

Joan Dennis offers delicious 'weight watcher' recipes

by Joan Kingsbury
When most people think of a diet, they think of being hungry and giving up many of the foods they like to eat such as corn on the cob, popcorn, wine, beer and peanut butter. According to Dallas Weight Watchers' lecturer, Myrtle Karl, the new Weight Watchers plan not only includes these but a large variety of delicious foods. In addition to the food plan, Weight Watchers also offers a personal action plan to help change behavior in a positive way, a pepstep personal exercise plan which offers two easy ways to help you shape up and group support which is provided in the classes.

This week Joan Dennis, a member of the class since Feb., 1979, reached her goal weight after losing 117 pounds. Because she felt that she was "losing out on a lot of fun" Joan joined Weight Watchers to trim down. She had tremendous support from her husband, Ray, and two sons, Brandon, 12 and Aaron, 10 while dieting. Her family not only encouraged her but happily ate legal meals and healthy desserts.

Joan considered attending her weekly meeting like "going to night class". Working with modules helps a person form new habits and changes their whole concept of food and eating. The recipe for

Dandy Candy was a favorite sweet treat while Joan was losing. Chicken Pie with Eggplant, Summer Loaf, Zesty Ham and Spaghetti and Peach Delight are other Weight Watcher recipes Post readers may like to try.

After losing 117 pounds how do you keep it off? Joan now goes on the maintenance plan for eight weeks to learn how to handle normal eating. After the eight week maintenance, Joan will become a lifetime member. Joan is looking forward to the maintenance program, thinking of it as "a learning experience".

Has losing all this weight made Joan a different girl? Joan went back to school, receiving her paralegal certificate. After working in a legal firm for a time, she now is employed by Commonwealth Communications, Kingston, a job she thoroughly enjoys. Joan says she now has a much more positive attitude about everything. "There is so much fun to be had, I'm going to enjoy every minute of it", she related. "Losing 117 pounds has definitely made me a new person."

CHICKEN PIE WITH EGGPLANT
4 c. cubed eggplant, 1/4" cubes
1/2 t. salt
1 T. plus 1 t. margarine
1 c. thickly sliced onion
1 sm. garlic clove, chopped with 1/2 t. salt
12 oz. sinned and boned cooked chicken, cut into 1/2" pieces
2 eggs, beaten
1/2 c. tomato sauce

1 T. chopped fresh parsley
1/4 t. paprika
dash each oregano leaves and freshly ground pepper

Place eggplant in a colander; sprinkle with salt. Let stand 30 minutes. Pat dry with paper towels and set aside.

Preheat oven to 350 degrees. Melt margarine in skillet; add onion and garlic. Saute over medium heat until onion is tender.

In medium bowl combine eggplant, sauteed onion mixture and remaining ingredients. Transfer to 9-inch glass pie plate and bake for 40 minutes. Serves 4.

SUMMER LOAF
4 c. chopped mushrooms
1/2 c. chopped red bell pepper
1/2 c. chopped celery, 4 ribs
1/4 c. chopped fresh parsley
two thirds c. part-skim ricotta cheese
2 eggs
1/4 plus 2 T. plain dried bread crumbs
1/4 t. basil leaves
1/4 t. oregano leaves
dash each salt and freshly ground pepper
1 med. zucchini, about 5 oz. scrubbed and trimmed
parsley sprigs to garnish
Combine mushrooms, red pepper, celery and chopped parsley in work bowl of a food processor; process until almost pureed. Add remaining ingredients except zucchini and garnish; continue to process until well combined. Transfer 1/2 of the mixture to a loaf pan that has been sprayed with nonstick cooking

spray. Place zucchini in center of mixture; top with remaining mixture. Cover with foil. Place loaf pan in larger pan that

contains about 1 inch water; bake at 350 degrees adding more water as needed for 1 1/2 hours or until knife when inserted in center comes out clean. Cool. Unmold, cover and chill for at least 3 hours. Garnish with parsley sprigs. Serves 2.

ZESTY HAM AND SPAGHETTI
1/4 c. plus 2 T. beef stock or bouillon
1 T. plus 1 t. soy sauce
1 T. vegetable oil
1 1/2 t. white vinegar
one and one third c.

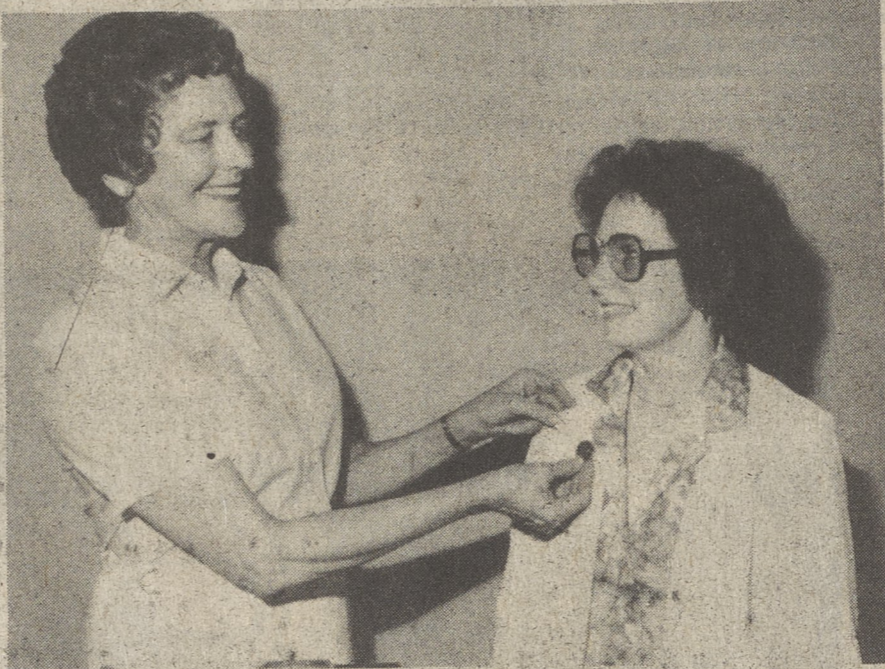
thin strips
1 oz. sliced scallions
In large bowl combine stock, soy sauce, oil and vinegar. Add remaining ingredients. Toss to combine. Divide evenly. Makes 2 servings.

PEACH DELIGHT
1 1/2 c. canned sliced peaches, no sugar added
1/2 c. evaporatd skimmed milk
1 T. lemon juice
1 1/2 c. ice cubes

In medium bowl combine peaches, milk and lemon juice. Pour mixture into blender container; process until pureed. Continue to process and add ice cubes one at a time. Pour into a shallow freezer con-

tainer; cover with foil and place in freezer. Stir every 1/2 hour, until mixture is completely frozen. Scrape into a large bowl. Beat with an electric mixer for about 1 minute. Divide evenly into three balls. Freeze one hour longer. Makes 3 servings.

DANDY CANDY
1 pkg. Alba '77
1/2 c. crushed pineapple, drained or
1/2 c. mashed banana
Drain pineapple well until it is almost dry. In a small bowl mix Alba '77 and crushed pineapple until pasty. Spread on tin foil or wax paper. Freeze for a few hours. Eat while still frozen.



MYRTLE KARL pins the lifetime member award pin on Joan Dennis, who lost 117 pounds on the Weight Watchers Program. (Mark Moran Photo)

Bulfords hold reunion

The descendants of Frank and Ellen Bulford, held a family reunion at the home of Mr. and Mrs. Durwood Splitt of Jackson Church Road on June 27.

A picnic dinner was enjoyed by the following: Mr. and Mrs. Clarence Elston, Huntsville; Mr. and Mrs. George Schimmel, Eric and Heather Schimmel, State College; Mr. and Mrs. Frank Wyrsh, Binghamton, N.Y.; Mr. and Mrs. Richard Stout, son Mark, Delaware; Mr. and Mrs. Thomas Cease, Dallas; Rev. Dr. Allan J. Cease, Carverton; Mrs. Helen Franklin, Jackson; Mr. and Mrs. Terry Newell, son Terry, Jackson, and Mr. and Mrs. Durwood Splitt.

It was decided to have the reunion the same time and place next year.

Dallas sets CPR classes

The Dallas Recreation Center will be sponsoring CPR classes July 14-16 from 6-8 p.m. each evening. Instructors for the classes will be Cindy Cavé, Glenda Pomrinke and Sharon McDermott. Mrs. Cavé is an EMT and has gained her CPR certification through the American Heart Association, American Red Cross, East Stroudsburg State College and is also an EMT instructor.

Mrs. Pomrinke is certified to instruct advanced first aid and CPR. Mrs. McDermott is certified to instruct CPR. Advance sign-ups would be helpful. Interested persons please contact the center at 675-0176.

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Minimum Insulation Levels Required for New Homes and Buildings in UGI's Service Area

Effective July 31, 1981, all new homes and buildings in UGI's service area — regardless of how they are heated — must meet minimum insulation levels to have electric service connected. The minimum insulation levels, which were approved by the Pennsylvania Public Utility Commission (PUC), also apply to any additions to homes or buildings.

New Minimum Insulation Levels for Homes

Ceilings — R-30	Insulated entrance doors — R-4
Sidewalls — R-16	Double glazed windows or single glazed windows plus storm windows — Required
Floors (over unheated basements) — R-11	Supply ducts in unheated areas — R-5
Floors (over crawl spaces and areas open to the outside) — R-19	Return ducts in unheated areas — R-2

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Commercial and Industrial Buildings

On the same date, all new commercial and industrial buildings must have as a minimum, the insulation levels in ASHRAE 90A-1980, the standards adopted by the American Society of Heating, Refrigerating and Air Conditioning Engineers.

Conversions to Electric Heat

Conversions of existing heating systems to electric heat also will have to comply with certain minimum insulation requirements.

For more information on the minimum insulation levels, please call UGI at 283-0611 or Toll Free Enterprise 10636.

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