



Lou Ellen Zekas buys some green vegetables from Lori Cotrone of Creekside Farms at the Back Mountain Farmers Market.

FOR THE POST/CHARLOTTE BARTIZEK

MARKET

Continued from Page 1A

"Sweet corn is always very popular this time of the year," said Jolene Dymond. "And the berries are so good for you. We thought it would be good to get involved (with the farmers market). We need to help our community."

And it's also important for

members of the community to support their local farmers, says Brace.

"People should take pride in buying from them," he said. "The stuff you buy in the supermarket is coming from California. There are very few family farms left. You need to support them or they'll go away."

In addition to Brace Orchard and Dymond Farm Market, other farms selling produce at the farmers market were Grassy Ridge

Farms of Noxen, Golomb Greenhouse of Plains, Yost's of Wapwalopen and Covered Wagon Produce of Wapwalopen. Igourmet also sold food at the market.

"I'm really glad that I got involved with the farmers market," said Manzoni. "It's a great way for people to get fresh fruits and vegetables. I think the community would have been upset if we didn't have it again."



Three-year-old Alec Mattingly of Shavertown leaves his cup aside after seeing these eye-catching summer berries at the Back Mountain Farmers Market.

FOR THE POST/CHARLOTTE BARTIZEK

MEADOWS

Continued from Page 1A

Adults, on the other hand, volunteer for a variety of reasons, whether it's because they lost a spouse, recently retired or want to meet new people.

"They may start by filling their time; then they just get hooked," Sorchick said.

And, of course, there are always special circumstances.

Leona Walter, 75, first came to The Meadows when she had to put her mother in skilled care. I

t wasn't until she saw the way her mother was treated at The Meadows that she decided to volunteer as well.

"My mother was almost blind, but she would play bingo," Walter said. "Someone was there all the time to help her. They took such good care of her."

Now, 10 years later, Walter wears a green smock for 50 hours of volunteering. It is now the residents who inspire her by the little things they do.



Leona Walter serves Myrle Collbaugh some fried bread dough and cinnamon. Collbaugh was one of the first Meadows Center volunteers and is now a resident.

"Sometimes you take your resident back to their room and they grab a hold of your hand and kiss it. It's very rewarding," Walter said.

"Some of them have no family members. They get so excited when they see you walking down the hall."

Down in the dining room, the residents wait for their fried

dough. Pearl Williams eagerly twists around in her wheelchair to talk to Walter, who bends down and gives her a hug.

"If they (volunteers) are here to help, we're happy to have them," Williams said.

"They push me back to my room after bingo. I know they're nice because they push everyone. They help a lot."

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PUZZLE ANSWERS

Puzzles, Page 8

King Crossword Answers

COB	MOM	CARP
AHAB	UPA	AXLE
LIRA	GAG	REST
MONKS	LIAR	
	EAR	CLOCHE
SPARTAN	FLOOR	
IRIS	GAS	LONG
RINDS	TUMBLER	
EXTORT	PIA	
	ZOOS	SKIDS
JOKE	WAG	EVIL
OVEN	ERA	RACE
BAGS	LIP	NEW

Rational Numbers answers

2	8	7	1		
1	7	8	2	4	
1	9	3	0	8	
		1	2		
1	3	0	5	7	
6	5		1	4	5
6	3	3	1		

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P	E	N	A	L		E	T	T	A	P	R	I		R	E	A	S	O	N

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