

Book notes



Mary Lou Swingle

Greetings to everyone, especially readers and booklovers, from the volunteer staff of the Back Mt. Memorial Library used bookshop. This column will appear monthly providing information about the Slightly Read Book Shop in the library basement. Chaplain Jim Pall of the SCID was given Bibles and other religious books that will

Thrillers in the spotlight at Slightly Read Bookshop

be distributed to prisoners. The bookshop is also providing paperbacks for the patients at the VA Hospital. The book shop recently received a donation of books written by inspirational Canadian author Janette Oke. Another donor presented the shop with many recent cookbooks in pristine condition. The promotion of Danielle Steele and Sidney Sheldon books will soon be discontinued. The next promotion will be espionage and spy thrillers featuring authors, Clancy, Deighton, Follett, Forsythe, Le Carre, Ludlum,

MacClean, and MacInnes. There is also a special on 21 Tarzan stories written by Edgar Rice Burroughs. We would like to thank donors of books to the shop. Because of the great number of paperback donations, we will be doubling the size of the bag used in the sale of paperbacks at \$1 a bag. The bookshop can always use volunteers. Anyone may enlist at the library front desk or in the bookshop. The shop is open Mondays and Wednesdays from 1 p.m. to 8 p.m. and Saturdays from 10 a.m. to 5 p.m.

OBITUARIES

RUSSELL BIGUS

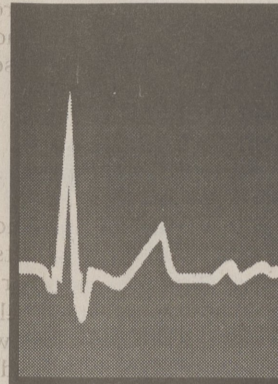
Russell G. Bigus, of Elmcrest Drive in Dallas died Sept. 8, 1999, at the Department of Veterans Affairs Medical Center in Wilkes-Barre. Born in the Breslau section of Hanover Township, he was a son of the late Michael and Rose (Godumski) Bigus. A graduate of Hanover Memorial High School, he resided in Hanover Township for many years. He attended King's College in Wilkes-Barre and the Pennsylvania State Police Academy in Hershey. He was employed as a state trooper at the Wyoming barracks for 31 years. He had been a narcotics officer for seven years and had been the garage inspec-

tion supervisor. He was a veteran, serving with the U.S. Army in Germany as a member of the special police. He was a member of Gate of Heaven Church in Dallas, the Fraternal Order of Police Lodge 43, and the White Ash Land Association in Mildred. He was preceded in death by his sister, Bernice Magill. Surviving are his wife of 31 years, the former Marie Gush; children, Russell P., at home; Dr. Maria, Bethlehem; and Paul, student at New York University Dental School; one granddaughter; brother, Michael, Lehman Township; several nieces and nephews. Interment, Mount Olivet Cemetery, in the Carverton section of Kingston Township.

MAE MITCHELL

Mae A. (Grey) Mitchell, 76, of Hollywood Drive, Hunlock Creek, died Sept. 12, 1999, at her home. Born March 26, 1923 in Lehman Township, she was a daughter of the late Arthur and Edna (McRoy) Grey. She was a longtime member of the Maple Grove United Methodist Church. She was preceded in death by her brothers Kenneth and Clifford Grey and sister, Shirley Grey. Surviving are her husband, Willard; sons, William, Hunlock Creek and Willard G. Jr., at home; daughter, Carol Ann Mitchell, Wilkes-Barre; sister, Gene Gill, Dallas; five grandchildren; three great-grandchildren. Interment, Maple Grove Cemetery.

Health & FITNESS



Answers to your questions about orthokeratology and refractive surgery

**Q: What is orthokeratology?**  
A: Orthokeratology, commonly referred to as "Ortho-K," is a treatment process that uses contact lenses to reduce or correct nearsightedness, astigmatism and some farsightedness. Much like procedures utilized in orthodontia for realignment of teeth, Ortho-K attempts to reshape the front surface of the cornea by flattening the curvature of the cornea through the controlled use of a rigid contact lens.

best suited to help you evaluate all of your vision correction options. If refractive surgery is appropriate, the professional can provide the necessary pre-

and post-operative care and subsequent routine eye care. See the difference contact lenses make! For more information, call 1-800-884-4-CLC

**Q: What is refractive surgery?**  
A: Refractive surgery is a relatively new procedure involving surgery on the eye's cornea designed to correct refractive errors including nearsightedness and astigmatism.

**Q: What are the types of refractive surgery?**  
A: **Radial Keratotomy (RK)**, the most common type of refractive surgery, is a procedure used to correct or reduce nearsightedness. During RK surgery, a number of incisions are made on the surface of the eye to flatten the cornea so light rays focus directly on the retina.  
**Astigmatic Keratotomy (AK)** is performed to correct astigmatism. To correct astigmatism, the number, angle, and distribution of the incisions will vary from patient to patient, depending upon the degree and axis (location) of the astigmatism.  
**Automated Lamellar Keratectomy (ALK)** is a relatively new procedure performed for extremely nearsighted patients. In this procedure, the corneal surface is removed, reshaped to the proper curvature, and replaced.

The CLC Answers Your Questions About Ortho-K and Refractive Surgery Page Two  
**Photorefractive Keratectomy (PRK)** uses an excimer laser beam to do what RK does with a knife — flatten the surface of your eye. It does so by "vaporizing" thin layers of tissue directly over the line of sight (pupil).

**Q: Are there any risks or side effects with refractive surgery?**  
A: Like every surgical procedure, refractive surgery is accompanied by some risks. For instance, after RK, some patients may experience fluctuating vision and sensitivity to glare and lights, particularly at night. Also, some patients may not have satisfactory clarity of vision even with corrective lenses. The extent to which these problems may affect patients following refractive surgery varies and continues to be studied. Your eye care professional is

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Northeastern Eye Institute

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Colorful Save the Children frames are perfect for those hard to fit T'ween sizes. Frames that will not only help your children see better, but will help other children see a better future.

Between 2 and 3 percent of the retail price of ClearVision's Save the Children eyewear goes to support Save the Children, a not-for-profit organization, dedicated to making lasting, positive change in the lives of disadvantaged children in the United States and throughout the world. Eyes on the Future provides quality eye care to Native American children in Arizona and New Mexico.

Free gift with every purchase.

Enter to Win an Exciting Fisher-Price Camp Barbie Jeep or Jeep Wrangler



Stop in at any Northeastern Eye office between now and October 15 and register to win 1 of 2 battery operated Jeeps.

For all of your back-to-school eyewear needs, stop in at one of Northeastern Eye Institute's convenient locations:

<b>Blakely</b> Blakely Plaza Route 6 570-383-6400	<b>Carbondale</b> 150 Brooklyn St. 570-282-7188	<b>Clarks Summit (South)</b> 503 South State St. 570-587-5186	<b>Hamlin</b> Hamlin Plaza 570-689-2525	<b>Honesdale</b> 626 Park St. 570-253-1720	<b>Peckville</b> 1339 Main St. 570-489-4430	<b>Sayre</b> 245 Desmond St. 570-888-5893	<b>Tunkhannock</b> 304 Tioga St. 570-836-2224
<b>Bloomsburg</b> 660 W. Main St. 570-389-1445	<b>Clarks Summit (North)</b> 211 North State St. P.O. Box 651 570-587-2100	<b>Dickson City</b> 502 Sunset Dr. 570-489-6841	<b>Hazleton</b> 230 W. Broad St. 570-454-6085	<b>Lehighton</b> 122 Iron St. 610-377-1010	<b>Pittston</b> 71 North Main St. 570-654-1641	<b>Scranton</b> 200 Mifflin Ave. 570-342-3145	<b>Wilkes-Barre</b> 141 South Main St. 570-825-3491
			<b>Hazleton</b> Laurel Mall 570-455-4219		<b>Plains</b> 23 N. River St. 570-824-2020	<b>Shavertown</b> 170 N. Memorial Hgw 570-342-3145	