

OBITUARIES

JANE ANN SALANSKY-ONZIK

Lake-Lehman High School graduate

Jane Ann Salansky-Onzik, 44, of Muncy, died Sept. 8, 2004, after a courageous two-year battle with cancer.

She was born June 27, 1956, in Wilkes-Barre, and was raised in Jackson and Lake townships. She was a 1974 graduate of Lake-Lehman High School. She received a B.S. in Spanish and education from Penn State University in 1979 and later a master's degree in reading from Bloomsburg University. Jane had been a dedicated, well-loved and respected teacher at South Williamsport High School since 1981, where she taught Spanish and reading.

Active in the school, she was a class adviser and Spanish Club adviser. She helped organize the homecoming ceremonies and tutored many students over the past 25 years. She traveled extensively with her students to many European countries including Spain and France, as well as Mexico.

Other activities she enjoyed included Student Exchange Program, Bogota, Columbia; and memberships with the PSEA, Mu Eta Service Sorority and the Muncy Valley Hospital Auxiliary.

As a spokesperson for the American Cancer Society and a member of the Bravehearts survivor group, she was devoted to teaching others about the disease. She was a member of the Resurrection Catholic Church in Muncy.

Surviving are her husband, David; her parents, Paul J. and Sue Harron Salansky of Meeker; a brother, Paul Jr., Meeker; and a sister, Susann Appar, Huntington, W. Va. She was a beloved aunt to many of her nieces and nephews.

Preceding her in death were her maternal grandparents, Arpy and Jane Jones Harron, formerly of Harveys Lake.

Donations may be made to the Susquehanna Regional Home Health & Hospice, Providence Health System Foundation, 1001 Grampian Blvd., Williamsport, PA 17701; or the American Cancer Society, 1948 E. Third St., Williamsport, PA 17701; or the Jane A. Salansky-Onzik Scholarship Fund, South Williamsport Area School District Foundation, c/o Williamsport Lycoming Foundation, 220 W. Fourth St., Williamsport, PA 17701.

JOHN BULLOCK

Vietnam War veteran

John M. Bullock, 55, of Tunkhannock died Aug. 30, 2004, at Mercy Hospital, Scranton after a battle with cancer.

Born in Meshoppen, son of the late Percy E. and Catherine L. Harvey Bullock. He was a graduate of Tunkhannock High School, class of 1966. He was a veteran of the Vietnam War, where he served aboard the USS Enterprise as an airman. He owned and operated Bullock Monument, Tunkhannock, for the past 28 years. He was an avid Penn State fan and deer hunter. He was proud of his record for giving blood at the Red Cross blood drives.

He is survived by his twin brother, Jack; and brother, Joseph of Tunkhannock; a sister, Janice, of Swoyersville; nieces, nephews, cousins, aunts and uncles.

He was preceded in death by a brother, James.

Interment, Sunnyside Cemetery, Tunkhannock.

Memorial donations may be made to the Wyoming County Chapter of the American Red Cross, 49 E. Tioga St., Tunkhannock, PA 18657.

The Post publishes obituaries of Back Mountain residents, natives or those who have a long connection to the area. Send obituaries to:

The Post
15 N. Main St.
Wilkes-Barre PA 18711

ALBERT MILETTA

U.S. Army Air Corps veteran

Albert L. Miletta of Sweet Valley, formerly of Old Forge and Duryea died Sept. 1, 2004, at the Wilkes-Barre General Hospital.

Born Oct. 11, 1920, he was the son of the late Thomas and Philomena (DiAndriola) Miletta.

Albert graduated from Old Forge High School and served in the Army Air Corps. He was a veteran of World War II, serving in the invasion of North Africa, Sicily, Italy and the China, Burma and India Campaign.

During his lifetime, he worked for the Jewel Tea Co., Metropolitan Insurance Co. and was manager for Carrol's Restaurant in Scranton. He was a member of CBI (China, Burma, India) Association and served as commander for two years.

He was preceded in death by his first wife, Mary Lou Cummings; sister Catherine Miletta; and brothers Bruno, Louis, Wadie, Frank and Willie.

Surviving are his wife, Margaret Liput Nill Miletta, with whom he enjoyed 10 happy years together. He was a devoted father to daughter Gerry Susan Miletta, Philadelphia; and a son Alan and his wife, Patti, Lake Ariel; a step-daughter Rosemary Liput Mednis, Texas.

He was a loving grandfather to Sherri Dingman, Kim and Sarah Miletta; step-grandsons, Mark Moses, Erik and Stefan Mednis; three step-granddaughters, Kira, Kristine and Karisa Mednis; and a precious great grandson, Kenneth Robert Moses. He is also survived by a sister, Ann Burila of Connecticut and several nieces and nephews.

ERNEST (RED) CHAPMAN SR.

Won 5 bronze stars

Ernest Chapman, 72, of Lake Township, died Sept. 5, 2004, at home.

Born in Kingston, a son of the late Lester Campbell. He was a graduate of West Pittston High School. He was an Army veteran of the Korean War, receiving the Korean Service Medal with five bronze stars. He owned Red's Auto Body, Forty Fort, was a correctional officer at the Luzerne County prison, and the first chief of security at NPW Hospital.

Surviving, besides his mother, is his wife of 26 years, the former Frances Cinquegrana; two sons; two daughters; one sister; one brother; one stepson; a step-sister, step-brother; grandchildren; great-grandchildren; nieces and nephews.

There will be no viewing and a memorial service will be held at a future time.

RONALD A. SCHWARTZ

U.S. Navy veteran

Ronald A. "Rolley" Schwartz, 71, of Windsor Drive, Dallas, died at his home Sept. 1, 2004.

Born in Brooklyn, New York, he was the son of late Herman and Minnie Gross Schwartz. He graduated from East New York Vocational School in Brooklyn and served in the U.S. Navy during the Korean Conflict.

He had resided in Dallas since 1973. Prior to his retirement six years ago, he was employed by the Dallas Township Road Department.

He was a member of the Dallas Fire and Ambulance Association, George M. Dallas Lodge No. 531, F&AM, Valley of Bloomsburg Consistory, 32 Degree, Irem Temple A.A.O.N.M.S. and the Transportation Unit, American Legion Daddow-Issacs Post 672, Dallas, and the American Vectorist Association.

He was an avid coin collector and belonged to the Wilkes-Barre Coin Club and the Wyoming Valley Coin Club.

Surviving are his wife of 42 years, the former Lois Jean Taylor; sons, Michael R., Stroudsburg and Stephen Schwartz, Erie; sister, Bea Lerman, Flushing, New York; five grandchildren, Jason, Nicholas, Stephanie, Alison and Scott.

Interment, Wyoming Cemetery.

Memorial contributions, if desired, can be made to the Dallas Fire & Ambulance Association, 184 East Center Hill Road, Dallas, PA; Forty Fort United Methodist Church, Wyoming & Yeager Avenues, Forty Fort, PA; or Irem Temple Shriners Hospital, PO Box 307, Dallas, PA.

LOIS JANE KUPSTAS

Member of St. Paul's Lutheran

Lois Jane Kupstas, 82, of Dallas, died September 7, 2004 at the Mercy Hospital, Wilkes-Barre.

Born in Orange, N.J., Oct. 8, 1921, she was a daughter of the late William and Beatrice (Vurgason) Penrose. She was a graduate of West Orange High School. Mrs. Kupstas was a member of St. Paul's Lutheran Church, Dallas.

She was preceded in death by daughter, Linda Kupstas; and by sister, Ruth Reid.

Surviving are her husband of 58 years, Abdon Kupstas; sons, George Kupstas, Kingston; Steven Kupstas, Lititz; Robert Kupstas, Center Moreland; four grandchildren; and nieces and nephews.

Interment, Memorial Shrine Cemetery, Carverton.

Memorial donations may be made to St. Paul's Lutheran Church, P.O. Box 802, Dallas, PA 18612.

XAVIER ABBOTT

U.S. Army veteran

Xavier Abbott Jr., 53, of Trucksville, passed away Sept. 3, 2004, at the Hospice Care of VNA at the Heritage House in Wilkes-Barre.

Born in Kingston, he was a son of Pauline (Sanko) Abbott of Luzerne and the late Xavier Abbott Sr. He was raised in Swoyersville and was a 1968 graduate of Wyoming Valley West High School and attended Wilkes University. He was an Army veteran of the Vietnam War, serving as a sergeant in the Big Red One Unit.

Xavier began a career in food service as the manager of Teedyuscung Restaurant, Kingston. He served as Food Service Director of many area hospitals including Bloomsburg, Nesbitt and Wilkes-Barre General Hospital. Most recently he was general manager of Food and Environmental Services for Wyoming Valley Health Care. He was a member of American Legion Post No. 644, Swoyersville; King David Lodge No. 763, F&AM, Kingston; Caldwell Consistory, Bloomsburg.

Xavier will be deeply missed by his children, Christopher, a student at Penn State University, and Kayla, a student at Atlantic City High School. He is also survived by his beloved friend and the mother of his children, Lynn Forrest, of Ventnor, N.J.; his mother, Pauline (Sanko) Abbott, of Luzerne; sister, Judy Engle, of Mifflinville; brother, Con J. Abbott, of Luzerne; and Dean Abbott, of Swoyersville; several nieces and nephews.

In lieu of flowers, all friends should buy something nice for themselves in his memory.

CHARLES SETSER

U.S. Army veteran

CHARLES C. SETSER of Avery Station Road, Tunkhannock, died Sept. 2, 2004.

Born March 4, 1926, son of the late William and Marion Setser, he was a U.S. Army veteran.

He was preceded in death by his wife, Mary E. Kitchen; brothers, William D. Setser and Aloza Levi Setser.

Surviving are his daughter, Sandra Snyder, Factoryville; brother, Walter Setser, Harveys Lake; sister, Sara Betty, Sayre; two grandchildren; two great-grandchildren.

Interment, Sunnyside Cemetery, Tunkhannock.

Wyoming Area Class of '84 seeks members

Wyoming Area Class of 1984 reunion committee is looking for addresses of classmates. Personal information may be updated on www.waclassof84.org or call Michele Manta at 693-0786.

PETER SAVAGE

Doctor and U.S. Medical Corps veteran

Peter J. Savage M.D., 83, of Plymouth and Harveys Lake, died Sept. 4, 2004, at the Mercy Center, Dallas.

He was born in Edwardsville on Sept. 8, 1920, a son of the late Peter and Nettie (Rozanski) Savage. He graduated from Hanover High School in 1938, the University of Scranton in 1942, and Thomas Jefferson School of Medicine, Philadelphia, in 1945. He had served as a Captain in the United States Medical Corps during World War II in Maryland.

Prior to his retirement, Dr. Savage practiced family medicine in Plymouth and was recently honored by the Mercy Hospital, Wilkes-Barre, for 50 years of service. He was a member of the Church of St. Vincent DePaul, Plymouth; the American Legion, Plymouth; the Luzerne County Medical Society; the American Medical Association; and the Wyoming Valley Country Club. He was an avid fisherman at Harveys Lake.

He was preceded in death by his stepfather, Leo J. Miles.

He is survived by his wife of 60 years, the former Olga Sekerchak; sons, Att. Peter J. Savage Jr., Eagles Mere, Pa.; Kenneth L. Savage, M.D., Inverness, Fla.; Robert C. Savage M.D., Wellesley, Mass.; Donald J. Savage M.D., Shavertown; Michael P. Savage, M.D., Philadelphia, Pa.; and all their spouses; 14 grandchildren; a sister, Irene Savage Davison, Wilkes-Barre; numerous nieces and nephews.

Interment, St. Mary's Cemetery, Hanover Township.

Memorial donations may be sent to the Mercy Center, 301 Lake St., Dallas, PA 18612.

SENIOR MENUS

Senior Citizens Centers sponsored by the Area Agency on aging for Luzerne and Wyoming Counties offers hot noon meals Monday through Friday to people 60 years of age or older. Donations from participants are gratefully accepted and needed in order to expand this program. The following is the menu for the week of Sept. 13-17. All menus include margarine, milk and coffee. The Senior Center is located at 22 Rice St., Dallas.

MONDAY: Barbecue ribette, baked potato, Roman vegetable medley, chocolate pudding.

TUESDAY: Stuffed peppers with tomato sauce, whipped potatoes, green beans, cantaloupe.

WEDNESDAY: Celebrate 90+ birthdays special dinner. Stuffed chicken breast, whipped potatoes, broccoli, carrot cake.

THURSDAY: Beef Stroganoff over noodles, butternut squash, oatmeal raisin cookie.

FRIDAY: Crab cake, oven brown potatoes, seasoned spinach, birthday cake.

PROPERTY TRANSFERS

The following property transfers were recorded recently at the Luzerne County Courthouse:

Leonard J. Zarnoch tax claim to Victor Reyes, 101 Main St., Dallas, \$8,600.

Elva Valentine to Jerold Smith and spouse, Orchard View, Dallas Township, \$190,000.

Thomas Ohi and others to Angela Kern, Glenn View, Dallas Township, \$113,000.

Peter Blanc and spouse to Dan McCune and spouse, Orchard View, Dallas Township, \$170,000.

Anderson Building Company tax claim to Christine Shiber, Pheasant Run, Dallas Township, \$7,000.

Richard Jatkowski and spouse to Richard Mooney Jr., Franklin Township, \$97,938.

John Ciecinski tax claim to Paul Shalita, Pine St. Barnum Place, Harveys Lake, \$16,000.

Wilkes-Barre Blind Association to Christopher Morton, Harveys Lake, \$500.

Charles Gleso and others to Jeffrey DeAnthony and spouse, Windsor Farms, Kingston Township, \$92,900.

Eric McCabe and spouse to Martin Moore, Kingston Township, \$120,500.

Michael Kester to Ronald Dombroski, Christine Ave., Kingston Township, \$120.

William Christopher and spouse to Edward Smith, Lake Township, \$4,000.

Cynthia R. Kirby to Thomas Adams and spouse, Lake Township, \$20,000.

W. H. Conyngam & Co. to John D. Nardone, Hayfield Farms, Lehman Township, \$95,500.

Send your news to The Post by e-mail:

thepost@leader.net

Digital photos welcome, too!

Deadline for submitted news is Wednesday noon.

RESEARCH MATTERS

by Dr. David J. Madeira



Chiropractic Saves Money for HMO's

When I was at the World Federation of Chiropractic 7th Biennial Congress in Orlando at the beginning of May, I came across an interesting research paper.

This 4 year study of 1.7 million patients in a California HMO was divided into 2 groups: 1 million without chiropractic coverage and 700,000 with chiropractic coverage.

The researchers discovered that chiropractic care in the managed-care setting was more cost effective on a number of levels:

- Total health-care costs were 12% lower for Chiropractic patients.
- Low-back pain costs were 28% lower for Chiropractic patients.
- Chiropractic patients had slightly more than half the inpatient stays.
- Chiropractic patients had about 1/2 the MRIs.
- Chiropractic patients had 25% less low-back surgeries.
- Chiropractic patients had 10% less x-rays.

According to Dr. Nelson, these findings could translate into \$47.5 million savings over four years if everyone in the HMO was provided with chiropractic coverage.

This study shows that adding a Chiropractic benefit does not add to the total amount of care (and therefore costs), but provides a lower-cost, more effective alternative for patients.

If your HMO is not including Chiropractic as a core benefit, they are wasting your money and your health.

Nelson CF, Metz D, Lagrasta A, Lefebvre T. Effects of Inclusion of a Chiropractic Benefit on the Utilization of Health Care Resources in a Managed Health Care Plan. Presented at the World Chiropractic Federation.



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