



**Skating guests**

Gate of Heaven cheerleaders were the recent guests at a skating party at the Roll-A-Way Skating Rink, hosted by owner Nick Tsoles. Through Tsoles' generosity to the cheerleaders, they were able to hold skating parties from which they used the proceeds to purchase new sweaters as part of their uniforms. The Roll-A-Way's fundraisers are among the most profitable in the area for any organizations in the area. Gate of Heaven cheerleaders and chaperones are shown here with Tsoles. From left, seated, Jessica DeHaven, Maria Bigus, captain; Cindy Capone, captain; Marlo Tropani, Jonelle Fabian, Heather Malonis, Jennifer Spencer. Second row, Cindy Veras, W.W. Kubis, Crissy Casterline, Melissa Malonis, Heiei Hager, Marie Bigus, advisor; Colleen McGovern, Tina Strom, Kathy Hughes and Nick Tsoles, owner.

**Can you pass this dental quiz?**

Are you concerned about your children eating foods with sugar? According to Dairy, Food and Nutrition Council, with so much research showing a connection between sugar and tooth decay, many Americans are looking at the sugar content of their foods.

If you are concerned about dental health, try this quick quiz. Answer each question true or false.

1. The more often you eat foods with sugar, the greater your chances of developing tooth decay.
2. A teaspoon of honey is better for your teeth than a teaspoon of white sugar.
3. Sweets eaten with meals are less likely to cause cavities than sweets eaten between meals.
4. Refined suagr is the only kind of sugar that causes tooth decay.
5. Good brushing and flossing habits are important in preventing cavities.
6. Some foods may help to protect the teeth from cavities.
7. Fluoridated water prevents tooth decay only in children.

Answers:

1. TRUE. The more often you eat foods with sugar, the greater your chances are of developing cavities.
2. FALSE. A teaspoon of honey is NOT better for teeth than a teaspoon of white sugar. In fact, it may actually be worse. Foods like honey and caramel that tend to stick to the teeth are more likely to cause cavities than sweets that are cleared from the mouth quickly like ice cream.
3. TRUE. When highly sugared foods are eaten as part of a meal, the other foods often have a "buffering" effect on the teeth. This buffering effect seems to decrease the chances of developing cavities.
4. FALSE. All sugars - whether refined or natural - can cause tooth decay. The bacteria that live in the plaque surrounding the teeth produce acid from sugar. This acid is what eventually destroys tooth enamel.
5. TRUE. Regular brushing and flossing are an important part of maintaining good dental health. Getting regular dental checkups is important too.
6. TRUE. Current research is investigating the role of cheddar cheese and other cheeses in preventing tooth decay. Several studies have shown that when a small amount of certain types of cheese is eaten as part of the meal, less acid is produced in the mouth.
7. FALSE. Because flouride is incorporated into the enamel as the teeth are developing, it is of special benefit to children. But adults who drink fluoridated water from birth also have greatly reduced rates of tooth decay.

**Campaign**

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too, was a huge success with everyone from the student government to the nuns taking part.

We wanted to raise the visibility that we are changing," Daley said. "Bob Leza, an '85 graduate, painted the paw prints on the campus road and in between the buildings. He also painted them in the cafeteria with various phrases. Then, the cheerleaders got involved and placed fliers on the windshields of cars here on campus."

And, to go along with its new name, Misericordia, for the first time ever, will have a mascot. But this will be no ordinary cat. The costume was done by Pierre's of

Philadelphia, the same company that designed the Temple Owl and the Villanova Wildcat.

"We didn't want to go with a catalog costume," Daley said. "So we contacted the University of Houston and Brigham Young University (both of whom are named the Cougars) and they were both very helpful. Houston referred us to a place in Cincinnati and BYU told us of a place in Kansas City. But we decided to go with Pierre's. The Mardis Gras is early this year and most places are very busy. But they promised us the costume would be ready."

The decision to change the school's nickname was spearheaded

by college president Joseph Fink and the name itself was chosen by the students.

"We decided to go with the symbol for basically two reasons," Daley said. "First, it's a very easy symbol to work with and it is easily identifiable. Secondly, the Cougar is a strong aggressive and powerful animal, and that is the reflection we want on our program. We are going uphill in athletics and we someday we want to be a power in the NAIA. Also, the Cougar is a highland animal and that emphasizes the college in the Back Mountain area."

Although the school has already introduced its new image, the cam-

**Cookies**

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"The first thing we did was to establish approximately 30 delegates," Morris explained. "Each delegate was responsible for a specific block and they explained how the sheet (sales sheet) worked. The inmates filled in what and how many boxes they wanted, then there was a check made to see if that inmate had sufficient funds. If they did, the orders were placed."

The project was such a huge success that inmates asked that it be extended when they realized they were nearing the 1,000 mark in terms of boxes sold. The cookies are sold at \$2.00 a box and nearly \$300 of the proceeds will go to the Lehman group, not only for day camps and badges, but for their June 12 trip to Savannah, which is the birthplace of Scouting.

Although the inmates did not benefit financially from the cookie project, they do earn profits on other activities. Three times a year they set up deals with such businesses as Kentucky Fried Chicken, Goldstein's Deli, Allen's Subs and J

& J Deli. The proceeds then go into the group treasury for projects such as a fence around the play area that has already been built. Immediately following those ceremonies, another took place as five inmates, representing several different organizations within the prison were presented with a single award for their \$600 contribution to the 'Save the Children' drive.

Charlie Sturdavaat, speaking on behalf of the other four, said the idea to raise a collection came about after they saw a commercial depicting the plight of the people in Ethiopia.

"We saw what was hapening to those people and we wanted to find out what we could do to help them," Sturdavaat said. "We contacted the 'Child for Child' group in New York and eventually Sister Barbara Craig, from here at the prison, made the initial contact to the Save the Children campaign and things got under way."

Sturdavaat, who represents the "Lifers," said that each organiza-

tion took a different section of the institution and went cell to cell to collect donations.

Representatives from those groups were also on hand to accept the national award from prison officials David Larkins and Jay Miller on behalf of "Save the Children" president Daniel L. Guyer. Group representatives were Harry Evans, shite Moslems; Steve Covington, American Moslems; Edwn DeJesus,

Latin American Cultural Study Group, and Mike Vaccarello, Centurian Jaycees.

"You have to hand it to these people," said Jay Miller, activities director. "They're not living in easy conditions here, but they want to make good use of the time they are serving."

And at least two organizations are happy about that.

— JOHN HOINSKI

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**Obituaries**

**GEORGE BITTENBENDER**  
George A. (Dodie) Bittenbender, 60, of Kunkle, died suddenly January 14 at his home.

Surviving are his wife, the former Lucille Disque; sons, Drew, Christopher, Bret and Steven, all of Kunkle; daughter, Jan Martin, Reston, Va.; half-brothers, Fred Stevens, King of Prussia; Forrest Stevens, North Carolina; and three grandchildren.

Funeral services were held January 17 from the Richard H. Disque Funeral Home, Dallas, with Pastor Dwight Hodne, pastor of the Fellowship Evangelical Free Church, officiating. Interment, Memorial Shrine, Cemetery.

**ELEANOR WILLIAMS**  
Miss Eleanor J. Williams, 61, of 175 Shadetree Road, Midway Manor, Shavertown, died January 13 at her home.

Surviving are a sister, Mrs. Ruth Hoover, Millville, N.J.; nephew, James Hoover, Millville, N.J.

Funeral services were held January 17 from the Harold C. Snowdon Funeral Home, Kingston, with The Rev. H. James Shillabeer, pastor of

the Trucksville United Methodist Church, officiating. Interment, Memorial Shrine Cemetery, Carverton.

**HAROLD SHAW**  
Harold E. Shaw Jr., 33, of Kemp, Texas, a former student at Lake-Lehman schools, died January 15 at home.

Surviving are his parents, Harold E. Shaw Sr., Pikes Creek; and Connie Will Traver, Noxen; his wife, the former Rose Bryant; stepson, Tim Bryant; step-daughters, Carol Bryant, Billie Bryant, Ann Bryant, all of Kemp, Texas; sister, Connie Joan Traver, Noxen; paternal grandmother, Mrs. Lillian Martin, Pikes Creek; maternal grandfather, Arthur Will, Noxen.

Funeral services were held January 20 from the Richard H. Disque Funeral Home, Dallas, with the Rev. Daniel Brubaker, pastor of the Roaring Brook Baptist Church, officiating. Interment, Maple Grove Cemetery, Pikes Creek.

**SISTER MARY LYNOTT**  
Sister Mary Robert Lynott, of the Mercy Center Convent, Dallas, died January 23. Surviving are sister-in-law, Mrs. Peter Lynott, Scranton; nieces, Mrs. Anne M. Spiecher, of New York; Mrs. Jean Kinny, Scranton; grand nieces and grand nephews; cousins.

Funeral was held January 20 from the Mercy Center with a Mass of Christian Burial in Gate of Heaven Church, Dallas. Celebrant of the Mass was Monsignor William J. Fleming, V.F., with the Rev. James Jacobs, chaplain, as homilist. Inter-

ment, St. Mary's Cemetery, Hanover Township.

**ERNEST RACE**  
Ernest F. Race, 92, of Rd 1, Tunkhannock (Vernon), died January 18 in Tyler Memorial Hospital, Tunkhannock where he was a patient for four days.

Surviving are his daughter, Mrs. Klaus Claassen, of Lake Carey; son, Ernest T. Vernon; four grandchildren. His wife, Jean, died in 1979 and a brother, Charles, also preceded him in death.

Funeral services will be held today at 11 a.m. from the Nulton Funeral Home, Beaumont, with the Rev. James Belt, pastor of the Vernon Community Church, and Rev. Olin Race, a nephew of the deceased, officiating. Interment, Perrins Marsh Cemetery, Centermoreland.

**LOUIS FORTE**  
Louis W. Forte, 58, of 37 Rice St., Dallas, died January 17 at the Wilkes-Barre General Hospital, shortly after admission.

Surviving are his wife, the former Ann Houck; sons, Louis, Trucks-ville; Robert, at home; daughters, Mrs. Debra Thomas, Lehman; Miss Donna Forte, Lansdale; Deanna, at home; brothers, Thomas and Edward, both of Brooklyn; sisters, Mrs. Josephine Colazzi, Brooklyn; Mrs. Mary Dregen, Staten Island; two grandchildren.

Funeral services were held January 21 from the Richard H. Disque Funeral Home, Dallas, with a Mass of Christian Burial at Gate of Heaven Church, Dallas.

**Student aid applications are available**

Applications for state higher education grants and federal student aid for the 1986-87 academic year are available from Rep. Frank Coslett.

The lawmaker noted that May 1 is the filing deadline for all renewal applicants and non-renewal applicants who plan to enroll in baccalaureate degree programs including those enrolled in college transfer programs at Pennsylvania community and junior colleges.

Coslett said that individuals who have not received the forms or who need additional forms may contact his district office at 1265 Wyoming Ave., Forty Fort, PA 18704. The telephone number is 288-3990.

**Seniors**

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backs. And, because of the high percentage of elderly here in North-eastern Pennsylvania and the programs established for them, the cuts will be even more damaging in this area.

The real problem for the citizens may not necessarily be the cut-backs, but a lack of communication between themselves and the Bureau of the Aging, toward whom they have vented most of their anger.

According to sources, what the senior citizens don't realize is that the one van allocated isn't solely for their use. Oftentimes when the seniors are dropped off at the center, that van will proceed to pick up others who are also entitled to its use or to pick up individuals who have medical appointments, which receives first priority.

The group also complained about problems they have encountered at the center itself, including a leaky roof and parking facilities. But according to Adams, those problems don't concern the bureau, either.

"First of all, the conditions at the

center are generally satisfactory," Adams stated. "But what these people don't realize is that we're not responsible for repairs. The Mercy Center is."

Sister Patricia, administrator at the Back Mountain facility, said that all new roofs are currently being put on, in addition to complete renovation of the A-Wing which will be turned into a skilled nursing facility.

Still, those close to the situation say that the seniors do have some legitimate complaints, such as a lack of handrails and access for wheelchairs. But their complaints about parking and recreational facilities are not legitimate.

Sources say that every center is self-sustaining and that the only bills the government pays are heat, rent and salaries of staff members of the center. As for the parking conditions, they aren't likely to be changed, either. Presently, 10 parking spots are reserved for the elderly with the rest of the few spots going to the nuns at the center.

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