtis Mulhern, Stephen Vrabel; third row: Vanessa Goss, Lindsey Shaw, Gina Coombs, Stephanie Weaver, Crystal Carter, Megan Tribendis, Sarah Zaleskas, Adrienne Fallon, Joe Yankoski, Matt Lameroux; fourth row: Heather Simpko, Brett Brown, Jessica Caines, Angela Basta, Amanda Bednarsky, Nick Callahan, Courtney Koskowski, Dina Sarmonis, Jeff Walp; fifth row: Michalene Horvath, Jacqueline Schaffner, Andy Stucker, Wally Karl, Cliff Culver, Abbie Lewis, Kim Mazaika, Amy Wolmesdorf, Jason Mahle, Corey Cooper, Kirk Makarewicz, Joe Walko.

Spencer, Wall on Marywood dean's list

Two Back Mountain students at Marywood College were named to the dean's list for the spring 1996 semester: Class of 1997, Second Honors, Mary Spencer, Dallas; Class of 1999, First Honors, Lisa Wall, Shavertown.

Ursinus dean's list

Dallas resident Patrice Shovlin has been named to the dean's honor list at Ursinus College for the spring 1996 semester. She is majoring in psychology.

Maria Bigus studies with summer extern program

Dallas resident Maria Bigus is gaining experience in "hands-on" patient care this summer in the Velio E. Barardis, M.D. Summer Extern Program at Mercy Hospital. The lessons she learns will be shared with classmates upon their return to medical school this fall.

The daughter of Russell and Marie Bigus, Maria is a graduate of the University of Scranton and a student at the Philadelphia College of Osteopathic Medicine.

The six week program gives second-year medical students a practical understanding of medicine as well as a means to defray medical costs and help with summer pocket money.

Students are assigned on a weekly rotating basis to one of six Mercy services including the emergency department, operating suite, diagnostic imaging, cardiac catheterization lab, gastro-intestinal lab, obstetrics, pathology, laboratory and primary care.



MARIA BIGUS

The externs also are encouraged to spend actual office hours with primary care and family physicians and make rounds with members of the Scranton-Temple Residency Program at Mercy. The externs also will spend time with patients at the Mercy Primary Medical Practice, a primary care clinic.

Arthur lectures at Boston meeting

Dallas resident Dr. Brian Arthur recently delivered a lecture in Boston at the Eastern Regional Orthoptic Meeting. His presentation was on Strabismus in the Arnold-Chiari Malformations.

Dr. Arthur also had some recently research findings published in the March/April issue of the *Journal of Pediatric Ophthalmology and Strabismus*. This research was based on evaluating tests to determine binocular vision in children.

ASK AN EXPERT

ADULT DAY CARE

Q: Why adult day care?

A: Adult day care programs are a rapidly growing link in the continuum of health care. As the frail elderly population grows, hospital stays shorten, and families grapple with ways to care for elderly relatives, adult day care provides an appealing option for many. Riverside Adult Day Care Center provides care for participants with complex physical and psychological problems. A separate program is also available for those with Alzheimer's disease and other dementias. Through socialization, friendships develop. Through therapy and education, independence is gained. Through recreation projects and outings the sense of self worth and usefulness is gained.



Judy Giovanelli
Administrator

RIVERSIDE...Adult Day Care Center
220 South River St.
Plains, PA 18705
823-5161

BANKING

Q: Is it a "good" time to refinance my mortgage?

A: It is a very good time to refinance your mortgage. For the past few years, mortgage rates have been below 8.00%. With the mortgage rates being so cooperative, you have a variety of options to take advantage of.

One option is bill consolidation. Why pay out most of your paycheck for monthly bills when you can write just one check for a much smaller amount.

Another option is college tuition. You can take out the equity you have in your home for paying your child's education.

Also, if your mortgage rate is or around 10.00%, it may be a good idea to look into refinancing your mortgage to lower your payment and save your valuable income. This and all of the above may be tax deductible.

If you are looking for additional information, call me and we can go over a good faith estimate free of charge. It may be worth your time.



John Peterson
Dallas Branch Manager

FRANKLIN FIRST

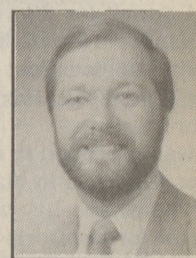
Rt. 309 and Upper Demunds Rd., Dallas, PA 18612
675-3621 or 800-262-1210

CHIROPRACTOR

Q: Can chiropractic care help my child?

A: A child's spine can be stressed or injured during birth. As children learn to walk and run, they fall and can suffer strains and sprains. Periodic checks by a doctor of chiropractic can help identify any developing weaknesses in your child's spine. Early spinal exams may help prevent many health problems later in life. A chiropractor is trained to help maintain or restore the health of your child's spine through adjustments and other gentle treatments.

Spinal adjustments for children are usually different from adjustments for adults. Your chiropractor gently presses on the spine to restore proper motion of the vertebrae and relax the muscles. Your child should feel no pain.



John D. Wanyo, D.C.



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

EYE CARE

Q: I just started a new job which requires I spend most of my day working on a computer. My eyes have never bothered me like they do now. What's wrong?

A: You probably have what we refer to as Computer Vision Syndrome (CVS). CVS can cause the following symptoms:

- eyestrain
- fatigue
- headache
- blurred near or distance vision
- dry or irritated eyes
- neck pain and backaches
- double vision

Most if not all of these can be eliminated with the proper corrective eyewear, vision therapy or changes in your work environment. Make sure you mention your work situation when you visit your eye doctor.



David Evans, O.D.

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

FAMILY PRACTICE

Q: How do you tell the difference between indigestion and angina?

A: This is a common problem for both the patient and the physician. There is no 100% solution - at home or in the office. Sometimes a hospital admission and even a heart catheterization (dye test) are required.

Chest pain caused by the heart (angina) is a squeezing or tightening feeling in the chest usually brought on by exertion and relieved by rest. If not relieved by rest after 15 minutes it may be a heart attack. It may be accompanied by neck or arm pain. When this type of pain is long-lasting or associated with sweats or shortness-of-breath, a doctor's advice should be sought immediately.

Chest pain caused by the digestive system is more burning, occurs after overeating and is often relieved with antacids or the new OTC H2 blockers.



Diane A. Lowe, M.D.

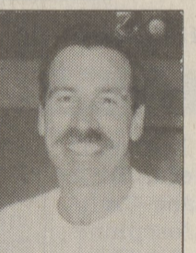
Dallas Family Practice
100 Upper Demunds Rd., Dallas
675-2111

HEALTH & FITNESS

A New Form of Exercise That's Almost 100 Years Old.

I train many rehab patients with pain in their lower backs on the Pilates table.

Because it helps people build muscle mass, increase flexibility and gets them to move their limbs without involving the vertebral column, it's a great conditioner while the patients recover from injury.



Bill Ranieri

Bill Ranieri
N.E. Pain & Rehab
836-2535

INSURANCE

Q: Crash!! What do I do now?

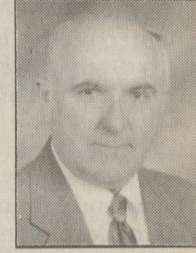
A: If you're a woman, cry. If you're a man, jump out and find out why that dope pulled in front of you. This is the usual scenario. However, there are some important things to do when emotions settle down.

First, assist those injured and remove yourself from further danger.

Next, while you're waiting for the police to arrive to make a report, exchange names, addresses and phone numbers, insurance information and any witness names.

It is your legal right to know the names of the other people involved in the accident and getting them now will avoid you having to go to the police department to pay \$15 for the police report to find out the information.

Next, you should call your insurance agent or insurance company to report the claim. Your collision coverage will repair your vehicle, or if the other party is at fault, you'll need to contact the other company to present a claim.



Charles W. Gordon



NATIONWIDE INSURANCE
Nationwide is on your side
675-5234

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

INVESTING

Q: The stock market has been quite volatile lately. What steps do you recommend to reduce the volatility in my portfolio?

A: With the recent volatility in the U.S. stock market at its current record high levels, I have been moving some of my clients money out of their highly appreciated domestic investments, and placing it into high quality, GLOBALLY DIVERSIFIED investments. Why am I going GLOBAL? There are areas of the world that have higher growth rates than the United States. Plus, with U.S. investments having done so well over the past two years, it just makes good sense to take some profits, and gain some GLOBAL exposure.

A fully diversified GLOBAL portfolio will reduce volatility as well as enhancing your overall returns. For a no obligation 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 it's not. The weight of a 1/2 carat diamond has a range of .46 to .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.



Tommy

TOVON & CO.
Diamond Importers
Dallas Shopping Center, Dallas
675-4444

PODIATRIST

Q: I am a diabetic and have been told that I should have my feet taken care of by a Podiatrist. Why?

A: Diabetes can cause poor circulation or loss of feeling in your feet. Even a tender spot or tiny break in your skin can turn into an infection.

Regular checkups, prompt treatment of sores or infection and most important education that informs you on proper foot care can prevent many of the complications associated with diabetes.

Most problems that commonly occur with a diabetic, including amputations, can be prevented with proper care and early intervention.



Kelly Yurko, D.P.M.

Kelly Yurko, D.P.M.
550 Memorial Highway, Dallas, PA
675-9540

SUBSTANCE ABUSE

Q: Can "CHOICES" Really help me?

A: I wish to share at this moment, my feelings, experiences and miracles that I have accomplished in the past month with the help of God, the professional staff at "CHOICES", and my family of friends that I met while undergoing the treatment program to recovery.

After graduating from High School, of course the next step was going out into a new world of decisions, responsibility, and the fear of the unknown. Slowly but surely my dreams came true. I had a professional career which was very successful. I have everything, a wonderful husband, dream home, cars, etc. The upkeep of all of the above caused me stress and unmanageability.

Unfortunately, alcohol came into my life and was the number one answer to coping. I became an alcoholic. The Disease took over my life; mentally and physically and almost cost me my only life. I finally admitted to my addiction and did something about it.

Walking through the doors of "CHOICES" was very scary, but with kindness and care which I received from the professionals, I gained strength, hope and wisdom. I am now continuing and enjoying a healthy and happy life of sobriety.

"CHOICES" at Nesbitt Memorial Hospital can help you too. Our professional staff is dedicated to helping not only our patients but also their family. Help is just a phone call away. Call 24 hours-a-day, all calls are confidential, 283-2238 or 1 (800) 762-9492. Your Life is Worth the Time. CALL TODAY!



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

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.