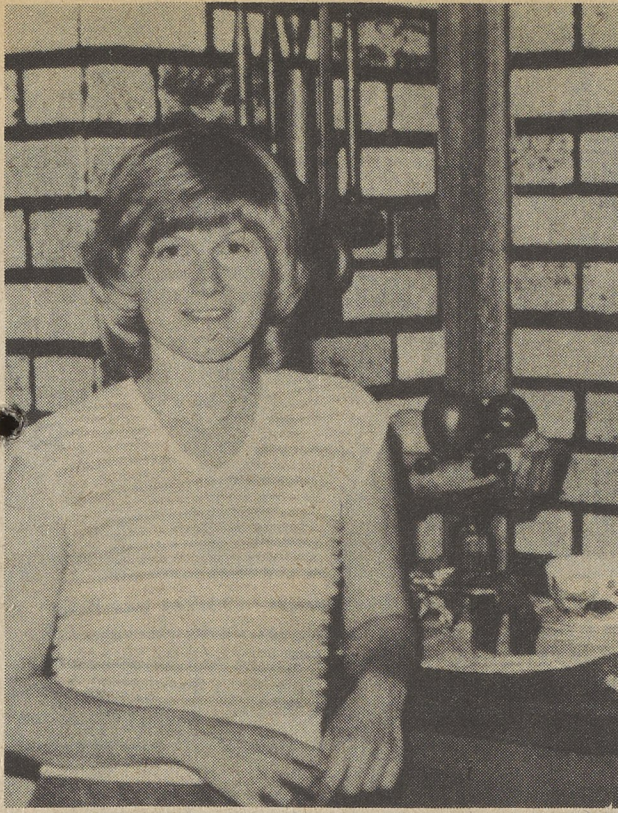


Judy Heiser likes to experiment with recipes



Judy Heiser

by Joan Kingsbury
Cooking is an interest Judy Heiser likes to pursue. Although the Heiser family includes three young children, the family enjoys many types of food enabling Judy to experiment with a variety of recipes. Even though the children prefer simpler dishes Judy is still able to prepare well-rounded menus.

Barbecued Meatballs are tasty served in hoagies or as a main dish accompanied by a salad and potato. Shape small meatballs; brown them in hot oil. Prepare the zesty barbecue sauce flavored with chili powder, garlic, and chopped celery. Add meatballs to the sauce simmering them for 15 minutes. Judy has found that barbecued meatballs taste great when reheated.

Arthur Treacher's watch out. Judy's Batter Dipped Fish tastes as good as the take-out kind. Judy says that the batter adheres well to the fish making a crunchy, golden brown crust after deep frying. Serve Batter Dipped Fish with French fries.

Avocados are a favorite at the Heisers. Avocado Salad is very easy to make. Just combine diced onion and avocado; cover with dressing and chill. Although Avocado Salad can be served after several hours of chilling, flavors blend better if this salad is chilled overnight.

If you're a family of chocolate lovers, try Judy's Cocoa Drop Cookies. Nuts may be added to these rich, fudgy cookies. Judy usually frosts Cocoa Drop Cookies with a buttercream frosting.

Judy's Fruit Cocktail Cake is an unusual dessert containing chunks of fruit. When preparing Fruit Cocktail Cake be sure to add the liquid the fruit is packed in to the batter. A creamy topping is poured over Fruit Cocktail Cake while it is still warm. For variety coconut or nuts may be added to the topping. Cool Whip may also be used as a topping.

Judy moved to Sweet Valley twelve years ago when her father Rev. Jack Cooper assumed the pastorate at the Community Bible Church. Judy and her husband Rich, a native of the area, are both graduates of Lake-Lehman High School. Judy is also a graduate of Maryland

Medical Secretarial School, Hagerstown, Maryland. A Marine Corps veteran, Rich is employed by Proctor and Gamble, Mahopany. Judy is a Fashion Show Director for Caroline Emmons, jewelry distributors. Anyone interested in having a home jewelry party may contact Judy at her home.

The Heisers have three children: Erin, Ryan and Courtney. Erin, a student at Sweet Valley Christian Academy, is six and one half years old. Ryan is four while Courtney is three years old. The children have just completed a week of attending Neighborhood Bible Time at Bloomingdale Bible Church where their grandfather is pastor.

With three children Judy doesn't have too much time for outside activities. Last winter Judy developed an interest in Rich's hobby, skiing. She is looking forward to spending more time skiing next winter. Picnicking and swimming are the Heisers favorite family activities.

BARBECUED MEATBALLS
2 lb. hamburger
1 onion
1 egg
1 clove garlic, minced
3 saltine crackers
dash Worcestershire sauce

Combine ingredients. Shape into small meatballs. Brown meatballs in a small amount of oil; drain. Add meatballs to sauce and simmer until done.

SAUCE
3/4 c. catsup
1/2 c. chili sauce
1 T. sugar
1 T. chili powder
dash salt
1 1/2 c. water
3 pieces celery, chopped fine

3 bay leaves
1 garlic clove, minced
2 T. onion
1/2 stick butter or margarine
3-4 T. Worcestershire sauce.

Combine sauce ingredients. Bring sauce to a boil. Add meatballs simmer for 15 minutes in sauce.

BATTER DIPPED FISH
2-12 oz. pkg. frozen haddock fillets
2 eggs, separated
1/2 c. club soda
1/4 c. milk
1 c. all purpose flour
1/2 t. seasoned salt
1/4 t. pepper

Partially defrost fish fillets; separate. Cut

fillets into 1 1/2" x 3" pieces. Place fish on paper towels to absorb moisture. Beat egg yolks until thick and light. Blend in club soda, milk, flour and seasonings. Mix until smooth.

In another bowl beat egg whites until stiff not dry. Fold into milk-flour mixture. Dip fillets into batter a few pieces at a time. Lift out, drain slightly with a fork or slotted spoon. Fry fish in deep fat heated to 375 degrees until it is golden brown and puffed. Drain on absorbant paper.

AVOCADO SALAD
1 avocado, diced
1 onion, small, diced
1 T. oil

1 T. vinegar
1/4 t. salt
dash pepper
4 oz. water
2 T. sugar

Mix all ingredients together and chill. Avocado Salad is best when chilled overnight.
COCOA DROP COOKIES
1 1/2 c. sugar
3/4 c. melted butter or margarine
1/2 c. cocoa
1 egg
3/4 c. sour milk
1/2 t. baking soda
1/4 t. cr. of tartar
1 c. nutmeats (optional)
2 t. vanilla
4 c. flour
Cream sugar, cocoa and butter together. Add egg;

beat well. Dissolve soda and cream of tartar in sour milk. Add sour milk and flour alternately to sugar-butter-cocoa mixture. Add vanilla and nutmeats. Drop by teaspoonful onto a greased cookie sheet. Bake at 350 degrees for 10 minutes. Frost with your favorite vanilla buttercream frosting.

FRUIT COCKTAIL CAKE
2 eggs
1 and one third c. sugar
1/2 c. Wesson oil
1/2 t. salt
2 c. flour
2 t. baking soda
1-16 oz. can fruit cocktail with liquid
Beat eggs, sugar, oil

and salt together until smooth. Add flour, baking soda and fruit cocktail and liquid. Beat at medium speed for one and one half minutes until smooth. (chunks of fruit will be seen). Bake in an oblong greased 13" x 9" pan at 350 degrees for 40-45 minutes.

TOPPING
one third stick margarine
one third c. sugar
1/4 c. evaporated milk
1 t. vanilla
1/2 c. coconut or nuts (optional)

Combine ingredients. Bring to a boil, boil one minute. Pour hot topping onto hot cake. Spread with a spoon.

DRC offers arts, crafts, tennis tourney

On Wednesday, July 16, Arts and Crafts were held at 10 a.m. for 25 children.

Those present created zig-zag creatures. Arts and Crafts is conducted by Jackie Bergevin and is held every Wednesday at 10 a.m.

On July 15, the DRC all-star soft ball team dropped a double header to an older Kingstom Boro Recreation all-star team 5-4 and 7-5. The all-stars however bounced back with twin victories over the Shavertown all-star team 10-0, 11-0. DRC was led by the sensational pitching of Sheri Ciccarelli.

On Saturday, July 19, the center sponsored a hoagie sale with 375 hoagies sold. The proceeds will help defray the cost of the Hershey Park field trip to be tentatively held Aug. 18.

Lori Saba will conduct a cheerleading clinic July 21 through 25. The clinic is for girls age 5-13. It will begin at 10 a.m. each morning. A 50 cents per day entry fee is required. The center will sponsor a junior backgammon tournament on Thursday, July 24 at 11 a.m. There are no categories for the tournament. All those

interested can sign up at the Rec Center. Trophies will be awarded.

The second annual Tupper Cup Tennis Tournament will be held Aug. 4 thru 10. The divisions are men's singles and doubles and women's singles and women's doubles. An entry fee of \$3 for singles and \$6 for doubles is required. Entry forms can be obtained at the Rec Center or at Tupper's Sporting Goods Store located in the Back Mt. forms must be in no later than July 25.

schedules of other summer activities, the first annual women's Basketball tournament will be postponed until a later date.

Future happenings at the center include a 10-mile bike hike through the ricketts Glen Field trip, Hershey Park and also future softball games.

For more information concerning any upcoming events, contact the Rec Center at 875-4833.

Due to the conflicting

OAK HILL La Casa Storta

by Bridgette Correale

La Casa Storta (that's the Correale's crooked house hotel) was again booked up this week. My mom and brother Anthony were up from Brooklyn, N.Y. to enjoy a week of running here and there. This coming week promises to be another winner when the one and only Bubbles and friends will be up to entertain, enjoy and whatever...so much for cooking, cleaning and shopping.

Belated birthday greetings to Marianne Mariani who celebrated her birthday July 16.

The Ed Powell's have returned from a Shrine Convention in Cleveland and on their way home visited with friends in Lake Erie and spent several days cruising on a houseboat. That sounds like fun.

Some couples receive floral arrangements or dinner invites for their wedding anniversary but to be presented with a brand new granddaughter on an anniversary is something else...that's what happened at the Cacoza's this past week. Louis and Pat Mariani, Rome, N.Y., presented Marlene and Jack with a new granddaughter Stacey Marie who joins her dark eyed gorgeous baby brother, Louis, Jr.

It may be hot this week but it won't be too hot to light birthday candles for one of my favorites, Msgr. Thomas Jordan, July 27; Pete Tomaselli and Joyce Hrabowski, July 28, a dear friend Geri Kerkowski, July 29 and Allison Lukasavage, July 30.

The Solinskis, Joe, Pauline, Jill, Pamela and Kelly are proud to announce the birth of their new addition, a 9 pound 4 ounce baby boy whose name just has to be "Joseph".

Baby Joseph will go on record as the only baby who was nice enough to wait until all the girls softball games and all star games were completed before he made his debut.

After living with me for 20 years some of my craziness had to rub off on Vin - he figures don't fight - join. Well he joined the ranks all right, he is playing "Chips" on our son's motorcycle. At first he was just riding the cycle around Oak Hill, now he's taking it to work and Saturday he rode it to the Poconos where he came back with more than the usual souvenirs. He is now sportin' one busted knee, one sore toe, two black and blue fingers, one torn dungaree and a pathetic looking bike. Now he tells me he wants to try sky diving. I don't know if it's his age, the chemicals they use for his perm or my cooking...

Don't forget registration for Lehman's Mini Football is scheduled for Sunday, July 27, from 1 to 4 p.m. at the Lehman Junior High School.

Gawlas issue mail tips for vacationers

Before leaving on vacation several simple steps can make sure your mail is handled smoothly while you're away, Dallas Postmaster Bernard Gawlas said.

"Ask a neighbor or relative to remove mail and newspapers from your mailbox daily, or have mail held at the post office," he said.

"A written request to

hold mail up to 30 days can be given to your letter carrier or submitted at the local post office. If an extended absence is anticipated, a temporary mail forwarding order can be requested."

Postmaster Gawlas stressed the importance of not letting mail accumulate in a mailbox, saying "it's a sign even novice burglars can detect."

To protect white settlers from repeated raids by Delaware Indians during the mid 1850's, Benjamin Franklin was commissioned by the Pennsylvania legislature to build a series of protective forst in Kresgeville, Stroudsburg, Shawnee and Bushkill [Monroe County].

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