

Program takes the scare out of going to the doctor's office

Misericordia students teach pre-schoolers about X-rays and other medical processes.

By SARAH HITE
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Going to the doctor's office can be scary for youngsters. Lorie Zelna, assistant professor of medical imaging, aims to combat youngsters' fright through a service learning course offered by Misericordia University.

Children from Adventures in Learning Child Care in Dallas attended the "Bone Academy" on Sept. 24, giving Misericordia medical imaging students, called "Bone Coaches," a chance to introduce X-ray equipment and other processes to children who might be worried about going for a check-up.

The event was the first of four for the daycare children. Another daycare, Little Meadows, will also be involved in the project.

The 4- and 5-year-olds, called "Bone Children," played with bones, examined X-rays and got a tour of the university's medical imaging facilities in Mercy Hall.

Zelna said the benefits of the program are two-fold - medical imaging students are able to increase their interaction with children while the young ones learn to be less afraid of common medical procedures.

Stephanie Cichoski, a Misericordia University sophomore from Dallas, hasn't had extensive

experience with children, and believes the program will help her to help others.

"It's really to show children that X-rays are not scary," she said.

The eight pre-schoolers tried to fit models of bones together like puzzle pieces and colored pictures of rib cages. While some of them seemed apprehensive about the larger pieces of medical equipment, one group found fun in some foam pieces meant to angle body parts during an X-ray.

"Let's use this as the steps!" yelled 4-year-old Peyton Stauffer, of Dallas, as she and the other children shaped the triangular foam pieces into a house on top of an X-ray table.

Just an hour earlier, Stauffer was hesitant about even going near the table, and she made her feelings known to the students. Zelna says this is what the program is all about - breaking down barriers for the children and making the procedures fun.

"We're trying to understand them and reassure them," said sophomore Gabriella Vitorino, of Allentown.

The program also teaches the children more about their own bodies and how they work.

Brianne Dempsey, 5, of Trucksville, picked up a smooth, curved bone and put it up to her head as if she were going to use the piece as a way to deter stray hairs.

"It's not a headband - that's a rib bone," said one Bone Coach.

Kerri Smece, a kindergarten readiness teacher at Adventures



BILL TARUTIS/ FOR THE DALLAS POST

Haley Coolbaugh, left, examines a model human skeleton with help of Misericordia medical imaging student Jessica Pugliese.

in Learning, was intrigued that the program was based on the concerns of Misericordia students about children.

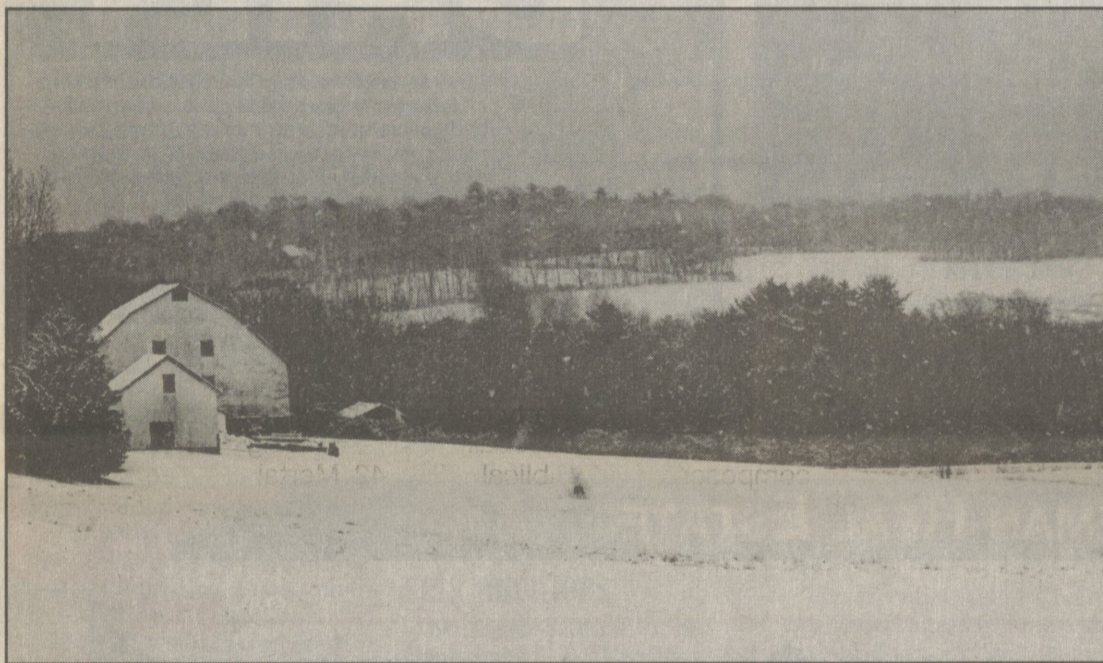
"(The children) are very excited about the interaction with the big kids," she said. "The more familiar they are with the equip-

ment, the less nervous they will be."

The pre-schoolers ended the day with a game of Simon Says

and a rendition of "Head, Shoulders, Knees and Toes," and Zelna

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This photo taken by John Macey, of Dallas, received first-place honors in the first-ever Dallas Days Photography Contest.

Macey's photo is best in contest

John Macey, 42, of Dallas, was named the winner of the first-ever Dallas Days Photography Contest. The theme of this year's contest was "Capture the Beauty and Culture of the Back Mountain."

The first-place photo was taken on Hildebrandt Road in Dallas after Macey dropped off his two children, 7-year-old Julia and 10-year-old John, at Dallas Elementary.

"I had my camera equipment in the car," he said. "I saw the snow on the barn and I actually went back and took the picture."

Macey got his start in photography in junior high school as a member of the school's yearbook staff. After pursuing the hobby as he trained to be a pharmacist at the State University of New York at Buffalo, he took 10 years off from pho-

tography when his son was born. "There's no room for camera bags with diaper bags," he said.

Macey found his passion again two years ago and treated himself to a new camera - a Nikon D-90.

"My favorite type of photography is landscape - I like capturing open fields or waterfalls and going to Ricketts Glen," he said. "The beauty of nature (is) what I like most."

LAKE-LEHMAN 2010 HOMECOMING COURT



Members of Lake-Lehman High School's 2010 Homecoming Court were recently announced. The queen was scheduled to be crowned on October 2 before the start of the football game. The queen and her court were honored at the homecoming dance in the school's gym Saturday evening. Members of the court are, from left, Julia Travis, Caitlyn Wright, Selena Adamshick, Sara Hagenbach, Erin Hohol and Sarah Bray. Second row, Zachary Yursha, Brandon Roberts, Chad Carey, Timothy LaBar and Kyle Wesley.

HARPIN' ON THINGS

Forget the bacon on Italian bread, give me some loud engine noise

If there's one thing I enjoy more in this world than half a pound of freshly-cooked bacon layered on butter-covered Italian bread wrapped in tin foil and left on the floor of the fishing boat car until lunchtime, it's the harmony of a finely-tuned engine being put through its paces.

Although the preferred tune is that of a 427 Chevy screaming out its presence as it neared 7,000 rpm on the dirt track in Nazareth way back when (and the only reason it held together was that Bob Strunk of S&S Speed Center, a perfectionist, built it) anything with an engine will get my attention.

I like anything from remote-controlled cars (like the one Steve Story from A&A Auto Parts

in Dallas had running around the yard the other day with his dog in hot pursuit) to go-carts, snowmobiles, motorcycles with sidecars and Mark Spaciano's beautiful Norton.

From watching Max and Rich Emel of Sweet Valley put on a great show with their winged, motorcycle-powered, chain-driven, dirt-slinging sprint cars at Greenwood most Saturday nights to Formula One at Silverstone, race engines have always been a favorite. The days of Niki Lauda ruling the tracks in Europe to watching the late Ayrton Senna outrun the field and the domination of Michael Schumaker when they were televised before the advent of satellite TV.

One of my favorite sounds is that of a finely-tuned big block engine. It doesn't matter if it's a Ford, Chevy or Mopar, although I am fond of Mopars having had a few way back when. That sound is about to go away for several months, though, with the ap-

proaching cold weather.

For us motorheads and car fanatics, there is still a chance to hear some sweet music October 10 at the Pikes Creek Race Park when the Hi Lites Motor Club has its last Cruise-In. Jack Judge and John Corbett have all the information about the event and you will see some of the finest antique and muscle cars from this area there.

Because the loudest thing I own is a 20-year-old Honda lawnmower, I attended an event in Beaumont this summer to satisfy the need for noise and wasn't disappointed. A beautiful early 'Cuda roared in and parked next to a Charger. There was a stunning blue Chevelle owned by Bob Daubert and the car of my dreams, a 1932 Ford coupe. I was so enamored, I forgot to ask who the owner was but you won't miss the flawless orange paint job if you see it running around the Back Mountain.

I ran into Danny McCabe, of the Hanover Ornamental Iron

Works McCabes, and one of his antique car projects. Hadn't seen Danny in over 20 years and was glad to see he's still tinkering with cars. We got to talking about how my friend Phil Yonchik and I used to race Jeeps with Jim McCabe, the Sutton boys, Calvin, Cecil and Red and George Alles. Ahh, those were the days.

The week after the car show, I was at John Kashenbaugh's Lake-way Beverage on Route 118 and who pulls in but Lew Randolph in a nicely-redone pickup truck street rod. I realized my curfew had come and gone and knew it would be reheated dinner again but, hey, we were talking engines and cars. The grass can be cut another night.

All of this brings us to last weekend. During the Luzerne County Fair, I met Stan Bonavita of the Susquehanna County Pullers Association. He asked if I wanted to come to the Wyoming County Fairgrounds and photograph a truck and tractor pull. I could stand anywhere but on the

pulling surface to take photos.

Was I interested? Did Spock have pointy ears?

I saw the tractors at the Lycoming County and Harford Fair this summer but it was from the stands. Here was a chance to get as close as possible without being in the driver's seat. Maybe we could get them at the Luzerne County Fair one year.

I hustled home way ahead of curfew and opened the door to make the announcement of the upcoming history-making event. The Mrs. saw my smile and, before I could utter a syllable, said, "What vehicle did you buy or where are you going fishing?"

After 15 years of wedded bliss (celebrated last week), she thinks she knows me. A bit deflated but not beaten, I shared the news of the tractor pull. When asked if she wanted to go, the response was something to the effect that she would rather watch the weeds grow under the porch. (I didn't know weeds grew in the dark.)

Tractor pulling is not for the faint of heart or for those of the tree-hugger variety. There were no Hybrid vehicles in the parking lot or anyone spouting off about the evils of gas drilling. It's all about diesel-swilling, turbo-charged, 10,000-pound mechanical behemoths belching out plumes of burned fossil fuel in a display of unadulterated power.

The only original parts of the John Deere, International or Case tractors are the cowling and decals. He with the most horsepower (and money) usually wins and it is sweet.

I just hope all that music was enough to hold me over until spring. Thank goodness for TI-VO.

Harp Heffernan was the associate publisher, outdoor editor and chief photographer of the Sunday Independent, a newspaper that was in his family for 87 years in Wilkes-Barre. You can e-mail him at news@mydallaspost.com.



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