

Sorokas is candidate

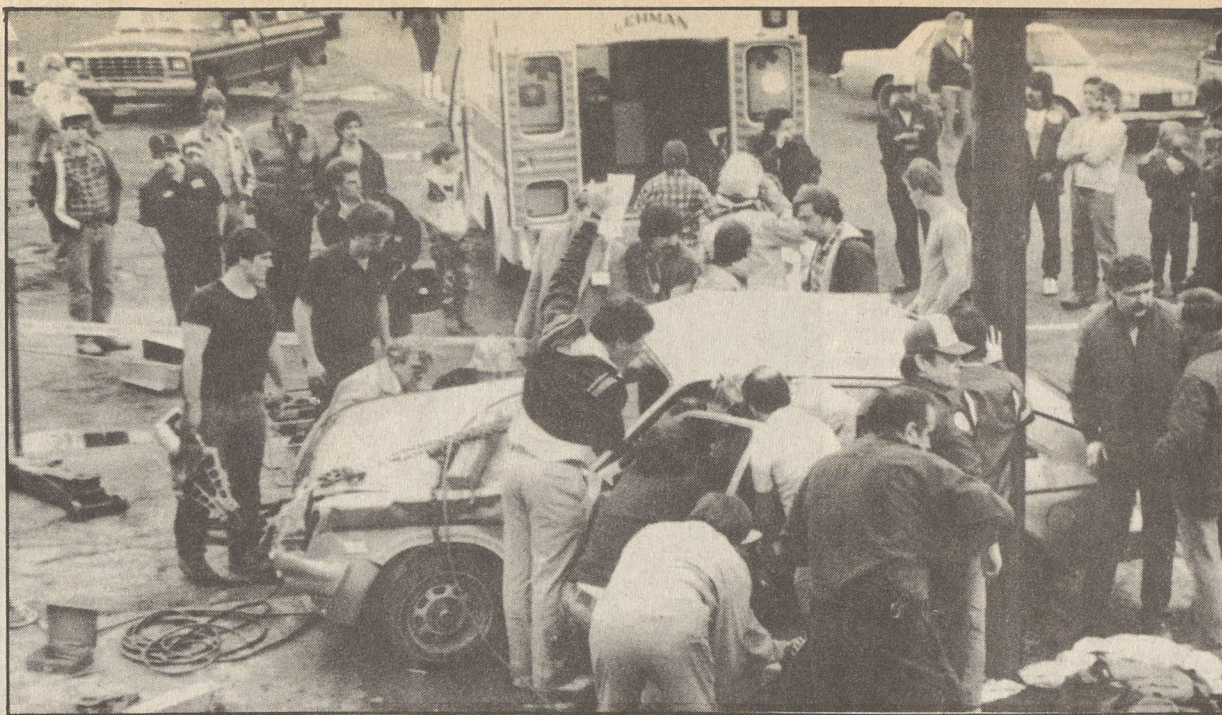
Eileen (Pipech) Sorokas, Wilkes-Barre, announces her candidacy for re-election as a member of the Democratic State Committee. She will be seeking her third term representing Luzerne County.

She has received the endorsements from the Luzerne County Democratic Executive Committee, Wilkes-Barre City Democratic Organization, West-Side Democratic Club, Swoyersville Democrats, Mountaintop Democrats, Edwardsville Democratic Club and Plymouth Democrats.

Eileen is a graduate of St. Joseph's Parochial School, Wilkes-Barre Twp. High School and United Way Union Counseling Course. She is continuing her education at King's College, Penn State Lehman Campus and Luzerne County Community College. A member of St. John's the Baptist Church and Altar and Rosary Society. She is employed by Pittston Fashion and a member of the I.L.G.W.U.

Mrs. Sorokas is a member of various organizations including the Greater Wilkes-Barre Democratic Club, West Side Democratic Club, Mountaintop Democrats, American Legion Auxiliary, Polish Club of Hudson, Donegal Society, General Pulaski Memorial Committee of Luzerne County, served as vice-president of the Wyoming Valley Hearts Basketball Association, Servicemen Club of Plains and the Wyoming Valley Crime Clinic.

She is a volunteer worker for Cystic Fibrosis and the American Heart Association.



Dallas Post/Ed Campbell

Woman killed

Rescue workers attempt to free Frances Agnes Brown and Elizabeth Jane Wyda after their vehicle was involved in a violent two car crash last Wednesday. The women were trapped in the car for about an hour while rescue workers used hydraulic tools and air bags to free them. Mrs. Brown of RD 2, Dallas, was later pronounced dead at the Wilkes-Barre General Hospital.

New Sunshine Law is possible

The prospects for a new state Sunshine Law are brighter following unanimous Senate approval of a measure which would open up key deliberations of governmental bodies to the public, according to state Senator Charles D. Lemmond.

Senate Bill 303, a proposed rewrite of the state Sunshine Law, will require that deliberations leading to a decision be conducted in open session. Current law provides that only formal action, the casting of votes, must be done publicly.

"This is the kind of good government measure that will increase public access to decisionmaking and help build public confidence in government," Lemmond stated. "There is general recognition this bill

means a great deal to Northeast Pennsylvania taxpayers.

"With the many important responsibilities being shifted to state and local government, it is essential that citizens are afforded the opportunity to hear the reasons behind decisions as well as to see the votes cast," he emphasized.

Lemmond said that citizens groups and the media have been working for a change in the law since a 1977 court case severely limited the open meeting require-

ments of the present law.

"I was particularly pleased to support this legislation because my predecessor, Frank O'Connell, played a key role in its development," he added.

Lemmond noted that the Senate had passed a Sunshine bill in the previous session which was not considered by the House. However, the new legislation is not opposed by groups which had blocked earlier efforts.

You can't sleep? You're not alone!

Sleep researchers estimate that more than 50 million Americans have trouble sleeping each night. Sleep expert Dianne Hales, who appears regularly on television and radio talk programs, explains that some sleep problems can be solved by making a simple adjustment to the sleep environment.

"Certainly some sleep disorders may be serious enough to require medical attention," explains Hales, author of "The Complete Book of Sleep," "but others can be remedied by taking a close look at where

you're sleeping. A good place to start is with your bed."

When the decision is made to purchase a new bed, it's important that the old mattress and foundation are disposed of properly. A common mistake is to pass along old bedding to children's or guest rooms. Arrange to have your old bedding picked up and discarded.

For more information about sleep and bedding, send for the Better Sleep Council's free booklet, "Good Night America: A Guide to Better Sleep." Write to Better Sleep, Box 13, Washington, D.C. 20044.

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