

# People

## 'Family Time' makes strong families stronger

Today's family faces more stress than ever. Although services offer help to families with severe problems, little attention is given to the flip side of stress-strength.

But making strong families stronger is the goal of "Family Time," a new family activity program from Penn State's 4-H and family living extension and the Luzerne County Cooperation Extension Service.

"Family Time," designed for families with children two through eight years old, will offer three areas of family-strengthening activities, says Luzerne County 4-H agent, Holly Ostlund.

Learning kits will be given to all participating families for home use. The kits include "Let's Explore...Our Family," "...Our Community," "...The Foods We Eat," "...The World of Crafts," and "...Other Fun Things." Kits focus on the seasons of the year and are geared to ages 2-3, 4-6, and 7-8.

In addition, a read-aloud program featuring selected books and accompanied by activity sheets with "some things to think about," "some things to talk about," and "some things to do," is available. The books can be borrowed from the county extension office.

Boxes filled with family learning activities - including sandpaper alphabet, number and shape cards, puppets, counting games, dress-up clothes, and a lacing boot - will also be available on loan from the county office.

All children who participate in "Family Time" will be designated associate 4-H members and their parents will be given 4-H leader status. There is no charge for the program.

To get involved in "Family Time," write or call the Penn State Cooperative Extension Service of Luzerne County, Courthouse Annex, 5 Water St., Wilkes-Barre, PA 18711; 825-1701 or 459-0736, ext. 701.



## Learn how to compute your family's finances

All Luzerne County residents can take advantage of the unique method to calculate their family finances.

Josephine Kotch, Extension Home Economist for Luzerne County will be available Monday, Jan. 23, from 2 to 4 p.m. and from 7 to 8:30 p.m. at the Extension Office Meeting Room, 5 Water St., Old Courthouse Annex, Wilkes-Barre to work on the one-to-one basis utilizing the computer in calculating the various areas the family spends their dollars.

The attendants must come prepared with the listing of financial expenditures as follows:

1. Number of people in your family
2. Number of cars in your family
3. Available take-home pay each period
4. Enter 52 if you are paid weekly; 26 if twice a month; 12 if monthly or 1 if yearly.

Monthly estimates:

5. Food
6. Car payments
7. Rent or mortgage
8. Utilities (heat, electricity, phone, etc.)

9. Installment debts with interest due each month (Sears, Master Charge, Loan Companies, and others)

10. Other (including child care, household help, alimony, taxi, and bus)

The information is necessary to feed the computer and obtain the recommended spending-saving plan.

Call or write for reservation, 825-1701, 5 Water St., Courthouse Annex, Wilkes-Barre, PA 18711.

### Club bakes cookies

The Showing Blue 4-H Horse Club recently went to the Pennsylvania Gas & Water Co. on N. Main St. in Wilkes-Barre to bake Welsh and Coconut Chew cookies in their showroom.

The leaders and members who helped with this fund raiser are Mrs. Carol Malig, Mrs. Pam Morgan, Mrs. Lorraine Phillips, Mr. Anthony Lipinski, Kris Eley, Darlene Phillips, and Daria Lipinski. They were under the direction of Mrs. Ruth Marmo, a representative of PG&W Co.

### Door contest

The Meadows Apartments Social Club recently announced the winners of the first annual "Door Decorating" Contest conducted at the Dallas facility. Independent judging was performed by Raymond Condo, Executive Director of Ecumenical Enterprises Inc. - the local non-profit corporation that owns and operates the Meadows Geriatric Complex, and Thomas J. Sweeney, Administrator of the Meadows Nursing Center. The winners as proclaimed at the Social Club's Christmas Party are shown above. Muriel Garinger, third floor winner, is shown in the top left photo; Minnie Hazeltine, winner of the second floor, is shown in the top right photo; and Julie Blaskiewicz, shown in the bottom left photo, was the first floor winner.



## Be especially careful when shoveling snow

The snow shoveling season is with us again and those of us who have grown a year older have even more cause to be concerned about how we go about getting it off the driveway and sidewalks.

No matter how hard we think we work at our daily chores, shoveling snow is a young person's game. Most of us, unwilling to admit that we are not in the best physical condition, think nothing of tackling this cold weather chore.

According to Dr. Alexander B. Rakow, deputy secretary for Community Health Services, snow shoveling is one of the most dangerous things a person over age 40 can do.

"Unless a person is in good physical health, with normal blood pressure, sound heart, is not overweight, and is accustomed to physical activity, he or she should not attempt to shovel snow," Rakow said.

"The degree of cold, the wind, and the density or weight of the snow serve to increase the hazards of snow shoveling."

In the past, women had appeared to be less prone to heart attack or stroke, but in recent years the number of women who die shoveling snow has increased. Rakow said it is probably due to the increase in the number of women who smoke and their entrance into stressful job positions.

For those who insist on shoveling

snow anyway, Rakow had this advice, take frequent rest breaks; at the first sign of discomfort - shortness of breath, pain in the chest, arms or shoulders, nausea, dizziness, or profuse sweating despite the cold - go into the house, call for medical help and lie down. These may be the first indications of a heart attack or stroke.

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