



GETTING READY TO RECYCLE - Harveys Lake Councilmen David Abod (left) and William Wilson hold a check from the state Department of Environmental Resources for \$54,388 to help the borough begin its curbside recycling program. The first step of the program begins on June 20 as residents are being asked to pick up a special recycling container at the borough's recreation center. Anyone with questions about the program can call the borough hall at 639-2113 or Abod at 639-5041.

Harveys Lake recycling containers ready for pickup; program starts July 8

By RICH JOHNSON
Staff Writer

Harveys Lake Borough will begin handing out 1,700 newly purchased containers to hold recyclable materials on June 20. Residents are asked to pick up the containers at the borough's recreation center across from the Lake-Noxen Elementary School.

The containers will be available through July 6, and curbside pickup of recyclable material is scheduled to begin July 8.

David Abod, the borough's recycling coordinator, said it is important for all residents who receive a garbage bill to make sure they pick up the recycling container.

"This is a very important project for the borough," said Abod. "We've been working towards this for some time now and it looks like we will begin picking up items in less than a month."

"We expect to have a few rough spots at the beginning," said Abod, "but I think once the residents get back into the habit of recycling

then things will go much smoother."

The borough had been running a weekly drop-off program for recyclables but had to halt it earlier this year because residents from other municipalities were leaving items during off hours.

The borough then decided to go ahead with the curbside program and received more than \$54,000 in state funding to purchase the recycling containers, a pickup truck, and a special trailer to hold the materials.

"The plans for the program look good and I think everyone will be happy with it," said Abod.

He emphasized that residents must cooperate to make the program a success. "The first thing they must do is take a few minutes and make sure they get a recycling container," said Abod. "We have made this as easy as possible; all they have to do is get the container and then leave it out with their garbage to be picked up."

Residents can pick up the containers from 5:00 p.m. to 8:00 p.m. on weekdays and from 9:00 a.m. to 5:00 p.m. on Saturdays. Residents must have identification to pick up

the container and anyone who will pick one up for another resident must provide written authority.

In addition to the container, residents will receive a pamphlet explaining how the program will work.

"It's quite simple," said Abod. "The recycling materials can be commingled and just put out with the garbage and we will pick it up."

Abod urges all residents to take part in recycling as the borough will be paid by the trash hauler for every ton of recyclable material collected.

"Any money we make will be a plus," said Abod. "We have to pay the driver of the truck and for any maintenance needed on the equipment, so money we get from the hauler will help make the program better."

Abod expects some early problems but is optimistic about the program as a whole. "I'm sure it will be slow at first but it will pick up," he said. "It will be the same in my house because it will take me a month or so to get everyone into the habit of recycling. But once we do, most of our garbage will be recycled."

Recycling

(Continued from page 1)

TUESDAYS

Main St. between Rte. 309 and Lower Demunds Rd. (Including Shaffer Ave.) Ferguson Ave. between Rte. 309 and Overbrook Rd. and Overbrook Rd. from Williams St. to Lower Demunds Rd. All roads in the Fernbrook section including Glenview Terrace and Maplewood Heights. Lower Demunds Road between Main St. and Hildebrandt. Rte. 309 between Center Hill Road and the Wyoming County Line. Lake Catalpa Road between the Lake and Hays Corners Road. Alderson Road from Hays Corners Road to Harveys Lake. Goodrich Road from Alderson Road to the township line, and Old Tunkhannock Road from Rte. 309 to the county line. Hays Corners Road from Lake Catalpa Road to Country Club Road. All of Spencer Road and Shrine Acres. 42nd St. from Hays Corners Road to the town-

ship line (including Meadows Ave.) Briarcrest from 42nd St. to Rte. 118 (including Goodman Ave.) Warden Place Road and Sgarlat Lake Road from Hays Corners Road to the township line. Stredny Road from Hays Corners Road to Rte. 309. Country Club Road from Old Lake Road to Rte. 309 (including Wedgewood). Irem Road from Country Club Road to Center Hill Road. Including Shrineview, Pheasant Run, and Fox Hollow.

(Garbage and recyclable materials same day pick-up.)

WEDNESDAYS

Lake St. from Dallas Corners to Center Hill Road. Rte. 309 from the Dallas Shopping Center to Center Hill Road. All areas between Rte. 309 and Lake St. Including Old Goss Manor, Foster St., Woodlawn Ave., Mill St., Southside Ave., and Wellington St., Center Hill Road

between Lake St. and Rte. 309 including Midland Drive and all side streets off Midland Drive. All of New Goss Manor and Orchard View Terrace. Hildebrandt Road between Rte. 309 and Lower Demunds Road including Conyngham Ave., Fairgrounds Road and Sedler Road. Lower Demunds Rd. between Hildebrandt and Demunds Corners. All roads between Hildebrandt and Demunds

Corners north of Lower Demunds Road to Franklin Twp. line. Campground Road between Upper and Lower Demunds Rd., Lake Catalpa Road between Demunds Corners and the Lake. All of Upper Demunds Road, Applewood Manor, Glendalough Road, Rainy Tree Road, Goodleigh Farm Road, Fenwood Drive, and the Maples.

(Garbage and recyclables same day pick-up.)

THURSDAYS

All areas of Kingston Twp. also Pioneer Ave. from Kingston Twp. line to Overbrook Road. All of Druid Hills including Williams St. and Wyoming Road between Kingston Twp. line and Hildebrandt Road.

(Garbage pick-up Thursday. Recyclables pick-up Friday.)

FRIDAYS

Lake St. from Center Hill Road to Country Club Road including College Manor. Old Lake Road from Hays Corners Road to Rte. 415 including Haddonfield Hills. Rte. 415 from Twp. line to Center Hill Road including Lakeway Manor. Garbutt St., Gerald Ave., Bluff Pointe townhouses. Elmcrest, Rte. 118 from Jct. of 415 to township line. Yalick Road from Rte. 118 to Center Hill Road.

(Garbage pick-up Friday. Recyclables Thursday.)

Call Danella Environmental Technologies at 1-800-552-8118 if you have questions about this schedule.

Dallas Area Municipal Authority Recycling Program



Items listed below will be accepted by the recycling program scheduled to begin July 1 in Dallas Borough, Dallas Township and Kingston Township. Items not listed should be placed in a trash container.

Containers for recyclable materials are being distributed to each household. To prevent the loss of the container, DAMA suggests that you put your name or other identification on the box. If it does become lost or stolen, notify DAMA at 696-1134.

MATERIAL	WHAT IS BEING COLLECTED	WHAT IS NOT BEING COLLECTED	HOW TO PREPARE FOR RECYCLING
GLASS	Clear, green and brown bottles and jars. Examples - soda bottles, beer bottles, food containers.	Window and plate glass, light bulbs, crystal, pyrex and ceramics.	Remove caps and rings. Rinse beverage containers & wash food containers. DO NOT BREAK GLASS. Place in recycling container.
NEWSPAPER	Newspapers, comics and glossy advertising inserts.	Magazines, telephone books, junk mail.	Stack newspapers and place in heavy brown paper bags (not plastic bags), or tie with twine (do not use wire). Place the bagged or tied newspapers beside the recycling container at the curb. Do not put out in inclement weather.
CORRUGATED PAPER	Double walled cardboard layered with waffle in between.	Press board, pizza boxes, shirt boxes, cereal boxes.	Flattened, piled and tied with twine. Do not put out in inclement weather.
HIGH-GRADE PAPER	Manila envelopes, fax paper, copy paper, computer print outs.	Waxed, napkins, candy wrappers, paper towels, brown lunch bags.	Place in clear plastic bag. Do not put out in inclement weather.
ALUMINUM CANS	Beverage cans.	Foil, foil trays, aluminum lawn chairs.	Rinse cans and place them in the recycling container. They may be flattened or left intact. Labels can be left on.
STEEL & BI-METALLIC CANS	Any food container such as vegetables, fruit, soup, juice.	Aerosol, oil cans, paint cans.	Rinse cans and place them in the recycling container. They may be flattened or left intact.
PLASTICS I. PET(E)	Soft drink bottles, peanut butter jars, toiletries.	At this time, if there is no number code on a container or if it does not fit into categories 1, 2, or 3, place the item into the regular garbage.	Lids or caps should be removed and placed into regular garbage. Containers should be rinsed and cleaned. Plyable plastics, like 2 liter bottles, must be flattened.
II. HDPE (clear-colored)	Colored: laundry and dish detergents, bleaches, fabric softeners. Clear: milk, water, juice and punch jugs	Look for symbols and/or codes on the bottom of containers.	
III. PVC	Mineral water bottles, salad and vegetable oil bottles, floor polishes, mouthwash containers.		

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Bed sores - stop them in their tracks!

If you have a friend or relative who is immobile or bedridden for an extended period of time from injury or poor health, bed sores, technically known as decubitus ulcers, are a risk. Many are started when someone spends long hours without moving in either a sitting position or lying down.

A bed sore begins when pressure on any part of the body is sufficient to cut off the supply of blood for more than a couple of hours. Deprived of oxygen, the cells in that area begin to die. If the condition is left unchecked, large wounds can result, some life-threatening.

Bed sores can be prevented by one of two methods. One is to turn or move the person frequently enough (usually every two hours) to prevent the blood flow being denied to any one part of the body for very long. The other is use equipment which will reduce the pressure to the point where the blood flow is not restricted.

Healthflex Sleep Systems provides pressure reducing mattresses and cushions to the public as well as hospitals and nursing homes for these purposes. Many times these products are also reimbursable when the proper medical criteria is met.

If you have a loved one whose health is at risk from bed sores, stop in and find out what you can do to help!

HEALTHFLEX SLEEP SYSTEMS
194 N. Memorial Hwy., Suite 4, Shavertown, PA 18708
675-0364 • 1-800-253-8007

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