

Tina J. Dupes marries Burnell Hiestand

The marriage of Miss Tina J. Dupes to Burnell Hiestand took place on Saturday, July 9th, at 6:00 p.m., at the Congregational Bible Church, Marietta. Rev. Galen Hiestand, the groom's brother, performed the marriage.

The bride is the daughter

of Mr. and Mrs. John F. Dupes, Middletown RD1. She graduated from Lower Dauphin High School, Hummelstown, and attended Messiah College. She works for Hiestand Distributors, Inc., Marietta.

The bridegroom is the son of Mr. and Mrs. Paul

S. Hiestand, Marietta RD1. He graduated from Elizabethtown High School and attended Eastern Mennonite College, in Virginia. He is employed by Hiestand Distributors.

Miss Carol F. Teufel, sister of the bride, was maid of honor. Bridesmaids

were Sharon Johnson, sister of the bride, Jani Neidinger, Raelene Harbold, and Geni Hiestand, sister of the bride.

Ann Marie Johnson and Monica Teufel were flower girls. Scott Allen Johnson of Mechanicsburg was

ringbearer.

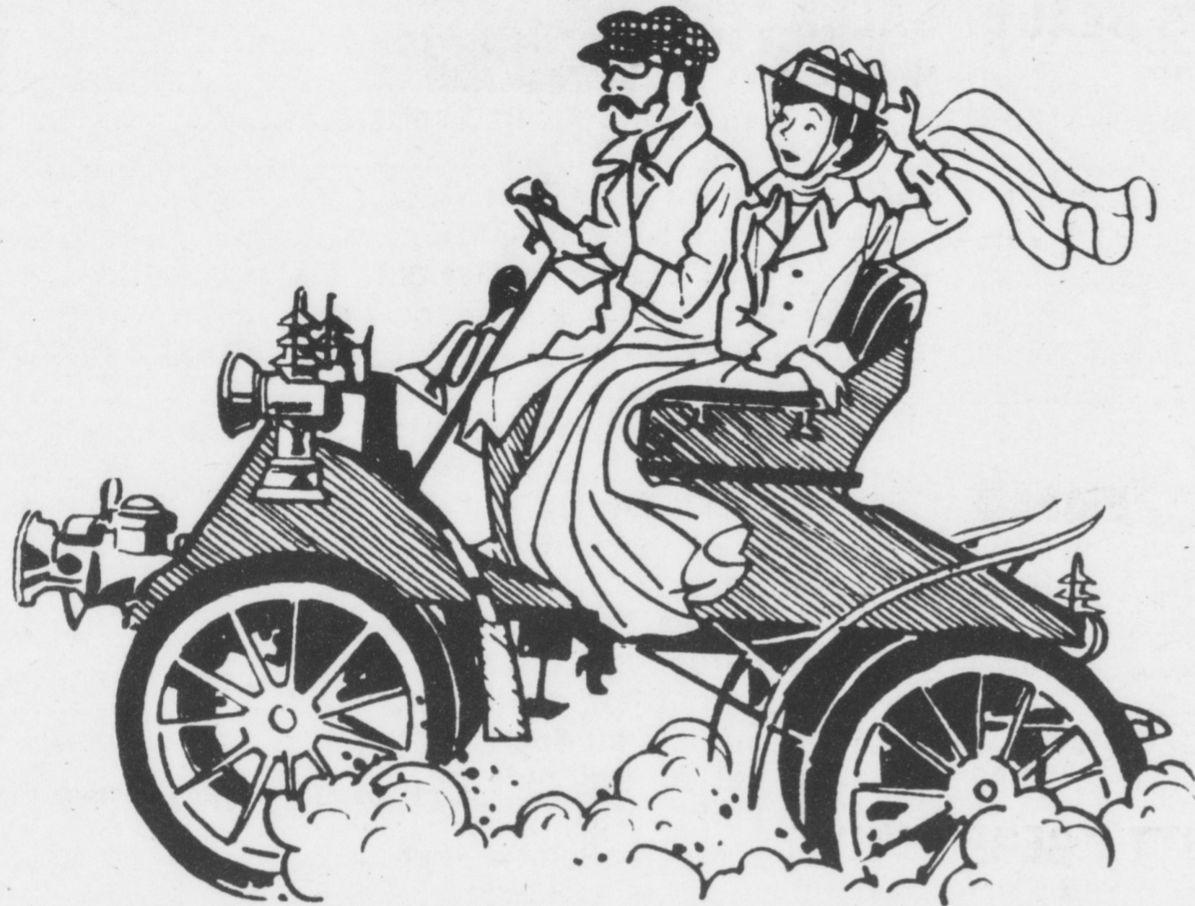
Best man was Bert Hiestand, brother of the bridegroom. Ushers were Ronald Teufel, Paul Hiestand, brother of the bridegroom, Ken Nafziger, and Ed Hollinger.

The couple will live in Marietta RD.



Mrs. Burnell Hiestand

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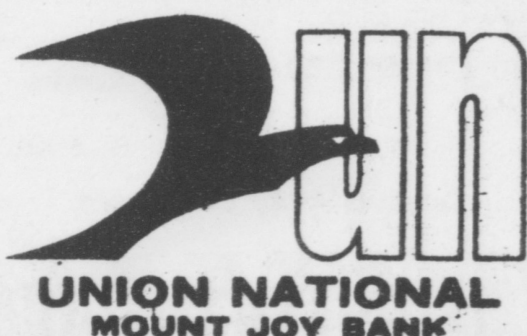
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United Way

United Way of Lancaster County officials have announced that United Way will support two additional agencies, the Counseling Service for the Deaf and the Neighborhood Health Center, beginning fiscal year 1978.

Both agencies, bringing the total in the United Way package to 40, initiated their requests in late 1976 with United Way's all-volunteer Admissions Committee.

United Way funding eliminates the need for the agency to appeal to the

community for funds in a general campaign.

The Counseling Service for the Deaf, located in the Community Service Center, is designed to serve the more than 600 deaf persons in Lancaster County.

The Neighborhood Health Center, 630 Rockland, St., provides medical and dental care to more than 900 medical and dental patients each month. The Center also cooperates with a wide variety of other community social and health agencies, including the hospitals, on a service and referral basis.

Pack 136 packs 16 miles

Mount Joy Cub Scout Pack 136 took a 16 mile hike on the Appalachian Trail, Pine Grove to Tom's Cabin, under the leadership of Robert W. Mark, John Auker, Dana Mark, and Billie Ann Oxford.

Attending were: Raymond Becker, Kevin Prescott, Gilbert Littlefield, Jeffrey Meckley, Paul Mease, Christopher Weidler.

Also, Craig Bricker, Michael Groff, Andrew Littlefield, Brian Boye, Bryan Mark, Kevin Mark, Jean Mark, Tony Oxford, and Rhonda Shank.

Pack 136 also visited the Ranger's Station and saw an old building used by the North during the Civil War to keep Southern Prisoners of War. The front and sides of the building still remain.

How to freeze vegetables

Vegetable you freeze now can be a real taste treat next winter. You can freeze almost any vegetable—from asparagus to zucchini, and it's easy.

Freezing doesn't take much equipment and it isn't very time-consuming. All you need is a big kettle, a wire basket, and a container for cold water.

In order to insure that your frozen food will be of high quality, freeze vegetables only when they are young and tender—and freeze immediately. Even one day too long in the garden can mean tough vegetables on your winter supper table.

First wash and prepare the vegetables. Then blanch them.

Blanching means plunging briefly into boiling water. Its purpose is to stop the action of enzymes in the vegetable which helps to keep the vegetables tender and flavorful.

To blanch, put the pre-

pared vegetables into a wire basket and plunge into at least a gallon of boiling water for each pint of vegetables. Cover the kettle of boiling water and start timing. Exact times for blanching various vegetables can be found in most cookbooks and freezing manuals. An average blanching time is three minutes.

Next the vegetables should be plunged into a pan or sink or other containers of ice water. Usually, the cooling should last slightly longer than the blanching. Again, check your cookbook or freezing manual for exact times.

Finally, drain the vegetables and pack them into airtight freezer bags or boxes. The bags can be packaged in old milk or cottage cheese containers, but this isn't necessary.

Then quickly place containers in a freezer set at 0 degrees Fahrenheit or lower.