

## Smoking

(continued from page 1)

didn't want one. I'd had cigarettes before but I never inhaled. This time I took the cigarette and I took three or four good puffs. I broke out in a cold sweat; I got dizzy and had to sit down."

The queasiness is not uncommon and not pleasant, but in the minds of many young people it is temporary and less troublesome than falling out with the in-crowd. "I didn't want to be uncool or a dork, so a few minutes later when the same guy asked if I wanted another smoke, I took it and thanked him," he said. "By my senior year, I was smoking three-fourths of a pack of cigarettes every day and like many other teenage smokers, I was sneaking out of class to have a cigarette. I didn't think any one would notice, because I couldn't smell the smoke on my own clothes."

After high school, Lyons joined the military where he discovered smoking was a tough habit to break. "I was in the service for four years and just about everybody I knew smoked," he said. "By the time I got out I was smoking two packs a day. That's like having a cigarette in your mouth every 15 minutes."

Inhaling tobacco smoke and various toxins took a toll over the years. "For the longest time, I had a dry cough and I would cough in my sleep," said Lyons. "I didn't even know I was doing it, but it's a wonder my wife and kids got any rest."

Katie Lyons, said the smoking affected everyone in their home. "Second hand smoke wasn't something people talked about years ago," she said. "Today everyone knows inhaling smoke from someone else's cigarette is harmful but back then we didn't give it a thought. Of course, our daughter, who is now 30 has very bad asthma and we feel it's because of Kenny's smoking."

So far, Ken's health has been most seriously effected. "He's had a couple of strokes so his hearing and his eyesight aren't so good," said Katie Lyons. "He has trouble walking and he gets tired easily and then there's the cancer."

Cancer of the larynx, or voice box, was diagnosed 13 years ago. "The doctor came into the room and said, 'Ken, I don't want to tell you this but I have to. You have cancer.' That's when it hit me."



Ken and Katie Lyons, left, had a strong anti-smoking message for Gate of Heaven students. Posing with them were students Scott Grundowski and Kellie Casey.

*"I thought it would be too hard to quit but it's nothing compared to what you'll have to go through if you keep smoking."*

**Ken Lyons**  
Ex-smoker with cancer

said Lyons. "There were warning signs for 10 years but I ignored them because I was afraid to go to the doctor."

The terrible trauma associated with malignancy was detailed to Gate of Heaven students, who listened attentively while passing around a small container filled with dark brown liquid, comprised of two ounces of water and the innards of a single cigarette. "That jar you're passing around has over four thousand chemicals in it," said Katie Lyons. "I will name just a couple of the things they put in cigarettes, some of the more familiar chemicals you might recognize. There's rocket fuel, asbestos, acetone, formaldehyde, carbon monoxide, ammonia and rat poison in every cigarette. It doesn't

matter if they're filtered, unfiltered, low-tar, light, generic or name-brand cigarettes, they all have these and thousands of other chemicals in addition to nicotine."

It is the nicotine which kept Lyons from breaking the habit before his cancerous diagnosis. "After I had my laryngectomy, I would stay awake at night after my wife and kids had gone to bed," he said. "I would watch the news and think, 'Why me? Dear God, why me?' Then I wised up and said, 'Well why not me?' I

knew what could happen if I kept smoking but I didn't stop. I thought it would be hard to quit but it's nothing compared to what you'll have to go through if you keep smoking."

Lyons, with his hoarse voice of experience, offered a parting bit of advice to the sixth grade audience who had listened to his personal tale. "I'm warning you now, anyone who is smoking or has been approached by someone to start smoking, just say no. Save your life."

## Shavertown UMC plans holiday services

Shavertown United Methodist Church, announces holiday services will be held Christmas Eve at 7 p.m. with a Family oriented worship with strings, special music for the children, Children and Chancel Choirs, and Candlelight Communion. The 10 p.m. service of Lessons and Carols will feature Chancel and Youth Choirs, strings and Candlelight Communion. Note: Prelude Music begins one half hour before each service. No Church, Dec. 25. Worship Sunday, Dec. 26, 9 and 11. Peg Knapich guest preacher. All are welcome. For more information call 675-3616.

## Trucksville UMC welcomes members

The Trucksville United Methodist Church recently welcomed 25 new members during the Sunday services. Rev. W. Charles Naugle, Pastor, was assisted by Margaret Johnson, Lay Leader. Following the service the new members are: Zane and Betty Heffner, Lois Rittenhouse, Karen Atkinson, Betty Kleiner, Heidi and Barry Wagner, Gerry Trynoski, Calvin Sutton, Janette and Larry Smith, Sue and Richard Tracy, Nancy and Michael Bohonko, Erik Sowga, Mary Lee Sowga, Wendy and George Christmas, Kim and Charles Smith, Nancy Evans, Peggy Kaplanski, Dawn and Brian Kaplanski, Mary Lou Montgomery, and Jane Lowery.



## Drawing winners

LeRoy and Beverly Smith of Dallas are shown receiving a hand-crafted framed stained glass window they won in a Secret Santa drawing following a recent open house at Back Mountain ServiStar. Donna Zabresky, right, of the hardware and gift store, made the presentation. The window is made by Sheri Nickell McHenry as part of a crafts line.

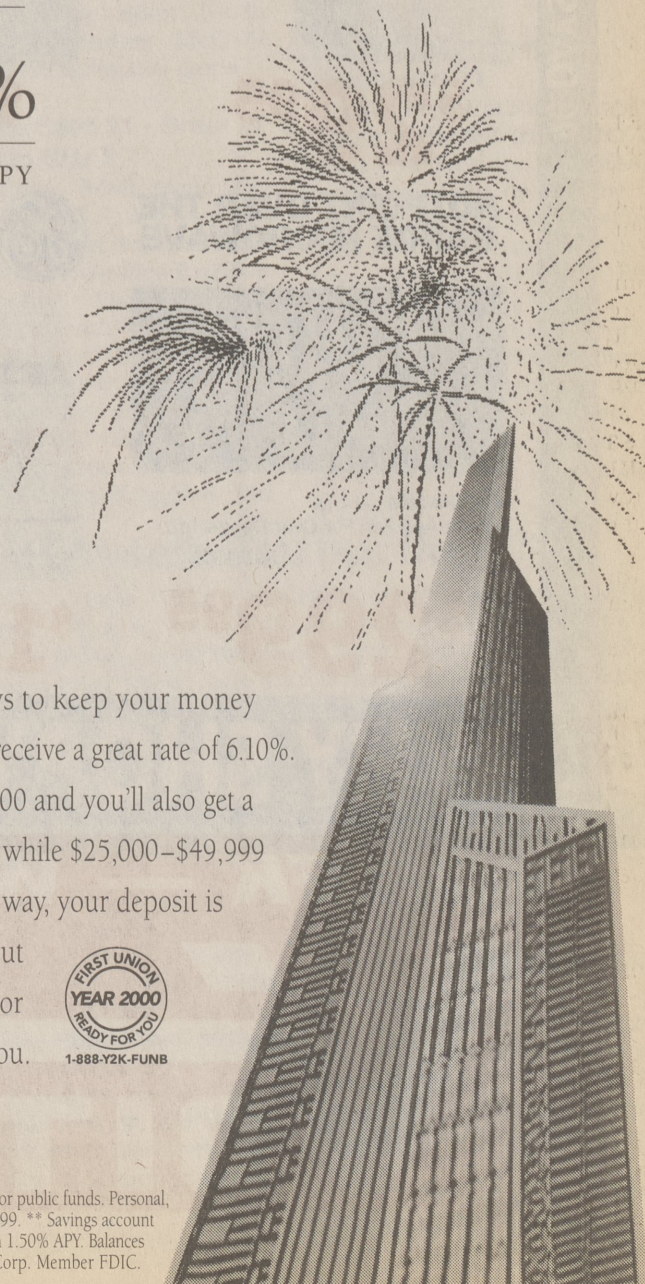
# Start the new millennium off with a bank.

**6.10%**  
APY

13-MONTH CD\*

**5.50%**  
APY

SAVINGS ACCOUNT\*\*



To celebrate the turn of the millennium, First Union® is offering two ways to keep your money growing safely and securely. Open a 13-month CD with \$15,000 or more and receive a great rate of 6.10%.



Or, open a tiered savings account with as little as \$10,000 and you'll also get a special rate. (A balance of \$50,000 or more earns 5.50%, while \$25,000-\$49,999 earns 5.25% and \$10,000-\$24,999 earns 5.00%.) Either way, your deposit is

FDIC-Insured up to \$100,000. First Union is ready for year 2000. To find out more, come to the mountain called First Union by calling 1-800-953-8573 or visiting any Financial Center. Or, if you prefer, the mountain will come to you.



\*CD Annual Percentage Yield (APY) available beginning 11/1/99. APY assumes interest remains on deposit to maturity. No brokered money or public funds. Personal, IRA and commercial accounts only. Penalty for early CD withdrawal. CD is a time deposit for which a receipt is issued. Offer expires 12/31/99. \*\*Savings account advertised APYs guaranteed from 11/1/99 to 2/29/00, after which time they are subject to change without notice. Balances under \$5,000 earn 1.50% APY. Balances between \$5,000 and \$9,999 earn 2.75% APY. Fees may apply and may reduce earnings. Personal accounts only. ©1999 First Union Corp. Member FDIC.

## 1. Anniversary yr. Celebration

Tommy Hilfiger  
Nimendo  
Candies  
Laura Ashley  
Liz Claibourne  
Ralph Lauren  
Guess

**CRYSTAL VISION CENTER**

**Dr. Marc Pensak & Associates**

**EYEGASSES**  
BUY ONE GET ONE FREE

ANY FRAME IN STOCK  
SINGLE VISION OR FT 28  
BIFOCAL LENSES  
2ND PAIR EQUAL OR  
LESSER VALUE

**CRYSTAL VISION CENTER** With this coupon. Not valid with any other offers. Offer expires 30 days from today.

The Best Progressive Lens Available

**VARILUX COMFORT LENSES**

One Pair **\$169**  
Two Pair **\$259**

With the purchase of Frame (Or Two Frames) FREE EYE EXAM

**CRYSTAL VISION CENTER** With this coupon. Not valid with any other offers. Offer expires 30 days from today.

**2 PAIR OF EYEGASSES**

Single Vision ..... \$69  
FT 28 Bifocals ..... \$99  
Progressive ..... \$189  
(No Line Bifocals)  
Incl. 2 Frames, 2 Pair of Lenses  
FREE EYE EXAM

**CRYSTAL VISION CENTER** With this coupon. Not valid with any other offers. Offer expires 30 days from today.

**CONTACTS**

2 Pr. Daily Wear ..... \$99  
2 Pr. Extended Wear ..... \$129  
12 Pr. Disposable ..... \$129  
24 Pr. Disposable ..... \$189  
(1 Year Supply Vista Vue)  
Incl. Contacts, 1 Pair Glasses  
1 Pair Sunglasses and 1 Care Kit  
FREE EYE EXAM

**CRYSTAL VISION CENTER** With this coupon. Not valid with any other offers. Offer expires 30 days from today.

Country Club Shopping Center  
Dallas • 675-8888

Mesko Plaza  
Wilkes-Barre • 826-1700

Midway Shopping Center  
Wyoming • 288-7471

www.crystalvisioncenter.com