

Lynne HessCease bakes 'goodies'

Lynne HessCease loves to bake scrumptious goodies. Cooking, however, is another matter. Lynne likes to prepare foods that are easy to put together, quick cooking and delicious tasting. Meaty Succatash, Quick Poached Fish and Quickie Veal Parmesan are three

of Lynne's favorite quick suppers. While attending college Lynne created several one pot meals, Meaty Succatash being one of her favorites. A can of creamed corn, a can of green lima beans and a can of Vienna sausage is heated until warmed through. This dish can be

served with bread, biscuits, muffins, rice or potatoes. Quick Poached Fish can be either broiled or baked. Milk, minced garlic and butter or margarine are the main poaching ingredients with garlic, pepper, onion salt, celery salt, parsley flakes and oregano used as desired to flavor the fish.

Quickie Veal Parmesan would make a nice accompaniment to spaghetti. After frying veal cutlets in oil, top with a generous amount of spaghetti sauce, then with cheese. Bake or broil until cheese is golden brown.

Nothing tastes better than crispy chicken. Lynne's secret for tasty chicken is her oil coating for chicken. To two cups of cooking oil add pepper, then celery salt, onion salt and oregano as desired. This makes a great coating whether baking or grilling chicken.

A native of New York, Lynne is originally from the Binghamton Area. A graduate of Union-Endicott High School, Lynne received her bachelors degree at Lycoming College. She earned her Master of Divinity Degree from Boston University School of Theology in Boston, Massachusetts.

Lynne's husband Rev. Dr. Allan Cease, pastor of the Carverton United Methodist Church com-

pleted Orange, Mt. Zion and Carverton United Methodist Churches, is a Back Mountain native. A graduate of Wyoming Seminary and Lycoming College with a bachelors degree in history, Allan obtained his Master of Divinity Degree from Wesley Theological School, Washington, D.C. He earned his Doctor of Divinity from Drew University in Madison, N.J. Allan assumed pastorate of the Carverton Charge in 1979. He and Lynne were married in 1980. The couple has one son, Christian, who is four months old.

A member of Back Mountain East La Leche League and Positive Thinkers, Association, Lynne has many interests. Sports like horseback riding, hiking, camping, swimming, and bicycling are enjoyed when possible. Having had extensive dance training, Lynne has taught tap, ballet, jazz and modern dance and has performed some liturgical dance. Lynne also enjoys quiet pursuits like knitting, sewing, writing poetry and reading.

Allan also enjoys sports with golfing, bowling, baseball, football and horseback riding being among his favorites. Both Lynne and Allan love to travel. Allan is a member of the Kawanis Club, the Church Bowling League,

the Back Mountain Clergy Association and is serving as president of the Wilkes Barre District Ministers Association.

A recently acquired pastime for Lynne is learning how to cook more nutritiously and working on finding new, healthful recipes.

MEATY SUCCATASH
1 can, 16 oz., creamed corn
1 can, 16 oz., green vegetable (preferably lima beans or peas)
1 or 2 cans, 5 oz. each, vienna sausage

Combine ingredients in one pan and heat at medium until warmed through. Makes 2 servings. Serve with bread, biscuits, muffins, rice or potatoes.

QUICK POACHED FISH
1 lb. fish
1 c. milk
1 t. minced garlic
1 T. butter or margarine
onion salt, optional
celery salt, optional
parsley flakes, optional
oregano flakes, optional

minutes in a 350 degree oven if thawed, 30 minutes if still frozen. Cook until sauce is golden brown on top.

QUICKIE VEAL PARMESAN
1 pkg. of 8 frozen veal cutlets
1-16 oz. can tomato or spaghetti sauce
16 slices of American cheese

Fry thawed veal cutlets in 1/2 cup oil. Cover cookie sheet with aluminum foil. Place fried cutlets on cookie sheet. Generously spoon tomato sauce over veal cutlets until covered. Top with 1 or 2 slices of cheese. Broil 5 to 10 minutes or bake 15-25 minutes until cheese turns golden brown. Makes 8 servings.

OIL COATING FOR CHICKEN
2 c. cooking oil
pepper
celery salt, optional
onion salt, optional
oregano, optional

Mix all ingredients and brush on chicken before baking or grilling.



Lynne HessCease

Alice Daw dies Sept. 4

Mrs. Alice Johnson Daw, Hilltop Drive, Oak Hill, Lehman Township, died Friday Sept. 4 at her home following an illness. She was born in Lehman Township, daughter of the late George P. and Bertha Williams Johnson. Mrs. Daw resided 20 years at Harveys Lake and previously, in Forty Fort 28 years.

She was a graduate of Lehman High School and

University of Pennsylvania Hospital School of Nursing, Class of 1927.

She is survived by her husband, William J. Daw, MD.; son, William J. Daw, III, Aurora, Ill.; daughters, Mrs. John S. Fine Fr., Dallas; Frs. Thomas F. Heffernan, Lehman; seven grandchildren; one great-grandson.

ATTENTION!
Residents of the Lake Lehman School District

The Lake-Lehman School District has begun the process of Long-Range Planning for School Improvement as recommended by the Pennsylvania Department of Education. Lake-Lehman is committed to a plan that calls for active community involvement. A Community Advisory Committee will be vitally involved in the planning process. The Committee will be composed of parents, non-parent residents, students, teachers, Administrators and members of the Board of Education.

If interested in serving on the committee, please write or call:
Mr. John J. Oliver
c/o Lake-Lehman School District
Lehman, Pa. 18627-0038
Tele.: 675-2165, ext. 241
Deadline for application is Tuesday, September 22, 1981

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Marie Wright dies at Nesbitt

Miss H. Marie Wright, 86, Ridge Ave., Idetown, died Friday, Sept. 4, at Nesbitt Memorial Hospital.

Born in Noxen, she was the daughter of the late Frank and Eva Cook Wright. She resided in Idetown most of her life. Prior to her retirement, she was employed by Dr. Phillip Morgan, Tunkhannock. She was a member of the Idetown United Methodist Church. Surviving are brothers, Williard, Chase; Robert,

Wyckoff, N.J.; sisters, Mrs. Gertrude Griffith, Syracuse, N.Y.; Mrs. Claire McKenna, with whom she resided.

Funeral was Monday from the Richard H. Disque Funeral Home, 672 Memorial Highway, Dallas, with Rev. Alfred E. Unterreiner, pastor of Idetown United Methodist Church, officiating.

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DR. ROBERT CZWALINA

Dr. John G. Schultz, President of Family Physician Associates, is pleased to announce that Dr. Robert Czwalina has joined the practice located at 245 East South Street, Wilkes-Barre, Pa.

Dr. Czwalina was born at Fort Belvoir, Virginia and raised in Plains, Pennsylvania. He graduated from Plains High School and spent three years in the Army Medical Corps. Dr. Czwalina attended William and Mary, and King's College. He holds a Bachelor of Science Degree in Biology from King's and a Doctor of Osteopathy from the Philadelphia College of Osteopathy. He interned at Metropolitan Hospital in Philadelphia College of Osteopathy. He interned at Metropolitan Hospital in Philadelphia where he attained the honor of Surgical Intern of the Year. He did his residency at the United Health and Hospital Services in Kingston, Pennsylvania, in family practice.

Dr. Czwalina is married to the former Karen Eustice, of Wyoming, Pennsylvania. Mrs. Czwalina graduated from Wilkes College with a major in Medical Technology. The Czwalinas have one child, Kristen. Dr. Czwalina's interests are in all phases of family practice. He has had considerable experience in Obstetrics and will maintain a limited Obstetric practice. He has Admitting Privileges at NPW, Nesbitt, and Marcy Hospitals. Dr. Czwalina is accepting new patients. Family Physician Associates Appointment Telephone Number is (717) 829-2621.

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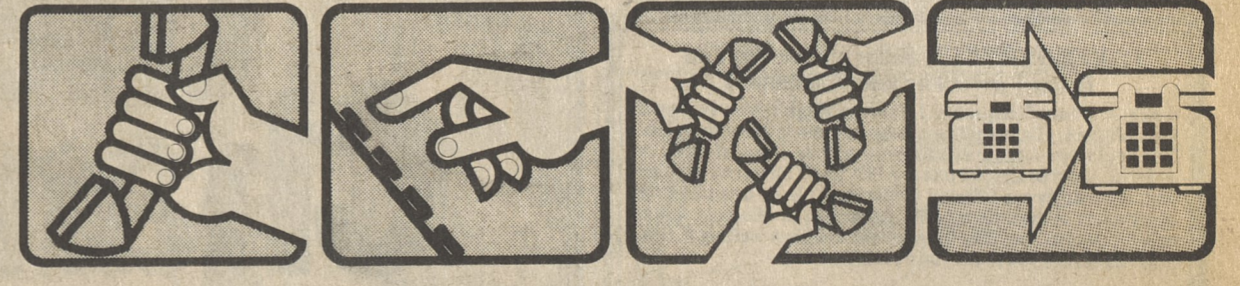
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