Medical Library

5

CheckUp

October 9, 1992 Vol. 5, No. 12

EHIGH VALLEY

HOSPITAL

Day Care Center Marks 10th Anniversary

One of the hospital's more unusual but highly prized departments celebrated 10 years of service on Sept. 23 — but the 80 or so young children didn't pay much attention.

They were busy with another interesting day of activities in four large and bright areas, nearly oblivious to visiting hospital and employees. For the kids, it was another fun day at the Lehigh Valley Hospital Children's Center.

For parents working a few hundred yards away, it was another day of peace of mind.

In the past two decades or so, available, quality day care has grown into an important issue for both employees and companies, and Lehigh Valley Hospital was responsive. Two centers resulted from two separate hospitals. Lehigh Valley Hospital Center constructed a facility and retained a vendor to manage it. When the vendor was unable to continue, Human Resources took over administration of the facility and the staff are all hospital employees. Meanwhile, The Allentown Hospital established a partnership with Magic Years, involving a 15-year contract and a positive relationship.

That makes the Cedar Crest & I-78 center a formal department of the hospital, but it is designed to be self-sufficient, and fees charged pay salaries, utilities and other operating costs. An energetic Parents Advisory Committee is continually involved in fund-raising events to purchase toys and other equipment.

Hospital employees get first priority on openings at the licensed day care facility, but it's unlikely that the center will "go public" soon. Trish Jeffery, director, says demand for openings is so high that if the facility were to triple in size overnight, there might still be a waiting list.

A total of 125 children are enrolled for various schedules in the center, which is limited to having 95 children on the premises at any given time. Youngsters range from 8 weeks old to kindergarten age, and there's currently a waiting list of 22 families. "But we've frozen the waiting list," explains Rhonda Beatty, assistant director. "We get an average of a half dozen calls a day inquiring

about openings."

The waiting list is a complicated business, because openings vary on the basis of age and frequency of use. Licensure requires one adult employee for every four infants, and ranges downward to one for every 10 pre-schoolers. Categories are infants, pretoddlers, toddlers and pre-school. Additionally, parents with one child enrolled have preference for siblings.

Jeffery notes that the demand for day care generally is so high that women will get onto waiting lists before becoming pregnant. She has no idea how many parents at Cedar Crest & I-78 are discouraged from even inquiring about openings, just because **Continued on Page 2**



Ginger Holko, RN, head nurse, 5B, and her son, Taylor admire "bubble art" created at Lehigh Valley Hospital Children's Center. Taylor, one of 125 children of employees enrolled at the center, says his looks like a soccer ball. Mom appreciates the sense of security of working near the center where her son and daughter spend the day.

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Day Care Center Marks 10th Anniversary

Continued from Page 1

the facility is filled.

The wait is worth it, though. Marie Shaw, director, WomanCare, who was visiting the open house and chatting with her son, says she investigated every day care facility in the region but preferred to wait 18 months for an opening at the hospital. For her, there was no comparison in terms of quality of facility.

Like many parents at Cedar Crest & I-78, proximity is also a major plus. Ginger Holko, RN, head nurse, 5B, also endured a long wait for her son and daughter. She explains that quality is important and price is nice — but being nearby is what really counts. The day shift employee parking lot is near the center, so it's only one stop. "But it's a secure feeling to know that my children are close by," she explains.

Because the facility seeks no profit and has no cost for the physical building, prices are better than average. Jeffery says day care typically costs between \$95 and \$125 a week per child, and parents who use the center for the full week pay \$91.

The center operates seven days a week from 6 a.m. to 8 p.m.

Despite the demand, expansion of the facility is not easy. The center itself was constructed to allow for a second floor and is located in a relatively open area of the site. But Salisbury Township is increasingly concerned about development of the 100-acre tract on which the hospital is built. And even "affordability" is not without its complications; tax law is very tricky when it comes to employers offsetting the cost of day care. If nothing else, the hospital has developed a program for parents to pay on a pre-tax basis and consequently lose less from paychecks.

But parents like Holko see the long term need for broadened horizons — such as a summer program for school-age children, after school care, and special facilities for children with routine illnesses that would normally mean a parent, usually the mother, has to take a day off from work.

Information Is Focus Of Child Health Month

Lehigh Valley Hospital will observe Child Health Month during the week of Oct. 19 with a wide variety of information available to both employees and visitors.

Tables will be set up in both lobbies to allow those interested to gather an assortment of printed material on safety, nutrition and primary healthcare issues.

Additionally, Pediatrics and Perinatal Outreach will host a "block party health fair" at Central School in Allentown on Oct. 19 for first and second grade students.

Among the participants at the health fair will be John VanBrakle, MD, chairman, Pediatrics; Cindy Max, RN, manager, Patient Care Services, Pediatrics; Vicky Lysek, director, Perinatal Outreach, and Marie Shaw and Fran Derhammer, of WomanCare. Hospital dietary services and Poison Center personnel, as well as Allentown Police will join in the event.

CheckUp is a biweekly employee publication of Lehigh Valley Hospital, Public Relations, 1243 S. Cedar Crest Blvd., Allentown PA 18103. Interoffice mail submissions should be addressed to 1243SCC-PR. For additional information, call ext. 3007.

"It's a secure

close by."

my children are

feeling to know that

Lehigh Valley Hospital is an equal opportunity employer.

M/F/D/V

Geriatrics Topic: Restraint-Free Experiment

The Geriatric Interest Network will meet at 11:30 a.m. Wednesday, Oct. 21 in the third floor conference room at 1243 S. Cedar Crest. The site of the meeting was changed from the cafeteria conference room at Cedar Crest & I-78, and transportation to and from the location is available via The Tunnel.

Guest speaker will be Carole J. Moretz, RN, manager, Patient Care Services, 6T. Moretz will describe an experimental program that provides patients with a restraint-free environment. The program is funded by a grant from the Dorothy Rider Pool Health Care Trust.

Housekeepers Saluted at Annual Luncheon

For the third year, General Services recently saluted more than 130 employees at special luncheons on what's become known as "Pride Day" for the housekeeping staff.



Above, Miguel Rosario gets a serving of soup from Alicia Phan, while at right, Dave Steward, Gil Anthony, Ernie Eschbach, Janet Watson, Carole Bosch and others make their choices at a buffet hosted by General Services.



The meal, catered by Food Service, is held on the third floor of the Anderson Wing on two consecutive days. An important part of the event, says Owen Grady, director, General Services, is to bring staffs from the two sites together for the social event.

This year the buffet included chicken florentine, ham, vegetables, assorted side dishes and dessert.

It's also used as the occasion to announce employee-of-the-quarter winners from each site.

This year, honorees were Manuel Morales from 17th & Chew and Jesus Diaz from Cedar Crest & I-78.

And, in a departure from practice in prior years, the speakers at the event were line employees.

Jim Reiss, who works at Cedar Crest & I-78, and Bob Rausch, from 17th & Chew, discussed pride in day-to-day work. Both are former employeeof-the-quarter winners in the department.

Employees Urged to Avoid Construction Area

Employees at the hospital and medical office buildings have been asked to respect safety areas in and around the construction site for the Morgan Cancer Center at Cedar Crest & I-78.

Robert Beyer, project and construction manager, notes that parking lots have been rearranged, main entrance driveway relocated and major pieces of equipment are working in the specific construction area.

"All around the site there are areas that have been marked off with orange safety fence, yellow caution tape and concrete barriers," he tells employees. "These areas have been marked for your protection."

Beyer says employees should stay out of the construction area to avoid risk of serious injury.

The same applies to the front access roadway. "With the work going on," he says, "the area does not have sufficient shoulder space for people who are out on exercise walks. We strongly recommend pedestrians remain clear of the construction area."

Health Promotion Program, which has a "Lean on Me" weight reduction program under way at the site, has organized an alternative exercise walk area west of the building. Details are available by calling 821-2150.

In the meantime, main entrances to 1210 and 1230 S. Cedar Crest and the link entrance to Lehigh Magnetic Imaging have also been closed off. Beyer says an orange safety fence walkways will be connected to them for use in emergency building evacuations.

Yellow tape across the doors represents the only true barrier to use. They may be pulled down in the event of an evacuation and pedestrians may follow signs down the special walkway.

The walkway, however, is not for routine use to enter or exit the building.

Arts Council Prepares Annual Exhibit, Sale

The 1992 Art Exhibition and Sale, sponsored by the Arts Advisory Council, will feature about 120 juried, original works by regional artists in the classrooms of the Anderson Wing, Cedar Crest & I-78.

Dates and hours are:

• Friday, Nov. 6, 5 to 8 p.m., which includes a reception to meet the artists.



Ann Zeravsky, unit clerk instructor, Nursing Services, posts encouragement to her area that employees should contribute to the 1992 Community Giving Campaign, most of which benefits the United Way. Zeravsky created a unique banner to launch the drive in Nursing Services.

Cafeterias Toast Oktoberfest

Lehigh Valley Hospital may be a long way from Germany, but the month can't pass without "Oktoberfest" and a sampling of traditional Bavarian fare.

Hospital cafeterias will celebrate on Thursday, Oct. 15 with a special batch of menu items, including chicken spätzle soup, cream of potato leek soup, baked Black Forest ham, sauerbraten with ginger snap gravy, German mixed grill, potato cakes with apple sauce, hot German potato salad, braised red cabbage with raspberry vinegar, seasoned carrots and turnips with dill butter and hot apple strüdel.

However, there will be no oom-pah bands, no beer, and no dancing on the tables.

- Saturday, Nov. 7, 11 a.m. to 7 p.m.
- Sunday, Nov. 8, noon to 7 p.m.
- Monday, Nov. 9, 10 a.m. to 7 p.m.

Proceeds from the sale are used to purchase art work for the hospital. Many hospital corridors display art purchased from the annual event.

The council's mission goes beyond decoration and seeks to provide an environment that promotes healing and well being. Because art can have a positive effect on the patient's experience and can help counterbalance the potential impersonality of medical technology, the Arts Advisory Council was founded and continues working toward that end.

Coalition Offers Training Programs to Nurses, Residents

A two-part smoking cessation counseling training program specifically for nurses is planned by the Coalition for a Smoke-Free Valley, a community based coalition supported by Lehigh Valley Hospital.

"Every Smoker, Every Time" will be held Oct. 19 and Nov. 16 from 9 a.m. to noon at 17th & Chew. Registration is required for the free program, and PNA credits are offered.

Interested staff may contact Alice DallaPalu, program coordinator, at ext. 7460.

DallaPalu will present an informational training on the National Cancer Institute's "How to Help Your Patients Stop Smoking" to residents on Nov. 2 at 11 a.m., Cedar Crest & I-78, and Nov. 12 at 9 a.m., 17th & Chew.

The program is also available to physicians, who may schedule the presentation.

Already given to more than 36 practices in the area, the program was developed specifically for physicians by the National Cancer Institute to assist them in counseling patients to quit smoking.

"Nationwide evaluation has validated the program and shown increased quit rates compared to patients not receiving physician or healthcare provider counseling," she says.

About Our People

Lisa Taylor, LSW, renal social worker, was recently elected president of the Council of Nephrology Social Workers Network, 4-East. Membership includes renal social workers in Eastern Pennsylvania and Delaware.

At the first meeting of the group's program year, Patricia Brill, LSW, social worker, Ambulatory Geriatric Evaluation Service, spoke about the problems and concerns of the geriatric renal patient.

Myra Wisotzky, MSPH, executive director for the Coalition for a Smoke Free Valley, will attend the annual meetings of the Society for Public Health Education and the American Public Health Association in Washington, D.C. She was recently selected to chair the Chapter Development Committee of the society and is leading a skill-building session on improving advocacy skills at the meeting.

Alice DallaPału, CAC, also with the Coalition, and Wisotzky attended a September conference, "Nicotine Addiction," sponsored by the American Society of Addiction Medicine.

Births

• To *Terry Ann Capuano*, RN, nursing administrator, and her husband, Matt, a daughter, Danielle Marie Capuano, on Sept. 15. She has a sister, Laura.

• To *Lori Yesenofski*, RN, staff nurse, Burn Center, and her husband, David, a daughter, Serena Yesenofski, born June 24, their first child.

• To *Mary Kunkel*, LPN, 5T, and her husband, George, a son, Timothy Adam Kunkel, on Sept. 23. He has a brother, Joshua.

• To *Kelly Dorward*, Escort Service, and her husband, Scott, a son, Samuel Allen, on July 23, their first child.

Engagements

• *Tracy Kubnsman*, secretary, Lehigh Valley Health Services, to Todd Baer. No wedding date has been set.

CheckUp welcomes news about professional and personal achievements of employees. To share news of your accomplishment, simply send the information to Public Relations, 1243SCC.

HRD Announces CPR Schedules

Human Resource Development announces the next CPR recertification will be held in the 24hour period beginning at 10 a.m. Wednesday, Oct. 21 in the Pediatrics Classroom, 5th Floor, 17th & Chew. Those who plan to attend are advised to take the red elevator to the floor.

CPR certification, for which pre-registration is required by calling ext. 2430, will be held in two parts. Attendance is required for both. Part I will be on Tuesday, Nov. 17, from 9 a.m. to noon in the School of Nursing auditorium. Part II will be Tuesday, Nov. 24, from 9 a.m. to noon in School of Nursing Room 900.

Stress and Burnout — Care for the Caregiver, will be offered on Nov. 4 from 9 to 11:30 a.m. in School of Nursing Room 902. Call ext. 2430 to register.

Previously announced in the Regional Sympo-

sium Series were the Fourth Annual Neuroscience Symposium: Neuroscience Intensive Care, on Oct. 16; From Newborns to Nursing Homes: A Lifetime of Infections, on Oct. 22 and 23; Rheumatology Symposium: Systemic Lupus Erythematosus, Oct. 31; and the Third Annual Critical Care Symposium, Nov. 7. Additional information and registration for the symposia is with Human Resource Development.

Entertainment Books on Sale

The Recreation Committee is now selling entertainment books at Human Resources offices for \$30 per copy. Payment is by check only, and books may be purchased between 8:30 and 10 a.m. and from 2 to 4 p.m. Additional information about the books is available from Carolyn Abeles at ext. 2979.

Flu Shots Now Available to Employees

The national Centers for Disease Control reports a marked increase in the number of influenza cases throughout the United States and outbreaks continue to be a major concern for healthcare workers.

Lehigh Valley Hospital is again offering immunization for employees through Employee Health Services. The program began Monday and continues through Oct. 30.

Rose Haas, RN, director, Employee Health Services, says the department has a 100 percent compliance goal. Cost of the vaccine is \$3, payable at time of immunization, and the department offers walk-in service at both Cedar Crest & I-78 and 17th & Chew

Cedar Crest & I-78:		17th & Chew	
Oct. 13	1:30 - 3:30 p.m.	Oct. 12	1:30 p.m 3:30 p.m.
Oct. 14	7:30 - 9:30 a.m.	Oct. 14	7:30 a.m 9:30 a.m.
Oct. 15	2 - 4 p.m.	Oct. 15	1:30 p.m 3:30 p.m.
Oct. 20	1:30 - 3:30 p.m.	Oct. 20	1:30 p.m 3:30 p.m.
Oct. 21	7:30 a.m 9:30 a.m.	Oct. 21	7:30 a.m 9:30 a.m.
Oct. 22	1:30 p.m 3:30 p.m.	Oct. 23	1 p.m 3 p.m.
Oct. 27	1:30 p.m 3:30 p.m.	Oct. 27	1:30 p.m 3:30 p.m.
Oct. 28	7:30 a.m 9 a.m.	Oct. 28	7:30 a.m 10 a.m.
Oct. 29	7:30 a.m 9:30 a.m.	Oct. 30	1 p.m 3 p.m.

Credit Union Rates

The federal credit union currently offers special holiday loans at 9.9 percent for amounts up to \$2,500. Loan terms are 12 months, and the loans will be offered between Oct. 26 and Dec. 18.

Meanwhile, Christmas Club enrollment is under way and concludes on Dec. 31. The credit union is currently offering 3.2 percent, a variable rate, on club accounts.

Current Credit Union Rates

New Car Loans	6.9 percent	3 years	
New Car Loans	7.9 percent	4 years	
New Car Loans	8.5 percent	5 years	
Used Car Loans	9.4 percent	3 years	(5 years or newer)
Used Car Loans	9.9 percent	4 years	(1-2 years old)
Used Car Loans	9.9 percent	5 years	(Restrictions apply)
Home Equity Loans	7.90 percent	Fee	0 to 60 months
Home Equity Loans	8.40 percent	No Fee	0 to 60 months
Home Equity Loans	9.00 percent	Fee	61 to 120 months
Home Equity Loans	9.50 percent	No Fee	61 to 120 months
Personal Loans	11.9 percent	25 percent o	of shares
Personal Loans	12.9 percent	10 percent o	of shares

Dividends on Share Accounts: \$1.00 to 1,000.00 - 3.3 percent; 1000.01 to \$10,000.00 - 3.5 percent; \$10,000.01 and up - 3.5 percent. Christmas Club - 3.20 percent (variable rate); Vacation Club - 3.20 percent (variable rate).

Credit Union Hours – Cedar Crest & I-78 (ext. 8404): Monday, Tuesday, Wednesday, Friday, 9 a.m. - 4 p.m.; Thursday, 3-5:30 p.m. 17th & Chew (ext. 9499): Monday, Tuesday, Wednesday, Friday, 11 a.m.-1 p.m. Thursday, 1-4 p.m.

Page 6

Extra Protection at Night

In response to several employee questions concerning the middle shift parking assignments at 17th & Chew, Louis Geczi, coordinator, Security/Parking Management, says steps have been taken to ensure staff safety at night.

Middle shift employees have been using Lot 7 on Liberty Street since Aug. 16.

While the standard policy of providing escorts still applies, Security personnel are also now posted at the lot and on 17th Street during shift changes. Geczi emphasized that any employee concerned with personal safety will, on request at any time, receive an escort from the building to his or her vehicle.

Physical Therapy Marks Month

With a theme of "Back in Action with Physical Therapy," October has been declared Physical Therapy Month by the Lehigh County Board of Commissioners.

Kathy Baker, manager, Physical Therapy, says that among the activities planned at Lehigh Valley Hospital during the month is a booth in the main lobby at Cedar Crest & I-78 to describe the activities of the department, a "P.T. Olympics" for the physical therapy staff, and awarding patients with badges upon completion of their therapy session.

The Marketplace

ems for Sale

1975 Pop-up Skamper, \$100. King size waterbed, \$900 new, asking \$200. Living room set, includes sofa and large chair, purchased Dec. 1991, excellent condition, peach and blue color, \$450. Call 717-386-3134.

Soloflex with leg extension and butterfly attachment. \$900. Call 395-9448.

Whirlpool electric dryer, small capacity, very good condition, \$75. Call 799-2867.

Brunswick regulation size air hockey, excellent condition, asking \$500. Call 264-0385 after 6 p.m.

Daytron AM/FM 8-track stereo with turntable and two speakers, \$50. Call 398-0861 after 5 p.m.

¹appy Viking wall unit, coffee able, end table, sofa, chair, will sell individual pieces or as a set, best fair offer. Excellent condition, call 858-1292 between 6 and 9 p.m.

King size waterbed, 98 percent waveless, bookcase headboard, needs liner, \$150. Call 967-1703.

12x32 Aluminum swimming pool, all accessories included, 1/2 hp sand filter. \$300 or best offer. Call 776-7389 after 5 p.m.

54 Gallon electric hot water heater, used one year, with electric energy saver switch, \$120. Call 253-7939.

24x16 Walnut formica vanity base, 2 drawer, 1 door, \$40. 24x19 Cultured marble top, beige with oval bowl, \$40. Two Lane end tables, contemporary, \$80. Child's car seat, \$35. Call 435-/550.

Two winter tires with studs, P195/75 R14, mounted on rims from a Ford car, excellent

Items for Sale

condition, \$50 pair. Call 797-3366.

Pair of heavy duty ramps for working on large car, truck or van, brand new, \$15. 35 lbs. of rabbit food and 20 lbs. of cedar chips, \$12 for both. Call 266-4192.

Six Bauer chairs, apricot suede with oak wood frame and chrome legs, \$250. Call 433-1775.

Bedroom furniture and accessories. Solid cherry double dresser, chest of drawers, headboard, night stand and mirror. Also carpet, lamps, bedspread and matching drapes, shade, dust ruffle. Items may be purchased separately. Excellent condition, best offer. Call 398-9193.

Free — Kittens, ready for homes. Call 682-6303.

Large area bound carpet, perfect for dorm room, best offer. Call 395-1830.

Alto saxophone, silver colored, very good condition, used for music lessons at school, made by Frank Holten & Co., \$250. Call 262-5653.

Powerglide 500 rower/skier, \$40. Call 967-3791 after 5 p.m.

Paul Reed Smith custom "one of a kind" guitar, serious inquiries only, original cost \$3,000. Call 588-7044.

Very large air compressor (garage style) plus Matco air drill, \$200. Call 432-2851.

Jacobson gas lawn mower w/ rear bagger, barely used, \$225. Humidifier in woodgrain cabinet, like new, \$65. Call 820-9204 after 2 p.m.

Whirlpool gas dryer, good condition, \$75. Call 966-3661

Items for Sale

between 8 a.m. and 2 p.m.

Seasoned firewood, mixed hardwoods, cut and split. Pickup truck load (8 foot bed) \$40 cash and carry, delivery extra. Call after 5 p.m. weekdays, anytime weekends.

Coal stove, 55,000 btu, Franco Belge, used four seasons, excellent condition, \$550. Call 398-7687.

Wedding gown — Ilyssa-Demetrios, size 8, illusion neckline, long sleeve and train, head piece included with full length detachable veil. No slip or bra necessary, \$500. Call 868-7539 after 4 p.m.

Healthmate model 2050 rower, hardly used, asking \$70. Panasonic Easa Phone, Model KXT1520, automatic telephone answering system with pickup remote controller, asking \$50. Call 433-3481.

Bridesmaid 2 piece suite, dusty rose, floor length, could be altered for tea length, size 9. Call 767-2183.

16 Bit Turbo Grafx, good shape, comes with 3 games, \$100. Call 285-4350.

Computer: Tandy 1000TX, 80286, 640K, VGA, VGM-200 color VGA monitor, 5.25, 3.5 inch drives, 40 meg hard drive, 1200 baud external modem, Microsoft mouse, Tandy DMP-106 printer, asking \$650 or best offer. Call 437-7089, leave message.

Two person dinette set with cream-colored chairs on wheels, very good condition, asking \$100 (neg.). Call 432-7159.

Complete kitchen — cabinets, counter, sink, stove, refrigerator, dishwasher, microwave, \$3,000

Items for Sale

or best offer. BMX Bike: Haro, Group 1C, \$150. Call 282-4199.

Gold Lazy Boy recliner, price negotiable, call 435-6957.

Free goats to a good home. Two wethered males, one nubian, one lamancha. Call 845-2233.

Pioneer turntable, all wood, recently serviced, new stylus, excellent condition, price negotiable. Call 262-4538.

Snowboard, Sims size 151 with Sims bindings, excellent condition, used one season, \$219. Skis, Hart size 180 with Marker bindings, good condition, \$99. Call 434-8471.

Vehicles for Sale

1983 VW GTI, 98,000 miles, needs inspection, rebuilt engine at 45,000, red with red interior, some extras, third owner, best offer accepted. Call 679-5069.

1981 Yamaha 400 Special motorcycle, good condition, low mileage, best offer over \$400 takes it. Call 481-9088.

1983 Porsche 944 5 speed, tan, AC, PD, PW, AM/FM/Cass, 67,000 miles, good condition, \$9,200 or best offer. Call 965-6178.

1984 Chevy Impala light blue, 94,000 miles, great shape, will take best offer. Call 437-6954 after 6 p.m.

1977 Ford Thunderbird, white, 100,000 miles, best offer. Call 432-2695.

1979 Suzuki GS 550E, only 7,800 miles, \$800, good condition. 1979 Suzuki GS 550E, only 5,500 miles, good condition, \$600 firm. Call 432-2851.

1966 Ford Mustang, Sprint 200, automatic, rebuilt transmission,

Vehciles for Sale

\$1,200 or best offer. Call 432-2851.

1989 Ford Bronco II, XLT plus package, loaded, 30,000 miles, 4 new Firestone tires, new front brakes, towing package, V6 engine, 5 speed, travel racks, tuned up at 28,000 miles, Lincoln Continental stereo system. Call 717-325-2380.

1979 Pontiac Bonneville V8, loaded, light blue, very good condition, asking \$1,195 or best offer. Call 845-2233.

1979 Honda 400 AT, only 4,300 miles, must see. Helmet, sissy bar and bag included. Needs inspection. \$600. Call 845-2333.

1984 Olds Omega 6 cylinder, AT, AM/FM, PS, PB, sunroof, current inspection, asking \$1,800 or best offer. Call 264-3074.

1983 Toyota Pickup 4x4, 3" lift, new 31" tires, long bed, roll bar, sun roof, inspected September, \$3,100. Call 398-1502 after 5 p.m.

Real Estate for Sale

Mountain Home, 1 hr 15 min from Allentown near Big Boulder/Lake Harmony. Indian Mountain Lakes, security controlled development with 3 lakes and 2 pools, 1 pool a block from house, 3/4 acre lot, 2 or 3 bedroom, large living room, dining/kitchen area, 1 bath, fireplace, \$90,000, negotiable. Call 967-3791 after 5 p.m.

East Penn townhouse in quiet cul-de-sac, 3 BR, 1 1/2 baths, central air, heat pump, 1 car garage, finished basement, fireplace in family room, hardwood floors — just move in! Asking \$99,900 (negotiable)

3 Bedroom, 1 1/2 bath 4 year old twin townhouse, 1 car garage, 2 car parking, overlooking woods, neutral colors, many extras. \$75,000. Call 797-8743.

2 Story single country home on 1 acre, detached garage with workshop, 3 outbuildings, 2nd story currently used as an

Real Estate for Sale

apartment (pays mortgage!) or can easily be reconverted to single house. Total 4-5 bedrooms, 2 kitchens, 2 LR, 2 baths, \$125,000. Call 681-5774.

Real Estate for Rent

2 BR apartment, air, washer, dryer, dishwasher, off street parking nice yard, \$550/month. Call 776-6987.

Poconos/Lake Naiomi — large contemporary home, 4 BR, 2 baths, large decks, sleeps 10, swimming, sailing, golf, tennis, 10 minutes from ski area, available weeks or weekends, seasonal rental for ski season. Video available. Call 432-2906.

Stone Harbor NJ — Near beach and town 3 BR, full deck, available weekends in October. Call 439-0911.

Wanted

Babysitter wanted — seek responsible high school or college student to babysit one 2

Wanted

1/2 year old boy. Occasional and weekends. Must drive or live ner Helfrich Springs Apts. Call 432-8595.

Housekeeper to keep our home tidy, routine cleaning, laundry, some cooking. No heavy cleaning, no child care. 3 hours daily, Monday-Friday, west end on bus line. Call 434-5777 evenings.

Services

French Native, 25 years experience teaching French to all ages and at all levels. Will tutor students to obtain better grades, prepare travellers for trips to France, translate letters, documents. Call 791-3686.

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.

Marketplace Submis		
Check Category	ems for Sale	Vehicles for Sale
Real Estate for Sale	Real Estate	For Rent 🔲 Wanted
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Department		Daytime Ext