

New water treatment plant will add quality, capacity

By KASIA McDONOUGH
Post Staff

HUNTSVILLE - The state-of-the-art Huntsville Water Purification Plant is nearing the final stages of construction and is set to open in December.

The new facility, which will serve Pennsylvania-American Water Company (PAWC) customers in Kingston Township and the west side of Wyoming Valley, will replace the century-old Hillside Water Treatment Plant. "From the standpoint that Hillside and Huntsville are both filtration plants, they are similar, but really that is where the comparison ends," said Ed Petkoski of PAWC. "This facility is ultra-modern and uses all the newest high-tech equipment. Hillside doesn't have anywhere near this level of sophistication."

The Huntsville purification system will include computerized monitors and controls which will ensure all water passing through the plant meets the company's standards. "If something were out of spec the monitors would pick that up immediately and adjustments would be made, either automatically by the control mechanisms or by the operators who are on staff," said Petkoski. "The system is designed so that only clean water gets out of the plant."

Water treatment has changed less dramatically than the equipment used to monitor the process. "The water is basically brought into the plant from a pumping station which takes the water out of the Huntsville Reservoir," said Petkoski. "The water is then treated with various chemicals, all of which are approved for use in potable water. These chemicals — alum is an example — help bond dirt and bacteria into larger

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Ed Petkoski
PA-American Water Co.

particles which our filters can easily remove from the water."

Chlorine is then added to the water before it passes through granular activated carbon filters. "Most people are familiar with what carbon does to improve the taste of drinking water," said Petkoski. "This process allows us to put out a product that meets very high standards and that is really what we are striving to do."

In addition to providing higher quality drinking water, the Huntsville plant also allows a higher quantity of water to be processed than could be treated at the Hillside facility. "The Huntsville plant is capable of processing 4.5 million gallons of water per day," said Tom Reese, PAWC Communications Manager.

Existing tanks at the Hillside plant will be used as clean water storage facilities. "Basically, the large tanks at Hillside will remain in service as a holding area to even out fluctuations in customer demand," said Petkoski. "We have no control over when people turn on their faucets, so the additional storage tanks allow us to compensate during peak periods."

Construction costs, including the installation of a new pipeline connecting the Huntsville treatment facilities and the Hillside storage tanks, will cost the company \$16.5 million. "It is always our goal to put a better product out there and this project makes that possible," said Petkoski.



POST PHOTOS/KASIA McDONOUGH

A new water treatment plant is scheduled to go into operation in December. Located off Reservoir Rd. in Dallas Twp., it will have higher capacity than the existing plant on Huntsville Rd., and will provide cleaner water, according to Tom Reese, a spokesman for Pennsylvania-American Water Co.



Library adds memorial books

Back Mountain Memorial Library announces the addition of new memorial books:

In memory of John D. Lewis, "Into the Wilderness" by Stephen Lyman, presented by Mr. and Mrs. Lewis and The Wyoming Valley Art League.

In memory of Ruth Shoemaker, "O" is For Outlaw" by Sue Grafton, presented by Lila and Bob Pollock.

In memory of Hanford Eckman, "Peter Drucker: Shaping the Managerial Mind" by John Flaherty, presented by Dr. and Mrs. David Rimple.

In memory of Dr. Harry Gallagher, "The Educated Child" by William J. Bennett, presented by Jean and Frank Hughes.

In memory of Anthony Cabrera, "Another Important Book" by

Margaret Wise Brown, presented by Mr. and Mrs. Jerry Mancinelli.

In memory of Nancy Messersmith, "From Sea to Shining Sea, State Book Set" by Dennis B. Fradin, presented by Friends.

HONOR BOOKS

In honor of the birth of Duncan Taylor Lumia, "Pumpkin Soup" by Helen Cooper, presented by Chris and Ramah Hackett.

In honor of Janet Lozo, "Children's Clothing of the 1800's" by David Schimpky, presented by the Fino Family.

In honor of Janet Lozo, "Old-Time Toys" by Bobbie Kalman, presented by the Fino Family.

In honor of Thomas Malonzo, "Dutch" by Edmund Morris, presented by Stretchout Friends.

SENIOR Lifestyles

Get off your rocker to get and stay healthy

By Timothy McConnell, Ph.D.
Exercise Physiologist
Geisinger Medical Center

You may have read about the 89-year-old fellow who climbed a mountain in Antarctica. Was he off his rocker?

You bet. And more of you old folks should get off your rockers, too, if you're in relatively good health. It would do you a world of good, physically and mentally. For example, a regular exercise regimen can:

- Slow the aging process.
- Strengthen bones against that great bone-destroyer, osteoporosis.
- Boost your tolerance for body sugar (glucose) and lower your risk of developing diabetes.
- Firm up sagging muscles.
- Improve flexibility.
- Reduce your risk of injury from a fall.
- Help you lose weight or maintain your ideal weight.
- Alleviate stress and depression.
- Give you a sense of accomplishment, something to brag about.

To achieve an improved level of fitness, you don't have to climb a mountain in Antarctica, go bungee-jumping off the Empire State Building, or run in the New York City marathon (although a 90-plus fellow does that regularly). A walk in the park, a little Ping-Pong, or a couple of foxtrots will do nicely.

So, when was the last time you jitterbugged?

- Bowled?
- Rode a bicycle?
- Played catch with a grandchild?

All of those activities can help

you recapture your youth, or at least a little piece of it. And they can put a smile on your face and a purr in your ticker.

What's that? You say you're too far over the hill? You say you just can't hack it? Well, a recent study involving 100 patients of a nursing home proved that even the very frail and the very sedentary can benefit from physical activity. After 10 weeks of regular exercise, four patients who used walkers graduated to canes. And all 100 patients could walk an average of 12 percent faster than before and climb stairs 28 percent faster! So there.

Does all of that mean that you senior citizens out there should head for the nearest mall to buy running shoes, soccer balls and tennis rackets?

Not at all. First, see your physician for a thorough check-up that will tell you how much and what kind of exercise you can tolerate. Chances are, you'll discover you can do some form of exercise even if "the old gray mare ain't what it used to be." For example, if you find out your legs can't take the pound-pound of walking or jogging, then consider the pull-pull of rowing. If you find that your shoulders can't take the whoosh-whoosh of a tennis racket, consider the bounce-bounce of a basketball.

Then, too, there is always the hop-hop of line dancing or the tramp-tramp of hiking. Life can be more than tying shoes and scratching an itch.

Dr. Timothy McConnell is Geisinger's director of cardiac rehabilitation and a past-president of the mid-Atlantic chapter of the American College of Sports Medicine.

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Sundaes sales benefit Project Graduation

Mama & Papa's will donate 50 cents for every Mountaineer CMP or Country Club Banana Split sold Nov. 13-30. The proceeds benefit Project Graduation. Mama & Papa's Ice Cream Parlor located in the Country Club Shopping Center, will donate ice cream and cones for the graduating seniors to enjoy at the lock-in party on graduation night. The parlor is open daily from 2-9 p.m.

BIRTHS

NESBITT

PALL, James and Susan, Dallas, a son, Oct. 28.

HURN, Paul and Kathleen, Trucksville, a son, Oct. 29.

LOVE, Richard and Kimberly, Sweet Valley, a daughter, Nov. 2.

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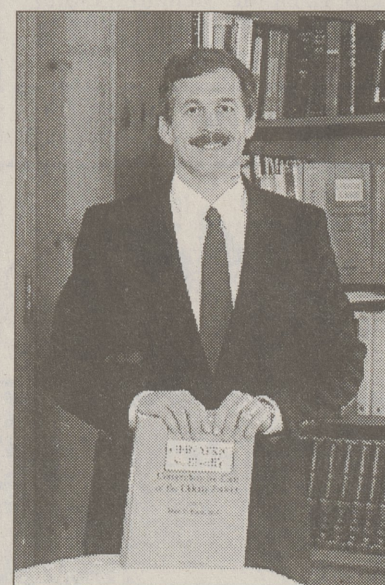


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