

OPINION

Help keep your child off the injured list

Whether making a great throw, hitting the ball deep in the outfield or simply running the bases, playing baseball and softball provides children with hours of enjoyment. Locally, the Little League baseball and softball seasons for Back Mountain Baseball, Inc., Harveys Lake and Bob Horlacher are getting under way.

While these sports are an excellent form of exercise, many preventable injuries occur in thousands of kids each year.

That's why the American Academy of Orthopaedic Surgeons recommends children use caution when participating in youth baseball and softball.

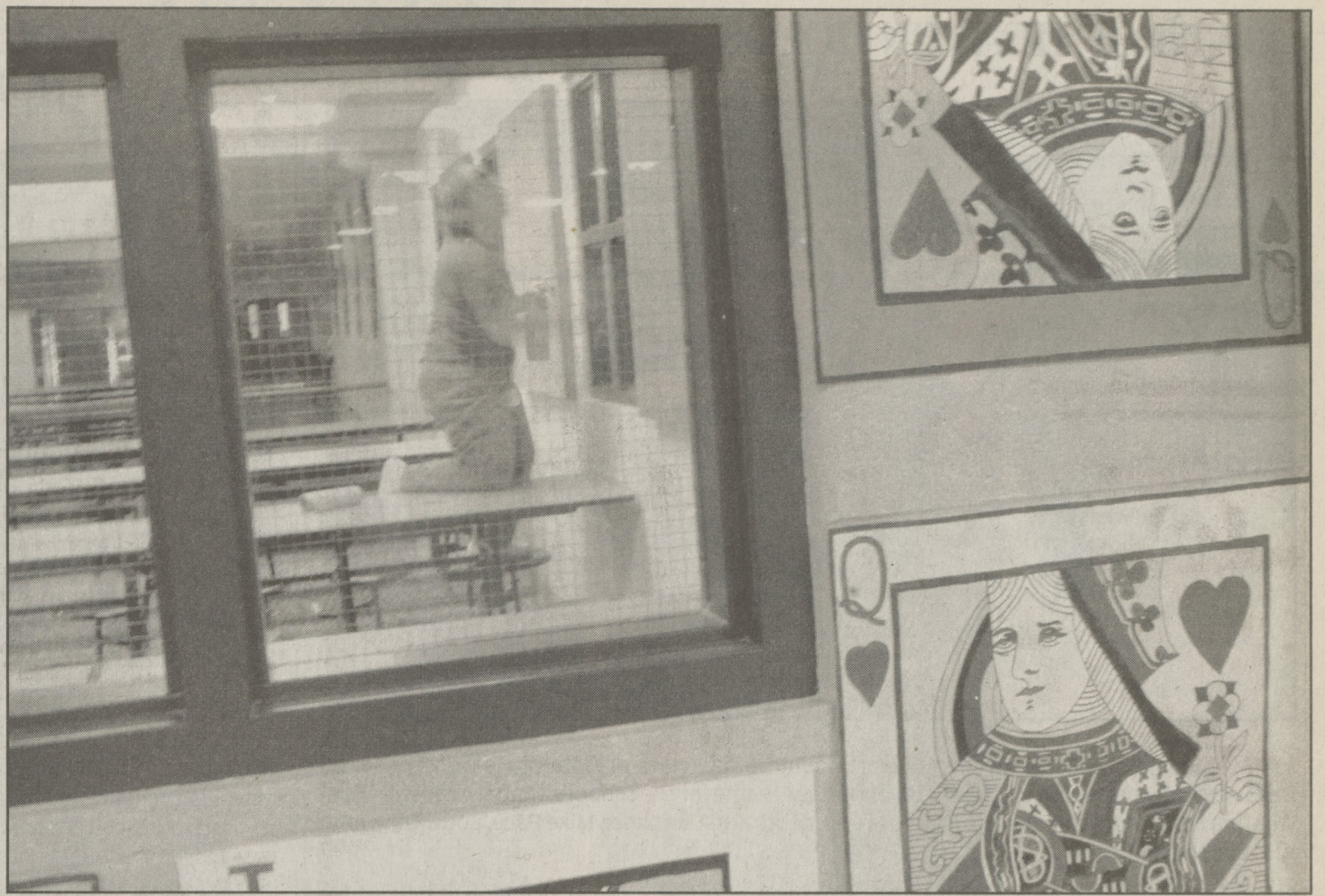
According to the U.S. Consumer Product Safety Commission, more than 422,200 children under 19 were treated in hospitals, doctors' offices, clinics, ambulatory surgery centers and hospital emergency rooms for baseball and softball-related injuries in 2004. Common injuries include sprains, strains, contusions and fractures.

The AAOS offers the following tips to help keep children off the injured list:

- Always make sure kids take time to warm up and stretch before and after play. Research studies have shown that cold muscles are more prone to injury.
- If a child is pitching, concentrate on stretching the arm and back muscles.
- If a child is catching, the focus should be on the legs and back.
- Children should not be encouraged to play through pain. It is important to take breaks if tired.
- Limit the number of teams a child is playing on in one season. Kids who play on more than one team are especially at

risk for overuse injuries.

- Equipment should fit each player properly and be worn correctly.
- A batting helmet should be worn at the plate, when waiting for a turn at bat and when running bases.
- Facial protection devices attached to batting helmets should be worn by children, when available. These devices can help reduce the risk of a serious facial injury if hit by a ball.
- Players should wear molded baseball shoes with cleats that fit comfortably.
- Children need to wear the appropriate mitt for each position.
- Catchers should always wear a helmet, face mask, throat guard, long-model chest protector, protective supporter, a catcher's mitt and shin guards.
- While there is no concrete guideline for the number of pitches allowed, reasonable limits are 80 pitches in a game and 30 to 40 pitches in a single practice session, depending on the child's skeletal maturity, muscle strength and pitching techniques.
- To prevent sliding injuries, install breakaway bases on the playing field.
- Use an extra large first base to help avoid the runner stepping on the first baseman's foot.
- Inspect the playing field for holes, glass and other debris.
- Make sure kids replenish fluids during and after play.
- Supervising adults should be prepared for emergency situations and have a plan to reach medical personnel to treat injuries such as concussions, dislocations, elbow contusions, wrist or finger sprains, and fractures.



She likes things just so. Each pane and portal polished See the Queen of Hearts.

FOR THE POST/CHARLOTTE BARTIZEK

Memorial, honor books donated to library

The following new memorial and honor books have been donated to the collection at the Back Mountain Memorial Library, 96 Huntsville Road, Dallas.

For information about donating a book in someone's memory or honor, call the library at 675-1182.

MEMORIAL BOOKS

- In memory of Lilia McHenry: "A Mother's Journey" by Sandra Märkle, presented by Trucksville neighbors
- In memory of Lilia McHenry: "Cinderella" by Barbara McClintock, presented by Trucksville neighbors
- In memory of Lilia McHenry: "Baby Sea Otter" by Betty Tatham, presented by Trucksville neighbors
- In memory of Lilia McHenry: "Peter Rabbit's Happy Easter" by Grace Maccarone, presented by Trucksville neighbors
- In memory of Peter Arnaud: "American Waters" by Peter Kaminsky, presented by Pauline and Ed Roth
- In memory of Thomas Mertz: "Amanda Pig and the Really Hot Day" by Jean Van Leeuwen, presented by Marsha and Sheldon Spear
- In memory of Thomas Mertz: "The Tooth Book" by Theo Le Sieg, presented by Marsha and Sheldon Spear
- In memory of Thomas Mertz: "Michael Rosen's Sad Book" by Michael Rosen, presented by Judy Roeder
- In memory of Thomas Mertz: "The Journey That Saved Curious George: the true wartime es-

- cape of Margaret and H.A. Rey" by Louise Borden, presented by Judy Roeder
- In memory of Thomas Mertz: "Who is Baseball's Greatest Pitcher?" by Jeff Kisseloff, presented by Judy Roeder
- In memory of Thomas Mertz: "Bebe Goes Shopping" by Susan Middleton Elya, presented by Judy Roeder
- In memory of Bobby Murphy: "Swimming Fastest" by Ernest W. Maglisco, presented by Mr. And Mrs. Manny Evans and Family
- In memory of Hal Snowden: "H is for Home Run" by Brad Herzog, presented by Vi and Chuck Gommer
- In memory of Hal Snowden: "Baseball for Everyone: stories from the great game" by Janet Wyman Coleman, presented by Vi and Chuck Gommer
- In memory of Marjorie Rothschild: "The Silver Spoon", presented by Philip L. Miller
- In memory of Ralph Klein: "The River of Doubt" by Candice Millard, presented by Charles and Sally Shea
- In memory of Matthew Super: "Prehistoric Actual Size" by Steve Jenkins, presented by Jack and Jennie Martin
- In memory of Matthew Super: "The Boy Who Cried Wolf" by Barbara G. Hennessy, presented by Jack and Jennie Martin
- In memory of Elvira "Mom" Sindoni: "Beyond the Dance: a ballerina's life" by Chan Han Go, presented by Jack and Jennie Martin
- In memory of Elvira "Mom" Sindoni: "Dancing in the Wings" by Debbie Allen, presented by Jack and Jennie Martin

- In honor of Delta Kappa Gamma friends: "Lighting the Way" by Karenna Gore Schiff, presented by Mary Ann Hopkins
- In memory of Irene Shaw: "Still Stripping After 25 Years" by Eleanor Burns, presented by Bob and Dorothy Lapasnick
- In memory of Nancy Daileida: "Novels, 1901-1902" by Henry James, presented by Stewart N. Davis
- In memory of Phyllis Hanna Russ: "Collected Plays, 1944-1961" by Arthur Miller, presented by Nesbitt Memorial Hospital Nurses' Alumni Association
- In memory of First Lt. Michael Cleary: "The Physics and Technology of Tennis" by Howard Brody, presented by Dr. and Mrs. William Wilkie
- In memory of First Lt. Michael Cleary: "The Complete Book of Elk Hunting" by Sam Curtis, presented by Joseph M. Cencetti and Melissa A. Cencetti
- In memory of Phyllis Kirchner: "The Merck Manual of Diagnosis and Therapy" 18th edition, presented by Bob and Nancy Dingman
- In memory of Mr. John Breemer of Grinnell, Iowa: "Edward R. Murrow and the Birth of Broadcast Journalism" by Bob Edwards, presented by Jack Chielli, Christine Seitzinger, Mark Golaszewski, Pam Fendrock and Jean Pall, members of the marketing communications staff at Wilkes University

- DONATED BOOKS**
- EXPRESS (1 week)**
- "Two Little Girls in Blue" by Mary Higgins Clark
- "Gone" by Jonathan Kellerman
- "Dark Harbor" by Stuart Woods
- "Tomb of the Golden Bird" by Elizabeth Peters
- FICTION**
- "Two Little Girls in Blue" by Mary Higgins Clark
- "Gone" by Jonathan Kellerman
- "Don't Look Down" by Jennifer Cruise
- "Brandenburg Gate" by Henry Porter
- "Sea Gypsy" by Fern Michaels
- "Icebergs" by Rebecca Johns
- "The Night Watch" by Sarah Waters
- "Ticknor" by Sheila Heti
- "Dark Harbor" by Stuart Woods
- "Tomb of the Golden Bird" by Elizabeth Peters
- "Family and Other Accidents" by Shari Goldhagen
- "Hey, Good Looking" by Fern Michaels
- "The Sand Café" by Neil MacFarguilar
- NONFICTION**
- "Best Jobs for the 21st Century" by Michael Farr
- "Novels, 1926-1929" by William Faulkner

MOMENTS IN TIME

The History Channel

- On May 6, 1911, George Maledon, the man who executed at least 60 men for "Hanging Judge" Isaac Parker, dies of natural causes in Tennessee. Paid \$100 for each hanging, Maledon considered the job "honorable and respectable work" and tried to be a conscientious hangman who minimized suffering with a quick death.
- On May 1, 1931, New York City's Empire State Building is dedicated. Standing 102 stories, or 1,454 feet from the top of its lightning rod to its base at 34th Street and Fifth Avenue, the Empire State Building was constructed during the height of the Great Depression at a cost of only \$40 million.
- On May 4, 1948, 25-year-old Norman Mailer's first novel, "The Naked and the Dead," is published. The book was critically acclaimed and widely considered one of the best novels to come out of World War II. Mailer's high-profile exploits in the 1970s and 1980s included a run for the mayoralty of New York.
- On May 3, 1952, a ski-modified U.S. Air Force C-47 becomes the first aircraft to land on the North Pole. Aboard the flight was Dr. Albert P. Crary, a scientist who in 1961 traveled to the South Pole by motorized vehicle, thus becoming the first person in history to have stood on both poles.
- On May 7, 1966, "Monday, Monday," by the Mommas and the Papas, hits the top of the charts. This was the first musical quartet to include two men and two women. Almost all previous groups that topped the charts were single-sex groups, like the Supremes or the Beatles.
- On May 2, 1972, Buddy Baker becomes the first stock-car driver to finish a 500-mile race in less than three hours en route to winning the Winston Select 500 at the Alabama International Motor Speedway in Talladega, Ala.
- On May 5, 1986, the long-running romantic-comedy series "The Love Boat" airs its final episode.

STRANGE BUT TRUE

- Those who study such matters say that granite conducts sound faster than air does - 10 times faster, in fact.
- It might be said that would-be assassin Arthur Smith, a former policeman, got what was coming to him. A friend paid Smith to murder his (the friend's, not Smith's) ex-wife, Rita Quam, who lived in Edwards, Colo. Unfortunately for Smith, an asthmatic, he failed to take into account the fact that the town of Edwards, in the Rocky Mountains, is at an elevation of 7,500 feet. The thin mountain air caused Smith to have an asthma attack.

70 YEARS AGO
May 1, 1936

BOY SCOUTS RECEIVE CITATIONS

Twenty-five Boy Scouts from Shavertown and Trucksville who worked tirelessly during the Wyoming Valley's twin floods in



ONLY YESTERDAY

worked for three days running errands, directing traffic, helping refugees from flooded homes and delivering foodstuff by boats.

60 years ago
April 26, 1946

LOCAL STONE YARD SHAKES OF WINTER

North Mountain Quarry is open for the season producing 300 tons of blue crushed stone per day.

Harvey Moss, a Huntsville resident, has a cracked rib. He sus-

tained it when he fell while skidding logs.

50 years ago
April 27, 1956

BIG TROUT COMES WITH BIG TALE

A 35-inch monster of a lake trout was caught at 8:30 a.m. Sunday by John Zieminski, of Luzerne in Harveys Lake.

The trout weighs 35 pounds. Dean Shaver, president of the Harveys Lake Rod and Gun Club snapped a picture of the finny beauty. John Buck a Sweet Valley resident and fish warden, says this is the largest trout caught hereabouts in recent years.

Mr. Zieminski made his catch at Warden Place, fishing from a rowboat and landing the trout with great difficulty. The type of spoon used for a lure is something the angler is not divulging. Twice he had the fish in his landing net and twice it pulled away.

The third time the tackle fouled and Mr. Zieminski rammed his hand into the trout's mouth and with a mighty heave landed him in the boat.

40 years ago
April 28, 1966

WRECKS IN AREA

LEAVE FIVE INJURED

Two accidents in the Back Mountain left five people injured over the past week.

Two cars were involved in a collision at the intersection of Tunkhannock Highway and Center Hill Road with two occupants removed to the hospital in the Dallas ambulance.

In Lake Township on Route 29 near Walter Hoover's a compact car contained three occupants, all from the Wyoming Valley, flipped and all were injured. The fully demolished car was removed to Simon's junkyard, Noxen.

Harvey's Lake's new post office at Laketon assumes its new shape after only weeks of work by contractor Edward Bebenek of Elysburg and is only week s away from substantial completion. The previous contractor was Forbes-Morrison of Rochester, N.Y. which was unable to complete the work contract because of a labor difficulty.

After a delay of the better part of a year, the Post Office Department was able to find a new con-

tractor assign him the job which includes the purchase of the land between Queen of Peace Road and the Schoolhouse Road, and ownership of the building which the government will lease.

The present quarters at Alderson are too small and antiquated for the growing population of Harvey's Lake and its rural route.

30 years ago
April 29, 1976

L-L BAND COMPETES IN KENTUCKY

Members, family and friends of the Lake-Lehman High School marching band left in buses for a trip to Lexington, Kentucky.

The band will compete in the annual Kentucky Derby Festival. More than five chartered buses made the journey.

The Dallas track and field team under the direction of head coach Clint Brobst took first place at the annual Lake-Lehman Invitational meet. The Mountaineers edged out GAR by a score of 44-41. GAR entered the meet as the favorite.

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