

## Suggestions from PP&L

Several local households last week spent some time without electric service following the severe thunderstorms. PP&L's Lancaster Division service manager Arch G. Knisely offered a number of solutions to practical problems presented in the home as a result of the power outages.

Most of the concern lies in the safekeeping of perishable foods stored in refrigerators and freezers. To protect foods, health officials advise the following:

Limit the number of times the refrigerator and freezer doors are opened. Plan in advance what food might be needed for the next 24 hours and open the refrigerator or freezer only once to get it.

Pay particular attention to keeping frozen meats, seafood, dairy products and poultry from thawing. If foods such as vegetables and fruits are allowed to partially thaw, and then refrozen, their texture may change, but they will be safe to eat.

Once service is restored, sort out which frozen foods have thawed and which are still frozen. Those that have partially thawed, with the exception of fruits and vegetables, should not be refrozen.

The food contained in a full freezer will remain frozen for a longer period of time. According to the Cooperative Extension Service of the Pennsylvania State University, the temperature inside a 10-cubic-foot freezer that is half full of food will remain below the freezing point for two to three days. If the same freezer was full of food, the temperature would remain below freezing for three to four days.

Dry ice may also be used to keep food cold in the refrigerator and frozen in the freezer. The extension service advises that if dry ice is used, it should be packed in a sealed container before being placed in the refrigerator or freezer, and it should not be touched with bare hands.

Dry ice is available in some areas from businesses that are listed in the yellow pages, Knisely said.

Another option for the homemaker is to purchase a block of ice.

Knisely said that customers should turn off major electrical appliances, such as air conditioners, water heaters and ovens, to ease the immediate load on PP&L facilities when power is restored to an area.

He advises those with questions concerning food safety to contact their local office of the Pennsylvania Department of Environmental Resources, local health bureau or local office of the Penn State extension service.



In the yard of the Zuch residence in Marietta are, left to right: Larry AmKraut holding his dog Loftus; Gayle Sakal and her dog Jessie; and Walter Holland. Walter's dog Freedom is hiding under the table.

## Three cross-country hikers make rest stop in Marietta

On May 15 three tired and hungry hikers stopped at the Brown Bag sandwich shop on Route 441 to get something to eat and to ask directions on finding a place to camp for the night. Walter Holland of Bethany, Connecticut, Gayle Sokol of Arlington Heights, Illinois, and Larry AmKraut of Lovell, Maine, with their three dogs Freedom, Jessie and Loftus are hiking across the United States.

As they rested their aching feet and filled their empty stomachs, the trio told a little about themselves.

Sam, Carlotta and Natalie

Zuch, proprietors of the Brown Bag, had many questions about their journey.

Used to camping in farmers' fields, Walter asked if any cooperative farmers were in the area. During the short conversation Walter mentioned that he helped finance their trip by doing pencil drawings of people along the way. Carlotta Zuch asked him if he'd be interested in doing a drawing of the Zuch home at 573 W. Market Street while camping on the yard. After some discussion (it came out later that Walter had never drawn a house before on the

trip) the trio agreed. Collecting their belongings and the dogs they proceeded to 573. Gayle's dog, Jessie, having recently been adopted at the Lancaster Humane Shelter, had sore paws and appreciated the rest stop.

Walter's sketch, a finely detailed freehand drawing, kept them camped for two nights. During this time their story unfolded in more detail. Larry had started hiking in Vermont a year ago and Walter and Gayle left Connecticut in January. They met each other several months ago and decided to go on together. Their destination is the West Coast, and the trip will take them approximately one year.

Walter keeps a daily log and plots their course in advance. The planning keeps them off the large interstate highways and on more populated routes. This is probably more to the dogs' liking too. Larry, the oldest of the three, writes articles on the towns they pass through and the people they meet for the Philadelphia Inquirer. Gayle, an art major in college, decided to use this trip to broaden her perspective on life.

Their leaving early Saturday morning coincided with Historic Marietta Day, so they went through the town to observe a little of the community.

The three proved to be interesting, polite and entertaining guests and will be welcome anytime at the Zuch residence.



The trio set up "camp" at the Zuch residence.

## Marietta postal workers honored for safe driving

Marietta Postmaster Merv Gutshall recently presented safe driving awards to employees of that office for a total of 81 accident free years.

City carriers receiving

awards were: William Fahringer, seven years; Ben Thompson, ten years; and Ben Billett, 21 years. Also, rural carriers: Albert Dettinger, 34 years; and Donald Drager, nine years.

## Maytown Civic Assoc. to meet Tues., Aug. 5th

The Maytown Civic Association has scheduled its summer general meeting for Tuesday, August 5, at 7:30 pm in the East Donegal Township Municipal Building.

The meeting is open to all

persons from Maytown and the vicinity. The new president, Mrs. Lillian Fry, will be in charge of the meeting. Mrs. Fry requests your attendance to discuss future community activities as well as to air opinions and ideas.

## Letter to the Editor

## Pioneer Fire Company praised by MYAA pres.

Susquehanna Times Editor:

The Marietta Youth Athletic Association would like to thank the Marietta Pioneer Fire Company for their unselfish cooperation over the past few weekends.

We hosted a couple of baseball tournaments at the Marietta War Memorial Park. With the heat wave the fields were very dry and dusty. The firemen gave of their time on these weekends to wet down the fields

and make them exceptionally playable.

Teams from Mount Joy, Marietta, Columbia, and York County enjoyed playing on these fields immensely and complimented our park and facilities greatly; they told us how lucky we were to have a fire company help out our organization like they did.

Our thanks to the Pioneer Fire Company of Marietta.

"Bump" Yohe,  
President  
M.Y.A.A.

## The Heart Association offers hot-weather tips

Your heart works harder in hot weather!

The hotter it gets, the harder your body must work to keep its temperature at normal levels. Body heat is lost through evaporation of perspiration from the skin. The blood carries most of the excess body heat to the surface and supplies the fluid for perspiration. So, in hot weather, the heart must work harder to circulate more blood.

The Heart Association says you can reduce heat stress and help your heart by following these hot weather tips:

\*Eat lightly during the heat of the day;

\*Choose fruits and salads instead of starchy foods. Fruits and salads add water to the system. Starchy foods use water for digestion and deplete the body's supply;

\*Have a supply of cool drinking water nearby when working in the hot sun. The body can lose up to a quart of water in an hour through sweating alone when you are working in the hot sun. This water must be replaced;

\*The body loses salt through sweating. This must be replaced. Use an extra sprinkle of salt during hot weather. Check with your doctor if you are on a salt-restricted diet;

\*When working or playing in direct sun, protect yourself against ultra-violet rays. Wear clothes that are loose fitting, absorbent and light in color. A hat is a must;

\*If possible, schedule short rest periods, preferably in the shade, when working or playing in the hot summer sun.