

Cookbook

Sharon Hawke

Baking is her favorite pasttime

By CHARLOT M. DENMON
Staff Correspondent

Sharon Hawke of Vernon enjoys cooking but her favorite is baking cakes, pies or other desserts. Recently, she mastered the art of making doughnuts and surprised her husband, Timothy, and two children, Carson and Laurie with several dozen delicious doughnuts.

A native of Clarks Summit, Sharon became familiar with the Back Mountain area because her grandmother lived in Meshoppen and, during her last two years in high school, she attended Dallas High School from where she graduated. Her husband is the son of Mr. and Mrs. Clifford Hawke of Trucksville.

The Hawkes have a large garden where they raise most of the vegetables they need and Sharon does a lot of canning. They also have a large apple orchard, raspberry and blueberry bushes which provides the family with plenty of fruit and Sharon makes a lot of jelly.

Recently, Sharon purchased a dehydrator and dehydrates many of the vegetables since they take up less space and are also ideal for using in soups or sauces. She usually has so many zucchinis from the garden that she has learned to use them in a variety of ways such as making mock apple pie, mixing with pineapple or strawberries to make desserts or as relishes.

Sharon crochets and is presently making an afghan for her sister. She likes to dabble in all kinds of crafts and has been trying ceramics.

The Hawkes who recently moved into their new home, designed and



Dallas Post/Charlot M. Denmon

Snack time

Laurie Hawke takes time for a morning snack, enjoying zucchini bread made by her mother, Sharon Hawke.

built it themselves. The only help they had was with the foundation and the tile. Since Timothy is employed by a landscaping company, he did the landscaping around their new home. It took the Hawkes five years to complete their home, but Sharon said it was worth it.

The recipes she shares with Post readers this week are favorites of her husband and children, particu-

larly the zucchini bread and the Shepherd's Pie. Timothy also likes the Fresh Apple Squares and the entire family agrees that the Zucchini Soup hits the spot on a cold, winter day.

ZUCCHINI BREAD

2 c. sugar
1 c. salad oil
3 eggs

3 t. vanilla
1/2-3/4 t. salt
1 1/2-2 t. cinnamon
1 t. baking powder
1 t. baking soda
3/4 t. ginger
3 c. grated raw zucchini
3 c. flour
1 1/2 c. chopped nuts
Sift dry ingredients (except sugar) together. Beat sugar, oil, eggs and vanilla. Add zucchini, beat. Add dry ingredients gradually and beat well. Add nuts and beat well. Pour into greased and floured pans. Bake one hour at 325 degrees.

FRESH APPLE SQUARES

1 3/4 c. sugar
3 eggs
1 c. vegetable oil
2 c. flour
1 t. baking soda
2 t. cinnamon
1/4 t. salt
1 c. nuts
2 c. apples (pared and sliced)
Sift flour, baking soda, cinnamon and salt together. Beat oil, eggs and sugar together. Add dry ingredients to beat sugar and oil mixture. Add nuts and apples mixing gently. Use 9x13 greased pan. Bake at 350 degrees for 45-50 minutes. Can be dusted with powdered sugar.

SHEPHERD'S PIE

1 lb. ground beef
1/3 c. tomato sauce or catsup
1/2 c. bread crumbs
1 egg
Mix above ingredients thoroughly and use the mixture for crust of pie. The filling can be instant potatoes or real mashed potatoes. Top potatoes with pats of butter and paprika. Bake uncovered at 375 degrees for 45 minutes. Parmesan cheese may be added to potatoes if desired.

Department of Aging awards grant for Alzheimer's Center

Wilkes-Barre General Hospital and Community Counseling Services of Northeastern Pennsylvania have been awarded a grant from the Pennsylvania Department of Aging to establish a regional diagnostic and evaluation center for Alzheimer's Disease. The Geriatric Assessment Center will be one of only eight in the state and will serve residents of Luzerne, Lackawanna, Wayne, Schuylkill, Carbon, Monroe, Pike, Wyoming and Susquehanna counties.

The Department of Aging grant will provide six months of training to the five-member team of professionals which will evaluate patients suspected of having Alzheimer's Disease. Following this training, the Geriatric Assessment Center will begin to provide services from Wilkes-Barre General Hospital, with

additional services being coordinated with the Luzerne-Wyoming Counties Aging Office and other area health care-social service organizations as needed.

The evaluation team will consist of a psychiatrist, primary care physician, clinical psychologist, social worker and registered nurse.

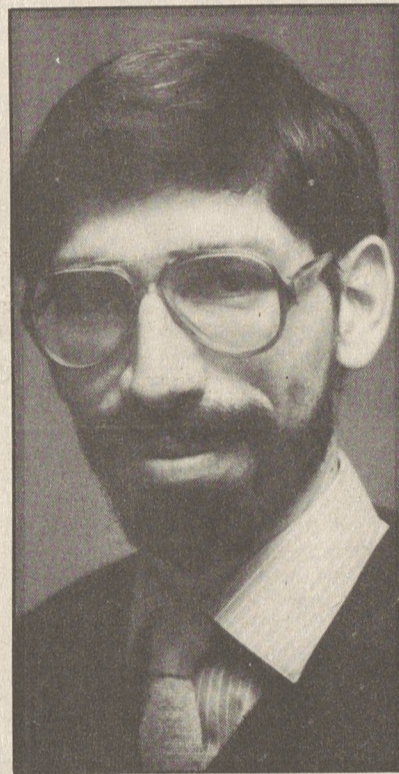
Individual professionals who will fill these roles include the following: Robert E. O'Toole, M.D. of Wilkes-Barre, chief psychiatrist at Community Counseling Services of Northeastern Pennsylvania; Alan L. Boonin, M.D. a family practice physician from Dallas and a member of Wilkes-Barre General Hospital's medical staff; Allen Plotkin, M.S. of Wilkes-Barre, a licensed psychologist who is coordinator of Intakes, Assessments and Mental Retardation programs at Community Counseling Services; Sylvia Barras, M.S.W. of Wilkes-Barre, senior outpatient therapist at Community Counseling Services; and Mary F. Kaiser, R.N. of Wilkes-Barre, supervisor of geriatric services at Community Counseling Services.

The center, expected to open in July 1986, will serve as a regional resource for elderly persons with Alzheimer's and related diseases. It is estimated that between 8,000 and 16,000 persons with such conditions

live in northeastern Pennsylvania and could benefit from the services offered at the center.

Alzheimer's Disease, the fourth-leading cause of death in the U.S. also results in institutionalization, early retirement or social withdrawal for many of its victims. A neurological disorder which affects primarily older persons, Alzheimer's causes severe intellectual impairment. During its early stages it can cause memory loss and confusion, while in severe cases the affected person may become totally unable to care for himself.

Both Wilkes-Barre General and Community Counseling Services have been interested in establishing a comprehensive geriatric assessment center for some time, and both currently operate programs and or facilities for the elderly.



ALAN L. BOONIN, M.D.

Applications now available

Rep. George C. Hasay announced Feb. 27, that more than 400,000 senior citizens enrolled in the Pharmaceutical Assistance Contract for the Elderly (PACE) program will be receiving renewal application forms in the mail this month.

PACE is the lottery-funded program that permits state residents over age 65 to purchase prescribed medicines for as little as \$4 regardless of the cost, if their incomes are less than \$12,000 per individual and less than \$15,000 per married couple.

The office is located at 2261 Sans Souci Highway (Hanover Twp.), Wilkes-Barre, PA 18702. The telephone numbers are 735-2794 and 542-7345. Both numbers ring at the district office.

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School menus

(Following are cafeteria menus for area school districts for the following week:)

LAKE-LEHMAN SCHOOLS

March 5 - 11
Junior High & Elementary
WEDNESDAY - Spaghetti w-Italian meat sauce, tossed green salad, Italian bread-butter, fruited jello, milk.

THURSDAY - Chicken nuggets w-dip, French fries, mixed garden vegetables, roll-butter, pudding, milk.

FRIDAY - Pizza or peanut butter-jelly sandwich, potato chips, carrot-celery sticks, fruit cup, milk.

MONDAY - Toasted cheese sandwich, pickle chips, potato chips, tomato soup-saltines, peaches, milk.

TUESDAY - Sloppy Joe on bun, potato puffs, baked beans, pears, milk.

Senior High
WEDNESDAY - Spaghetti w-Italian meat sauce, tossed green salad, Italian bread-butter, fruited jello, milk.

THURSDAY - Chicken nuggets w-dip, French fries, garden mixed vegetables, roll-butter, pudding, milk.

FRIDAY - Pizza or egg salad sandwich, potato chips, carrot-celery sticks, fruit cup, milk.

MONDAY - Toasted cheese sandwich or chopped ham-cheese sandwich, pickle chips, potato chips, tomato soup-saltines, peaches, milk.

TUESDAY - Sloppy Joe on bun, potato puffs, baked beans, pears, milk.

GATE OF HEAVEN SCHOOL
March 5 - 11

WEDNESDAY - Chicken noodle soup, peanut butter-jelly sandwich, pears, cherry cake, milk.

THURSDAY - Porcupines, mashed potatoes, corn, pineapple rings, milk.

FRIDAY - Pierogies, mixed vegetables, peaches, Tastykake, milk.

MONDAY - Chicken pattie on bun-lettuce, French fries, apricots, milk.

TUESDAY - Beef-a-roni, green beans, fruit cocktail, milk.

WEST SIDE TECH
March 5 - 11
Breakfast

WEDNESDAY - Ham, French toast-syrup, chilled juice or cereal, juice, pastry, milk.

THURSDAY - Variety of cereal, banana bread, juice, milk.

FRIDAY - Cereal assortment, banana, chocolate fig cookie, milk.

MONDAY - Assorted cereal, chilled juice, cup cake, milk.

TUESDAY - Variety of cereal, raisin bars, fruit cocktail, milk.

Lunch
WEDNESDAY - Hoagie-lettuce-tomato, chilled fruit juice, apricots, chocolate chip cookies, milk.

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THURSDAY - Spaghetti w-meat sauce, grated cheese, creamy cole slaw, Italian roll-butter, ice cream, milk.

FRIDAY - Grilled cheese, veggies-dip, chips, tomato soup-crackers, raisin bars, milk.

MONDAY - Hamburg on bun, relish-chopped onion, potato puffs, cheese, sugar-spice cookies, milk.

TUESDAY - Italian meatballs on hard roll, seasoned peas, chilled fruit, brownies, milk.

DALLAS SCHOOLS
March 5 - 11

WEDNESDAY - Veal parmesan w-side of spaghetti, fresh made bread or Sloppy Joe on roll, salad greens w-dressing, peaches-pears, choice of milk or juice.

THURSDAY - Cheese steak hoagie on roll w-sauteed onions or hot dog on roll w-cheese, sauce (optional), oven baked French fries, strawberry jello w-bananas-marshmallows, choice of milk or juice.

FRIDAY - Potato-cheese filled pierogies, or grilled cheese sandwich, seasoned green beans, fresh fruit pieces, choice of milk or juice. Bonus: Soft, chewy pretzel.

MONDAY - Taco shells stuffed w-beef-lettuce-cheese (hot sauce optional) or peanut butter-jelly sandwich & cheese cube, chilled pineapple tidbits, carrot sticks, choice of milk or juice. Bonus: Nacho chips w-cheese.

TUESDAY - Barbecued chicken or Italian hoagie w-lettuce-cheese, whipped potatoes-gravy, buttered mixed vegetables, choice of milk or juice. Bonus: Vanilla cake w-cherry topping & whipped cream.

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