

Recollections of the Back Mountain in a simpler, and more fun, time

(continued from page 1)

cemetery. We pulled all of them up and planted them in our yard. We didn't know the Boy Scouts had planted them that morning. What happened next is another story.

I can recall stories about Alec Johnston, the Blacksmith and Marne Haming who owned the candy store, and there was Aunt Betty, not really our aunt, she collected live owls, and kept them on the back porch. Aunt Betty also collected unusual ducks and cross-bred them, the likes of which you've never seen.

And the not so good memories of the KKK burning crosses in front of our house and sabotaging the construction of College Misericordia.

Winter Fun

By ANNA MAE ESTUS

Back when there were only a few cars on any road, Huntsville Street would be closed on the weekends to everything but sleds and bobsleds. There would be hundreds of people sleighriding and bobsledding. They came from the cities and towns around Dallas by train and street car. The train was needed to transport the bobsleds and Flexible Flyer sleds. The men built their own bobsled, and each tried to make the fastest one. They were brightly painted and decorated. They had races to see who could reach the railroad station on Main Street from Graveyard Hill the quickest. If they went on up Church Street, it was even better. There were no prizes, they

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raced for the sheer joy of it.

Sleds were big too. Flexible Flyers came in all sizes from small child size up to ones six to eight people could fit. There were all kinds of ways to ride down hill - sitting up steering with your feet, or belly flop steering with your hands, and as many as could hang on would flop on top of one another. Half of them would fall into a snow bank on the way down the hill, laughing all the way. We never missed watching all the fun from our windows overlooking Huntsville Street. If we weren't so little we would have been sleighriding too.

Before the sleighriding ended, people we knew and someone nobody knew, would come to our house and have oyster stew that my mother made, big kettles of it. The Meridian Restaurant wasn't there yet. When it was, people had sleighriding parties and had their oyster stew there. I never knew of anyone to serve anything but oyster stew after sleighriding.

We had our own place to sleighride. We would start at the

barn in the far back of our yard, come down over the terrace that separated the upper and lower backyard, go around the house over another terrace, much higher, jump a stone wall at the bottom into Miss Wordon's yard - we could do that because of the thick crust on the snow - around her front yard, along the side of her house ending at her back door. She would be sitting in her kitchen window watching and enjoying every minute. She was in her nineties, but I'm sure she would have loved to sleighride too.

Part of our sleighriding path crossed a sidewalk from our back door. One night we had lots of company, we always did. We almost never went out at night, but with all those city cousins sleighriding was a must. We should have continued sailing down the path but we stopped abruptly - the sidewalk had been ashed! We couldn't scrape the ashes off so I got the idea of pouring water over the ashes to freeze into ice. We all carried water from the kitchen and covered the ashes. It was very cold and the water froze quickly. Our path was open again and we were having a grand time until one of our uncles came outside and immediately slipped on the ice and fell. To punish us, my father made all of us carry ashes from the cellar and cover the ice on the sidewalk and the entire sleighriding path. That ended our sleighriding for days and days.

The school was next to our house and that side of it never got

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much sun, so snow would be there until spring, melting a little and freezing a lot. It would become one big sheet of ice. You could start from behind the school with a run and slide all the way to the sidewalk in front of the school. Recess was one long thrilling slide. If you were lucky you stayed on your feet, but your belly or your behind was just as much fun. We could get several good slides before the bell would ring much too quickly.

I often wonder how the kids explained the wet clothes and holes in the knees of their stockings to their mothers. I never had to explain to my mother, she saw first hand.

Alice, my best friend, had an old baby sleigh made of ornate wicker lined with quilted green velvet. It had a handle so you could push your baby in the snow for a sleighride. It was big and deep so you could snuggle your baby down in furry blankets to keep it warm. So that gave enough room for Alice to fit in there with her long legs sticking out over the end. I pushed her all over Main Street and the side streets, alleys and fields if there happened to be a crust on the snow. Such fun we

had laughing all the way! She was dumped in the snow many times cutting the curves too sharply. But the snow was soft and no harm done. It was sad to hear that that sleigh was destroyed in a barn fire, but our memories are still with us.

We had big long icicles from our side porch roof to the ground. Those we couldn't eat, but there were long thin ones we could easily reach and break off. They were clear and crystal, you could see through them and I remember their taste. We ate snow too. We would stir in a little sugar and vanilla and call it snow ice cream. Were you to eat them today, you would probably die of some awful thing.

Milk would freeze and push the cream up out of the glass bottle with the cardboard lid still on top. My sister Madeline and I would break the frozen cream off the top and eat it on our way to school.

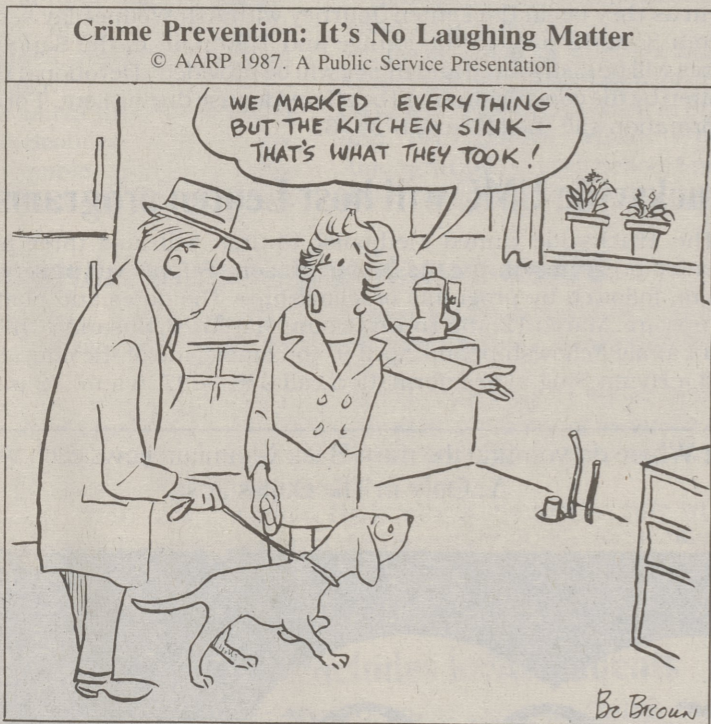
That treat didn't continue long. When the milk thawed in the house, of course there was a big gap where the cream should have been. Needless to say, that was a short lived pleasure.

Snow was deep then, high as a grown-up in our drive way. I suppose it just looked deep to us because we were little, but pictures in mother's photo album of the snowbanks shoveled on both sides of the driveway were higher than the big Cadillac parked there. Cars were very high from the ground then. Shoveling that long driveway was work.

A blizzard would keep us inside for days with shutters closed, shades down, drapes drawn and the steam radiators comfortingly hissing. It was hard to keep the howling wind outside. That was our only insulation. Eventually there was weather stripping made of felt and going on to copper which made weird noises when the wind was strong. Then came wood and glass storm windows you had to put up in the fall and take down in the spring. Those graduated to the ones homes have today. When I stand by my windows comfortably now, I kind of wish for a good old-fashioned blizzard, drafts and all. Then I think, I must be crazy!

Sweet Valley Fire Co. selling address signs

The Sweet Valley Volunteer Fire Company is selling address signs for \$10. The signs are made of aluminum with a green background and are 18" long x 6" wide. These signs must be visible for all emergency crews to see. Anyone wishing to place an order may do so by calling 477-5121.



A thief is less likely to take property that has been marked by the owner. Property marking is an effective deterrent. Consult your local law enforcement agency for suggestions.

Senior Lifestyles

We're making progress against stroke

Many people consider a stroke a sudden and devastating occurrence - a blood vessel rupture or blockage that prevents blood from flowing to the brain, killing brain cells and causing disability or death. In fact, not all strokes are "sudden." Early intervention can minimize damage, and preventive care may reduce the risk of stroke, according to the American Heart Association.

There are several major types of strokes. The most common types are caused by clots or other materials that block an artery supplying blood to a part of the brain. Ruptured blood vessels are responsible for another type of stroke. To date, great progress has been made in the treatment and prevention of conditions leading to a stroke.

"Several treatments are proving very successful in preventing stroke," said Dr. Stanley Briller, President of the AHA, Pennsylvania Affiliate. "There are two groups of new drugs that can successfully slow or prevent the formation of blood clots. Another treatment, this one surgical, can relieve severe blockage in the arteries of the neck. This can restore the blood supply to the brain." "Stroke should be treated with

the same sense of urgency as a heart attack," said Briller. "And, in order to receive immediate treatment, people must be able to recognize the warning signs of stroke."

The warning signs associated with a stroke are:

- sudden weakness or numbness of the face, arm or leg, localized on one side of the body
- sudden dimness or loss of vision, particularly in one eye
- loss of speech or trouble talking or understanding speech
- sudden, severe headaches with no apparent cause
- unexplained dizziness, unsteadiness or sudden falls, especially when combined with any of the previous symptoms.

"As stroke research evolves, we learn more about managing this disease how to stabilize stroke patients and begin early therapy that can reduce the damage associated with stroke."

Major progress is being made in both the prevention and treatment of stroke. The age-adjusted* death rate from stroke has declined, but, since people are living longer, the total number of strokes in America is increasing. That's why the American Heart Association advocates that individuals

take action to reduce their risk of stroke. The estimated 500,000 people who suffer from a stroke each year in the United States generally have one or more of the following risk factors, which can be treated or alleviated:

1. high blood pressure
2. heart disease
3. transient ischemic attacks (TIAs) - temporary stroke-like symptoms which are strong predictors of stroke
4. cigarette smoking
5. high red blood cell count

Last year, the AHA assumed responsibility for working with some 850 stroke clubs and other support groups nationwide. These groups, known as the Stroke Connection, represent more than 45,000 stroke patients. During May, the AHA and the Stroke Connection will work together to educate Americans about the warning signs of stroke. The Stroke Connection is one example of groups which offer support, counseling and other services. Members often provide, through personal experience, the motivation many stroke survivors need as they begin the recovery process.

The AHA offers a variety of services and products related to stroke and stroke recovery includ-

ing two newsletters, *Stroke Connection* and *Stroke of Luck*, educational materials for stroke patients and others affected by the condition and a national toll-free number specifically for answers to stroke-related questions. As the AHA keeps reaching out to stroke survivors and their families, they will continue to fund research and educational programs related to the prevention and treatment of this important and often devastating disease.

The American Heart Association is the nation's leading nonprofit organization dedicated to reducing disability and death from cardiovascular diseases and stroke. Last year, the AHA spent about \$232.5 million for heart and blood vessel research and for programs in public and professional education.

For more information on stroke prevention and treatment or information on local stroke clubs, call your local AHA office or call 1-800-AHA-USA1.

*Age-adjusted death rates represent the elimination of changes in the data due to changes in population.

Watch out! Con artists target seniors

What's a con game? Most of the time it's a setup. Swindlers prey on people who have a tidy sum to invest or a little cash in a savings account. They trick people into handing over their cash and then leave them flat.

So it's called a con game. Most of the time, the swindlers win. You know how? Because they cheat - swindlers know the rules of the game. You don't.

Well, why not turn the tables? Below are some common fraudulent situations that often lure people into being conned. Becoming aware of such situations can help you avoid being conned.

- Somebody offers you something for nothing or at a surprisingly low price.
- A stranger asks you about your personal finances.
- You are asked to pay large sums in cash.
- A stranger asks you to withdraw your bank savings in cash.

Many situations are not quite as simple as these. Swindlers come in many disguises and they're creative. Charity fraud is very common and does a lot of harm. The swindler takes advantage of people's goodwill and takes their cash - money that was meant for people in need. Then, when legitimate charities ask for donations, those who have been conned may be reluctant to give again for fear of being taken for granted.

You can make sure that any money you give gets into the right hands. Remember these pointers when somebody asks you for a donation:

- Ask for identification - the organization, the solicitor. Find out what the purpose of the charity is and how funds are used. Ask if contributions are tax deduct-

ible. If you're not satisfied with the answers - don't give.

- Don't fall for high-pressure tactics. If solicitors won't take "no" for an answer, give it to them anyway - but don't give them your money.
- Be suspicious of charities that only accept cash. And always send a check made out to the organization, not to an individual.
- If a solicitor reaches you by telephone, offer to mail your donation. Shady solicitors usually want to collect quickly.

Northeast Amigo

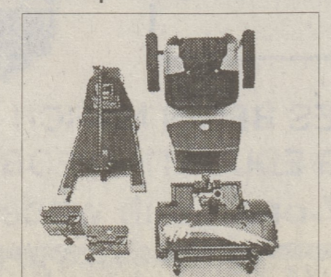
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Takes Apart into Five Pieces



Northeast Amigo is a family operated business, which has grown to become one of the leaders in sales of motorized scooter-style wheelchairs. It first began in June, 1980 by my wife, Nancy, but it is currently under the operation of my son, Raymond and daughter, Karen Perzia. In addition to selling all Amigo line products, we also handle all of our own service.

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