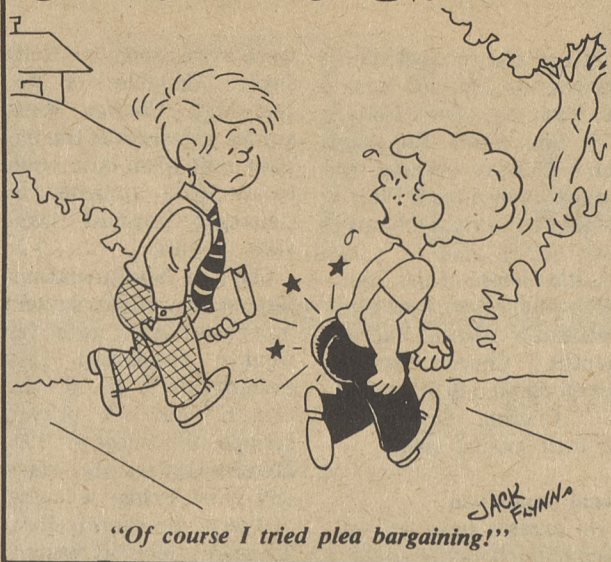


Bud and Sis



"Of course I tried plea bargaining!"

MH/MR to form local advisory board

The Luzerne-Wyoming County Mental Health-Mental Retardation Center has announced the formation of a Community Mental Health-Mental Retardation Advisory Board.

All residents of Court-dale, Dallas Borough, Dallas Township, Edwardsville, Forty Fort, Franklin Township, Kingston Township, Larksville, Luzerne, Pringle and Swoyersville are invited to participate in the decision-making process of the MH-MR Center in Forty Fort.

In order to be appointed to the Advisory Board, individuals must reside in the areas listed above. They must be 18 years of age or older, and thirdly, they must submit a letter of interest to Kathy Walker of the Consultation and Education Service of the MH-MR Center at 116 South Main Street in Wilkes-Barre.

MS. Walker said she hopes that applicants will represent all walks of life and all geographical areas served by the West Side Regional Center.

Twenty representatives

are needed to assist the MH-MR Center in providing more effective services, to develop mental health programs and to give residents a voice in the policies of the MH-MR Center.

Three other MH-MR advisory boards are simultaneously being developed in the corresponding geographical areas served by the three other regional centers. These are located in Pittston, Tunkhannock, and Wilkes-Barre.

For more information about the Community MH-MR Advisory Board, contact the Consultation and Education Service at 823-2155.

The Luzerne-Wyoming County Mental Health-Mental Retardation Center is a private, non-profit agency that provides various mental health services to residents of northern Luzerne County and all of Wyoming County. The Centers receives funding from the National Institute of Mental Health, the Department of Public Welfare and the United Way.

Kunkle UM Women plan sale

The Kunkle United Methodist Church Women met in the Fellowship Room of the church on Wednesday, July 13th, at 8 p.m., with Mrs. Dorothea Heinen and Mrs. Jean Race acting as hostesses.

President Mrs. Dorothy Dodson presided at the business meeting and Mrs. Dorothea Heinen was in charge of devotions.

Plans were made to sponsor a bake sale booth at the Joy Class Flea Market on Saturday, August 6th.

After the business meeting, refreshments were served to the following in attendance: Mrs. Ella Brace, Mrs. Sylvia Brace, Mrs. Arline Updyke, Mrs. Ruby Miers, Mrs. Dorothy Henney, Miss Winifred Stompler, Mrs. Lana Birnstock, Mrs. Agnes Elston, Mrs. Naomi Ashburner, Mrs. Jennie

Miers, Mrs. Jeannie Hilbert, Mrs. Dorothy Dodson, Mrs. Dorothea Heinen, Mrs. Jean Race and guest Mrs. Helen Girvan Lewis or Arizona.

The next meeting will be held on Wednesday, August 10th, at 6 p.m. at the Mark II Restaurant.

Sweet Adelines list rehearsal

Sweet Adelines will rehearse Tuesday, July 19, at 7:30 at Dolly Yankunis home.

Sweet Adelines is an international four-part harmony organization for women 16 years of age or older. Musical knowledge isn't necessary to sing with this group.

A special membership night will be held July 26 at 7:30 p.m. at St. Matthew's Lutheran Church, 667 N. Main St., Wilkes-Barre. All former and new members are invited on this night.

Sweet Adelines will perform July 27 at the Leader East at 7 p.m.

Further details may be obtained from Director Ray Patsko or Nancy Patsko, Wilkes-Barre; Lois Leeds, Plymouth, or Margie Tuhey, Nanticoke.

Want to cut family food costs? Here's one new idea

If you're looking for a way to cut family food costs, especially during the winter months, the canning and nutrition center in Nanticoke might well be the place to turn.

The center, directed by four certified home canning personnel, two of them young women from the Back Mountain area, offers home canning installation for use at the public's convenience, an opportunity to purchase fresh garden produce, and the chance to work within clean, cool space while making new friends and having a good time.

In addition to doing the canning, Barbara Mead of Dallas, dietician, is able to provide information on nutrition and preparing meals at low costs.

Ginny Romane of Harveys Lake is in charge of the distribution center, buying food from local farmers at low prices in order to sell them to people who use the center and also to those people who can't get to farmers markets.

Nancy Frey of Wilkes-Barre is the program director and Lillian Cohen of Forty Fort, is canning supervisor.

The center, which opened July 15, is open by appointment, Tuesday, Wednesday, and Thursday from 8:30 a.m. to 4 p.m. It is equipped to process low and high acid food and the personnel are there to help both the experienced canner and to instruct the newcomer.

The program was funded by the Community Services Association (CSA) and is sponsored by the Commission on Economic Opportunities of Luzerne County (CEO). It was proposed primarily to aid low income families and senior citizens in decreasing food costs by preparing their own fruits, vegetables and meats, including poultry. But it is also available to other residents who want to use the facilities.

The program also sponsors a community garden program, 30x30 plots at Keystone Center and at Retreat State Hospital. The garden plots are available to people by application. Each family is allowed one lot. If there are extra lots then some are able to have a second one.

Last year there were 34 plots at Keystone, this year there are 105. Eighty four families are gardening at Retreat. The gardeners can provide their own seeds or they are available from the Nutrition Center, through the anti-inflation program.

The ground is plowed for the gardeners. There is a one dollar registration fee for much and fertilizer and hand tools can be rented for one dollar, refundable at the end of the season.

Mary Anderson of Conyngham is coordinator of the garden program. She has seven children and is a strong advocate of farming, having a large farm of her own.

The gardeners can bring their produce to the center for canning. Or if they need or want more, they can purchase it at the center. They can also purchase their cans and lids at the center.

The processing is done by appointment, with groups varying from four to six at a time. Each group starts at half hour intervals. In addition to the

three days it is now open, the center will schedule additional hours if needed.

The first day of processing began July 15, with women doing carrots, beans and red beets. On July 13, a group of Back Mountain homemakers did beans and squash in a morning demonstration.

The center is a seasonal operation but will not close until canning season is over, probably late October. Canners can do from 16 to 64 cans of food at one time or as little as six cans if that is all that they need. They may work in pairs or bring a helper, or, if they desire, the center will provide a helper.

If the canners do not meet the CSA economic guidelines, they may still use the center but there is a charge of three pints 25 cents, or two quarts 25 cents.

There is a juice and pulper, and huge pressure cookers not found in homes as well as large steam kettles for soups to can or freeze. There are also large cooling down trays which cool the canned goods so the canners are able to take their completed products home with them.

The walls are decorated with garden and vegetable murals done by students working under the Title III Comprehensive Employment and Training Act.

The Center also plans to have at least one class each week on nutrition and numerous brochures and pamphlets are available.

Barbara Mead, the dietician from Dallas, is the former Barbara Mikolichik, daughter of Mr. and Mrs. Edward Mikolichik. A native of Dallas, she graduated from Dallas High School, then attended College Misericordia where she received a B.S. degree in food and nutrition. She did graduate work at Penn State University.

In 1972, she married Marvin Mead, also of Dallas. Prior to her marriage she worked in a New York Hospital as a dietician, then later accepted a position with Custom Foods Service as dietician and food service director.

She continued at Custom Foods, taking time out only when her daughter, Heather, was born. Barbara left Custom Foods to work with the Nutrition Center as the dietician because she was interested in working with a community foods program.

In addition to assisting with the supervision, she makes nutritional information available to the community. She also works with the schools on providing nutritional lunches and breakfasts. She is presently working with three schools who are teaching nutrition to the children at an early age. If the center receives new funding, she hopes they will be able to expand the program, adding additional equipment.

Ginny Romane of Harveys Lake, with two assistants, provides food for food clubs and direct marketing work. She plans to start tailgate marketing (selling produce from the truck) in low income and senior citizen areas. As with the canners she will be able to sell at low prices and get the food to people who can't get to the markets.

She has a large walk-in cooler to keep the vege-

tables fresh and presently is dealing with fresh eggs as well.

Ginny is available to help food co-ops (clubs) get started. She also sells food to the canners and cans and lids. The cans are two dollars for a dozen pints and \$2.25 for a dozen quarts. Lids are 25 cents per dozen. These items are for sale only to those doing their canning at the center.

Low income families receive a dozen jars at no charge.

A native of Wilkes-Barre, Ginny now resides at

Harveys Lake. She is also a college graduate and has been active with food co-ops in the Back Mountain for the past three years. She spent some time at a large co-op and people's warehouse in Arizona.

Nancy Frey of Wilkes-Barre, graduated from Wilkes College with a B.A. in English. She became interested in the center because she and her husband have been farming for the past four years and they served as consultants in drawing up the program for the center.

Lillian (Mrs. Mark) Cohen is a graduate of Forty Fort High School. She and her husband have two boys, Isaac in first grade, and Ben in third grade. She attended Wilkes and King's College where she was majoring in liberal arts. Her position at the center is the first she has had since she worked with her husband in his photography studio.

Lillian spent four days in Delaware at a similar center attending a training course in the operation and maintenance of the can-

ning program. As canning supervisor, she is responsible for setting up equipment, maintaining it and drawing up the guidelines for the canning program.

Low income, middle income, senior citizens, if interested in canning foods to cut budget costs-call and make an appointment. Have fun, listen to stereo, chat with friends while you "put up" food for the winter months ahead.

These young women are ready to help you and you will find them quite charming.



PREPARING VEGETABLE--Bev Turner, Idetown; Andrea Fulton, Harveys Lake; Mrs. Michael Russin, Trucksville; and Betty Hoskins, Trucksville, cut fresh string beans prior to canning them at Luzerne County Canning and Nutrition Center. (Photo by Charlot M. Denmon)



COOLING DOWN--After the vegetables were canned at the Canning and Nutrition Center last Friday, Lillian Cohen placed them in the cooling tank so they would cool fast enough for Andrea Fulton, Betty Hoskins and Mrs. Michael Russin to take them home. (Photo by Charlot M. Denmon)

Pa. begins emergency fuel program

Pennsylvania's Emergency Fuel Program for senior citizens and others severely affected by this past winter's high fuel bills will go into effect July 25.

The program will give priority to the elderly, explained that due to the extremely severe winter of 1976-77, Congress appropriated \$200 million nationally to alleviate the financial hardships of

individuals who had to pay exorbitant prices for fuel. Pennsylvania is to receive \$14 million of that amount.

The Emergency Fuel Program will authorize funds to:

1. Provide emergency financial assistance to eligible households, which, because of large unpaid energy-fuel bills, have had their utilities shut off, and-or are threatened with the

inability to obtain delivery of heating fuel;

2. Provide emergency financial assistance to eligible households which can prove dire financial need at the time of application, as a result of having paid large energy-fuel bills in whole or in part.

In other words, the program will provide assistance to those who could not

pay their heating bills this past winter, or who paid bills, but are now suffering unduly from financial strain.

The basic eligibility requirements include that the applicant's income must be within the program guidelines and that the family must be receiving Public Assistance

(Continued on P. 14)

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