

Relay

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and safely. So far, I think it's working."
Boris has a loud and clear message for anyone who is diagnosed with cancer. "You must take charge of your own health care. There are always new things out there. Find out about them. Read everything you can get your hands on. Join a cancer support group and talk to everyone you can. Get on the Internet and search until you exhaust all sources of information. Ask the doctors the tough questions. It's your life."

Boris attributes his cancer to poor nutrition. "I was a meat and

starches kind of guy who ate those things late in the evening before going to bed. Now I'm trying to boost my immune system to fight this disease by following an almost exclusive vegetarian diet. I have learned that the four most important things I can do for myself are proper nutrition, exercise, rest and stress reduction. I've lost 40 pounds, but not because of the cancer. In spite of it, I feel wonderful. Life is more meaningful and I'm concentrating on the important things."

As many people have come to learn when cancer strikes, it doesn't just affect the person

who is ill. It affects the whole family. "My wife Susan helps me a lot with cooking the things that I need for my diet and offers me emotional support," said Boris. "I have a positive attitude about this thing, so she and the children take their cue from me. I don't wait for the kids to ask me questions. I tell them everything up front and I am honest with them. In our house we deal with the two P's — a positive attitude and a pro-active approach."

As evidenced by the abundance of get well cards in his office, Boris also gets support from his staff and dental patients. "I

have been honest with them too," said Boris. "I've even given them a health update in our practice newsletter. I've had cancer patients call me for advice, and I am eager to talk with them. I've learned so much and I don't mind sharing what I have discovered."

Boris is pleased to have been asked to be the honorary chairperson for the Relay for Life. "Unfortunately, I will be unable to attend the actual event because I'm taking my family to Brazil for 10 days to explore the area and spend some time alone with them and a spiritual healer.

I expect the trip to be beneficial for all of us."

His battle with cancer has brought his family closer together than ever before. "It was hardest for my oldest daughter because she was already scheduled to go off to college, but we're working hard to keep the lines of communication open with the entire family," said Boris.

Boris's research has revealed that three out of every nine adults will get cancer. Two won't die, but one will. "Great strides have been made," said Boris. "There is no cure yet, but there are treatments that are very ef-

fective. I hope the Relay for Life will give strength to the cause and victims will find the strength to battle this disease in a positive way. I get a lump in my throat when I think of my kids. Somewhere, some way, we'll find a cure."

Frank and Susan Boris have three daughters: Lindsay, 19; Allison, 16; and Caroline, 14.

If you would like more information on participating in the Relay for Life, call Sarah Wick at the American Cancer Society at 1-888-227-5445 or Chairperson Mary Fran Thomas at 650-6364.



Safe boating awareness day at the lake

A Safe Boating Awareness Day will be held Sunday, June 8 from 11 a.m. to 2 p.m. at the Public Boat Launch, Harveys Lake. Safety information displays, free boat inspections, a free raffle and mock BUI crash, drowning, rescue and arrest will be the highlights of the event. The Mock Crash will take place at 12 p.m. The Northeast Highway Safety Program, the PA Fish and Boat Commission, the Coast Guard Auxiliary and the Luzerne County Community College EMS Department are sponsoring the event. Rain date is June 22.

Pictured are some of the planning committee.

From left: Jack Borzell and Julie Schechter of the Coast Guard Auxiliary, Cindy Mauriello and Cathy Subulski of the Northeast Highway Safety Program, Nadia Kalinowski of Community Pride, Marlene Kalinowski of the Northeast Highway Safety Program, Sandra Serhan and Francis Kopko of the Harveys Lake Historical Society.

Early dismissals at Lake-Lehman

Schools in the Lake-Lehman School District will dismiss early on the following dates:

Friday, June 13: 12 noon dismissal at the high school, middle level, Lehman-Jackson Elementary

and Lake-Noxen Elementary.

12:45 dismissal at Ross Elementary.

Monday, June 16: 10 a.m. dismissal at the high school, middle level, Lehman-Jackson Elementary and Lake-Noxen Elementary.

10:45 dismissal at Ross Elementary.

Jackson

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is investigating the blasting. Ed Chesnovitch said he talked to Judy Ragazinsky from the DEP about the same matter. "Call me, it's my job" she said. Chesnovitch encouraged residents to call her with their complaints at 621-3118.

Chesnovitch asked the board if they needed to be more proactive with the DEP. "Can we sue the DEP?" he asked. Fox felt the board should wait and see what Governor Rendell's administration is going to do before making any moves like that. Wilkes said he is anticipating improvement on the DEP's part.

In other news, Wilkes and Chesnovitch attended a crime clinic in May. Both felt the clinic was very useful and the information presented was worth looking into. The clinic presented a crime plan, which can be used as a tool for police departments to follow. Accreditation to this plan also limits liability through the state. Wilkes has already requested more information be sent to the chief of police. Accreditation

would cost the township \$100 and be good for three years.

The Jackson Township Road Department will be hiring part-time help, with June 12 the deadline for applications. "We would like to give first priority to Jackson Township residents," said Fox. The position will pay \$6 per hour and last throughout the summer.

Fox also informed the board that on June 21, Luzerne County is sponsoring a used tire collection. The drop off is at Hanover Area High School, and will be from 9 a.m. to 3 p.m. Luzerne County residents can drop off up to 12 tires, but they must pre-register. Automobile, pickup truck and SUV tires can be dropped off, as long as they are free of liquids and heavy mud. They also must be removed from the rims. Included in this used tire collection is the opportunity for municipalities to deposit up to 150 tires. Wilkes informed the board that Jackson Township has already registered, and collected its allotted 150 tires.

The board is planning final discussions on the Agricultural Security Act (ASA) at its next meeting, and approval of properties that qualify. Wilkes drove by properties signed up to be included in the ASA and found three that needed to be addressed further. Fox also found discrepancies on some of the properties. Supervisor Andrew Kasko will bring these concerns up with the committee this month.

A new desk occupied the front of the meeting room. The desk, which seats the supervisors, solicitor and secretary, was built by four inmates at the Dallas Correctional Institute, under the supervision of Gary Slusser. The project took six months, but Wilkes was more than pleased with the end result. Wilkes also took time to publicly recognize the hard work that Zoning Officer Andrew Sholtis has been doing. By next month's meeting on July 7, Wilkes hopes to have the last of the renovations completed.

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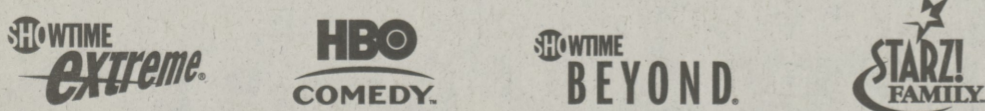


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