

NATIONAL Blueberry Month

Did you know that July was proclaimed National Blueberry Month by the US Department of Agriculture in 1999? Or that the United States produces over 90% of all the blueberries in the world? Here are some more blurbs on blueberries:

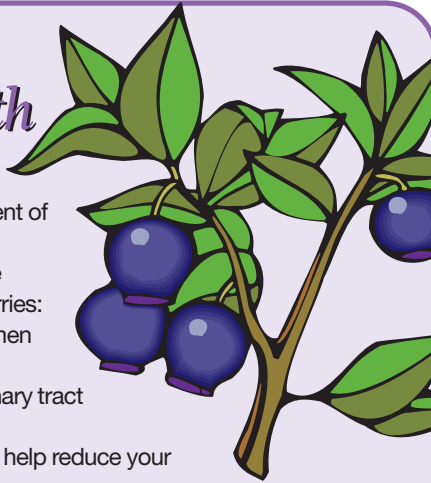
- Blueberry tea is supposed to help relax women during childbirth.
- Blueberries help prevent infection to the urinary tract much like cranberries do.
- Blueberries are rich in antioxidants and may help reduce your chance of getting cancer and heart disease.

How to Freeze blueberries: Do not wash! Freeze on a cookie sheet and transfer to freezer container. Keep frozen until ready to use.

For more information see blueberry.org or classbrain.com.

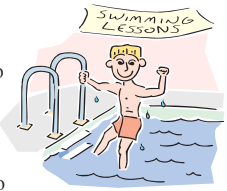
Where to pick blueberries locally:

Dymond's Farm Brace Road, Orange 675-1696	Ritter's Farm Market Rte 348, Mt Cobb 689-5151	Sickler's Blueberry Farm Vernon 333-5286
Paupack Blueberry Farm Gumbletown Road off Rte 390 226-9702	Saba's Blueberry Farm Rte 115 Bear Creek 829-0139	



Swim Lessons Keep Kids Safe!

Summer is here and so is swim season! Help keep your kids safe at the pool by making sure they know how to swim. The Red Cross provides swim lessons at various locations throughout our area as well as offering private lessons in the comfort of your own pool. For more information call 823-7168 ext 323 or email questions to TribendisF@usa.redcross.org. For lesson schedules see wyomingvalley.redcross.org.



Fun Father's Day Facts:

- ◆ Father's Day always falls on the third Sunday in June.
- ◆ Father's Day originated in America and was officially established as a holiday in 1972 by Richard Nixon.
- ◆ The necktie is the most common and famous Father's Day gift and the red rose is the official flower.

Father's Day is a day to honor our fathers and grandfathers, remembering the sacrifices these men have made for us and the roles they have had in shaping our lives. Whether



it is breakfast in bed, a family outing, a homemade card or of course, a lovely new tie, let us take time this special day to let the fathers and father figures

in our lives know how special they are. For ideas on Father's Day gift giving, recipes, crafts, poems, quotes and movies, visit loveyoufather.com

Get Outside, Get Active, and Get Going with a Free Passport to Outdoor Fitness & Fun!



The Luzerne County Keystone Active Zone (KAZ) Passport is a free guide that encourages people of all ages and abilities, to get outside and active using close-to-home state and county parks, trails and free events during the summer. The guide lists 24 "passport stops" that are within a 10 to 60 minute drive of anywhere in Luzerne County. Use the passport to visit as many stops as desired; find the answer to each stop's scavenger hunt question listed on the passport; then revisit the Steps website or call to log your answers. The more stops visited, the greater the chances of winning prizes such as kayak tours on the Susquehanna, Dance, Dance Revolution games, bicycle gift certificates, a free stay at Great Wolf Lodge. To participate, obtain a passport by registering on the Steps' website: stepspal.org or call 824-9902.



Movies! Movies! Movies!

Rainy summer days and balmy summer nights are the perfect time to catch a movie. Take a step back in time with the kids and visit the local drive-in. Pj's, pillows and popcorn make for the perfect family evening. Or try some of our local theaters' free or dollar movies on rainy mornings for a way to get out of the house and entertain the kids.

On balmy nights:

- Circle Drive-In Theater, Business Rte 6, Dickson City. 489-6731.
- Garden Drive-In Theater, 20 Rte 11 Hwy, Hunlock. 735-5933.

On rainy days:

- Summer Movie Clubhouse, Cinemark Theater, Moosic. 961-5943 or cinemark.com.
- Summer Movie Event, RC Movies 14, Northampton Street, Wilkes-Barre. 825-4444 or rctheaters.com.
- Free Summer Movies, Marquee Cinema, 301 Lackawanna Ave, Scranton. 558-3456.

Or host your own Home Drive-In Party complete with digital projector and video screen rental. Call Tina at 815-3703 or big.screen@yahoo.com.



July 27th is Parents Day!

Many Americans are unaware that our nation has a new day of commemoration called PARENT'S DAY, established for "recognizing, uplifting, and supporting the role of parents in the rearing of children." Officially falling on the 4th Sunday of each July, the day affords a wonderful opportunity for communities, organizations and churches to honor exemplary parents and encourage families everywhere to invest in our most precious resource, - our children. You can help recognize outstanding couples as parental role models by nominating them as "Parents of the Year" at parentsday.com.