

# People

Stasik family

## Outdoor cooking is their favorite

By CHARLOT M. DENMON  
Staff Correspondent

"Outdoor cooking on the grill is a favorite of the entire family," said JoAnn Stasik, who with her husband, Bill, and two children, Bill Jr. and Crystal, are residing temporarily in the Back Mountain area.

"We had to find a place to live after our home in Forty Fort suffered severe damage by fire. It was a large house we had remodeled into two apartments, one upstairs and one down. It was just about completed when it was damaged by a wood stove fire, so until everything is settled and the renovations done we moved to the Back Mountain."

JoAnn said her son and daughter enjoyed suburban living although they missed their West Side friends. However, since they have grandparents and a lot of aunts, uncles and cousins living in this area they find a lot to do.

JoAnn is an insurance agent for All State Insurance Company. Bill, Sr. is employed as a mechanic for Proctor & Gamble Paper at Mehoopany. They work different hours so whichever one is home near the dinner hour begins preparing the meal. With their busy schedule, they find it much easier to plan informal meals they can prepare on the gas grill.

A favorite of the entire family, especially when planning to entertain guests, is a dinner including Soy-Honey Chicken Drumettes, Charcoal Broiled Potatoes, tossed salad and Ice Cream Cake. The chicken can be prepared in advance and may be eaten cold, or, if preferred, heated in foil on the charcoal. The ice cream cake can also be made ahead of time and kept in the freezer. The chicken, potatoes, salad and cake, accompanied with ice tea or any favorite cold beverage make an easy-to-prepare but delicious dinner.

Since the fire, JoAnn and Bill, with the children, have had very little leisure time because they spend as many hours as possible restoring the house. When they

do find time, Bill Crystal and Bill, Jr. like to go jogging. JoAnn enjoys roller skating or playing tennis.

This summer, they look forward to spending most of their time in the out-of-doors just

relaxing from their busy schedules at home and on the job. JoAnn shares three of her favorite recipes with Post readers this week.

### SOY-HONEY CHICKEN DRUMETTES

10 small chicken legs  
1/4 c. each soy sauce and honey  
1 T. vinegar  
1/2 t. gr. ginger

Cut each chicken leg at the joint to make two pieces. In shallow dish or heavy plastic bag mix soy sauce, honey, vinegar and ginger. Add chicken legs. Cover or seal; marinate, turning occasionally for six hours or overnight. Place chicken and marinade in shallow baking dish. Bake at 400 degrees, turning and basting occasionally, 25 minutes or until deep brown. May be eaten cold or heated in foil on charcoal if desired.

Chicken wings may be substituted for chicken legs to serve as hors d'oeuvres. Use 20 small wings, cut each wing at joints, reserve tips for another use.

### CHARCOAL BROILED POTATOES

6 med. potatoes  
3 med. onions  
6 slices cheddar cheese  
Oregano

In square of aluminum foil, slice one potato, half of one onion, place slice of cheddar cheese over top, sprinkle with oregano and salt and pepper if desired. Dot with butter or margarine. (Oil may be used if desired).

Fold in corners of aluminum foil so potatoes and onions are tightly wrapped. Place on raised charcoal grill and let cook until potatoes are soft when tested with fork. Serves 6.

### ICE CREAM CAKE

60 Ritz crackers  
1 stick margarine  
2 pkg. pistachio instant pudding (3 oz. each +)  
1/2 gal. vanilla ice cream  
1 c. milk

Crush crackers, melt margarine and mix with crushed crackers. Press cracker crumbs on bottom of baking dish or pan. Reserve one third of cracker crumbs for top.

Soften ice cream in bowl; add milk and pudding. Mix for two minutes then pour over cracker crumbs crust. Place in freezer overnight or until ready to use. After mixture is hard, spread cool whip over top. When not using keep in freezer.



#### Teamwork

Mrs. JoAnn Stasik and her daughter, Crystal, prepare to make Ice Cream Cake, one of the family favorites.

Dallas Post/Charlot M. Denmon

## Adult women need to drink more milk

"I'm sure I didn't trip", said Nancy McKay. "My leg just seemed to go out from under me."

Nancy, a retired school teacher, didn't trip. Her left hip broke because her bones had become extremely fragile. Nancy McKay is a victim of osteoporosis.

Osteoporosis is a major health problem for postmenopausal women, says Josephine Kotch, Extension Home Economist for Luzerne County. It results in a decrease of the total bone mass, making the bones extremely fragile and susceptible to breakage.

It is the reason why some older women grow shorter. It may also result in "dowager's hump" as vertebra collapse. The most likely cause of osteoporosis is not getting enough calcium and vitamin D over a long term period.

Milk and milk products are the main dietary sources of calcium. Most milk is fortified with vitamin D, which comes from sunshine.

She notes that adult women need 800 milligrams of calcium every day. Yet a recent U.S. Department of Agriculture survey showed that the average women over 45 was only getting about 450 milligrams - about half the recommended amount.

There are many reasons why women don't drink milk - the cost, fear of gaining weight, lack of awareness of its importance in the adult diet or just plain dislike.

It may not be too late for women who have not been getting enough calcium. Current findings indicate that large daily amounts of calcium - 1000 milligrams - from food or supplements may help prevent osteoporosis.

Findings also showed that regular exercise retards the disease and diminishes calcium waste.

One cup of whole milk, skim milk or buttermilk provides about 300 milligrams of calcium. So does one cup of plain yogurt (140 calories, fruit added another 120 calories) 1 1/2 ounces of cheddar cheese, 1 1/2 cups of cottage cheese and 1 1/2 cups of ice cream or ice milk.

Skim milk is the lowest calorie source of calcium (about 86 calories) followed by buttermilk (99 calories). At the other end of the scale is ice cream with about 330 calories for an admittedly large 1 1/2 cup serving. The same amount of ice milk would run about 300 calories.

Women who choose to get their calcium from dietary supplements should discuss this with their family doctor, and read labels carefully before they buy.

For more information on ways to get more milk in your diet - write or call Josephine Kotch, Extension Home Economist, Luzerne County Extension Service, 5 Water Street, Courthouse Annex, Wilkes-Barre, PA 18711, call 825-1701 or in Hazleton 459-0736.

## National organization searches for victims

The National Tuberous Sclerosis Association is searching for families affected with Tuberous Sclerosis (TS) in Northeastern Pennsylvania.

Tuberous Sclerosis is a neurological disorder, which is believed to affect up to one in 20,000 births. An individual with TS has a 50 percent chance that each offspring will be affected.

It is most often characterized by two neurological symptoms-epileptic seizures and varying degrees of mental retardation. It is accompanied by benign tumors of the brain and frequently affects other organs such as retina, kidneys, lungs, liver, pancreas, spleen and heart. In some; death occurs if the growth of the tumors are massive and the

functioning of vital organs becomes impaired.

Public awareness of TS is of vital importance, since recently technological and medical advancement have indicated that many cases are unrecognized.

A chaptaus recently being formed in Northeastern Pennsylvania. The purpose of a support group will allow families to exchange their experiences, to share any ideas and to be more informed of any new medical developments in areas of medicine, treatment and medical research.

Anyone interested may contact: Sandra Martz, Pa. State Rep. of NTSA, 655 Mercer Street, Turtle Creek, Pa. 15145. (412) 829-2095.

## Homeowners eligible for state mortgage assistance

Homeowners in danger of losing their homes through no fault of their own are eligible for state help in making mortgage payments, said Sen. Raphael Musto (D-Luzerne).

Musto reminded those afraid of losing their homes because of unemployment, underemployment or other problems over which they have no control, that they can apply for loans through the Homeowner's Emergency Mortgage Assistance Program. Loans to repay mortgage delinquencies and continue mortgage payments for up to three years are available for homeowners.

To qualify, homeowners must be at least two months delinquent in

mortgage payments and have received notice from lenders that legal action is underway to foreclose the property. Musto explained that the property must be the principal dwelling place of the applicant and must be owner-occupied, one-family, or two-family.

Homeowners applying for assistance can not have their properties foreclosed during the application or assistance periods of the program, said Musto.

Persons interested in finding out more about the Homeowner's Emergency Mortgage Assistance Program can call a toll-free number, 1-800-342-2397, said Musto.



#### Meeting participants

Participants at Rural Health Corporation's Annual Meeting included, from left, Frank Bott, assistant treasurer, Father James Doyle, King's College, Jewell E. Miller, outgoing president; Howard Bregman, newly elected president; Ruth McHenry, second vice president; Gifford J. Lawrence, first vice president; and Stanford L. Weiss, Executive Director.

## Rural Health holds meeting

The annual meeting of Rural Health Corporation of Northeastern Pennsylvania was held recently at Genetti's Motor Inn in Wilkes-Barre. The local health care organization celebrated the completion of 14 years of service to over 20,000 patients in Northeastern Pennsylvania.

Featured speaker for the event was Father James J. Doyle, C.S.C., Professor of Theology at King's College. He spoke on "Bioethics - Today and Tomorrow".

During the meeting, Rural Health elected members and officers of the Board of Directors who serve as the agency's service areas. Elected as president was Howard Bregman, Shickshinny, vice presidents are

Gifford J. Lawrence and Ruth McHenry, Noxen. Shawn Murphy, Wilkes-Barre, was elected as secretary with Thomas J. Dougherty, Wilkes-Barre and Frank Bott, Nuremberg, serving as treasurer and assistant treasurer, respectively.

Ten year employees honored were Irene Zaleskas, Physician Assistant, Shickshinny Health Center and Edward De Mers, Van driver, Freeland and Black Creek Health Centers.

Rural Health Corporation administers six medical and three dental centers located in Wilkes-Barre, Noxen, Shickshinny, Freeland, Nuremberg and Exeter.



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