

CHECKUP

Vol. 1 No. 26 February 24, 1989

Macy's 'Celebration' Benefits FON, Hospice

Macy's invites you to a day of shopping so special you will need a ticket to enter the store. It is a day of contests, celebrities and discounts. The day is Wednesday, May 3 and the event is Macy's "Cause for Celebration," which will benefit selected Lehigh Valley non-profit organizations.

"Cause for Celebration" will take place at Macy's store in the Lehigh Valley Mall, Whitehall. Store hours will be 10 a.m. to 10 p.m.

Friends of Nursing and Lehigh Valley Hospice are among 30 area charities chosen to benefit from this exciting event. These two HealthEast programs will receive donations while you enjoy a day of shopping, and so much more, all for a tax deductible donation of only \$5.

Here is how it works:

Tickets will be issued to participating organizations in early March. The ticket price is \$5 with proceeds donated directly to the respective organization.

An additional \$3 will be donated by Macy's to the participating organizations for each ticket holder in attendance on May 3.

In addition, Macy's will make bonus contributions to the groups bringing the most ticket holders to the store on that day: first place - \$5,000; second place - \$3,000; and third place - \$2,000.

Your \$5 donation entitles you to:

- 20 percent off a single apparel item;
- 10 percent off a single item;
- Entry in a prize drawing featuring over 50 fabulous prizes; and,
- Entertainment all day long — cooking demonstrations, celebrities, free make-overs, music and the latest fashions.

The HealthEast Trust Fund will coordinate the sale of "Cause for Celebration" tickets. Tickets will be available to the general public beginning March 1 and continuing through April 28.

However, you can order your ticket today by using the flyer inserted in this issue of *CheckUp* and help us get a jump on the competition in the race for the \$5,000 first prize.

In addition, thanks to the cooperation of the auxiliaries at both TAH and LVHC sites, tickets will be on sale in the gift shops beginning March 2. For employees of HealthEast, tickets will be available at the HealthEast Trust Fund office.

Order your ticket today and help a great cause. If you have questions about this promotion, please call 778-CARE.



Spring Fling Scheduled For April 7

Preparations have already begun for this year's Spring Fling, a festive evening of dining and dancing sponsored by TAH—LVHC. Mark your calendar for Friday, April 7 and plan to attend this year's celebration of spring at the George Washington Lodge in Whitehall. Happy Hour will begin at 6:30 p.m., followed by dinner at 7:30 p.m. Chicken Kiev and Medallions of Tenderloin with sauce Bearnaise will be the entrees. Dancing will be from 9 p.m. to 1 a.m. to the tunes selected by Freddie Fredericks, a disc jockey with Sound Celebrations. The cost is \$10 per person.

Invitations will be mailed to all employees, volunteers, auxiliaries and medical staff of TAH—LVHC and HealthEast. Limited seating is available so make your paid reservations early. For more information, call Kathy Fracas, Human Resources (LVHC), ext. 8839 or Ann Kelby, Human Resources (TAH), ext. 2930. Ann Kelby will also take HealthEast calls.



The Allentown
Hospital—
Lehigh Valley
Hospital Center

A HealthEast Hospital

'Hello Hospital' Planned For Employees' Children

"Children and Hospitals Week" is being observed this year from Monday, March 13 through Friday, March 17. This special week is designed to promote a positive attitude in young children towards hospitalization in a non-threatening atmosphere.

As part of this national observance, TAH—LVHC is planning various activities for patients, children, adults and the public.

A special "Hello Hospital" session will be held for employees' children on Friday, March 17 from 9:30 to 11:30 a.m. This program is intended to introduce preschool-age children to the hospital. "Hello Hospital" includes a tour of Pediatrics, a movie and preoperative teaching and play. Children are encouraged to bring a favorite doll or teddy bear. Space is limited, so please make your reservations early.

On Wednesday, March 15, Oscar Morffi, M.D., Pediatrics, TAH site, will give a free parenting lecture titled "Discussing Sex With Your Children." The lecture will be held in TAH Auditorium at 7 p.m. An open house will be held on Pediatrics following the lecture and light refreshments will be served.

Reservations are necessary for both events and can be made by calling 778-CARE.



Fire Victim Thanks Fellow Workers

Recently employees were asked to come to the aid of fellow employee Mary Trone, Telecommunications (LVHC), whose mobile home was destroyed by fire. Fortunately no one was injured, but the fire caused \$14,000 damage.

According to Trone, many employees donated cash and gift certificates during this time of need. "Everyone has been super. It is nice to know that people were really concerned about us," says Trone.

Trone would like to extend this letter of appreciation to everyone who helped:

"To all of you who have been so generous in giving and extending words of kindness during a recent fire at our residence, I want to thank you all sincerely. Words seem to be inadequate to express our true feelings, but I want you all to know they are heartfelt expressions. May you and yours enjoy good health and happiness."

Thanks to everyone's help, Trone and her husband were able to buy a new mobile home which they have been living in for the past six weeks.

CheckUp is a biweekly publication of the Communications Department of HealthEast. To submit an article or for additional information, call ext. 7915.

Our mission is your health.
HealthEast, a not-for-profit regional health care system, is more than 8,000 professionals, employees and volunteers working to provide you with quality, comprehensive health services.

March 17 Deadline For FON Nominations

Time is drawing near for the third annual Friends of Nursing Awards. Friends of Nursing is a program designed to recognize, promote and advance professional excellence in nursing practice, nursing education, nursing research and to promote the image of nursing as a positive career choice.

The deadline for nominating a person who meets the criteria for a specific award is Friday, March 17. Information on the criteria for these awards and the nomination process can be obtained on the nursing units as well as the Nursing office at both sites. A total of 24 awards will be given to nurses employed at TAH—LVHC.

Nominations can be submitted by the individual, nursing colleagues, head nurses, physicians, patients or patients' families, or members of the community.

Award winners will be announced during the first week of May when TAH—LVHC celebrates Nurses' Week.

For more information on the Friends of Nursing program, contact Carol Bury (LVHC), ext. 8240, or Barbara Drobnicki (TAH), ext. 2474.

Friends of Nursing

Q. WHAT ARE THE GOALS OF THE FRIENDS OF NURSING PROGRAM?

A. The goals include creating scholarship funds to support nursing education, supporting seminars and educational programs, providing a fellowship in nursing research and sponsoring recruitment and retention efforts.

Q. WHERE DO THE FUNDS COME FROM?

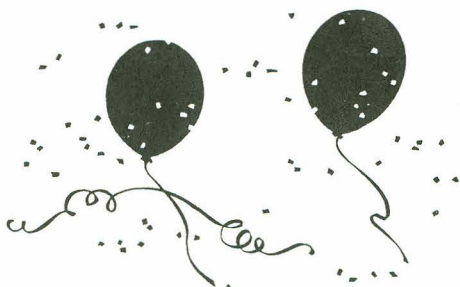
A. The individual Friends of Nursing Awards are funded through gifts from private donors.

Q. ARE THE SAME AWARDS OFFERED EACH YEAR?

A. The awards and prizes may vary each year depending on the donations from the private donors.

Q. WHAT HAPPENS AFTER A PERSON IS NOMINATED?

A. The nominee is scheduled for an interview with a selection panel consisting of donors, previous awardees and representatives of the hospital and Nursing Administration.



Congratulations

Susan Tust, P.T., Physical Medicine (TAH), received a \$100 U.S. Savings Bond as the winner of the perfect attendance drawing for the month of December.

Christine Ash, Pulmonary Function (LVHC), and her husband, Clayton, became the parents of a son, Wyatt Thompson, born at TAH site on Feb. 1.

Susan Newhard, Nursing Education, Patient Education and Research (TAH—LVHC), and her husband, James, welcomed a baby boy on Feb. 3. Zachary James weighed 8 pounds, 4 ounces and was 21 inches long.

Carl R. Anderson Wing Dedicated

A dedication ceremony for the Carl R. Anderson Wing at LVHC site was held recently. The building houses the recently completed 12-bed Open Heart Unit on the second floor, along with an auditorium, classrooms, Health Sciences Library and the offices of Education, Medicine, Human Resources and Human Resource Development on the first floor, and living quarters for medical students on the third floor.

The wing was named for Carl R. Anderson who was chosen by Leonard Pool to chair the building committee for construction of the hospital which opened in 1974.

Anderson is vacationing in Florida and was not able to return for the dedication. However, he was honored for his work on behalf of the hospital by TAH—LVHC President Samuel Huston in a video production taped for the occasion.

A permanent pictorial display tracing the history of TAH—LVHC and depicting the services it provides to

the community was unveiled during the ceremony.

The keynote speaker was Walter McClure, Ph.D., health care economist, founder and chairman of the Center for Policy Studies in Minneapolis. In his address, McClure urged hospital, business and government officials to encourage competition among health care providers and purchasers in order to avoid government control and obtain quality, efficiency and accessibility in the delivery of medical care.

Alan Schragger, M.D., chairman, TAH—LVHC board of directors and master of ceremonies for the occasion, noted that the Anderson Wing would "help LVHC continue its mission of providing Lehigh Valley residents with the highest quality of medical care services."

Allentown Mayor Joseph Daddona congratulated the hospital and Health-East for their role in caring for the sick and promoting healthy lifestyles in the community.

Pool Trust Update

The Dorothy Rider Pool Health Care Trust funded a grant to Lester Rosen, M.D., colon-rectal surgeon, for the establishment of an Inflammatory Bowel Disease Registry. The registry serves as a data base providing clinical material for research.

The registry sponsored a symposium for education moderated by Carl D'Angelo, M.D., and attended by over 220 patients and concerned physicians. Analysis of data obtained from the symposium has provided useful information which will lead to further publication and research.

For example, it has been determined that nearly one-third of registered patients have a relative with inflammatory bowel disease. Collaborative studies are under way with Case Western Reserve, UCLA and the University of Pennsylvania to examine genetic material in hopes of finding the disease's cause.

Rosen, the registry's director, and James Reed III, Ph.D., the registry coordinator and chairman of Research, TAH—LVHC, have initiated a grant to the National Foundation of Ileitis and Colitis and the National Institute of Health. In addition, Michael Ufberg, M.D., chairman, Research Committee, is conducting several research programs.

For more information, call the registry at 776-8889.

In Memory Of...

A memorial service was held recently in TAH site chapel for Joseph Azzalina, 45, a painter who had worked at TAH site since 1974.

The Rev. Gregory Palmer organized and officiated at the service and friends offered testimonials.

Survivors include two brothers and two sisters.

It is with deep sorrow that we mourn his passing.

'Everything And Anyt

A patient barricaded her hospital door with her bed to avoid being awakened through the night.

A patient threw everything within reach across the room.

A patient refused surgery until she was moved to a room with a number other than 13.

These three patients all had special needs. Such unusual circumstances usually involve TAH—LVHC patient representatives Maryanne Falcone at TAH site and Nancy Stevens at LVHC site.

Although the pair now seem to know instinctively how to resolve delicate patient problems, it took years of experience as nurses to acquire the needed skills.

Stevens began her patient representative role in 1976. Falcone, following an internship under the tutelage of Stevens, began as a patient representative at LVHC site in 1982 and then

'Whatever concerns the

transferred to TAH site in 1988.

Why did they become patient representatives? As nurses, both always had an interest in the patient's needs. "Whatever concerns the patient, concerns me," says Stevens.

Patient representatives fill needs that might otherwise go unmet. They usually start their day answering phone messages recorded through the night. After the calls have been processed, they begin solving new problems as their pagers begin their daily tune. "We sometimes feel like we are on call to the world," says Falcone with a laugh.

Patient representatives' duties range from handling the most delicate problem associated with illness



Patient Representative Nancy Stevens (LVHC) sorts through 'Lost and Found'.

ning' All In A Day's Work

patient concerns me.'

—Nancy Stevens
Patient Representative

to simple gestures like finding patients' lost articles of clothing.

They often distribute the Statement of Patient's Rights, developed by the state Department of Health and endorsed by the administration and staff of the hospital. "The patient's rights handout assures patients that they have every right to know what will happen during a medical procedure," Stevens explains.

Patient representatives work closely with the entire team of TAH—LVHC health professionals. They assist in everything from patients' billing questions to helping patients communicate with their physicians and nurses. "We often explain why physicians have limited time and that patients should have a list of questions ready that they want answered during that time," says Falcone.

In special situations they have even arranged conferences for patients and hospital staff. "For some reason, one patient thought that there was a discrepancy in his laboratory results. We arranged to have a laboratory administrator visit the patient and explain the laboratory procedures and even the equipment calibrations to help put his mind at ease," explains Falcone.

In addition to their busy schedules, the two are pursuing graduate degrees to further aid them in their professional roles. Stevens is enrolled in a master's degree program in human resources administration at the University of Scranton and Falcone is working on a master's degree in hospital administration at St. Joseph's University in Philadelphia.

Both are active in professional associations and belong to the National Society for Patient Representation and Consumer Affairs. Stevens served on the national board of directors for the organization from 1979 to 1980. She also served as president of the Pennsylvania chapter of the society in 1980 and 1987. Falcone serves on the nominating committee of the Hospi-



Patient Representative Maryanne Falcone (TAH) is never far from her phone.

tal Association of Pennsylvania's Society of Patient Representatives and served as secretary-treasurer and board member in 1988. She is active in the Southeast Chapter of the organization and served as secretary-treasurer for the chapter in 1986.

What happened to the three patients mentioned earlier?

The woman who barricaded her door eventually overcame her concerns, but only after many conferences with her physician arranged in part by Falcone and Stevens. She wrote a beautiful letter of thanks for the consideration she was given.

Following the patient representative's intervention and comforting advice, the man who threw things at hospital staff members was calmed and after successful surgery was discharged.

The superstitious woman was allowed to leave for surgery from a room with a number she felt was luckier than 13. She came through the surgery very well. She was discharged happy, as well as healthy, thanks to the intervention of a patient representative.

For Falcone and Stevens, these situations are all in a day's work.



HAP Awards Set

The 1989 Hospital Association of Pennsylvania (HAP) Achievement Awards Contest recognizes health care professionals who have developed and implemented innovative projects which enhance the delivery of quality care in an efficient and cost-effective manner.

Any full- or part-time employee, medical staff member, auxilian or board member is eligible to enter. Individuals or teams (a maximum of four persons) are encouraged to submit entries.

One award will be presented in the following categories:

- Community Outreach/Education
- Patient Education
- Patient Care
- Facilities/Plant Management
- Employee Satisfaction/Education

Applications will be reviewed by a HAP-selected screening committee which will select semi-finalists. Those chosen will receive directions for submitting a full entry to the judges in May.

To receive an entry form, or for additional information, contact Barbara Salvadore, assistant to the president, at ext. 8415. Deadline for submission of entries is March 22.



What's Cookin'?

Scrumptious Seafood Sensation

On Thursday, March 9, LVHC cafeteria will feature "tasty treats from the sea," including broiled seafood combo, flounder with lemon and rice stuffing and stuffed shrimp.

Food Bank Says 'Thanks'

Lehigh Valley Food Bank recently sent the following letter of thanks to Dave Kozemchak, employee relations specialist, who organized LVHC site's efforts in the Christmas food drive:

"When Ebenezer Scrooge, in Dickens' *A Christmas Carol*, wakes up from his long night with the spirits, his first thought is to provide a meal for a needy family; his first act of kindness is to send a turkey to Tiny Tim and his family. Before buying gifts for his family, before feasting, before making merry, Scrooge makes certain that, at the very least, for those facing a bleak Christmas, food will be available."

Thanks to you, your co-workers

and everyone who donated to the 1988 Feed A Neighbor campaign, Christmas was a little less bleak for the needy families of the Bethlehem area. The contribution of 2,164 pounds of food and \$1,158 enabled our participating agencies to provide many meals on Christmas Day and before and after Christmas, too.

Please accept the heartfelt gratitude of the staff of the Lehigh Valley Food Bank and our member agencies. I hope you will extend our thanks to everyone who made this donation possible and I look forward to continuing, and expanding, Feed A Neighbor in 1989.

Recreation Committee News

Easter Egg Hunt Planned For Employees' Children

On Saturday, March 18, LVHC Recreation Committee will sponsor an Easter Egg Hunt for children of TAH—LVHC and HealthEast employees.

The egg hunt will be held at 2 p.m. on the May Daze grounds (LVHC) and is open to children from 1 to 8 years of age. Designated areas will be organized for each age group and no child will go home empty-handed. Prizes will be awarded in each age group. The rain date will be Sunday, March 19 at 2 p.m.

Registration forms are available in Human Resources at all sites. To register, complete the registration form and forward it and a \$1 donation per child to Vicki Spohn, Administrative Services, Modular Units (LVHC). Deadline for registration is Monday, March 13.

For further information or to volunteer to help with the egg hunt, call Spohn at ext. 8275.

Ice Capades Features 'A Return To Romance'

The TAH Recreation Committee is sponsoring a March 4 trip to see the Ice Capades troop of world class precision skaters. This year's show, "A Return To Romance," features 1988 Olympic medalists Jill Watson and Peter Oppegard. Another highlight will be the California Raisins revue. The cost of \$24 includes bus fare and the show. The bus will leave at 1 p.m. For reservations, call Hazel Kramer, ext. 2391.

Space Available On Trip To Washington, D.C.

There are still seats available for LVHC Recreation Committee's bus trip to Washington, D.C. on April 8 and 9. Price per person (double occupancy) is \$179 and includes round-trip bus transportation, overnight accommodations at the Days Inn, breakfast, two dinners, tour mobile ticket, taxes and baggage handling. For more information, call Stan Jones at 791-9637.

Employees' Handicrafts Available At Spring Bazaar

LVHC Recreation Committee will hold its Spring Bazaar in LVHC lobby on Thursday, March 9 from 6:30 to 8:30 p.m. and on Friday, March 10 from 7:30 a.m. to 4 p.m. All items are handcrafted by employees.

Do not forget to register for prizes donated by the craftspeople.

Making The Rounds

James Burdine, Dr. P.H., vice president, Community Health Promotion (TAH—LVHC), has been reappointed as a member of the Health Risk Reduction Committee of the state Department of Health.

Michele Bernecker, R.N.C., NICU (TAH), has received certification as a low-risk neonatal nurse.

Lisa Taylor, A.C.S.W. (Renal Social Worker), was invited to present a paper at The Council of Nephrology Social Workers annual meeting in San Antonio, Texas. Her paper also appeared in the December 1987 edition of *The Renal Family* magazine.

Faye Fleming, R.N., Oncology-Urology Unit (LVHC), has been nominated by The Greater Lehigh Valley Chapter of the Oncology Nursing Society to receive the Pearl Moore Career Development Award. The purpose of the award is to reward a professional staff nurse for meritorious practice by providing financial assistance to attend a continuing education program that will further the nurse's professional goals.

In her present position as staff nurse, Fleming has achieved the third clinical level, Nurse Clinician. She is the first LVHC site staff nurse to achieve this level.

Mary Ellen Beideman, R.N., and **Elaine Walz**, R.N., Infection Control, have been recertified as infection control practitioners by the Certification Board of Infection Control.

Ellen Neiman, R.N. (TAH), was named to the Dean's List at Cedar Crest College for the fall 1988 semester.

David Beckwith, Ph.D., director of HealthEast Laboratories, has been recertified with the American Board of Medical Microbiology.

Diane Halstead, Ph.D., A.B.M.M., director Microbiology, Virology, Immunology, HealthEast Laboratories, was reelected by the National Consortium of Clinical Microbiologists as the representative to the Board of Governors, American Academy of Microbiology.

Jane Ziegler, R.D., executive dietitian, Food and Nutrition Services, TAH—LVHC, was selected to the Nominating Committee of the Pennsylvania Dietetic Association by her peers in the association's Lehigh Valley District.

Items for Making The Rounds should be submitted, in writing, to the Communications Department at your site.



Josephine Ritz, R.N.

Reception Honors SON Director

A reception was held recently for Josephine Ritz, R.N., in honor of her retirement as director of The Allentown Hospital School of Nursing. She had served as director of the school since 1975. She has worked at TAH site in various positions for more than 41 years.

Ritz expressed her gratitude to co-workers who wished her well, including her friend and mentor, Mrs. Ruth Esser, R.N., who was Mrs. Ruth Lehman, R.N., head nurse, Maternity, when Ritz was a student in 1946.

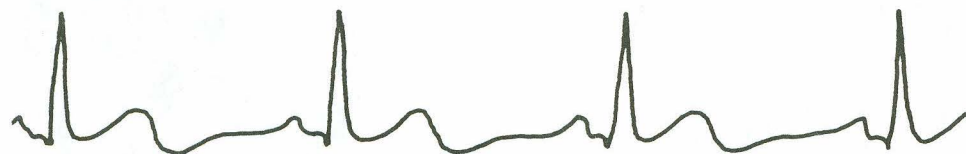
Ritz had mixed emotions concerning her retirement. "I am happy for the opportunity to begin new endeavors, but I already miss the people with whom I worked."

A self-proclaimed "workaholic," Ritz has accepted a part-time position as Nursing Resource Development Coordinator for the HealthEast Trust Fund.

Ritz graduated from the School of Nursing in 1947. She earned her bachelor of science degree in nursing from Cedar Crest College in 1961, and her master of science in education from Temple University in 1974.

Following graduation from the School of Nursing, she served as afternoon and night supervisor, held various teaching positions and was curriculum coordinator before assuming the position of director.

When asked about her partial retirement and plans for the future, Ritz smiled, "I promise this will be my last career," she says with a wink.



Cardiovascular Technologists Recognized

National Cardiovascular Technologists Week was observed Feb. 12 through 18. The week is set aside annually to recognize the efforts of professionals engaged in cardiovascular medicine who provide direct patient care and supportive services.

Technologists provide invasive and non-invasive cardiovascular testing to preserve and restore life, health and vitality. Technologists have completed extensive training and continuing education in order to keep pace with medical advancements and consistently provide high quality data essential to the physician in accessing heart and vascular disease.

Educational Happenings

Monday, Feb. 27

LVHC - Teleconference: "The Healing Power of Humor" - 2 to 4:30 p.m., Auditorium

Tuesday, Feb. 28

TAH - Teleconference: "The Healing Power of Humor" - 1 to 3:30 p.m., Auditorium

Wednesday, March 1

TAH - Stroke Team Meeting - 9 to 10 a.m., Cafeteria Conference Room

TAH - Time Management - 9 to 11 a.m., Auditorium (Please call ext. 8320 to register.)

LVHC - Teleconference: "The Healing Power of Humor" - 2 to 4:30 p.m., Auditorium

Thursday, March 2

TAH - Teleconference: "The Healing Power of Humor" - 1 to 3:30 p.m., Auditorium

Monday, March 6

TAH - New Employee Orientation - 8 a.m. to 4:30 p.m., Auditorium

Wednesday, March 8

TAH - Stroke Team Meeting - 9 to 10 a.m., Cafeteria Conference Room

LVHC - Time Management - 9 to 11 a.m., Classroom 1 (Please call ext. 8320 to register.)

TAH - Hospital Tour - 10:30 to 11:30 a.m., Lobby

LVHC - Hospital Tour - 1:30 to 2:30 p.m., Lobby

LVHC - Teleconference: "The Healing Power of Humor" - 2 to 4:30 p.m., Auditorium

Correction

HealthCounts will sponsor a class in "Responsible Assertiveness" on Tuesday, Feb. 28, from 7 to 9 p.m. at TAH site Auditorium. (A previously published date was incorrect.) There is no charge. To register, please call 821-2150.

Participants will learn to explore and distinguish between passive, assertive and aggressive behaviors.

HealthCounts Announces Winners

In February, the following prizes were awarded to employees at each site in the HealthCounts "I'm Worth It" incentive program:

- 20-inch portable color television: Sandy Whitby (LVHC) and Norma Storer (TAH).
- Accommodations for two for one night at Glasbern Country Inn: Mary Anne Burns (LVHC) and Jeff Miers (TAH).
- Blue Mountain weekend lift-tickets for two: Lynette Yoder (LVHC) and Gerald Schlonecker (TAH).
- Widow Brown's Inn gift certificate: Valerie Bieber (LVHC) and Linda Lee Trella (TAH).
- Three-month HealthCounts exercise membership: Debra Marie Bubba (LVHC) and Debbie Andrews (TAH).
- One-month HealthCounts exercise memberships: Mona Serfass, Jane Stutzman and Rose Cerimele (LVHC); and Audrey Rabenold, Cathy Hall and Lynn Reitbauer (TAH).
- "I'm Worth It" T-shirts: Theresa Murray, Susan Grube, Nancy Krupp, Nancy Armstrong, Regina Klein, Scott Sheflin, Roseann Laudenslager, Pat Portmer, Adele Meilan and Sharon Hix (LVHC); Carolyn Abeles, Fran Schafer, Barb Grosch, Linda Lichty, Lucy Brown,

Barbara Hanks, Maryanne Falcone, Richard Yanison, Diane Kennedy, Karen Aungst (TAH).

- HealthEast mugs: Sandy Kulp, Dorothy Pfeiffer, Jackie Wehr, Denise Knittle, Sandi Adams, Rose Trexler, Mark Shimko, Mary Ann Knecht, Dotty Gonsalves and Doreen Blose (LVHC); and Naomi Solomon-Maury, Phyllis Schneck, Marilyn Steinleitner, Joseph Shambo, Natalie Laudenslager, Michele Sabol, David Salatino, Elizabeth Martin, Jacqueline Nuss and Linda Yost (TAH).

The next HealthCounts drawing will be held on Wednesday, March 1. Any employee who participates in health promotion classes offered by HealthCounts, attends health counseling or selects featured wellness foods from the cafeterias will receive HealthCounts tickets and become eligible for the drawing.

March prizes at each site include: video cassette recorder; dinner, breakfast and one night stay for two at the Hamilton Plaza; theater tickets for two to the Pennsylvania Stage Company; three-month HealthCounts exercise memberships; "I'm Worth It" T-shirts; and HealthEast mugs.

For more information on how to participate in this incentive program, call 821-2150.

Smoke Stoppers Offered At Bargain Price



Smoke Stoppers is a nationally recognized behavior modification program that has helped thousands of people to quit smoking by neutralizing the desire for tobacco — in just five days.

Smoke Stoppers consists of eight, 90-minute sessions. During the implementation of the Smoking Policy, the fee for employees is \$50 with a \$50 refund for attending all or all-but-one of the sessions. This special offer ends March 8.

Classes are scheduled to begin Wednesday, March 1 at 7 p.m. in the Jewish Community Center, 22nd and Tilghman Streets, Allentown; and Wednesday, March 8 at 7 p.m. in the Bethlehem Public Library, 11 W. Church St., Bethlehem.

For additional information or to register, call Healthier U. at 778-9821.

THE MARKETPLACE

February 24, 1989

FOR SALE

Coal-burning fireplace insert, 30 1/4 inches x 46 1/4 inches. Best offer. Call Jack at ext. 8323.

King-size, all-wood bedroom suite. Includes bed, mattress, box springs, triple dresser with two mirrors, armoire and two night stands. Asking \$1,000. Call Claire at 437-4341.

200-channel programmable scanner - 20 frequencies already programmed. Asking \$200 (negotiable). Intellivision II video game system with 20 cartridges, good condition. Asking \$50. Call 439-9613 and leave message for Chris.

One white cockatiel with brass cage. Original cost \$140; asking \$40. Call Margie at ext. 8026.

Wood burning stove, brand new, never used. All-nighter, airtight, guaranteed for 25 years. Asking \$400. Call Mike after 6 p.m. at 754-9704.

Dinette table with 6 padded chairs - \$50; baby swing (windup - runs automatically) - \$12; crib & mattress - \$60.; stroller/hi-chair combination - \$60. Call 797-6083 weekdays before 5 p.m. or 262-1012 after 5 p.m.

1979 Coleman Pop-up Camper, with three-burner range, sink & heater. Sleeps eight. Good condition. Must sell; asking \$1,000. 14 foot Mirrorcraft, "Deep Fisherman", 30 horsepower Chrysler electric start engine. Front & rear casting platforms, pedestal seats. Eagle Lowrance Mach I fish locator/depth finder. Two 12 volt batteries. Cox drive-on trailer with spare. Boat cover - \$3,000 firm. Call 377-5916 after 5 p.m.

Claw-foot bathtub. Excellent condition. Best offer. Call 965-8186.

White aluminum storm windows with screens. Eight 31 in. x 50 in. and one 31 in. x 43 in. Name your price. If interested, call Janet at 767-3944.

Above-ground, 24-foot round, swimming pool. Surrounded by fence rail and two foot walkway - excellent condition. Also includes: filter, pump, hoses and all cleaning tools. Asking \$1,500. Call 434-8471.

1988 Dodge Shadow, good condition. Must sell; best offer. Call 791-1069 or 791-2539 after 5 p.m. or page #1616.

1986 Honda Prelude — red, 21,000 miles, AM/FM cassette, front wheel drive, 5-speed, moonroof, four all-weather tires. Excellent condition. Asking \$11,200. Call 821-0185.

1981 Honda Prelude 5-speed with sunroof. New tires, new brakes, very good condition. New 1989 inspection. Asking \$4,000; will negotiate. Call Jeanine at 967-2734 after 5 p.m.

1987 BMW-325 IC Cabriolet convertible. Cinnabar red with black leather interior, aerodynamics appearance group, custom BBS wheels, 5-speed, limited slip, spare alloys. Only 13,500 miles — excellent condition. Asking \$28,500. Call 799-3629 after 8 p.m.

FOR SALE (continued)

1980 Dodge Omni 024 -- Four cylinder, 4-speed, 79,000 miles. Includes power steering, power brakes, rear window defroster, intermittent wipers, front wheel drive, louvers, AM/FM cassette radio. Inspection good until July 1989. Asking \$1,695. Call 435-8819.

Three-bedroom townhouse in Parkland School District, 20 minutes from TAH and LVHC site. One and one-half baths, large end lot, fenced yard, covered patio. Call 799-2196.

Four year old, two-story, Colonial home in South Allentown -- 4 bedrooms, one and one-half baths, country kitchen, full basement, heat pump with central air. Attached and detached garages, porch, patio, landscaping. \$136,900. Call 791-4855.

FREE

Upright freezer, in working condition. Yours if you transport it. Call 965-8186.

ATTENTION, ANIMAL LOVERS

"Whiskers," an 8-month old, part Siamese, male kitten needs a kind and loving home. He is neutered, current on shots, raised indoors, trained to use litter box and scratching post. Loves humans and good with other cats. Call Gloria at ext. 8463 or 965-2024.

FOR RENT

Two-bedroom condominium, with loft, near Kitty Hawk, NC. Available July 1 through July 8 and July 8 through July 15. Sleeps eight. All utensils & linens, complete kitchen with microwave. Hot tub off master bedroom. Indoor/outdoor pools, tennis, clubhouse. Boating rentals available. Asking \$875 per week. Call Judy at 717-386-2211.

Cetronia half double -- 2 bedrooms, modern kitchen, dining room, living room with fireplace. Washer/dryer hookup. Asking \$550 per month plus utilities. References required. Available March 1, 1989. Call 395-0708.

Room for rent near TAH site -- furnished or unfurnished, cable TV. Utilities included except phone. \$65.00 per week. One month security deposit required. Pay weekly or monthly. Call Sue at 776-7464 after 10 a.m.

Third floor efficiency apartment at 7th and Green Streets, Allentown. Two rooms, bath and two closets. Newly painted. Asking \$225 per month (includes heat). Call 776-5076 after 6 p.m.

One bedroom, first floor apartment at 234 N. West St. Living room, dining room, kitchen, bath, cellar and more. Asking \$385 per month (includes heat and hot water). Call Tim at 395-0524.

Condominium on the western coast of Mexico (Monzonilla). Sleeps four. Available September 2 through September 9, 1989. For more information, call 791-4226 and leave a message.

WANTED

Efficiency apartment near LVHC site to rent. Call Joyce at ext. 8746 or 398-7460.

Ride needed to-and-from LVHC site for next 3 to 6 months. Anyone working 9 a.m. to 5 p.m. shift and living near 5441 Monocacy Drive, Bethlehem (near ABE Airport). Will pay reasonable fee. Call Loretta at ext. 8430 or 261-9263.
