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Hospice Collars New Breed of Volunteers

Lehigh Valley Hospice is barking up the *right* tree when it comes to finding volunteers.

A total of 11 delightful pooches have joined the crew in an innovative effort that's the brainchild of Lenore Urban, who herself is both a dog fancier, hospice volunteer and part time employee.

But they're very special dogs, highly obedience trained and then thoroughly "stress" tested.

Urban, who's part of a group that rescues purebred dogs from a variety of unhappy circumstances, notes that man's best friend has a proven track record in therapy situations, especially in nursing homes and psychiatric units. Not only has it been proven that petting or stroking an affectionate animal reduces a patient's stress levels, it's also been clinically demonstrated that people with emotional problems will "open up" to a non-threatening four-legged visitor.

So working with both Hospice and fellow dog fanciers from the All Breed Rescue Alliance, she's blazing new trails for Lehigh Valley Hospital. Among dog lovers, training and handling is a major joy and source of pride, so it wasn't difficult to find a whole lot of dogs of various breeds who were very sharp in all the traditional obedience areas.

But how would they respond to wheelchairs, walkers, persons in bed, and patient behavior that might be construed as frightening?

A testing area with all the simulations was set up to find out, and 11 dogs passed the muster to become ideal visitors to families where death is very near and commitments are on a very short basis.

Like other hospice volunteers, the dogs are visitors, and are always accompanied by an owner or handler.

That creates an even larger pool of hospice volunteers. Urban explains that for a loving dog owner, being out with the four-legged compan-



Corkie is a lot more than a purebred Basenji. The 5-year-old dog, owned by Abbey Wenger of Breinigsville and admired here by Lenore Urban of Lehigh Valley Hospice, is one of just 11 dogs who qualified to become hospice volunteers.

ion is an important part of the pleasure, and for these people there's new opportunities with Hospice.

Additionally, there's the distinction of owning a dog who's proven to be so highly trained that they legally rank with seeing eye dogs when it comes to privileges on public transportation and settings in which animals are not normally allowed.

Growing Yule Drive 'Adopts' Area Families

It began as a casual idea at Pediatric Clinics, and has since grown into an enormous sharing of holiday spirit. This year, "office-fulls" of toys, clothing and food became gifts for a number of the area's neediest families.

Sue Jones, RN, and Zona Farmer, LSW, say clinical staff at both hospital sites participated through a quiet network through nursing staff representative committees.

"These are very needy families who are trying very hard," Jones explains. "They've just had a rough time with circumstances."

The program got additional support this year from Asbury Methodist Church in Allentown, which "adopted" 30 families.

Farmer says that from various sources at 17th & Chew, a list of families in need is compiled. From that, donations are received from individuals or entire groups. Nursing units like the CNS Unit, Transitional Open Heart and GICU-W at Cedar Crest & I-78 or medical practices like Orthopaedic Associates received first names, ages, clothing sizes and "wish lists" of an entire family.

Gifts and food baskets were gathered at 17th & Chew and arrangements made with families for pickup or delivery. And while those who participate enjoy sharing the holiday spirit, there's a special joy for the two organizers. "I feel like Santa Claus," Farmer says. "It's wonderful."

Tuition Reimbursement Now Taxable Income

Because tuition reimbursement is now considered taxable income, applicable taxes will be withheld, effective with payments made after July 1, 1992.

It stems from the presidential veto of the Urban Aid Bill on Nov. 4, which included a tax exclusion for employer-provided educational assistance until June 30, 1993. Because of the veto, educational reimbursement paid to employees on or after July 1 for non-job-related courses is deemed income and subject to federal, state and local taxes. Job-related courses, according to the Internal Revenue Service, are not subject to taxes.

However, the IRS definition of "job-related" is different than what is eligible under the hospital's tuition reimbursement program.

Similar exclusions have expired in the past, but were always reinstated retroactively before the end of the year. After checking with tax consultants, it appears the exclusion will not be revived this time.

For what it's worth, the IRS defines job-related education as that which must *maintain* or *improve* the skills needed for your *current* job or to meet the employer's express requirements for *retention* of your job. Such education must not qualify you

for a *new trade* or *business*. Also, such education *must not* be needed to enable you to meet *minimum requirements* of your job.

HRD Activities

The next hospital orientation will begin at 8 a.m. at Cedar Crest & I-78 on Jan. 18 and an optional tour of both sites will be held Jan. 20 beginning at 1 p.m. at 17th & Chew and 2:30 p.m. at Cedar Crest & I-78.

CPR recertification will be held in the 24-hour period beginning at 10 a.m. Wednesday, Jan. 27 in the Nursing Learning Laboratory, General Services Building, Cedar Crest & I-78.

CPR certification, for which pre-registration is required by calling ext. 2430, will be held in two parts from 9 a.m. to noon in Room 900, School of Nursing, on Jan. 14 and 19. Attendance is required for both dates.

Next in the Regional Symposium Series is *Grief: Spiritual and Medical Crisis* on Jan. 9, the *Fourth Annual Symposium in Geriatrics* on Jan. 23., and *Update in Dermatology* on Feb. 13.

For additional information about each of the programs, or for registration, contact Human Resource Development at ext. 8322.

If You've Decided There'll Be 'Lean on Me' in '93...

One of the most popular New Year's resolutions is "I'm going to lose a couple of pounds." Or maybe a lot of pounds.

If you missed Lean on Me, presented by Health Promotion Program and Clinical Nutrition Services, or just didn't want to get involved in an organized weight-loss program, here's your chance to start the new year right.

In the next four issues of *CheckUp*, you'll get the same advice and encouragement as you'll find in organized weight loss programs. But it's not just losing weight. It's also getting into shape, and changing attitudes that put extra pounds on your frame. Best of all, this program is just between you and *CheckUp* — no heavy expectations for your friends and family. It's for your own satisfaction, too. There are no prizes or rewards...except, of course, for your self esteem and better health.

Why Most Diets Fail

Diets are often launched with great enthusiasm, but misery rapidly sets in because of wholesale changes in eating patterns. Don't even look at it as "dieting." That's restrictive. The key to success is moderation, not deprivation.

First, don't shoot for lots of pounds quickly. It took a while for you to collect the extra weight, and it will take you a while to get rid of it. Best bet: shoot for just one pound a week.

To lose a pound, you have to trim 3,500 calories from your usual food intake. But when you suddenly slash calories, your body reacts by protecting what it has and responds with reduced metabolism. To get even, you have to exercise.

While the Health Promotion Program offers a full range of exercise classes, dedicated couch potatoes can get started with a brisk 20-minute walk, three times a week. This is the simplest form of *aerobic* exercise, where you get your heart rate up for a sustained period of time. Just how high depends a lot on the condition of the individual. If you're not sure about how hard you should exercise, consult your family physician.

Another dieter's nightmare is getting "stalled" after a pound or two is gone. That's because you're toning muscles, and muscle is a lot more dense than body fat. Don't get discouraged; measure your gains in your waistline, hips and thighs. It won't be long before you notice your

Continued on Page 4

Lean on Me Names Winners

Winners in Health Promotion Program's "Lean on Me" competition were awarded a variety of prizes as the event drew to a close in mid-December.

The first place team was Med Wrecks, from Medical Records, with a total of 53.5 pounds of weight loss. Team members included Floss Rossiter, Carol Coppola, Marlene Boyer, Judy Wentz and Jamie Stoudt.

Runners up were the Born Losers from Physical Therapy. Sharon Bartz, Terry Crone, Tara Bonsell, Collette Frisch and Mike Zerbe were team members. Third place went to Porky's Pagers, from Paging. The group included Colleen Granitz, Mary Trone, Donna Knuite, Tina Mollinger and Carl Bischoff.

Top individual honors went to members of the Burn Unit. Cindy Buhn-Moore was the top female and Bill Karpowich the top male in the field of 125 who finished the competition.



Winners in the Lean on Me competition at Cedar Crest & I-78 included Cindy Buhn-Moore, Burn Unit, (left), who was the top individual female and the "relentless" Med Wrecks of Medical Records, the top team. They are, Jamie Stoudt, Judy Wentz, Floss Rossiter, Marlene Boyer and Carol Coppola. With them is the team mascot, Trina Boyer.

Lean on Me, Continued

clothes fit a little better.

You need calories to stay healthy — how many depends on your age, weight and activity level. Calories come from proteins, fats and carbohydrates. And carbohydrates are divided into two kinds — simple (and useless), like the sugar in a soft drink, and complex (and important), like you'll find in a potato.

No more than 25 to 30 percent of your daily intake of calories should come from fats, and one gram of fat is worth nine calories. On the other hand, if about half of your calories are coming from complex carbohydrates (where one gram of carbohydrate turns into four calories), you're on the right track.

"Starvation" dieting is not only unhealthy, but it can be dangerous. Anytime your daily intake of calories goes under 1,200, it should be under a physician's close supervision.

It's better to keep a comfortable calorie level with a good balance between fats and carbohydrates. You'll be amazed, just by balancing those numbers, how healthy your diet will become.

Getting Started

Since this is a no-hassle weight plan, the starting point is easy. Eat what you're eating right now, without any drastic changes. But keep a daily log of everything you consume, and, if it's convenient, make a note of how you were feeling at the

A Quick Quiz That Might Surprise You

Among the three choices listed below, what's the *worst* food selection for those who are watching what they eat?

- Two slices of Canadian Bacon
- 10 strips of french fried potatoes
- Chef's salad (without dressing)

Answer: One and a half cups of chef's salad has about 15 grams of fat, while the french fries are in for 10 grams and the bacon checks in at 5 grams.

But there's hope for food fans of all orientations. All of the above are fair game when you're planning meals. It's the total grams of fat that really counts. For most women: between 75 and 85 grams per day; for most men: 95-105 grams per day.

This is a sampling of some of the interesting and useful information in *Healthy Dividends*, available from Health Promotion Program. It also gives you real support in keeping track of fat intake and considering portion sizes.

For the Dedicated

Employees who are highly resolved to get into shape or who feel they need a structured weight management or exercise program will find a wide variety of offerings tailored to individual needs at the Health Promotion Program. To get information on classes and programs, simply call 821-2150.

time you ate it. This includes all your usual meals, plus those snacks and treats that lurk in virtually every department. Portion sizes are important, too. Was it four or eight ounces of steak? How much Blue Cheese dressing went on your salad?

Keeping a log for a week or so is important because later you'll want to know just how much you were consuming in terms of calories and fats. It will make adjustments you want to make a lot easier to handle.

(And some people who do this also report that they become so conscious about what they're eating that they begin dieting without realizing it.)

If you have any reason to believe that dietary changes or increased exercise may be a problem, consult your physician for guidance.

So, for Week 1:

- Log everything you normally eat.
- Use a tape measure to record body measurements, including chest, waist, hips, thighs, and upper arms. Save these for comparison later.
- Contact the Health Promotion Program (821-2150) and ask for the free booklets *Healthy Dividends*, *Fat Percentage Calculator*, and *Stretching Exercises for Walking*.

Then, for Week 2:

- Using the materials you'll receive, log everything you eat with a goal of cutting fat intake to 25 to 30 percent by week's end.
- Take three, brisk 20-minute walks.

In coming issues, you'll learn some interesting things that support the value of balanced diets, how to decline treats without offending anyone, and how to secretly restructure your family's eating habits to improve their health, too. In the meantime, relax, have a banana, and know you're doing the right thing.



A year of active hospital involvement with youngsters at Central School ended when Santa Claus paid a visit and delivered a gift to each of the 600 students from Lehigh Valley Hospital nurses. When the visiting Santa, portrayed by Andy Parry, RN, discovered another, portrayed by a student, just before a holiday program, there was jolly mayhem to the delight of a group of fourth graders.

Reaching Out: Hospital Teams Make a Difference For Allentown Children at Central School

After two years, the report card on the Central School Project of Community Health shows good marks from everyone involved. While there's a long way to go in this novel attack on helping children be ready to learn, a cooperative venture between Lehigh Valley Hospital and the Allentown School District has had a profound affect on many young lives.

"Are there future doctors and nurses here?" Linda Heintzelman is asked.

"There are some extraordinarily gifted children here," she replies.

"Will they be able to reach their optimum potential?"

She answers, **"We don't know."**

On the darker side, there were 44 suspected abuse cases last school year in a population of just 600 children ages six to 10 — physical beatings, sexual assault, burns and obvious neglect.

The premise is that if children aren't healthy, they can't learn, and if they can't learn, they will face greater challenges in life, such as school dropout, unemployment, illiteracy and even homelessness and poverty.

It began with a problem that's a long way from being clinically glitzy: pediculosis, or basic head lice. State law is very straightforward: if you have lice, you are excluded from school. And children were missing more than half the school year because of it.

But under state law, the Allentown School District is only required to have one nurse for every 1,500 students and Central School has an enrollment of 600. Thus, a nurse was available two days per week. When the Community Health Department responded to the school district's request for assistance, Central School was named as the most critical starting point.

Since then, Linda Heintzelman, RN, BSN, pediatric case manager, and Lenore McGonigle, project manager and health educator, have learned hard lessons in how poverty chews on the lives of young children. Their "unit" is a bright health room at the very center of a classic inner-city area.

On the surface, it's hard to see the health problems. Central looks like just another elementary school, with all the zest one would expect from young children. One hospital employee who visited at a recent health fair said she had never seen a better behaved group of children, eager to learn and participate in the activities.

That's the surface view. Heintzelman says her



At a recent health fair, Vicky Lysek, coordinator of the Perinatal Outreach Program, tries her hand at face painting.

**Central School,
continued**

work is the most challenging nursing she's ever faced, but the emotional rewards are enormous. Those who can be successfully helped begin to thrive in school. Problems are solved by working with parents and helping them deal with the complexities of a system that can be culturally foreign and intimidating.

Because the district nurse is divided between several schools, a huge gap remains, Heintzelman explains. She illustrates by pointing out one case involving a student injured at home before school. The parent advised the girl to "see the school nurse."

During the morning the school hosted a health fair by the Lehigh Valley Hospital, Heintzelman had no time to look in on the festivities in the gymnasium. In just two hours, she had four new cases of lice, a student with an ongoing attention deficit disorder, another suffering from seizures, a head injury, a transfer student with spina bifida and no accompanying documentation, a youngster who had recent eye surgery but had no glasses and one new case of child abuse.

"In a clinical setting," she continues, "each one of these could be handled fairly quickly." But in her support role as a pediatric case manager, each one required far more time. Relatives must be located, overloaded social agencies have to be persuaded to accept one more, and paperwork is extensive.

Limited resources include Clinics at Lehigh

She recalled one student, seen eating a meal of trail mix. It was his breakfast. There was no cereal because there was no milk. There was no milk because the family had no refrigerator.



With his giant teddy bear looming overhead, John Van Brakle, chief of Pediatrics, answers a question from a first grade child. Van Brakle was discussing physical examinations

Valley Hospital. Clinics are swamped, even though the staff at Central School has four slots per week at 17th & Chew. More often than not, residents of the area call upon emergency rooms for routine care to eliminate waiting time for an appointment.

Carlos Lopez, who until recently served as principal at Central School, calls the support Heintzelman and McGonigle provide "immensely helpful," and says with the advocacy that has resulted, "We are truly blessed."

He points out that because the community knows there's a nurse in the building all the time, parents will insist that children with minor illnesses attend. Those children normally would be kept at home, but at least they're in school and learning.

There are many parents who genuinely care for their kids, but struggle for the priorities of food, clothing and shelter. Thus, primary and preventive healthcare tumbles way down on the list.



At Halloween, safe practices for trick or treating were explained by Michelle Faust, RN, from East Stroudsburg University, an intern with Community Health.

Subtle barriers to care remain. "How many mothers would walk from 10th and Turner to 17th & Chew with four young children, none of whom have coats?" she asks.

McGonigle recalls her naivete when it all began. "We thought we would give them adhesive bandages and ice packs, take their temperature, weigh and measure them, and educate them on the value of good nutrition, exercise and a good night's sleep. Our biggest challenge would be controlling lice." Parents would be encouraged to become involved in their children's healthcare, and if problems were encountered, there would be referrals.

Two years later she confesses to anger and depression at the loss of her naivete. "We found that we often don't ask a child if he is eating well, but rather if he had any food at all. It is not a matter of simply bandaging a scraped knee from a playground fall, but instead investigating bad bruises and suspicious burns."

It is also a fluid student population. About half the student body turns over throughout the year. Central is also where children from homeless shelters and shelters for battered women attend school. It sometimes means that as soon as progress begins to be made with a case, parents move and the child is gone.

Still, McGonigle and Heintzelman see the positive sides of the endless battle, measured in one life at a time. Small successes produce big smiles and grateful hugs, and being able to focus on lives of individual children keeps McGonigle and Heintzelman going. For example, a young girl who missed half the school year because of lice is now in school and learning all the time because the school, the healthcare team and the parents worked together to solve her problem.

Because the health room is continually staffed, other healthcare problems of a far more complex nature, such as insulin-dependent diabetes and behavioral problems routinely challenge hospital staff who work at the school. They not only must overcome suspicious and sometimes hostile parents, but also must have good lines of referral to a variety of agencies to snag limited supplies of aid for the patient and family.

A district-hired dental hygienist serving the students reported that at least 50 percent of the entire student body had dental problems requiring professional treatment. The only sources of help are dental clinics at Lehigh Valley Hospital and Sacred Heart Hospital, which were immediately booked. In the meantime, though, the same budget pressures that displeased citizens about high school extracurricular activities also



McGruff the dog, looking to take a bite out of crime, gets a hug from a Central School student. McGruff represented the Allentown Police Department, who would very much like to see this child and others grow up on the right side of the law.

reduced the services of the hygienist from three days a week to one. There were correspondingly fewer referrals. Another way to look at it is two thirds of the children won't get the dental help they need.

Fewer than a quarter of the students had basic immunizations in their first 15 months of life, which means that most pre-school children in the area are at risk for vaccine preventable diseases, such as diphtheria, tetanus, pertussis, measles, mumps, rubella and polio.

In the meantime, Heintzelman and McGonigle often represent a family's only resource for primary healthcare of their children. It means that the hospital crew has become an important member of the school team of guidance counselors, teachers and administrators.

Lopez maintains that if primary care is widely available to children just beginning their years in school, and students are then ready to learn in the classroom, poverty could be wiped out in a single generation.

Children don't necessarily have head lice because of parental indifference. They pass it back and forth because they have to share beds and sometimes clothing.



Alex Rae-Grant, MD (left), recently received recognition for outstanding volunteer services to those with multiple sclerosis from the Greater Delaware Valley Chapter of the National Multiple Sclerosis Society. He received the award from chapter chairman W. Thatcher Lonstreth and vice chairman Larry Kane.

Information Services Tree Brightens Holiday for Kids

The Christmas tree at Information Services had a different kind of decoration: names of needy children.

In all, there were 40 such ornaments with name, age, gender and clothing size provided by the Allentown Corps of The Salvation Army.

Children ranged in age from 2 months to 12 years, and Information Services staff wishing to participate simply plucked one of the ornaments from the tree, did some shopping, and brought the wrapped gift to work. Eventually, all the presents were taken to the Salvation Army for distribution.

Barrie Borger, a technical analyst, summed up the meaning of the program, which was organized by the Special Events Committee at Information Services: "My kids are grown, so it was really fun shopping for a youngster, especially one who otherwise wouldn't get a gift."

Time to Roll Up the Shirtsleeve: Bloodmobile Visit Planned

Lehigh Valley Hospital has arranged with Miller Memorial Blood Bank to have a bloodmobile at the 17th & Chew location on Tuesday, Feb. 9 from 7:30 to 10:30 a.m. The bloodmobile will be located in the School of Nursing auditorium.

About Our People

Brenda Dwinal and *Kathy Mantz* were awarded certification as tumor registrars by the Certification Committee of the National Tumor Registrars Association. They passed a comprehensive written examination on tumor registry management to join 1,500 others world wide who have met extensive education and work experience requirements for certification.

Michael DeSantic, senior ultrasound technologist and *Sherie Mohn*, ultrasound technologist, recently passed the vascular boards administered by the American Registry of Diagnostic Medical Sonographers and are now registered vascular technologists.

Scott Dorney, RT, and *Tracey Walck*, RT, both recently passed the registry examination administered by the American Registry of Radiologic Technologists. Both are graduates of the hospital radiography program. *Charles W. Natterman*, director of the School of Radiologic Technology, adds that the entire Class of 1992, as usual, passed the exam. In the past 23 years, all but one have been successful.

Births

- To *Kerri L. Puskar*, manager, Public Relations, and her husband, Brian, a daughter, Erin Elizabeth Puskar, on Dec. 3. She has a brother, Adam.
- To *Mary Bechtold*, Nursing Staffing Office, and her husband, Thomas, a daughter, Chelsy, on Dec. 18. She has a sister, Shayna.

Engagements:

- *Stephanie Mikovitch* and *Scott Dorney*, RT, both of Radiology. No wedding date has been set.

Weddings

- *Diane Horvat*, PT, Physical Therapy, married Drew Dangler on Nov. 21.

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) _____

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Submitted by _____

Department _____ Daytime Ext. _____