

# Cookbook

## Exercise and diet - weight loss musts

BY JOAN KINGSBURY  
Exercise and dieting go together. Trying to lose weight is too difficult if you don't diet and exercise. Since November, Back Mountain residents have had the opportunity to firm up without traveling too far. Wyoming Valley Gymnastic and Fitness Center, located in the Dallas Shopping Center, held its grand opening Nov. 27 and 28.

Wyoming Valley Gymnastic and Fitness Center offers gymnastics, aerobic dancing, exercising and modeling classes. All instructors are certified, according to Dennis Rozanni, W.V.G. Center owner. Dennis' partner is Frank Avena. W.V.G. Center also has a

spa at 694 Hazle Ave., Wilkes-Barre. Rozanni, who formerly taught physical education, decided to get into the exercise business when budget cuts forced him to be cut from the school staff. He says that business is doing fairly well, with 42 customers taking jazzercise, 23 taking gymnastics and five students taking modeling at the Dallas branch. Gymnastic classes are offered for ages three years old and up while four year olds and up may take the modeling classes.

Rozanni's staff consists of Jean Orleski, who teaches modeling and jazzercise, and exercise instructors Mary J.

Hosey, Karen Kerestes, Debbie Abraham, and Emily Margavage. Although Rozanni sets up the basic program, each instructor teaches in her own style.

Mary J. explained that the one hour exercise class includes jazzercise, aerobics, and works to benefit all parts of the body concentrating mainly on hips, stomach and thighs. These exercises, set to music, include stretching and spot exercises which help customers to lose inches and tone their muscles.

Although W.V.G. Center now has a jogging machine and chest pulley, they will soon have exercise bikes, weights and a gym machine. The center

is open Monday through Friday 9 a.m. to 9 p.m. and Saturdays from 9 a.m. to 4 p.m. Payments are made monthly and a customer may attend classes as many times as desired in a month.

Originally from Newark, N.J., Rosanni lives in Mountaintop with his wife, Mary, and their three children, Kim age 12; Chris, age 11 and Kathy who is nine years. He is a graduate of Luzerne County Community College with a degree in teaching. His partner, Frank, is also an LCCC graduate with a degree in business management. Frank also owns Stereo City, with locations in Kingston and Wilkes-Barre.

As a special feature, W.V.G. Center does jazzercise classes for various organizations as fundraisers. Currently, they are running classes at the Dallas Township Elementary School, Bishop O'Reilly High School and Wilkes-Barre Township Fire Department, as well as several other area groups.

Realizing the importance of good nutrition for maintaining good health, the Center will hold a nutrition class next week presented by a representative of the Shaklee Corporation. At the Center, Rozanni and his staff help their customers to become physically fit and healthy. Weigh-ins and measuring inches are a regular part

of the program. To help keep Post readers eating right, Rozanni offers his recipe for Steak in a Pocket, broiled steak filled with tasty low-calorie vegetable stuffing.

**STEAK IN A POCKET**  
4 lb. round steak  
1 med. onion  
1 sm. can mushrooms  
1 fresh pepper  
garlic

Chop vegetables and saute until tender. Cut a pocket in the steak without slicing it through. Broil steak until it is partially cooked. Fill pocket with remaining vegetables. Finish broiling until done. This tastes good done in the stove broiler but is even better when cooked on a grill.



AT THE GYM: Mary J. Hosey works out daily in between her duties as instructor at the Wyoming Valley Gymnastic and Fitness Center. The gym emphasizes the importance of diet as well as exercise as the key to physical fitness. (Joan Kingsbury Photo)

## What's Cookin'

### RAGGEDY ANN & ANDY PLAYSCHOOL

Jan. 26 - 31

WEDNESDAY--Peanut butter-jelly sandwich, celery sticks, fruit cocktail, milk.  
THURSDAY--Sloppy Joes, corn, chips, cookies, milk.  
FRIDAY--Tuna sandwich, chips, carrot sticks, jello, milk.  
MONDAY--Spaghetti, bread-butter, peaches, milk.

### LAKE-LEHMAN SCHOOLS

Jan. 26 - 28  
Senior High School

WEDNESDAY--Spaghetti w-Italian meat sauce, lettuce-dressing, Parker House roll-butter, peaches, milk.  
THURSDAY--Hamburg bar-b-q, potato puffs, baked beans, cherry crisp, milk.  
FRIDAY--Pizza or tuna salad sandwich, potato chips, stuffed celery, pineapple tidbits, milk.

MONDAY--Chicken patti or hamburg on bun w-lettuce, potato puffs, applesauce, cookies, milk.  
TUESDAY--Ham patti on bun, candied sweet potatoes, buttered peas, pudding, milk.

### Junior High & Elementary

WEDNESDAY--Spaghetti w-Italian meat sauce, lettuce-dressing, Parker House roll-butter, fruited jello, milk.  
THURSDAY--Sausage links, buttered waffles w-maple syrup, orange wedges, milk.  
FRIDAY--Pizza or peanut butter-jelly sandwich, potato chips, carrot-celery sticks, fruit cup, milk.  
MONDAY--Pork bar-b-q on bun w-relish, buttered corn, applesauce, cookies, milk.  
TUESDAY--Southern fried steak on bun, cheese squares, vegetable soup-saltines, peaches, milk.

### DALLAS SCHOOLS

Jan. 26 - 31

WEDNESDAY--Sliced turkey sandwich w-gravy or hot dog on bun, steamed rice w-creamy gravy, peach-pear

combo, fruited gelatin w-topping, milk. Senior Salad Buffet.

THURSDAY--Spaghetti-meat sauce, Italian bread-butter, garlic bread-butter (Jr.Sr.), or peanut butter-jelly sandwich, w-cheese stick, carrot stick, pineapple-raisin salad, milk.

FRIDAY--Egg salad sandwich w-lettuce or cheese pizza (2 slices), grape juice, sliced peaches, milk.  
MONDAY--Hot dog or chili dog on roll, whimpie on roll, honey baked beans, mixed fruit, milk. Bonus: B-BQ potato chips.

### WEST SIDE TECH

Jan. 26 - Feb. 1

WEDNESDAY--Hoagie, lettuce-tomato, Italian dressing, vegetables, heavenly delight (fruit cocktail-whip cream), milk.

THURSDAY--Spaghetti w-meat sauce, tossed salad-dressing, grated cheese, buttered vegetables, roll-butter, sugar-spice cookies, milk.

FRIDAY--Grilled cheese, tomato soup-crackers, pickle chips, rice pudding-raisins, milk.

MONDAY--Hot dog-sauerkraut on bun, chopped onions, peaches, milk.

TUESDAY--Italian meatballs on roll, green beans, spiced applesauce, chocolate cake-peanut butter icing, milk.

### LAKE-LEHMAN BAND CITRUS SALE

ORDERS TAKEN UNTIL JAN. 29  
DELIVERY FEB. 5, 1983

Temple <b>Oranges</b>	White or Pink <b>Grapefruit</b>
<b>Florida Juice Oranges</b>	

FOR MORE INFORMATION  
PLEASE CALL ANY BAND MEMBER  
OR 477-5129; 639-1402

## Sweet Valley ambulance membership drive opens

Sweet Valley Ambulance Association is conducting its annual membership drive. Reminder cards are in the mail but if you haven't

paid your dues for several years you may not. The drive will end March 15. A person may join at any time of the year but if you are not a member and do not join by March 15, the

cost per trip will be \$35. If there are any changes, please notify us in writing. If you have anyone living with you that is of age or anyone else living in the same

household, please send in the proper amount as each individual in the household will not receive a reminder. If anyone would like to join the Ambulance

Association, the dues are \$10 per family and \$5 per single person over 21 years of age.

If you have to be transported and are not a

member, and have been transported before and have not paid your trip fee, we will have the right to ask you to pay before we transport you again. If you have any questions please call Alice Walsh at 477-5239. She will be at the Sweet Valley Fire Hall the first week of February from 7-9 p.m. for your convenience.

## Area Girl Scouts taking cookie orders

Girl Scouts throughout Penn's Woods Council, including Luzerne, Columbia, Schuylkill and parts of Northumberland, Wyoming and Carbon counties will be taking

orders for Girl Scout cookies from Jan. 14 through Jan. 30.

Varieties available this year are traditional Scot Teas, peanut butter Hoedowns, Chocolate and

Vanilla Cremes, Thin Mints, no preservative Dutch 'n Such, peanut butter creme Savannahs and Kookaburra, a cookie bar. Cookies are \$1.75 per box, and sold in family-

size packages. Cookies will be delivered March 4 through March 20 at which time the Girl Scouts will collect all monies. Persons who are not visited by Girl Scouts are

urged to contact one of the many local chairpersons, located in the Back Mountain. They are Judy Crispell, Noxen; Jennie Metzgar, Shavertown and Ruth Ann Gutenkurst, Hunlock Creek.

## Family Service hours noted

The Family Service Association of Wyoming Valley has opened a new office in the Back Mountain area located in

the Trinity United Presbyterian Church.

Hours will be 1-4 p.m. on Fridays. Exclusive cover-

age by Bob Musser. Call 823-5144 for appointments.

**KERO-SUN**  
Authorized Dealer  
SALES & SERVICE  
19,500 BTU  
**KEROSENE HEATER**  
\$149.00  
Plus FREE 5 gal. container  
**OLD MILL PINE**  
320 Exeter Ave., W. Pittston  
PHONE 653-4262

**Baby Welcome**  
The recent arrival of the newest member of your household is the perfect time to arrange for a WELCOME WAGON Call.  
I'm your WELCOME WAGON Representative and my basket is full of free gifts for the family. Plus lots of helpful information on the special world of babies. Call now and let's celebrate your baby. 675-0350

**New in your neighborhood?**  
Don't worry and wonder about learning your way around town. Or what to see and do. Or whom to ask. It's my job to help you feel at home fast. As your WELCOME WAGON Representative, I can supply answers to your new-neighborhood questions and bring a basket of free gifts to delight your family. Hundreds of people like you in the Back Mountain have called me. I hope you will too. 675-2070

**THE MUSIC BOX DINNER PLAYHOUSE**  
196 Hughes Street  
Swoyersville, Pa.  
proudly presents  
**CAMELOT**  
Enjoy a sumptuous buffet dinner, then sample the wondrous delights and romantic adventures of King Arthur and his knights in this glittering musical pageant!  
Feb. 2-6 Feb. 9-13  
Feb. 16-20 Feb. 23-27  
Gift certificates and season tickets available. Visa and MasterCard accepted. Call for our new season brochure.  
**Box Office 283-2195**

**Spread the Word... Tell Us!**  
☆ Anniversary?  
☆ Engagement? ☆ Wedding?  
☆ A Promotion? ☆ Birthdays?  
☆ Newsworthy Happening? ☆ Interesting Neighbor?  
There's no charge for publication of photo or write-ups  
Call or write the **Dallas Post**  
P.O. Box 366, Dallas, Pa. 18612  
675-5211 or 825-6868

**We'll give the world a whole new view of you.**

Makeup tips to wake up your eyes.  
A hair design to fit your face shape.  
Facial contouring to bring out your best features.  
The right colors for your coloring.

A total makeover. That's the Redken® Design Prescription. It's a lot more than you'll get at a makeup studio or department store. And it's available right now. Right here. Call today for your free consultation.

**REDKEN**  
Salon Prescription Center

**MARY TAYLOR'S**  
HAIR and SKIN CARE CENTERS  
• 28 Lake Street, Dallas 675-4222 • 630 Wyoming Ave., Kingston 283-0060  
• Hickory Corners Shoppes, Carverton Rd., Trucksville 696-2818  
Featuring the finest in Cutting, Perming, Hair Coloring, Conditioning, Facials, Manicures, Expert Make-up Application & a complete line of professional Hair & Skin Products.