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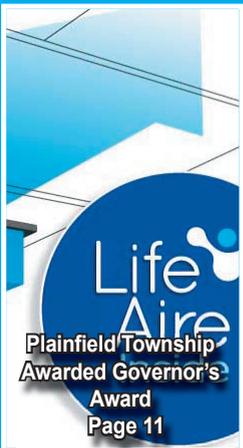
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## Upper Mount Bethel's Kevin Dillon Recently Throws a No-hitter



By Michael Ortoski

UPPER MT. BETHEL - Notre Dame East Stroudsburg Junior and Upper Mount Bethel resident Kevin Dillon recently threw a no-hitter against Lincoln Leadership Academy in a 15-0 decisive win with the mercy rule taking effect. In addition to striking out 9 batters, the cleanup hitter had a solid game on both sides of the ball with a 3 run homer and 5 RBIs on the day.

The local resident has been playing baseball since age 5 and has given up a brief stint in soccer and a longer run with basketball to focus on baseball. Perfect Game, a renowned baseball scouting service, recently ranked Kevin as the number 49 Right Handed Pitching prospect in Pennsylvania and 160th overall in the state for the Class of 2022. The High Honor student is hopeful of continuing his baseball career in college and is currently trying to find the best place he can match a solid education with his baseball passion.

Off the field, he likes to help people and although coronavirus restrictions have limited his afterschool and other volunteer work, he hopes to resume such activities as time and COVID constraints allow. In the past, he would lend a hand working with younger students at the school's after care program in addition to various UMBT Parks and Recreation events.

## St. Luke's Opens Most Advanced Detox Unit

By Sam Kennedy

ALLENTOWN - St. Luke's Sacred Heart Campus in Allentown celebrated the opening of the region's most advanced detoxification unit with a virtual ribbon-cutting. At a time when serious drug use and overdoses in the area are alarmingly high, this Level IV facility will provide 24-hour medical supervision to people withdrawing from alcohol or other drugs.

Level IV is the top designation from the American Society of Addiction Medicine, reserved for detoxification facilities that offer the most specialized care for people suffering from substance use disorders.

According to the Centers for Disease Control and Prevention, more than 70,000 Americans died from drug overdoses in 2019, of which almost 4,500 were Pennsylvanians. Detoxification, or withdrawal management, is considered the first step toward recovery from substance use disorders. Patients with chronic illnesses, such as diabetes or heart conditions, can suffer serious or potentially life-threatening side effects during withdrawal, such as hallucinations, high fevers, dangerously high blood pressure or even seizures.

Physicians, advanced practitioners, registered nurses, patient care assistants and dietitians will be on duty in the unit to treat medical issues or co-existing disorders that could be exacerbated during withdrawal.

"With the addition of this highly specialized medical detoxification unit, St. Luke's Sacred Heart will rank among Pennsylvania's leading behavioral health service providers," said St. Luke's Sacred Heart Campus President Frank Ford. Only three other medical detox units are



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