

OK Heart Project ends

Project studied heart disease; excited Valley

By JOHN F. KILDUFF
Staff Writer

Wyoming Valley officially closed the book on the OK Heart project last Friday. Telephones were disconnected. Waste-paper baskets were left filled to the rim with crumpled papers. OK Heart test sheets were strewn atop the abandoned desk tops.

A single copy of the "Heart Test" book authored by the renowned Dr. Edward Diethrich of the Arizona Heart Institute, lay open atop a single filling cabinet. Perhaps it was fitting the book was left open as the OK Heart staff packed up and left Wyoming Valley. In a sense, the OK Heart project will never leave Wyoming Valley. It began here, and the entire country watched.

"My gut feeling," said 35-year-old George Culver, Executive Director of the OK Heart project, "is that the greater Wilkes-Barre, Wyoming Valley area is probably the most heart health conscious community in the entire country right now."

"Our original hope with this project was to make enough people

aware of this idea (heart health) and to have its power felt in the community for years to come," said Culver. "And I think we have accomplished that."

Culver, a native of Mumfords Alabama, currently makes his home in Manhattan, N.Y. Culver says his experience with the OK Heart project in Wyoming Valley has made him what he calls, "an adopted son of Wyoming Valley."

"I really do consider myself an adopted son of this area," Culver said. "Throughout this project I have learned and have become a part of the sincere love these people (Wyoming Valley residents) represent."

"I have met many fine people during my stay in Wyoming Valley," Culver added. "I may leave the area but I will always come back to visit."

Culver was no stranger to working in community projects like OK Heart when he started here back in August of 1984 in the basement of the Luzerne County Medical Society building as he had been involved in community projects in Philadelphia and in New York involving stage

performances.

"I have always been involved in the 'cause business' as I call it," Culver said. "I have always enjoyed getting involved in something I personally believe in. Something that is worthwhile to the community and society."

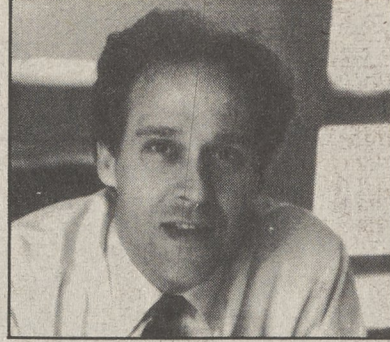
Culver was involved in the mid-seventies with a group trying to save a musical hall in Philadelphia.

"I intended to spear-head a movement to save the hall," said Culver. "The building was a couple hundred years old. I wanted to create a public theater for fledgling acting companies so they would have a place to go."

"It just did not come off despite a tremendous amount of effort from a lot of people," said Culver. "A heart and soul effort I called it."

"I look at the OK Heart project the same way. It as a heart and soul effort by the entire community. I think we (Wyoming Valley) have begun to move away from the work disease and have moved toward 'heart health' as a counter measure to prevent heart disease," Culver said.

Culver said he is proud of the fact



GEORGE CULVER

that approximately one out of every five Wyoming Valley residents actually took the heart test and returned it for diagnosis.

"Given the circumstances and the time we had, I think we had a major impact on Wyoming Valley residents," Culver said. "For instance, before the OK Heart project started our surveys indicated that approximately 70 percent of the public were aware of the risks of heart disease. Now, the

awareness is probably much higher, around 80 to 90 percent awareness."

Said Culver, "That kind of awareness response, in terms of the news media, is up there with a major catastrophe. Of course I am talking about recognition of our project and its concern," said Culver.

OK Heart anticipates final figures to indicate that over 50,000 Wyoming Valley residents took the test.

"Anytime a community can get one quarter of its population doing something, they can do anything," said Culver.

The OK Heart project began in June of this year and implemented two separate heart tests around the Wyoming Valley. A public broadcasting service special will be shown nation-wide next month. Actor Cliff Robertson will narrate the special which was targeted for a single community for the entire country to assess.

"Pulling away from the heart disease aspect for a moment, which was our main mission," said Culver, "we had another mission with this project. We wanted to get a community excited and get it mobilized in the broadest possible

way."

"What this project has shown," said Culver, "is that this community has a great deal of future potential. It has all the characteristics of a good-spirited people."

Culver said the theme of the OK Heart project, "Here's Our Chance," was created after many months of deliberation and thought.

"I wanted the 'Here's Our Chance' theme to envelope a leadership role of national significance," Culver said.

"I wanted to have it (theme) to have a major impact on the community. And it did. This whole project should be a confidence builder," said Culver. "It basically means that we (Wyoming Valley) can do anything we want, if we make the effort."

Said Culver, "The success of this project is the result of these people (Wyoming Valley residents). And what the community gets out of it is a shot in the arm of confidence. We had our chance with the OK Heart project and we showed the entire country that we can pull together for a community effort. We should be very, very proud of this effort."

Why not take a trip down river?

Since the Indians roamed the Delaware Valley and glided silently over the silvery waters in kayaks and hand-made canoes, man has been afforded a front-row seat for nature's autumn leaf spectacular.

As days become more crisp and nights get cooler, the trees of the river valley begin to don their fall colors — golds and crimsons, scarlets and oranges — making a fall canoe trip a super way to view the brilliance of the foliage.

ADVENTURE TOURS in Marshalls Creek offers exciting two-day (overnight) canoe trips on the beautiful Delaware River through the Delaware Water Gap National Recreation Area.

The package comes complete with canoes, meals, camping equipment, riverside campsite, shuttle up the river and qualified guides. In addition to canoeing, there is plenty of free time for swimming, fishing, hiking and tubing.

For those who prefer to "do it on their own," Adventure Tours offers canoe and raft rentals on a daily or multi-day basis and provides river maps and expert assistance in planning your outing. Adventure Tours is open daily from 8 a.m. to 6 p.m.

Daily canoe trips are available at CHAMBERLAIN CANOE RENTALS in Minisink Hills, beginning at 8 a.m. each day. Canoe trips can last from a few hours to a couple of days. Canoes should be returned to the base no later than 6 p.m. Trips run between Port Jervis, NY, and Portland, PA. River maps and instructions are available.

Overnight camping is permitted on the shorelines and many of the islands throughout the area.

Opening daily in May will be SHAWNEE CANOE TRIPS. Located in Marshalls Creek, Shawnee Canoe offers three bases at Belvidere, NJ, Marshalls Creek and Shawnee Village.

The base at Shawnee offers canoeing, rafting and tubing. Trips can run from two hours up to 11 hours, covering six to 30 miles of the Delaware River.

In addition, Shawnee Canoe offers canoe and rock climbing instruction on weekends only, May through October.

TRI-STATE CANOE & BOAT RENTALS is located in Matamoras. Their riverfront canoe-boat base and camping facilities offer personalized leisure and whitewater trips.

Tri-State also offers canoeing and day-rafting with riverside barbecues. In addition, kayaks, rowboats and tubing are also enjoyed by many.

A Shad Fishing Contest will be held during April, May and June, with prizes being awarded each month. Group rates and senior citizen discounts are available. Campers are welcome at Tri-State, with riverfront sites available.

Pa. Fish Commission news

It was highly esteemed in Europe and Asia, the pet of emperors, but mention carp in United States and at best you might get a "yuk."

This largest member of the minnow family is highly touted in England is second only to trout in popularity. The carp was introduced into Pennsylvania in the late 1870s and given to farmers to stock their ponds. Only a few were "deposited" in public streams. Many of those fish escaped into the streams, however, and today carp are found in all 67 counties of the Keystone State.

But before you turn your nose up too far, the Pennsylvania Fish Commission would like you to consider the "common" carp.

First, as the word "common" suggests, they can be found just about anywhere. They also come close to being the largest fish in Pennsylvania waters and pound for pound, they probably outfight any fish that swims. And if that's not enough, when properly prepared, they are really pretty good eating. These characteristics should qualify the lowly carp as a good choice to introduce people to the sport of fishing.

Carp of 30 pounds are not uncommon in Pennsylvania. The state record carp weighed 52 pounds and was 44 inches long. It was caught in the Juniata River in Huntingdon County by George Brown of Saltillo in 1962.

To qualify for a Commission Angler Recognition Award, carp must weigh 15 pounds for a senior award and 13 pounds for a junior (under 16) award. The largest fish entered in 1984 was a 35 pound, 37 1/4 inch carp taken from the Schuylkill River in Philadelphia. The angler, Clarence Cole, of Philadelphia, was using cornmeal and 12 lb. test line when he hooked the monster in September.

Not far behind was 13-year old John Chipp of Portersville, who caught a 35 pound carp which was

28 inches long, in the Allegheny river in Forest County in June, 1984. The youngster was using a minnow and 8 lb. test line.

And what are those fishermen using to catch the big fish? More than half of the anglers catching citation-sized carp were using live baits, including worms, crayfish, hellgrammites, cut bait and minnows. Corn ranks number two, followed by doughballs and artificials. Most popular artificials were purple twisters, Rapalas and jigs.

And although carp may not be as attractive as a rainbow trout, they really aren't all that bad. The carp is usually reddish brown with darker tones over the back and dorsal area, shading to a golden olive along the sides. The belly is yellowish white. The body, which is chunky in appearance, is covered with heavy scales. Two small barbels project from each side of the upper jaw. The dorsal fin extends over a large portion of the back and contains upwards of 20 soft rays.

Carp spawn in the spring to early summer in shallow, weedy bays where the eggs adhere to the vegetation. The carp is a prolific spawner. Several million eggs may be released by one female who will be attended by several males. Neither the eggs nor the young are given any parental care.

To catch carp you have to be smarter than the fish, and carp are among the most intelligent of Pennsylvania fishes. They frighten more easily than trout and are hard to fool with bait. They prefer shallow marshy areas, especially those with abundant weed growth and other organic matter. However, they can be found over all types of bottoms and in most any kind of water, although not usually in the faster flowing streams.

The carp is a fighter and will give anglers a real tussle. He is reluctant to give up and is anything but gentle. He may very well take 100 yards of line on that first long run.

A skilled angler may be able to land a big carp on a six-pound or eight pound line, but for the average angler, 10 or 12 pound would be better.

Use a light leader. Remember, carp are smart. They are even inclined to let go of a bait if they feel the weight of a sinker. A small hook, small bait and either no sinker or a slip sinker seems to be the order of the day for effective carp fishing.

Now we come to the part where we said carp, properly prepared are good eating. First, carp have to be dressed properly. They should be filleted and have the skin removed. The dark strip of red meat along side should be discarded. This sometimes has a strong taste. To rid the fillets of small bones, cut about two-third of the way through the fillets every fourth of an inch or so parallel to the ribs all the way from one end of the fillet to the other.

Many people soak the fillets in cold saltwater for several hours before cooking. They can also be placed in a marinade of vinegar, onion, seasoned pepper and a few bay leaves for about four to five hours. Use a glass dish. They can be dipped in your favorite batter and fried until golden brown.

Carp is a low fat fish, relatively low in calories. It is an excellent source of protein. In fact, it is comparable to milk protein in nutritive value. A 3 1/2 ounce serving will supply about one half of the daily requirement for an adult.

Carp can be pickled, baked, broiled, barbecued and used for chowder. And smoked carp is almost as good as smoked salmon.

Finally, the most outstanding method of carp control is hook and line fishing. The ranks of the carp fishermen are steadily increasing in Pennsylvania. Carp may be taken at any time of the year and there is no size limit.

Library

(Continued from page 1)
servicemen and women home on leave to attend in uniform; members of the Red Cross, Ration Board, Draft Board, Air Raid Observers, Junior Woman's Club, fire companies and service organizations. Because of the large attendance, the dedication ceremonies were held outside the library building.

On opening day, the library had a collection of 6,000 volumes; the

library opened at 2 p.m. and Mr. Herbert Hill of Shavertown took out the first book. 125 books were put into circulation during the first day. The total book circulation for the first year was 30,000. Active borrowers amounted to 1,000.

Now, in 1985, the library has a book stock inventory of 52,561 volumes; 10,530 active borrowers; and an annual book circulation of 70,000.

On Marcy 4, 1985, the library opened its doors in a brand new

building at 96 Huntsville Road with a beautiful interior, improved facilities and more space to provide better service for the next forty years.

The entire community is invited to celebrate with the staff members and the board of directors the first forty years and share with us some fruit punch and birthday cake.

Come in and enjoy the library's birthday party!

Jews

(Continued from page 1)
their mothers to celebrate the New Year.

The Day of Atonement should also be a Day of Joy for when his sins are pardoned, man is brought closer to God.

Members pray for four reasons, penance for their transgressions, self-discipline, focus on the spiritual not the material, and the awakening of compassion in their hearts for others.

Following the final service in the

Temple at sundown, Sept. 25, there is a "Break the Fast table" at the Temple-a table of Danish, honey and coffee-so members start the New Year with something sweet, so they will have a good new year.

During the month preceding Rosh Hashanah, Elul, the Shofar (Ram's Horn) is blown every morning at service with the exception of Shabbat (Sabbath) and the day before the Rosh Hashanah. This is to remind the worshippers to begin serious consideration of their trans-

gressions.

At the end of the Day of Atonement (Yom Kippur), families sit down to their preferred dinners, beginning with the lighting of candles and the blessing of the Chalah (bread) which is in the form of a wheel (wheel of life) or a ladder, signifying man going up and down the ladder of life. They dip the bread in honey to renew hope for a good and pleasant year and they usually have fish, signifying as many good deeds throughout the year as there are fish in the sea.

Mercy

(Continued from page 1)
coed student body, and a much larger staff, the purpose is still defined as "To provide an affordable education."

The Sisters have a love of learning and a passion to see that others love learning.

Sr. Regina Kelly, who teaches English, at the college, noted the many changes at College Misericordia but said that the changes have been good.

"They're vibrant," she said. "We now have approximately 25 Sisters on campus as teachers, administrators or staff. We have a faculty of about 65 and one third of these are Sisters."

In line with educating the poor, each year many scholarships are awarded by the college, some to top students in local high schools and others are scholarships awarded by the individual departments to schools outside of the area.

A new scholarship is the Presidential Scholarship given in honor of the Constitution's anniversary with the hope it will generate an interest in the Constitution. Students from many different high schools are interviewed by a Committee in order to determine to whom the scholarship will be awarded.

As it has been over the years, students from other countries attend the local college.

Living up to their vow to give service, during the 1972 Flood the Sisters opened Alumnae Hall as a hospital and patients from Nesbitt Hospital were brought to the campus where they remained until they could be moved back or discharged. Fifty four babies were born in Alumnae hall during that time. One wing of the Administra-

tion Building was headquarters for the National Guard and Mercy Center was used to house families and to distribute clothing to the flood victims.

College Misericordia is one of 19 colleges in the USA sponsored by the Sisters of Mercy, five of these in Pennsylvania. There are two national offices at the local college. Dr. Fink, president of College Misericordia, is president of the 19 college organization, all of which work together for uniformity of aim, admission requirements and goals. The second is the organization of 300 Sisters who teach in higher education, headed by Sr. Regina Kelly. She sends a newsletter out to all of the colleges in which they are involved.

There are three Sisters of Mercy Hospitals in this province-in Scranton, Wilkes-Barre and Johnstown. The hospitals are now forming a Health Care Organization, managers of all the hospitals in the area with William McGuire, local campus, head of the organization with national headquarters in Silver Springs, MD.

There are 9,000 to 10,000 Sisters of Mercy in the United States and about 18,000 in the entire world. They have five convents in Guyana and did have a hospital until recently. The Sisters still run the hospital but the government now claims to own it. Two Sisters from College Misericordia go down every summer and work with those who are in Guyana.

There are nine provinces of Sisters of Mercy and 17 independent congregations. They are now working to form one large group since they all have the same constitution and they all train together in Cincin-

nati, Ohio.

The local Sisters also try to help the poor and three from the campus recently learned Spanish and went to the Puerto Rican section in Lancaster to try to help those people. Sr. Barbara Craig and two other Sisters opened a home for women in Scranton.

After St. Mary's High School was closed in 1972, the Sisters wanted to remain in the area so they organized Project Remain. They visit all of the people in the high rises and also visit the priests to determine what they can do to assist any of them.

The senior Sisters live at Mercy Center which is being renovated. When the renovations are complete, the seriously ill Sisters from all areas will be brought to Mercy Center to be cared for.

Various committees are always working to better the lives of the Sisters.

Sisters of Mercy are active in the local community speaking before various groups, working with the Fine Arts Fiesta, serving on boards of organizations and working with the prisoners at State Correctional Institution in various ways.

Little did Catherine McCauley, who died Nov. 11, 1841, realize the legacy she left-an inspiration to thousands of women to become Sisters of Mercy and spread their vows of poverty, chastity, obedience and the care of the poor, sick and ignorant throughout the world. Her inherited legacy of a million dollars disappeared quickly helping Dublin's poor; her legacy she left was her work with the poor, sick and ignorant which has inspired so many.

MALBY DRUG STORE
326 HUGHES ST.
SWOYERSVILLE, PA.
287-7724

All Occasion Boxed Cards
14 Per Box \$1.49

L'Oreal Perms
All Types \$2.99

FREE PICK UP AND DELIVERY
LOWEST PRICES GUARANTEED
JOE RANIEMI, R. PH.
287-7724
"We care about your health."

BARON'S SEAFOOD
300 Avenue A, Swoyersville 287-2111 (Wholesale & Retail)
"TAKE-OUT ORDERS OF ALL FRIED SEAFOOD DAILY"

COOKED SHRIMP lb. \$6.99

ALSO A COMPLETE LINE OF
FRIED HADDOCK, FISH STICKS, DEVEILED CLAMS,
DEVEILED CRABS, SHRIMP, LOBSTER, FRESH CLAMS,
FRESH SALADS, and ASSORTED FROZEN FOODS

HOMEMADE CLAM CHOWDER
(WE ACCEPT FOOD STAMPS)