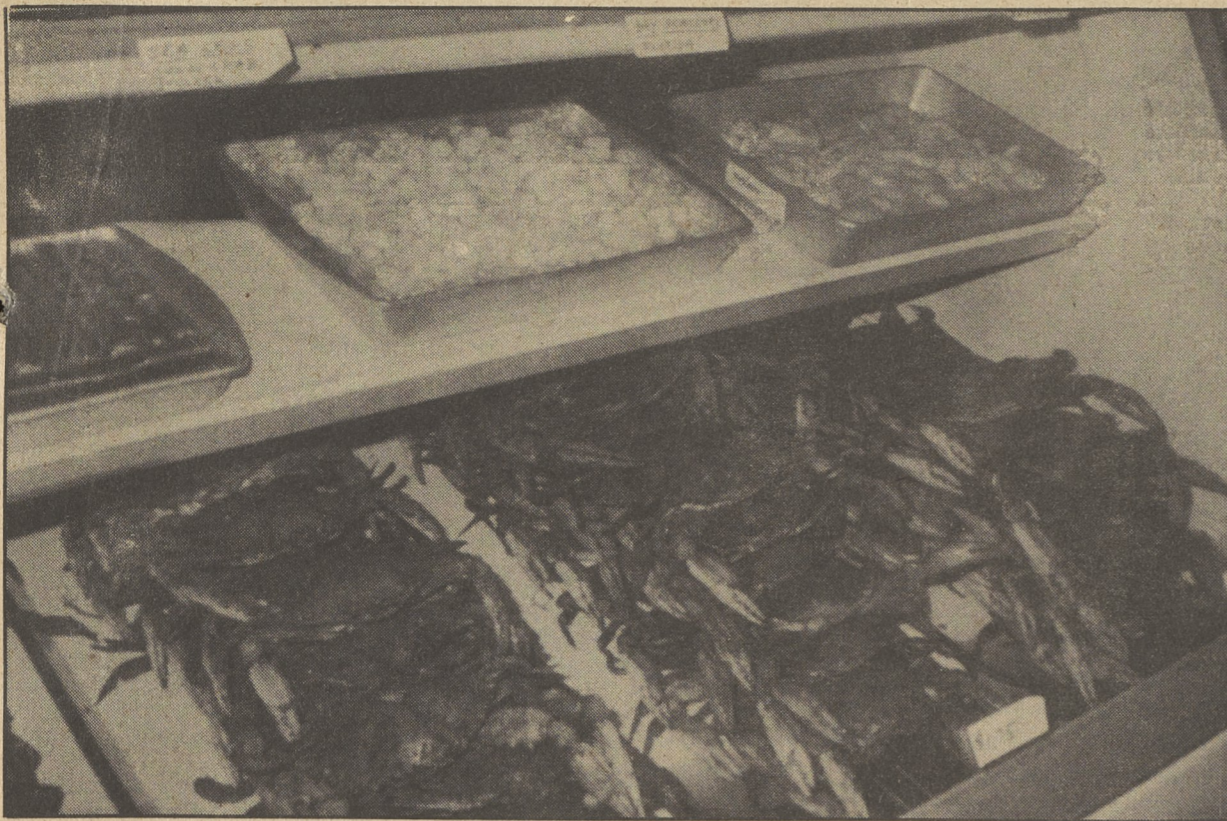


People



Bankovich Seafood, Dallas, offers a variety of seafood, such as the crabs shown here.

Eating seafood can be the 'ultimate' in dining

BY JOAN KINGSBURY

Lobster, crab, shrimp, oysters, scallops; for many eating seafood is the ultimate in fine dining. Although relatively expensive, seafood has long been a favorite "special occasion" food. Low in calories, high in protein, seafood is nutritious as well as delicious.

Back Mountain residents can purchase a wide variety of fresh seafood at Bankovich Seafood located on Memorial Highway in Dallas. A family business, Bankovich Seafood is operated by Paul and Marlene Bankovich and their sons Paul Kevin and Jeffrey. Paul shares his time between the store and his teaching duties at Luzerne County Community College where he has been a professor of mathematics since 1967.

Bankovich's philosophy is "offering a good product at a decent price". He offers a choice of many fresh seafoods including live Maine lobsters, Brazilian shrimp, Norwegian salmon filets, yellow tail flounder, Bay scallops and the store's specialty, hard shell crabs. Smoked whiting, smoked blue fish and a variety of fresh fish, haddock, and monk are available.

Hard shell crabs are cooked by Bankovich, as is stone crab. Cocktail fingers, which are crabmeat, and smoked blue fish make delicious appetizers. Bankovich pickles his own herring and makes all the fish cakes, crab cakes, deviled clams, and breaded flounder he sells.

Live Maine lobsters, available at about 1 1/2 pounds, are delicious when stuffed with crabmeat or a combination of scallops and shrimp. Monk fish is a good choice when making poor man's lobster because it stays firm even when cooked.

Bankovich sells nothing commercial, making even his own cole slaw. Takeouts are available Friday and Saturday and daily during Lent.

Naturally, when paying a higher price for your food, you like to use it with the tastiest ingredients possible.

Oysters are delicious when scalloped. Scallope oysters combine butter and light cream with cracker crumbs for a rich casserole.

Hot Sherried Lobster in Brioche is a special dish. The lobster is flavored with soy sauce, dry sherry and fresh ginger then served in a hollowed out brioche. Fresh crabmeat or small shrimp may be substituted for lobster in this recipe.

Scallop Kebab calls for large sea scallops. The scallops are alternated with slices of lime, Candian bacon, then generously coated

with melted butter and sprinkled with parmesan cheese before grilling.

Garlic Broiled Shrimp is a simple way to prepare this seafood. Unsalted butter, green onion, garlic cloves, lemon juice and parsley are combined for a delicious shrimp dish.

SCALLOPED OYSTERS

1 pt. oysters
2 c. med. coarse cracker crumbs (46 crackers)
1/2 c. butter, melted
3/4 c. lt. cream
1/2 t. salt
1/4 t. Worcestershire sauce

Drain oysters reserving 1/4 cup liquid. Combine crumbs and butter. Spread a third of the crumbs in 8x1 1/2 inch round pan. Cover with half the oysters. Sprinkle with hpepper. Using another third of the crumbs, spread a second layer; cover with remaining oysters. Sprinkle with pepper.

Combine cream, reserved oyster liquor, salt, and Worcestershire sauce. Pour over oysters. Top with remaining crumbs. Bake in moderate oven, 350 degrees for about 40 minutes or till done. Makes 4 servings.

HOT SHERRIED LOBSTER IN BRIOCHE

3 t. oil
2 1/2 c. cooked, diced lobster
1/2 c. dry sherry
3 T. lt. soy sauce
1 T. chopped fresh ginger or 1/4 t. ground
2 t. cornstarch, dissolved in a little water
1/4 c. chopped green onion
4 to 8 brioche, hollowed, lids reserved

Heat oil in a large skillet. Add lobster and sherry and cook over medium high heat 2 to 3 minutes. Lower heat to simmer. Add soy sauce and ginger and cook, stirring, 2 to 3 minutes. Add dissolved cornstarch and simmer another 2 to 3 minutes, stirring constantly, until sauce is clear and glazed. Add green onions. Place 1 or 2 brioche on each plate, fill with lobster, top with lid and serve at once. Serves 4.

Note: Fresh lump crabmeat or small cooked shrimp may be substituted for lobster.

SCALLOP KEBAB

3 doz. med. large sea scallops (about 3 lbs.)
6 limes, each cut into 6 slices (save end pieces)
8 oz. thinly sliced Canadian bacon, fat removed, cut in half.
1/2 c. (1 stick) melted butter
6 T. finely grated parmesan cheese

Wash scallops and dry with paper towels. Place a lime slice on a 12 inch skewer, follow with a scallop, two slices of bacon, another scallop, a lime slice, etc., ending with a lime slice, so that each skewer contains 6 scallops, 4 lime slices, 3 double pieces bacon. Squeeze lime juice from the end pieces over the skewered scallops. Coat each scallop generously with melted butter and sprinkle with parmesan cheese.

Place on hot grill, 4 inches from fire, about 6 to 7 minutes or until the scallops are lightly browned. Turn, rolling the skewers over if possible and brush with remaining butter and parmesan cheese. Broil 6 to 7 minutes longer. If the wires on your grill are spaced over 1/2 inch apart, place skewers in a well-oiled flat, hinged grill. Serves 6.

GARLIC BROILED SHRIMP

2 lb. large unshelled shrimp, deveined
1/2 c. melted unsalted butter
1/2 c. olive oil
1 T. minced shallots or green onion
3 lg. peeled cloves garlic
1 t. salt
1 1/2 T. fresh lemon juice
salt and pepper
parsley sprigs for garnish

Wash shrimp in cold water and dry well. Pour butter and olive oil into a 3 quart shallow bowl. Add shallots. Chop garlic with salt on a cutting board, this helps eliminate the strong garlic after taste. Add garlic-salt mixture to bowl. Roll shrimp in this mixture until well coated. Sprinkle with lemon juice and parsley; mrinate at least 30 minutes turning shrimp several times.

Broil shrimp 3 inches from a hot fire about 5 to 7 minutes on each side, depending on size of shrimp. Salt and pepper to taste. Serve in individual scallop shells and spoon heated marinade over them. Garnish with parsley. Serves 6.

Club to meet

Frosting Friends of Luzerne County, sponsored by Luzerne County Recreation Department, had its monthly meeting Jan. 16, at which time the following new members were welcomed into the club: Della Cardoni, Sharon Cardoni, Nancy DiPietro, and Louise Duda. The membership now stands at 49 members.

Next meeting of "Frosting Friends" will be held Monday, Feb. 20, at 7 p.m. in the Educational Conference Center of LCCC.

Dental plaque causes disease

Dental plaque, a film of bacteria, constantly forms in the mouth and sticks to the teeth. Dental plaque is the major cause of the most common disease in the world-tooth decay.

The bacteria in dental plaque get their nourishment from your daily diet. They thrive and multiply on sugar and starches, which the bacteria converts into acids and other by-products. The acids in turn, damage the tooth enamel. Every time you eat, the cycle of acid production begins again.

Plaque is most harmful when the bacteria have had time - about 24 hours - to organize into colonies. If it isn't removed daily, the acid it generates can gradually break down the hardest tissue in the body, tooth enamel. Once that happens, decay will work its way to the inner parts of the tooth - unless it is stopped.

How do you know if you have caries? If your answer to any of the following questions is yes, the chances are you do.

- Is a tooth sensitive to heat, cold or sweets?
- Is it painful when you chew?
- Is there swelling or drainage at or below the gumline?
- Are there any brown spots on the tooth?
- Do you have persistent pain in your mouth or in the sinus region?

If any of these warning signs are present, the Pennsylvania Dental Association (PDA) recommends that you see your dentist immediately. A dental examination will determine whether you have dental caries and what must be done to repair the damage. If dental decay is present, dental treatment is the only way to keep it from robbing you of a tooth.

You are able to keep plaque from damaging your teeth, says the PDA by:

- Removing dental plaque every day by brushing and flossing.
- Using fluorides daily.
- Avoiding sugary, between-meal snacks and beverages.

-Having regular dental examination.

Regular dental examinations are vital because if decay starts, the dentist can detect it in the early stages. Treatment during the early stages is easiest and most economical.

Realtors Association to present homes program

The American dream of home ownership, including its problems and opportunities, is the subject of a half-hour television special.

Presented by the National Association of Realtors, the program will air in the top 100 cities across the U.S. on the evening of Sunday, April 8 or Monday, April 9. Check your local listings for the time and channel in your area.

Viewers will get advice on fixing up a home - after they own it or when they are ready to sell - from Bob Vila, host of public television's This Old House. They'll also get home financing tips from real estate experts.

For many Americans, the home is the measure of the American dream, but with high inflation and high interest rates over the past several years, it hasn't been easy to acquire a piece of that dream. Some people are asking questions like: "I'm making twice as much as my dad ever did...and I still don't feel I can buy a home. What's wrong? "Do I want to own my home?" "Does it make sense financially?" "How can I do it?"

Viewers will see how two couples and one woman-actual persons rather than actors-arrived at

their own answers to these and other questions. They are representative of middle-class Americans from widely scattered parts of the United States.

The program will also touch on the services rendered by Realtors, who are members of the National Association of Realtors.

Derby held

Pack 232, Gate of Heaven, Dallas, held their Pinewood Derby Race on Jan. 25. The cars were weighed in before the start of the race. Each boy was given a few runs before the prizes were awarded to the first, second and third place cars.

The boys who won are as follows: Walter Fry, first place trophy; Christopher Kuhar, second place trophy; and Jarrett Rittenhouse, third place trophy. The Webelos have been working on their Aquanauts badge at the Y.M.C.A. Dr. Lee Williams and his Boy Scouts have been helping the boys earn their badge.

The pack will also be sponsoring a paper drive on Feb. 18, at Gate of Heaven parking lot from 9 to 12.

The next pack meeting will be Feb. 26, this will be the Blue and Gold Dinner.

School menus

DALLAS SCHOOLS Feb. 20-24

MONDAY--President's Day, no school.

TUESDAY--Hot dog on enriched roll or sliced turkey-cheese on hard roll, oven baked tator tots w-ketchup, pear-peach combo, choice of milk-juice. Bonus: Cheese curls.

WEDNESDAY--Veal parmesan w-side dish spaghetti or Italian cold meat hoagie w-lettuce, beef vegetable soup, choice of milk-juice. Bonus: Cherry gelatin w-topping.

THURSDAY--Honey dipped chicken, crisp carrot stick or ground beef taco w-gr. beef, cheese, lettuce, buttered rice-gravy, mixed fruit cup w-marshmallows, choice of milk-juice.

FRIDAY--Cheesy pizza (2 slices) or ham salad sandwich on seeded roll w-lettuce, peach crisp w-topping, choice of milk-juice. Bonus: Potato chips.

WEST SIDE TECH Feb. 20-24

MONDAY--President's Day.

TUESDAY--Wafer steak on seeded bun, lettuce-tomato, cheese sticks, fresh fruit, coconut cookies, milk.

WEDNESDAY--Relish cup, grilled cheese, vegetable soup-crackers, cherry pie- whip cream, milk.

THURSDAY--Oven baked chicken, candied sweet potatoes, seasoned peas, roll-butter, ice cream, milk.

FRIDAY--Fruit juice, pizzaa twins, buttered corn, rainbow cake, milk.

LAKE-LEHMAN SCHOOLS Feb. 20-24 Senior High School

MONDAY--President's Day.

TUESDAY--Pork bar-b-q or hamburger on bun w-relish, French fries, peaches, donut, milk.

WEDNESDAY--Macaroni-beef casserole, lettuce w-dressing, Parker House roll-butter, pineapple tidbits, milk.

THURSDAY--Hoagie w-trimmings, pickle chips, chicken noodle soup-saltines, applecrisp, milk.

FRIDAY--Pizza or egg salad sandwich, potato chips, carrot-celery sticks, fruit cup, milk.

Junior High & Elementary

MONDAY--President's Day.

TUESDAY--Hamburg on bun,

pickles, minestrone soup-saltines, peaches, milk.

WEDNESDAY--Sausage links, buttered waffles w-maple syrup, applesauce, orange wedges, milk.

THURSDAY--Macaroni-beef casserole, lettuce-dressing, Parker House-roll-butter, fruited jello, milk.

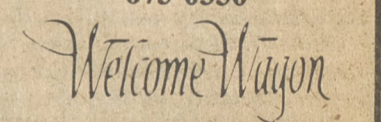
FRIDAY--Pizza or peanut butter-jelly sandwich, potato chips, carrot-celery sticks, pears, milk.

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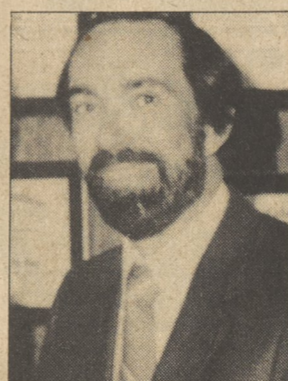
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