Although Jean Hopa likes to cook, sometimes deciding what to prepare for dinner seems like a hum drum chore. Jean's solution to this dilemma is to prepare large amounts of her family's favorite meals like zucchini parmesan and quick meatballs with gravy, then freezing a portion for another meal. As a result, the Hopas are always assured a tasty dinner, even on mom's busiest

Zucchini parmesan is a flavorful combination of zucchini, ground beef, and parmesan cheese in spaghetti sauce. The husband, Tom, are

The best part of beauty is that which no picture can express. -Bacon.

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-STEREOchoose your favorites

by Joan Kingsbury special ingredients in natives of the Back quick meatballs with gravy are a pint of sour Mountain. Jean lived on Bunker Hill as a child while Tom lived on cream and two packages Huntsville Road in the of dry onion soup mix. home the family now These ingredients must be mixed the night before the occupies. graduates of Dallas High meatballs are prepared. School. Before the arrival After baking the meatballs, make gravy from of the couple's two children Paul and the pan juices. Tammy, Jean worked for Jean likes to bake. Cheese cake and

chocolate cake are two of

Commonwealth Telephone Company. Tom is employed at the Bechtel her family's favorites. Jean's cheese cake recipe Power Plant. Paul, age seven, atmakes a large one, perfect for serving a number tends Dallas Elementary guests: Jean's School where he is a chocolate cake is mixed member of Mrs. Roeder's first grade class. Sixright in the baking pan. year-old Tammy is one of Mrs. Callahan's kinder-Both Jean and her garten students.

Jean is an active participant in school and church activities.

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Both

member of Dallas Borough PTO, Jean serves as a clerical aide at that school. She also is a member of the Parent's Advisory Committee. A deaconess at the Huntsville Christian Church, Jean is an assistant Sunday School teacher who helps to develop craft projects for grdes one through three. In leisure time Jean enjoys knitting.

Tom, who enjoys hunting and fishing in his spare time, is a member of the George M. Dallas Lodge and the Caldwell Consistory. Tammy and Paul, real

roller skating fans, also like to swim and to go fishing with dad. LARGE CHEESE CAKE 1½ c. graham cracker

3 T. melted butter Combine above ingredients. Line spring form pan with crumb

FILLING 2-8 oz. pkg. cream cheese 1 c. sugar

5 egg yolkes 1 pt. sour cream

1 t. vanilla 1 t. corn starch 5 egg whites

Cream together cream cheese, sugar, egg yolks, sour cream, vanilla and corn starch. Beat egg whites until stiff and until they form a peak. Fold into creamed mixture. Pour over crumb crust. Bake in a 325 degree oven for one hour or until cake is done. Shut off oven. Leave cake in closed oven one hour and then remove.

Note: Before releasing spring form pan run a knife around cake to release so it won't crack. CHOCOLATE CAKE

3 c. flour 2 c. sugar

2 t. baking soda

6 T. cocoa

2 T. vinegar ½ c. oil

dash salt In a 9x13 baking pan

mix flour, sugar, baking soda and cocoa, and salt.

Make three holes in the mixture. Place vinegar in the first hole, vanilla in the second hole and oil in the third. Pour two cups

cold water over all 2 sm. zucchini ingredients; mix well. Bake in a 350 degree oven for one hour. ZUCCHINI PARMESAN



Jean Hopa

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flour to coat 1 lb. hamburg

1 lb. jar spaghetti sauce Parmesan cheese, grated Wash zucchini. Peel if desired. Cut into 2 inch pieces. Beat 2 eggs in a small bowl. Place flour in another bowl. Dip zucchini in egg, then flour. Brown zuechini in hot oil. Brown hamburg. Drain. Layer sauce, zucchini, hamburg, and grated cheese finishing with sauce and cheese. Bake in

a 350 degree oven for one QUICK MEATBALLS AND GRAVY

3 lb. hamburg ½ c. bread crumbs 1 pt. sour cream

2 pkg. onion soup mix

from pan juices.

milk to moisten Combine sour cream with onion soup mix. Allow to set refrigerator overnight. The next day combine all ingredients: Form into meatballs. Brown in a frying pan, then bake at degrees for 20 minutes. Make gravy

Women of Kiwanis very busy of new officers and hear Men's club meets monthly 1981 is proving to be a

very busy year for the Women of Kiwanis. The auxiliary of the Dallas

at Irem Country Club. January saw the club conduct their installation

reports that the group will be participating in the following service projects for the upcoming year: attendance at the Back Mountain Drug and Alcohol Committee meetings, manage the Odds and Ends Booth at the Library Auction, attend Fall Fair Board meetings and provide workers at the fair, continue their service projects at Thanksgiving and Christmas, participate as judges at the Halloween Parade, sponsored by the Dallas Men of Kiwanis, and to continue serving the community whenever

February found the club listening intently to Leonard Venable, guest speaker and manager of the Dallas-Shavertown Water Company. Venable stated that water conservation must be continued. We are not over the water crisis by any means. He encouraged consumers to install conservation kits in their homes. These kits can be purchased for a nominal

fee at the water company. March finds the club sponsoring a "Wine and Cheese Party" open to the public at Irem Temple Country Club, Wednesday, March 25, 8 p.m.
The Dallas Men's club will help support this affair. John Timalonis, local wine connoisseur, will present this festive

program. April will bring a Fashion Show to the members, sponsored by Total Woman, a shop that caters to "Women of all ages.'

May, last but not least-Dallas Women of Kiwanis feature their Annual Spring Salad Luncheon. This luncheon, open to the public, has become a trademark of this club. Noted for luscious food, good fellowship and programs of the highest calibre, the luncheon will be held at the Shavertown United Methodist Church, Wednesday, May 13 at noon and will feature Garry Essex, anchorman for WNEP-TV Channel 16 news team. This will be Essex second return engagement.

Tickets for the wine and cheese party and the Spring Salad Luncheon can be obtained from any member organization.

Seats still available

A limited number of seats are available for anyone who wishes to accompany the Lake-Lehman Band on the trip to Orlando, florida on May 7 through 12. The field show competition will be held at the 40,000 seat Tangerine Bowl and the concert competition will be at the Tupperware Convention Complex. The band also will appear in parade at Disney World on Mother's Day and plan to visit Sea World, Wet n' Wild, etc. For further information contact Alice Hudak, trip coordinator between 4 and 8 p.m. at 675-1682 or Mary Davis at 639-1402.

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to 2:30 p.m. daily and restaurant is by Chef Lodge or at private homes. off Pioneer Avenue, easy to

luncheon platters are Foods from seven difserved daily except ferent nations are on the Monday. Quiche of the Day menu of The Lodge and is served every day and is a continental cuisine is favorite with many of the featured. A variety of luncheon guests at The pastries are made on the premises.

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