

July 2007

Ready...Set...*Retire!*

A Quarterly Newsletter for Lycoming County Retirees

Retiring in July: Les Gruver and Allen Kaplan



After 18 years of dedicated service to the Lycoming County Emergency Management Program and Department of Public Safety, **Les Gruver** will retire on July 6, 2007. Best known for establishing Lycoming County as a model for other counties throughout the state as well as
(continued on next page)



Allen Kaplan will retire on July 31, 2007 after more than 12 years as a member of the Planning and Community Development team. Look for an update on his service to the county as well as his plans for his retirement in the upcoming October edition of this newsletter.

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Published quarterly by:
 Office of Human Resources
 48 West Third Street
 Williamsport, PA

Contributors:
 Nancy Stugart, Vicki Lewis
 Gary Hutchinson

Editor/layout & design:
 Joan Blank

Phone: 320-8157
 Fax: 320-2152

Les Gruver: EMA Coordinator Established Model Program for the State

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changing the course of the EMA program in Lycoming County; under Les' direction, Emergency Management functioned to provide the most efficient operation possible.

His dedication to the administrative planning required by PEMA at the county and municipal level required a tremendous amount of time and dedication to complete. These plans identified All Hazards and emergency response to these incidents, and exceeded requirements of the state.

Another area in which Mr. Gruver excelled involved the flood warning program. Working with the Economic, Development and Planning Commission staff, this program went from very basic manual operations to a very sophisticated, state of the art, technological operations. This improvement, in the county monitoring of flooding, provided information to the general public that ultimately resulted in the decrease loss of life and property.

When the National Weather Service issued any type of "storm warning", Les Gruver responded to the office to monitor events, day or night. He provided timely updates to county officials and the general public regarding any potential problems.

The coordination of numerous committees of volunteers that Les organized to assist with the EMA program demonstrated his commitment to accomplishing the goals of the program. This required many nights and weekends away from home.

Les looks forward to his retirement; spending time with his family in Tennessee and pursuing his hobby of railroading. He also continues to be committed to the local volunteer program. We wish you and the family good health and many years of happiness.



Les accepting an award from Fern Harmon, PEMA Central Area Director, on May 9



Kay Carman, President of Keystone Emergency Management Association, congratulates Les on his outstanding work in the field of emergency management

SCHEDULE OF EVENTS

August 9th ~ Pot-luck at the Hiawatha



We have reserved the Hiawatha Pavilion for a pot-luck lunch, beginning at **11:30 a.m. on Thursday, August 9th**. Please bring a covered dish to pass, your table setting, and beverage. Following the meal, we will have our meeting and then, at 1:00 p.m., you may choose to join us for a ride on the Hiawatha for an hour cruise. The cost of the cruise will be only **\$5.50 if you identify yourself as a county retiree** at the ticket booth.

September 5 ~ Bus Trip to the Allenberry Playhouse Dinner & Theater

Join us for an afternoon and evening bus trip to the Allenberry Playhouse Dinner and Theater on **Wednesday, September 5th**. We will be leaving Williamsport at 2:15 p.m., will have a pick-up at the Lycoming Mall at 2:30 p.m., traveling to the Allenberry Playhouse for a buffet dinner and to see the show, "The Mouse Trap" by Agatha Christie. Anticipated arrival back to the Lycoming Mall at 11:45 p.m. and Williamsport at 12:00 a.m. **Cost of \$70.00 includes the bus, dinner buffet and the show**. For information/make a reservation, contact Alice Bair at 570-322-6052 or FAX 570-322-6860 or E-mail: arbair@chilitech.net. **DEADLINE: August 1**

October 9 ~ Lunch Meeting at West End Christian Community Center

A lunch meeting will be held on **Tuesday, October 9th, at 11:30 a.m. at the West End Christian Community Center** at 901 Diamond Street in Newberry. A light lunch of assorted sandwiches and soup or salad will be provided at a cost of no more than \$5 per person. You may pay for your lunch when you arrive for the meeting on Tuesday, the 9th of October. If you plan to attend the meeting, PLEASE CONTACT either Alice Bair at 570-322-6052 or Joan Blank at 570-320-8157 by Monday, October 1.

October 12 ~ Health & Wellness Fair at the Scottish Rite Auditorium

You are invited to the annual county employee Health and Wellness Fair will be held on **Friday, October 12th, between 11:00 a.m. until 4:00 p.m. at the Scottish Rite Auditorium** on Market Street, Williamsport. Information will be available at upcoming meetings and in the next edition of this newsletter.

Continued on next page

November 15 ~ Bus Trip to the American Music Theatre for the Christmas Show

Get ready for the holidays by experiencing the Christmas show at the American Music Theatre in Lancaster and the Christmas Center Museum and Shops. The bus will leave **Thursday, November 15th** at 8:15 a.m. from Williamsport (we will stop for a pick-up at the Lycoming Mall at 8:30 a.m.). Following the afternoon show, we will have dinner at Hershey Farms.

Anticipated arrival back to the Lycoming Mall at 9:15 p.m. and Williamsport at 9:30 p.m. **Cost of \$67.00 includes the bus ride and the Christmas show only. Dinner at Hershey Farms is NOT included.** For information/make a reservation, contact Alice Bair at 570-322-6052 or FAX 570-322-6860 or E-mail: arbair@chilitech.net. **DEADLINE: September 28**



December 13 ~ Christmas Lunch at the Valley Inn



Reservations have been made for our Christmas lunch on Thursday, December 13 at the Valley Inn in Dubois-town. More information including cost of the lunch will be announced in the October newsletter. Invitations will be mailed in early November.

Santa (pictured at left with Alice Bair) will once again make an appearance, so plan to come for a festive, fun-filled holiday party!

Coming up ~ Spring 2008 Longwood Gardens and Visit to QVC

ABBHEY TALES

Submitted by Nancy Stugart

Abbey has made a new friend - his name is Mugsy. Mugsy is about three months old and he is a Jug (part Jack Russell Terrier and part Pug). Mugsy was afraid of dogs and would not go near any dog. That is. . . until he met Abbey.

He must have sensed that Abbey is very gentle. Everyday I walk Abbey down our lane and if Mugsy is outside he watches for us and Abbey looks to see if he is outside. As soon as he sees Abbey he runs over to her and wants to play.

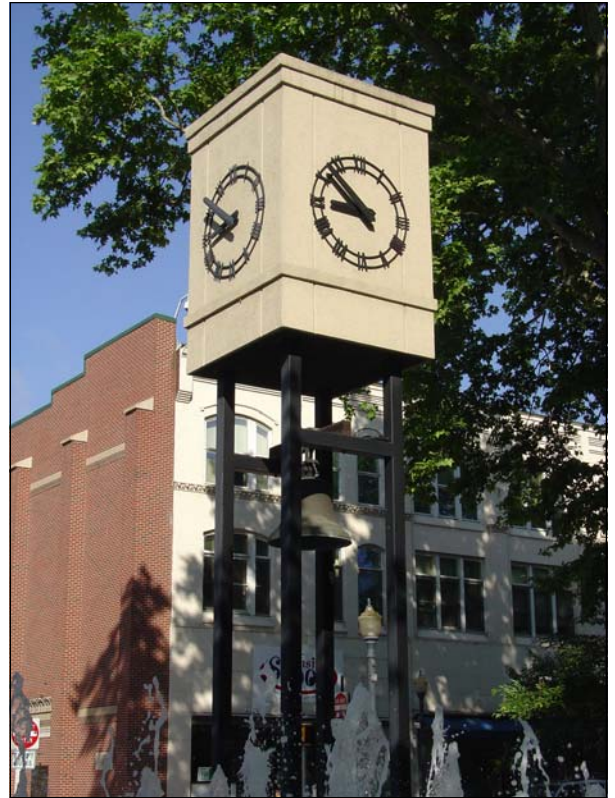
Mugsy is a small dog but he is not afraid of Abbey. He tries to jump up to play with her but when he jumps he can only jump up to her belly! Abbey will lie down and let Mugsy walk all over her and let him lick her on her face. He likes to chew on her ears (with those sharp puppy teeth)! Abbey is a big girl but she is very gentle and patient with her new friend.



Sounds from the Past

If you go into downtown Williamsport someday soon, try to stop in at the courthouse at the top of the hour and you will hear a bell that has been silent for some time. The Maintenance department has worked its magic and repaired the bell in the tower at the courthouse. Apparently, there were some corrosion issues with the piston that rings the bell.

The hourly chime that you hear is really the sound of history. According to 1971 accounts from the *Grit* newspaper when the new courthouse was dedicated, the bell that now hangs in the tower on the plaza was made in 1804 for the first courthouse, which was built that year. According to the *History of Lycoming County, Pennsylvania* (edited by John Meginness in 1892), it is two feet four inches across the open end, two feet high, and weighs between 500 and 600 pounds. It was hauled from Philadelphia in a wagon by Gen. John Burrows, one of the commissioners at the time. The cost of the bell was around \$300.



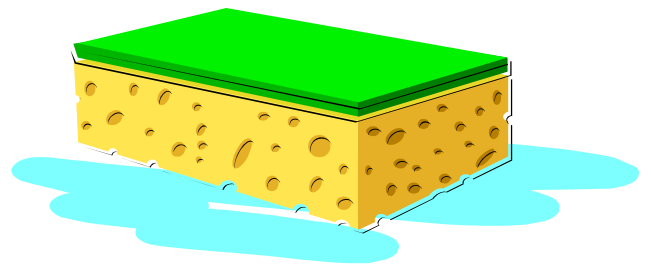
The maker of the bell was George Hedderly, a bellfounder who emigrated to America from Nottingham, England, in 1793. Other bells made by Mr. Hedderly have survived, including:

- 1804 Raleigh, NC, courthouse bell
- 1805 Hillsborough, NC, courthouse bell
- 1806 Old Swedes Church, Southwark, Philadelphia
- 1807 Sunbury, PA, courthouse bell, now hanging in the First Presbyterian Church, Sunbury, PA
- 1807 First Presbyterian Church, Trenton, NJ

It is said that the bell at our county courthouse was rung so vigorously in 1815, on the reception of the news of peace at the close of the war of 1812, that it was heard a distance of eleven miles. We aren't promising that you will hear the bell from eleven miles away, but stop by the courthouse and you'll hear the bell chime a bit of the past!

The inscription on the bell reads:
"George Hedderly made me in
Philadelphia,
Anno Domini 1804"

Best Ways to Clean Kitchen Sponges



By: Vicki Lewis, Penn State Cooperative Extension

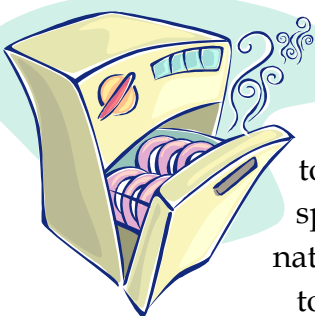
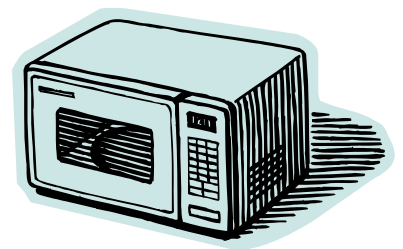
Every kitchen has at some time or another been home to a sponge, that oh-so-versatile cleaning tool. It wipes up messes on countertops and absorbs liquid droplets quickly. Best of all, it is reusable. However, that handy kitchen sponge can harbor more than moisture – things like foodborne pathogens, yeasts and molds. So, Agricultural Research Service scientists in Beltsville, Maryland have tested several methods for reducing risks from harmful microbes hiding in reused sponges.

First, they soaked sponges at room temperature for 48 hours in a solution made from ground beef and lab growth medium to attain a high level of microbes (20 million per sponge) to simulate a very dirty sponge. Then, they treated each sponge in one of five ways:

- ◆ soaked for three minutes in a 10 percent chlorine bleach solution
- ◆ soaked in lemon juice or deionized water for one minute
- ◆ heated in a microwave for one minute
- ◆ placed in a dishwasher operating with a drying cycle
- ◆ left untreated

The scientists chose these methods because they are commonly used in most household kitchens. They found that between 37 and 87 percent of bacteria were killed on sponges soaked in the 10 percent bleach solution, lemon juice or deionized water – and those left untreated. That still left enough bacteria to potentially cause disease.

Microwaving sponges killed 99.9999 percent of bacteria present on them, while dishwashing killed 99.9998 percent of bacteria. As for yeasts and molds, the sponges treated in the microwave oven or dishwasher were found to harbor less than 1 percent. Between 6.7 and 63 percent of yeasts and molds survived on sponges soaked in bleach, lemon juice, deionized water or left untreated.



Bottom line? Microwave heating and dishwashing with a drying cycle proved to be the *most effective methods* for inactivating bacteria, yeasts and molds on sponges. These simple and convenient treatments can help ensure that contaminated sponges don't spread foodborne pathogens around household kitchens of today's busy families.

Do you have friends or family members who are uninsured or under-insured?

If they are residents of Lycoming County, they are eligible for a prescription discount program that is provided in a joint effort of your local county government commissioners – Rebecca Burke, Dick Nassberg, and Ernie Larson – and the National Association of Counties (NACo).

Simply present the discount card (which is available at all participating pharmacies - see list below) and save an average of 20% on your prescription drugs. No enrollment form, no membership fee; use the prescription discount card any time your prescription is not covered by insurance. There are no restrictions and no limits on how many times you may use your card.

To find out how to obtain a card of your own, please contact HR or Mya Toon (327-6746). For other questions regarding this discount card program, please look in the FAQ section of this Web site: <http://nacoadvancerx.com> or call 1-877-321-2652.

PARTICIPATING PHARMACIES IN LYCOMING COUNTY:

In Williamsport: WEIS PHARMACY, CVS PHARMACY, RITE AID PHARMACY, THE MEDICINE SHOP, E.H. BERNSTINE PHARMACY, WEGMANS PHARMACY, NEIGHBORCARE, MEDICAP PHARMACY, HEALTH SERVICES PHARMACY, ECKERD DRUGS, GIANT PHARMACY

In Montoursville:

SCOT'S LO-COST PHARMACY, WAL-MART PHARMACY, ECKERD DRUGS

In Montgomery:

MONTGOMERY'S PHARMACY

In Clarkstown:

TOWNVILLE PHARMACY

In Muncy:

HARTER'S DRUG STORE

In Hughesville:

MONTGOMERY'S PHARMACY

County of Lycoming Rx
Prescription Discount Card

RXBIN: 004336
RXPCN: ADV
RXGRP: RXLYCPA
ISSUER: (80840)
ID: NAN69348201

This plan is not insurance.

Tear off this card and start saving today!

Easy Simply present your card, provided to you in a joint effort of your local county government and the National Association of Counties (NACo), at a participating retail pharmacy and save an average of 20 percent on your prescription medicine. Finding a pharmacy is easy; nine out of 10 pharmacies nationwide accept your discount card. No enrollment form, no membership fee, one card. Immediate use.

No Limits You and your family may use your prescription discount card any time your prescription is not covered by insurance. There are no restrictions and no limits on how many times you may use your card.

Learn More Visit <https://nacoadvancerx.com> to look up a participating pharmacy, a price estimate for your prescription, check drug interactions or read news articles from leading health journals. For more information, call toll-free 1-877-321-2652.

Información en Español en la parte atrás del folleto

We wish a very HAPPY BIRTHDAY to our friends who are celebrating in July, August, and September:

July 1 Gary Little
 July 7 Joann Bixler
 July 11 Ralph Lukens
 July 16 Florence Burns
 July 16 Glenn Shaw
 July 17 Elizabeth Gipe
 July 21 Esther Reese
 July 21 Bob Coolidge
 July 25 Chrystie Engle
 July 30 Dudley Anderson
 July 31 Frank Metzger
 July 31 William Kelly
 July 31 Ev Kreger

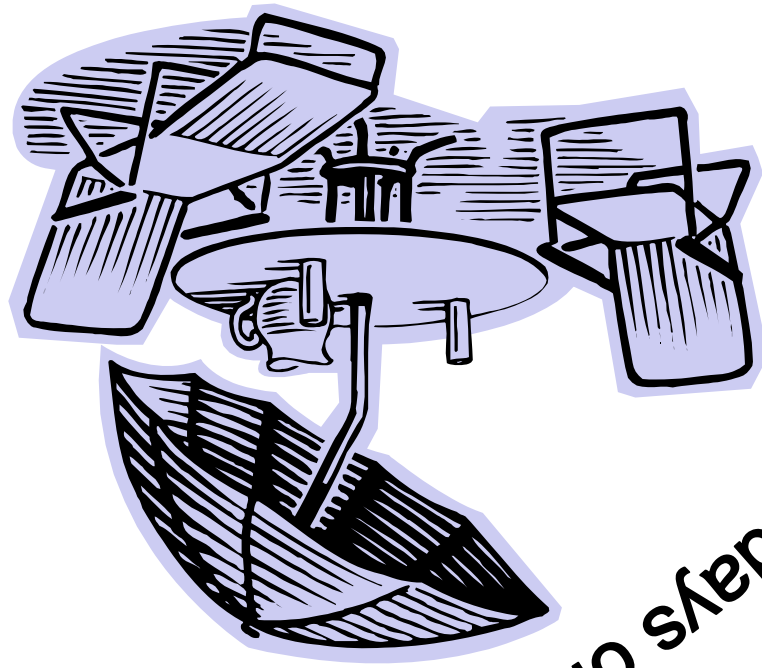
August 2 Ernestine Beach
 August 4 Marie McGee
 August 8 Carol Knight
 August 9 Carol Steck
 August 11 William Fessler
 August 11 Curtis Guyette
 August 15 John Gererdi Jr.
 August 19 Francis Hoffman
 August 24 Althea Minier
 August 27 Nancy Toles
 August 29 Ralph Embick
 August 29 Jane Beck
 August 31 Allan Bennett



September 1 Gloria Gray
 September 1 Marilyn Stiffler
 September 2 & 17 Jim & Ruth Wentzel
 September 4 Marian Springman
 September 10 Velma Gleason
 September 13 John Burns
 September 13 Eleanor Hill
 September 19 Nancy Borgess
 September 20 Betty Miller
 September 25 Helen Lorson
 September 26 Betty Uskurait
 September 29 Joe Neyhart



If you would like to have your birthday listed in upcoming newsletters and it has not appeared in past lists, please give Joan a call (320-8157) and let her know.



Hazy, lazy days of summer...

Lycoming County
Human Resources Department
48 West Fourth Street
Williamsport, PA 17701

