

Health & Fitness

Travelers

(continued from page 12)

or are overweight, it probably means you need to eat less food or stop eating the wrong kinds of food.

Third, begin modifying your diet if the results of your physical indicate you should do so. Again, don't be afraid to request specially prepared food in a restaurant. It's your right.

Fourth, educate yourself about nutrition. Read books, magazines and food labels. Memorize or make list of - the fat, cholesterol and nutritional content of common foods. Doing so will enable you to choose wisely when the waiter brings that menu.

In general, make sure no more than 30 percent of your total daily caloric intake comes from fat. Of that 30 percent total, no more than 10 percent should come from saturated fat. Saturated fat tends to turn into cholesterol in your body, and cholesterol can gum up your arteries, inhibiting the flow of blood. (To calculate the percentage of calories from fat, divide your total intake of calories from fat - each fat gram contains 9 calories - by the total number of calories you consume each day. Then multiply the result by 100.)

While monitoring your fat intake, strive to eat enough of the right foods, including three to five servings of fruits and vegetables; at least six servings of grain products, including oatmeal, whole wheat bread, rice, barley and pasta; two or three servings of low-fat dairy products such as skim milk, nonfat yogurt and low-fat cheese; and five to seven ounces of poultry (white meat), fish or lean red meat.

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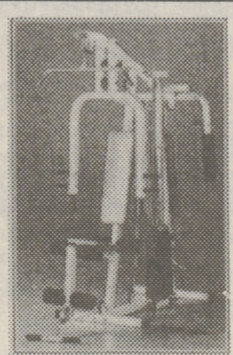
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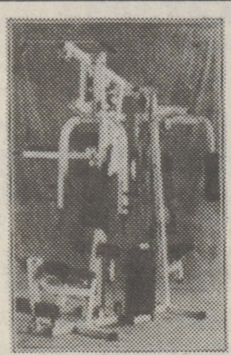


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Bar noise

(continued from page 1)

another hearing scheduled. It's pouring down snow and I have another appointment in Allentown."

Although Toole said that he and Greco would waive the 3 p.m. "Ironwings" hearing if Skwaryk would allow them to proceed with the Tijuana Bar hearing, Skwaryk refused.

Skwaryk gave Toole 15 days to file a new prehearing memorandum.

A new hearing will be scheduled in mid or late April, according to Sandy Grove of the bureau's Harrisburg office.

"The defendant is always advised in writing when they must

file their court documents," Grove said. "Most retain an attorney right away. Our problem with Greco was that we didn't know that he was bringing an attorney with him. We didn't get his pretrial memorandum until the date of the hearing."

The noise violation charge against Greco stemmed from an investigation of the Tijuana Bar between August 18 and 25, during which time music from a band playing at the bar was audible outside the premises, according to bureau officers who had responded to several noise complaints by residents living near the amphitheater.

Greco's attorney asks for dismissal of charges

By GRACE R. DOVE
Post Staff

Having failed to meet the deadline for filing necessary court documents, Michael Toole, representing concert promoter Thom Greco at a noise violation hearing March 9, asked that the charge against Greco be dropped for lack of evidence.

Administrative law judge Robert F. Skwaryk had refused to hear Toole's defense of Greco because the pretrial memorandum was filed 2 1/2 months late.

Adding another wrinkle to the case is a complicated series of leases to the establishment at the old Hanson's Amusement Park, with different corporate entities possibly holding separate leases to the bar and the dance hall.

The charge against Greco stemmed from an investigation of noise complaints at the Tijuana Bar at Harveys Lake between August 18 and 25, 1993 according to bureau officer Lynn Nyer, who testified for the bureau at the March 9 hearing in Wilkes-Barre.

The bureau had sent Greco a notice of a noise violation August 30, 1993, and a citation September 14, Nyer testified.

According to bureau regulations, music or other noise must not be audible outside of licensed establishments, Nyer said.

During her testimony Nyer said Liquor Control Board documents showed the lease-holder of the Tijuana Bar as Harveys Lake Amphitheater, Inc., whose president is Thom Greco, and the landlord as the estate of Donald Hanson.

Although Nyer said she didn't have a copy of any separate leases for the dance hall area, separated from the bar by a hall and a doorway, she said that she understood that Greco also leased that part of the establishment.

"As of April 6, 1993, my records show that Harveys Lake Amphitheatre, Inc., holds the lease to the bar and Thom Greco holds the lease to the dance hall," she said. No other information on who actually controls the dance hall was available to her, she said.

"Are you aware that as of May 1, 1993, the lease to the dance hall has been held by LeState Productions?" Toole asked.

"We were unaware of this," Nyer said. "There are no other leases on our records."

Nyer testified that noise from the Tijuana Bar was audible 450 feet away from the building on Route 415 south and 150 feet away on Route 415 north, as she had paced it off during her investigation.

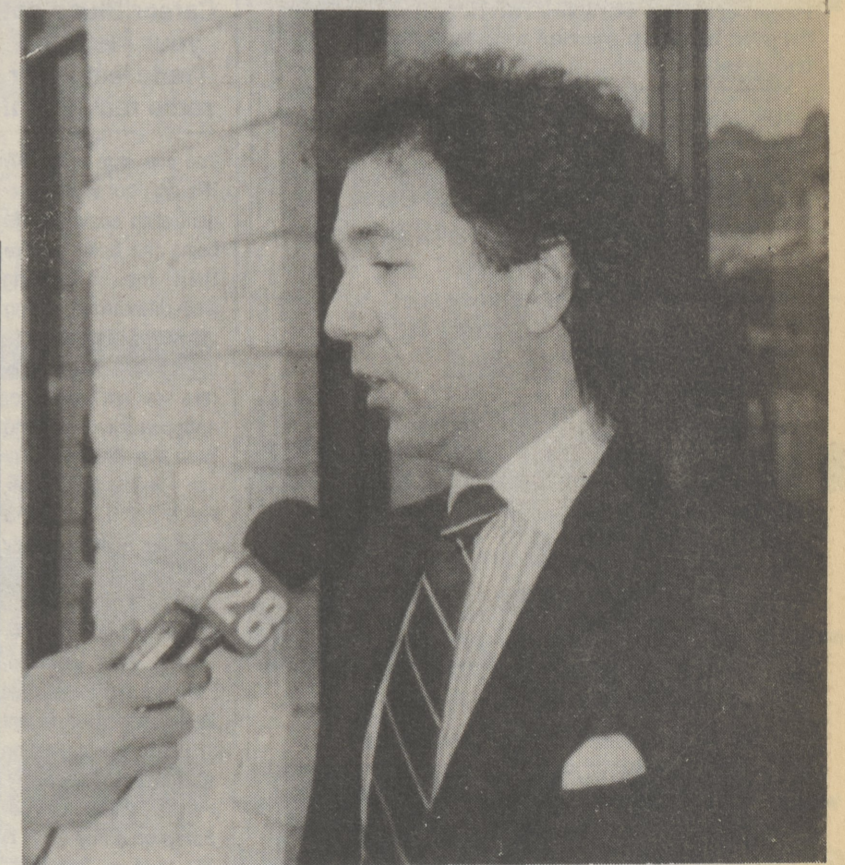
After climbing the outside stairway to the Tijuana Bar and paying \$8 in cover charges for herself and another officer, Nyer said that the only way which the officers could enter the unlicensed portion, a room down a short hallway known as the dance hall, where "Strawberry Jam" was playing, was by crossing the licensed portion of the establishment.

When Toole attempted to present defense testimony and exhibits, Skwaryk refused to consider them until Toole filed a new prehearing memorandum, giving him 15 days to do so.

Toole then moved that the Tijuana Bar noise violation charge against Greco be dismissed due to lack of evidence that his corporation, the Harveys Lake Amphitheatre, Inc., was responsible for the violation.

"This case has become much more complicated than I originally thought," Skwaryk said. "I'll need to pierce the corporate veil in order to make a decision."

The rest of the hearing will be scheduled in mid or late April, according to Liquor Control Enforcement officials.



POST PHOTO/GRACE R. DOVE
THOM GRECO - speaks to the press after a hearing about alleged noise violations at the Tijuana Bar at Harveys Lake was postponed because his attorney hadn't filed pre-trial documents.

Greco reaches for an edge

After his March 9 hearing for a noise violation at the Tijuana Bar at Harveys Lake, concert promoter Thom Greco stood in the heavily falling snow talking with reporters.

"See? After all of the complaints from Harveys Lake, only two people bothered to show up," he said.

He broke off the conversation suddenly to turn and point to the two Harveys Lake men who had been present at the hearing, who said something to administrative law judge Robert Skwaryk as he got into his car.

"Look! Do you see that?" he exclaimed. "They're harrassing the judge! That's illegal! They're harrassing the judge! Look at that!"

The two men, who refused to identify themselves other than saying that they were businessmen, explained to a reporter that they had merely thanked Skwaryk for coming to Wilkes-Barre in the snowstorm and wished him a safe trip back to Allentown.

"We know better than to say anything to a judge," they said. "That could do more harm than good."

When told that Greco had accused them of harrassing Skwaryk, they shook their heads and walked away.