

Credit Union Merger Means Many New Services

December 22, 1992
Volume 5, No. 17

A greatly expanded array of services will be the major benefit to members of the HealthEast Federal Credit Union, which merges with People First Credit Union on Jan. 1.

Members voted overwhelmingly on Dec. 14 to merge, and the decision has been approved by the appropriate regulating agencies.

The HealthEast Credit Union has nearly 3,400 members, who received detailed information about People First in a recent mailing.

One of the long-standing requests of credit union members — checking accounts — will be a major benefit of the change, and they'll be free to members. Existing services, such as savings, personal and auto loans, vacation and Christmas clubs, and home equity loans, continue.

Other new services include certificates of deposit, individual retirement accounts, first mortgages, regular and gold MasterCard, lines of credit and telephone access. People First also offers travelers checks, money orders, cashier checks, US savings bonds, movie tickets, ski tickets, amusement park tickets and more.

MAC automated teller machines will be installed in January at both hospital sites. They will accept People First

M.O.M/MAC cards or any card with M.O.M., MAC or Plus System logos.

In addition to the current HealthEast Credit Union office locations, five additional offices are available to serve members. These are located at 2211 Mack Blvd., Allentown; Trexler Mall, Trexlertown; Hess's Whitehall, Whitehall; Sacred Heart Medical Center, Allentown, and at 203 Main St., Sellersville.

On Jan. 6, 7 and 8, representatives from People First will be at both hospital locations to open new accounts for existing and new members. Details

will be posted on bulletin boards.

Existing credit union offices will be converted to People First offices, and staff will receive additional training in the new services.

Current hours at Cedar Crest & I-78 are Monday, Tuesday, Wednesday and Friday from 9 a.m. to 4 p.m. and Thursday from 3 to 5:30 p.m. Hours at 17th & Chew are 11 a.m. to 1 p.m. on Monday, Tuesday, Wednesday and Friday, and from 1 to 4 p.m. on Thursday.



In the construction trade, setting the first steel is a savored moment that ranks with groundbreaking ceremonies. And so it was recently at Cedar Crest & I-78 where the new Morgan Cancer Center is taking shape. The post at the right was the first — and the heaviest at 13,000 pounds. All the steel for the project is coming from Bethlehem Steel in Bethlehem.

**People
First**
Federal Credit Union

What's News

Film Processing Ends

Lehigh Valley Hospital Recreation Committee will discontinue film developing services at both sites effective Jan. 10, which will be the last day finished pictures may be picked up. That means the final day for film drop-off will be Dec. 30 before 4 p.m.

Meanwhile, Lehigh Valley Hospital Auxiliary will begin offering a film developing service at the Tree Top Shop at Cedar Crest & I-78 shortly after New Year's.

Movie Ticket Prices Up

The Recreation Committee announced that General Cinema movie tickets will increase from \$4.25 to \$4.75 effective Jan. 4. The ticket will have a 50-cent coupon attached, valid at General Cinema concessions.

Alzheimer's Support

There will be no December meeting of the Alzheimer's Support Group hosted by the Ambulatory Geriatric Evaluation Service (AGES) at 1243 S. Cedar Crest.

The next meeting, scheduled for Jan. 22 from 1:30 to 3:30 p.m., will feature a presentation by Sara Wright, CRNP, about "When and How to Choose a Nursing Home." Additional information about the group is available from AGES at ext. 9890.

POPS Staff Relocates

On Dec. 18, the staff of Medical Staff Services and Physician Office Practice Services moved from 17th & Chew to the third floor of 1243 S. Cedar Crest Blvd.

Individuals involved in the move, along with their new telephone numbers, include: Rita M. Mest, medical staff coordinator, ext. 9850; Eileen Iobst, medical staff secretary, ext. 9850; Elizabeth Ehnott, medical staff receptionist, ext. 9850; Janet M. Laudenslager, coordinator, POPS, ext. 9853; Maria L. Kammetler, representative, ext. 9857; Joseph A. Pilla, representative, ext. 9856; and Patricia Skrovanek, representative, ext. 9859.

Work Study Openings

A total of 20 work study positions will be offered in 1993 to students in higher education programs interested in pursuing a career in healthcare. Supported by the Dorothy Rider Pool Health Care Trust, the Human Resources program begins June

7 and concludes Aug. 27.

The application deadline is Feb. 19, and interested candidates may pick up work study packets from Human Resources or may contact Denise Holub, coordinator, at ext. 8802.

Medical Terminology Class

Human Resource Development's next medical terminology course, open to all interested employees, starts Jan. 21 at 9 a.m. in the School of Nursing Auditorium. The 15-week course is based on the text *Medical Terminology: A Systems Approach* by Gyls and Wedding. It includes the basic principles of medical word building that can be applied to developing an extensive medical vocabulary. Weekly quizzes, unit tests and a final exam are included, and the cost of the course, including the text, is \$25. Registration is required by calling ext. 2430.

Regional Symposium Series

The 10th in the Regional Symposium Series offered by Human Resource Development and supported by the Dorothy Rider Pool Health Care Trust will be *Update in Dermatology* on Saturday, Feb. 13, in the auditorium at Cedar Crest & I-78. Presentations include "Update in Pediatric Dermatology" by Seth Jay Orlow, MD, PhD, New York University Medical Center and Bellevue Hospital Center; "Diagnosis and Treatment of Leg Ulcers" by David Margolis, MD, University of Pennsylvania School of Medicine; and "Common Disorders of Hair and Nails" by Cherie M. Ditre, MD, Hahnemann University School of Medicine.

Fee is waived for staff affiliated with Lehigh Valley Hospital. For more information and registration, call ext. 8322.

Staff Yearbook

The Research Department plans to compile another staff yearbook and invites submissions prior to March 1. Criteria for publication includes articles published between January and December 1992 that were medically or scientifically oriented in a refereed or peer reviewed journal. Published pieces include abstracts, journal articles, book chapters or letters to the editor, and the author or one of the authors was a staff member of Lehigh Valley Hospital during 1992.

Additional information about participation is available from Leanne Strawn, Research Department, at ext. 8889.

New Program Seeks to Prevent Child Head Injuries

The Neuroscience Center unveiled its new Think First program, a head and spinal injury prevention program for school-age children on Dec. 12 in a program at Cedar Crest & I-78.

Part of a national program funded by the American Association of Neurological Surgeons and the Congress of Neurological Surgeons, the goal is to educate students, parents and teachers about basic safety for the prevention of head and spinal injuries. Such injuries are the major cause of death in school-age children.

The high school segment features basic information about anatomy, cause of injury and a compelling video by teens who have had head or spinal injury. A recovered patient shared her experience and information was shared with students about steps to take for a friend who suffers an injury.

The grade school segment was developed by

hospital neuroscience nurses and features activities for grade school children to teach safe walking, bicycling and skateboarding, safe behavior in automobiles and winter/water safety.

The program can be presented in individual classrooms, for junior and senior high school assemblies, church groups and parent-teacher organizations. For more information, or to schedule a program, call ext. 8270.

Room Numbers to Change

Room numbers in clinical areas at 17th & Chew will change beginning Jan. 4 to establish consistency from floor to floor.

Mike Gilson, administrator, Facilities Management, explains that over the years multiple changes in the building have created a patchwork of room numbers and the plan is designed to reestablish uniformity.

In all, 140 rooms from the third to sixth floors will be affected. No new rooms are being created, and no patients will be physically moved; there will simply be different numbers on the doors.

Although the change will only require a few hours to complete, all the rooms will show new and old numbers for about two weeks. Maps and posters of the floors have been prepared, and Security will be posted on each floor to help assist visitors.

Health Plan Changes Listed

Rising costs have resulted in several changes to the Lehigh Valley Health Network Health Plan, which will be effective Jan. 1. Two affect prescriptions and a third affects part-time employees.

They are:

- Prescription drugs will be limited to a 30-day supply instead of a 90-day supply unless the cost of the prescription is less than \$10.
- A \$5 co-pay per prescription will be required for all prescriptions over \$10 and after the \$100 major medical deductible has been met.
- For part-time employees, the pre-tax contribution for the health plan will increase from \$50 to \$75 per month, and the pre-tax contribution for the health plan for family coverage will increase from \$50 per month to \$100 per month.



Unit clerks Cher Beitler and Sherry Nothstein and Lori Riner, RN, watch Jennifer Hou, RN, all from Special Care Unit, cut into a Boston cream cake while a pumpkin pie and seven-layer bars lurk nearby. The recipes for all three will be included in a cookbook of favorite SPU treats being prepared by the unit. Scheduled for publication in May, proceeds from the project will benefit Dream Come True.

About Our People

Mary Ann Gergits, RN, MS, CCRC, recently passed the only available certification exam for clinical research coordinator. The exam was the first of its kind given by the Associate of Clinical Pharmacology (ACP). Gergits is the nurse research coordinator for the Department of Medicine and coordinates seven studies, one of which is sponsored by the National Institute of Health. She is one of the first 400 certified research coordinators in the nation and the only one in the Lehigh Valley.

Gwendolyn D. Rosser, RN, MA, MS, program coordinator, Human Resource Development, was recently named to the 1992-93 Platinum edition of *Who's Who Worldwide*. Memberships are limited to those individuals who have demonstrated leadership and achievement in their profession.

Robert Cummings, MD, chair, OB/GYN, and **Stephen K. Klasko**, MD, vice chair, OB/GYN, will present *The Impact of Mandated In-House Coverage on C-Section Rates in a Large Community Teaching Hospital* at the annual meeting of the Council on

Resident Education in Obstetrics and Gynecology and the Association of Professors of Gynecology and Obstetrics annual meeting in Phoenix, Ariz. in early March.

Tracy Gaal, **Anthony Zemek** and **Tammy Brooks**, Radiology, all passed the registry examination administered by the American Registry of Radiologic Technologists.

Winners of the Special Care Unit basket raffle on Dec. 9 included Grace Gronski of Hazelton, Althea Stahl of Allentown and **Janice Kulikanski**, mailroom. Special Care Unit staff recently held a bake sale and raffle to assist a staff member in need.

Births:

- To **Tracy Arnold**, Radiology, a daughter, Haley, on Nov. 30.

Weddings

- **Jane M. Sikorski**, COTA/L, Occupational Therapy, to Kevin Roche on Nov. 24. The couple was married in Vero Beach, Fla.

Radiology Techs Celebrate Week

National Radiologic Technology Week was observed with a variety of activities emphasizing teamwork between groups at three different locations.

A steering committee included Dorothy Pheiffer, Cindy Stauffer, Sharon Shipwash, Walter Eberts, Katie DeLong, Laurie Stenton, Connie Beidelman and Renae Brant from Cedar Crest & I-78, 17th & Chew and the Allentown Breast Diagnostic Center.

Lobby displays were presented by radiology students, and several vendors honored the staff with a breakfast, popcorn, pizza and soda, Chinese food, cake and ice cream sundaes.

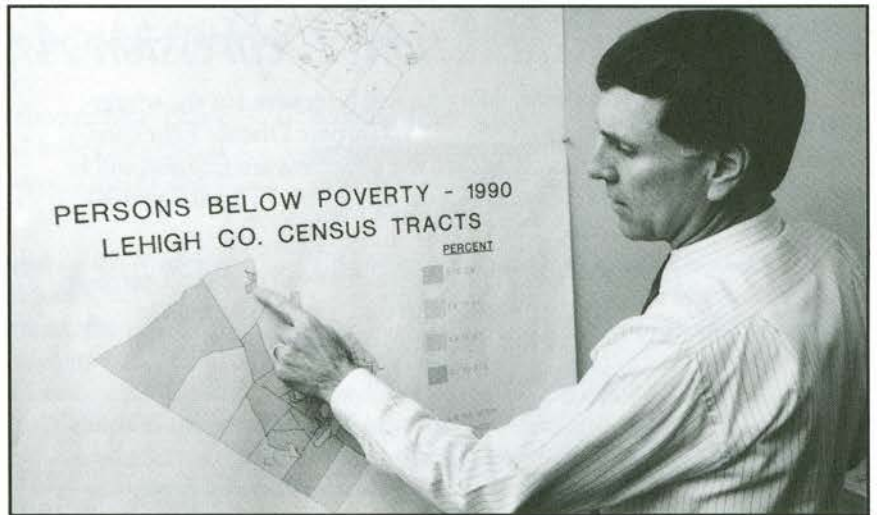
An assortment of games and contests also brightened the week, and radiologists received specially-designed T-shirts to salute their profession.

Because the staff members are site specific, tours of all the facilities allowed employees to get a first-hand look at the full scale of the department and meet peers.



Gail Evans, director, long range development, Development, (left) and Linda Chimielewski of Allentown present an original watercolor by Ron Chimielewski titled "Lehigh Creek" to Donna Smith, NTA, Short Stay Unit. Smith won the painting in a drawing held in conjunction with the annual Arts Advisory Council sale. It was painted specifically to be the prize.

Robert Ziegenfus, PhD uses maps to study patterns of all sorts of things, and among the base maps he uses to study mortality is one showing detailed poverty pockets in the Lehigh Valley.



Unique Study Examines Mortality Trends in Area

If you think geography is memorizing states and capitals or learning to identify continents and oceans, think again.

Geography can be a study of 20 years of mortality statistics in the Lehigh Valley, all with the purpose of planning the future of community health programs.

The primary benefactor of serious scientific inquiry will be Lehigh Valley Hospital. Doing the inquiring is Robert Ziegenfus, PhD, a professor of geography at Kutztown University. He explains that geography is the "systematic study of places," and his interest is in causes of mortality in very specific areas of the region.

The ongoing project is getting an extra boost this year because Ziegenfus is on a sabbatical leave from Kutztown University to work as a research consultant with Judy Sabino, program development specialist, and James N. Burdine, DrPH, vice president, Community Health.

Under the direction of Community Health staff, Ziegenfus has collected a mound of raw data for the years 1970 to 1989 covering 15 different causes of death in five counties, including the Lehigh Valley, and has in hand important socio-economic data from the U.S. Census. Now all the information must be sifted for what he calls "statistical purity."

Ziegenfus explains that numbers can be deceptive. In a very small community, three homicides in a year that follows a period in which there was one doesn't necessarily show an accurate trend. Aberrations have to be examined to determine validity.

Even a municipality the size of Allentown must be examined carefully, because mortality causes can be substantially different from one area of the city to the next. Shifts in socio-economic status of populations also have to be taken into account before the delicate business of interpreting the data begins.

The information obtained from this study will be used by Community Health and other hospital staff involved in planning and implementation of health promotion and disease prevention programs. Municipalities with high mortality rates for lifestyle related causes of death will be targeted for community-specific interventions, such as smoking cessation or weight loss programs. This approach has been shown to be a more effective way for the hospital to assist individuals to prevent a lifestyle-related chronic illness.

"In other words, how does the hospital best serve the population?" he asks.

Ziegenfus has long been interested in geography from an environmental point of view, and has incorporated that into his current specialty of "medical geography." One of the interesting concepts is "years of life lost." For example, a fatal auto accident involving a teenager represents a life substantially shortened and may create an agenda for educational efforts to reduce teenage traffic fatalities.

And how about a peek at some early returns? Sorry, he replies — it's too early in the year to make any projections. More analysis is required before results can be released.

Relaxation, Depression Are Lecture Topics

A variety of topics will be covered in the winter lecture series of the Chronic Disease Education Committee. All the programs are free and will be presented at Cedar Crest & I-78 from 7 to 8:30 p.m.

On Jan. 27, Kevin Siddons will discuss "Learning How to Relax" through progressive muscle relaxation, visualization, deep breathing and autogenics.

Michael W. Kaufman, MD, will present "Depression: A New Perspective" on Feb. 10. Called the common cold of psychiatric illnesses, depression is a topic of considerable study and increasingly scientific foundations are being established in treatment. Kaufman will discuss new trends in treatment.

"Carpal Tunnel Syndrome" is the Feb. 17 topic of Michael A. Chernofsky, MD, who says the incidence of carpal tunnel syndrome has reached

epidemic proportions in recent years with a profound personal and economic impact on society. He will discuss all aspects of CTS, with emphasis on cause, prevention and treatment through the latest endoscopic techniques.

Jane Ziegler, RD, will help celebrate National Nutrition month on March 10 with her presentation on "Eat Right, America." Ziegler will explain the new food guide pyramid and how everyone can incorporate healthy food choices into their lifestyle.

Other programs from Health Promotion include "Coping with Change, Living with Loss", a one-day conference on March 31 that will focus on what one can say and how one can help patients, families and co-workers when cancer becomes part of life. The program is co-sponsored by the Comprehensive Community Cancer Center and Liberty Nursing Home. For more information on the conference, call ext. 2582.

Cafeteria Feedback: Outstanding Home Fries

Are serving portions reasonable in the cafeteria at 17th & Chew? Responding to an inquiry from a customer, Food Service says that prices are directly related to portion sizes, but as part of continual review process, the size of portions is being reviewed.

Meanwhile, keeping food hot is a matter of genuine concern for Food Service. Dave Smulowitz, assistant director, says temperatures are checked before each meal, but that there's an unfortunate and unavoidable delay between service and the time a customer sits down and actually begins to enjoy the meal. "We are stepping up efforts to serve only foods that are as hot as possible," he says.

In response to requests, peanut butter yogurt will appear more often, along with a favored topping, chocolate syrup.

How about more fruits on the salad bar at lunch and at night? Food Service says mixed fruits are available at each meal, but additional items are limited due to space and season.

Potato wedges at breakfast weren't much of a hit; one customer says "they taste like cardboard — but

the home fries are great." Home fries stay, and the wedges are gone.

On the subject of potatoes, one request for serving mashed potatoes with pork and sauerkraut hit a responsive chord, and they've been added to the menu on the days that pork is featured.

Is it time for Snapple? Perhaps so. As soon as a cold food display case is available it will be there. In the meantime some bottled drinks on ice are offered.

Food Service thought a request to serve nacho chips with nacho cheese soup was a great idea and will offer it, and says that serving two soft serve frozen yogurt flavors with a twist will be considered with next year's budget requests.

As requested, bagels and muffins will be available until 10:30, and so will a toaster.

Finally, there was applause for "Jamie the cashier a very pleasant worker and one of the best," and for "Nadine who makes choosing food very pleasant and enjoyable." Food Service echoed applause for their fine customer service.

Food Shopping: A Hitchhiker's Guide to Good Health

Grocery shopping used to be a relatively simple matter of shelf prices, coupons in hand and individual taste.

But with the rise of food selections to create healthy diets and practice preventive health-care, it's become a complex issue of all those little nutritional labels on the sides and backs of packages.

In cooperation with two Giant supermarkets, one in Allentown and the other in Emmaus, the Health Promotion Program of Lehigh Valley Hospital is giving shoppers a hand. Clinical Nutrition Services assisted in the development of field trips to understand nutritional labelling.

Another round of "tours" of the two large food stores has recently concluded in a program called "What's In The Cart? ShopSmart," free to area residents and employees. About 350 people have taken the excursion so far, which systematically works through a supermarket to help make nutritional decisions.

Heather Sunderland, RD, is one of several registered dietitians who give spirits a lift at the start of the tour: there are no forbidden foods in a Giant supermarket. This is not an exercise in dieting. The message, however, is one of balance and label interpretation to accommodate the individual's dietary plan. The idea is that goods that might unnerve a dietitian don't have to be banned from diet — just saved for special occasions.

It is an educational event on the differences between corn and canola oils, being tuned in to new products that may be improvements in fat and calorie content, and choosing just the right steak for the grill.

Each class of about 10 or 12 spends a couple of hours in the stores, getting considerable advice, especially on types of fats in various name brand products to assist in making appropriate selections, depending on meal and recipe plans.



A tough question for Heather Sunderland, RD: which is better, a red pepper or a yellow one? That, she says, is a simple matter of preference. But the subtle differences in content of other food products can be really significant.

Judi Thieme, nutrition and weight control coordinator, Health Promotion Program, says the format of the tour is one of its major strengths. Instead of a classroom experience, "hands-on education" helps in understanding.

She adds that the original tour curriculum has been adapted to assist diabetes support groups from the Helwig Diabetes Center. Barbara Carlson, RD, has already taken two groups on tours.

And, she notes, it wouldn't be possible without the enthusiastic support of store managers Bill Bruderer in Emmaus and Tom Wasko at Cedar Crest and Tilghman. "They've been very helpful and supportive," she says. Arrangements with Giant Food Stores are made through the company's consumer affairs division.

Payroll Reminder

Because Christmas and New Year's Day fall on successive Fridays, Payroll will alter paycheck distribution during the period. The Cedar Crest & I-78 payroll will be distributed on Dec. 24 at 11 a.m. and the 17th & Chew payroll will be distributed on Dec. 31 at 11 a.m.

John Welsh, payroll manager, also reports that the payroll deduction for the state unemployment compensation fund will go up from .05 to .15 percent on Jan. 1

And As the Calendar Turns: Making a Difference

As one year comes to a close and another is about to begin, did we make a difference?

Former patients and their families have the answer to that question, and here's a sampling of comments they've recently made.

From the spouse of a coronary bypass patient: "My husband was attended and serviced by very excellent and skilled physicians and we are most grateful for their talents. However, the reason for this letter is to thank you for your facility and all the wonderful nursing, technical and support personnel at both facilities (Cedar Crest & I-78 and 17th & Chew). They are totally dedicated, caring, pleasant and very efficient people."

About Admitting: "The girl in admitting was very pleasant and personable." "Treated with great courtesy!" "Fast and pleasant by well trained, smiling personnel." "I liked the pre-admission — it was so easy."

room were wonderful." And one new mother said it best: "I felt very secure in the hospital."

Meanwhile, at Cedar Crest & I-78 there were many comments for what one called "excellent, excellent care." In Transitional Open Heart: "I cannot speak highly enough about nursing care. On a scale of 1 to 10, they rate a double 10." The 6B "nursing staff was super," wrote another. On 4B, "I was treated with respect and love so I felt like I was part of the nurses' family." On 5B, "The nurses were very courteous, understanding and caring in all respects during my hospital stay. I would like to thank them for all they have done for me."

One patient summed it up: "Every floor I was on and every test I had was done by totally professional, understanding people."

In the category of tests and treatment, one patient commented, "Very pleased with tests and treatments...happier they were negative."

And how about other services? "There is not enough room to describe the caring, teaching and patience these departments displayed throughout my wife's stay. Volunteers and chaplains were all friendly."

"The gentleman who transported me from my room to my car was very friendly and helpful, as was everyone."

"Volunteers always cheerful and smiling."

About visitor policies: "After my procedure, I was vomiting and anxious. The visiting hours were almost over, and my nurse told my husband he could stay until I was feeling better. A very considerate, compassionate thing to do. It made me feel better."

Physicians won high marks for skills, and patients were most appreciative when they received thorough explanations and the opportunity to get all their questions answered.

"Everything done for me was absolutely great. Both doctor and nurses combined to turn around the rather precarious condition I was in at the time of admission," one patient summed up. "Very, very grateful for this class act."

In other words, the technical skills and compassion of everyone made a difference.

"Every floor I was on and every test I had was done by totally professional, understanding people."

About housekeeping on Pediatrics: "The man who cleaned the room was excellent with children."

And on 3T: "All housekeeping personnel — very nice and friendly." And at 6B: "The cleaning staff was really nice." And on 7B: "Very good — top class workers."

About food and dietary services on 3T: "The food is excellent, but I never got enough sugar for my coffee." On 7B: "My diabetic diet was excellent. I certainly appreciated the plan I got." From a cardiac patient: "I very much appreciated the help the dietitian gave me before my discharge about my new fat free diet." From 5C: "Top quality and plenty of variety. Served according to menu selections by very pleasant personnel." And from a visitor: "My wife was on tube feedings, but if the food patients receive is anything like the cafeteria, I'm sure it was excellent."

Nursing services get consistently high marks throughout the system. On Pediatrics: "The nurses helped make me feel right at home. They made me feel like I was their only patient. They were great." On 6T: "The nurses were great — I even got a two minute back rub off one! Thanks!" In Maternity: "The nurses I had in the birthing

The Marketplace

Items for Sale

Two studded snow tires in excellent condition. Used only twice. P195/75R14 M/S. \$75. Call 391-0260.

Trac Sierra Cross Country Skis, 2 pair with poles, 195 cm, 210 cm, used 2 times, \$75/pair or best offer. Call 395-1924.

Peugot 10 speed road bike, large frame for person 6 feet and over, good condition, \$50. Skutt kiln Model 231 with shelves, thring ring, 240 volt (220), 2300° 8 cone kiln, 3x3x3. Call 398-0307.

Happy Viking wall unit, coffee table, end table, sofa, chair. Wood pieces in excellent condition. Will sell individual pieces or as a set, best offer. Call 868-1292.

Jenny Craig diet foods available free to anyone interested. Call 435-9315.

Apple IIc computer, color monitor, printer, all software, auxiliary drive, \$500 or best offer. Call 285-4350.

Baby purebreed netherland dwarf bunnies, born Dec. 11, ready after Jan. 22. Adult weight only 2-3 pounds. Complete with pedigree papers, starter food and care instructions, \$25. Other accessories, including cages, available. Call 965-8763.

Two metal medium dog crates, \$50 each, negotiable. 27" Zenith color TV, Koflach ski boots, mens 9-10, excel-

Items for Sale

lent condition. Call 965-6966.

1969 Winnebago camper, fully stocked, dishes, linens, sleeps six, ideal for hunters, \$500. Twin box spring, good condition, \$20. Basketball backboard, \$10. Call 776-7417.

Bedroom set: 2 dressers, mirror, backboard, black with gold trim includes bed frame. \$450. Living room set, love seat and sofa, 1 year old, great condition, black, \$700 or best offer. Call 432-5023 after 8 p.m.

Mink jacket, mahogany color, absolutely gorgeous, originally \$1900, asking \$650. Call 434-2474 after 5 p.m.

Guitar — Fender electric Strat, excellent condition, with case, asking \$350. Radio-controlled transmitter/receiver Futaba. Four channel with Servos-3, one year of use, asking \$75. Call 434-5899.

Moving sale: Baldwin studio piano with bench, walnut, \$1,900. Colonial sofa and matching loveseat, \$250. Dark pine dining room suite, table, hutch, server and five chairs, \$475. Honda lawn mower, Lazy Boy recliner, stereo cabinet and speakers, mahogany triple dresser with two mirrors, 10-speed bicycles. Call 432-5653.

Two pairs of Trak Sierra cross country

Items for Sale

skis, 210 and 195 cm, with poles, \$55/pair. Call 285-2360.

Vehicles for Sale

1984 Oldsmobile Omega, 6 cylinder automatic, PS, PB, Am/FM radio, sun roof, new inspection, asking \$1,400. Call 264-3074.

1989 Subaru 4WD GL hatchback, 17K, air, AM/FM, 4 speed, red, excellent condition, \$6,000. Call 536-0210.

1987 Camaro RS, red, V6, T-top, auto trans, AC, all power, AM/FM/Cass, new Pirelli tires, 52,000 miles, 1 owner. \$5,500 or best offer. Call 435-2740.

Real Estate for Sale

3 Bedroom, 1 BR, 1 PR, LR-DR combo, finish family room in two floors on nice size lot, off street parking, all for \$68,900. Call 797-6971.

Exclusive 1 BR (sleeps 6) ocean front condo in Ft. Lauderdale, 100 yards straight to beach, sixth week every year (Feb. 6, 1993), Saturday to Saturday, many pluses. \$209/mo with \$1,800 down. Call 845-8170.

Parkland School District home, 1/2 acre. Split with 3 BR, 1 1/2 bath, central air, heat pump, 2 car garage, front, back and side landscaped with deck, near 78, 309, 22 and PA 9.

Real Estate for Sale

\$169,000 by owner. Call 398-8088 after 7 p.m.

Real Estate for Rent

3 BR row, 2 1/2 baths, two car off street parking, fenced in yard, close to park. Washer, dryer, refrig. Also available for purchase. \$650/month plus utilities. Call 797-0728.

3 or 4 BR end row house, 1 1/2 bath, 1st floor laundry, eat in kitchen, small enclosed back yard, Bethlehem area, \$495/month. Call 262-4246.

Townhouse for rent, Peachtree Village. 2 car garage, 2 master bedrooms, 2-1/2 baths, fireplace, patio, washer/dryer/dishwasher, \$825/month. Call 799-2021.

Lake Naomi — perfect ski house, unique contemporary chalet, 4 bedroom 2 baths, sleeps 10, 10 minutes to Jack Frost, Camelback, Big Boulder, February-March. Call 432-2906.

Micellaneous

Found: ladies watch. Call and identify. Call 791-1061.

Cruise to Bermuda, May 1-8, 1993, on NCL's newest ship, "The Dreamward." Sailing from New York. Call 966-3147 or 646-1436 for more details.

The Marketplace is provided as a free service to employees of Lehigh Valley Hospital and is published in the first edition of *CheckUp* each month. All submissions must be on the attached form and must include the employee's name, department and a daytime telephone number. Submissions without this information will be discarded. **Only employees, volunteers and staff physicians may submit items for publication.**

Marketplace ads may be run for only two consecutive months, and must be submitted for each edition of *Marketplace*. We reserve the right to reject, revise or edit submissions and publication does not constitute an endorsement of product or service. Deadline for submissions is the last day of the month preceding publication.

Send submissions to *Marketplace*, Public Relations, 1243SCC.

Marketplace Submission

Check Category ☐ Items for Sale ☐ Vehicles for Sale

☐ Real Estate for Sale ☐ Real Estate For Rent ☐ Wanted

Copy (please print or type) _____

Home Phone (will appear in ad) _____

Submitted by _____

Department _____ Daytime Ext. _____