

Back Mountain on the move

THE 28TH ANNUAL BEUKA REUNION was held Aug. 2 at Knoebels Grove in Elysburg, and a breakfast Aug. 3 at the Riverlands across from the PP&L plant in Salem Twp.

The first reunion was held in 1958 in Cambra at the farm of Mary Beuka, deceased, the mother of hte 13 Beuka children, 9 of which are still living. The date of August 3rd was chosen since it was the birthday of Mary Beuka. Helen Beuka Ellery, the oldest living daughter, who resides in Red Bank, New Jersey, has a birthday on August 2. The traditional birthday cake and ice cream in honor of Grandma and Aunt Helen is always a moment of sadness and originality each year.



JEAN HILLARD

On Saturday evening, 77 candles ere blwn this year. Happy birthday, Aunt Helen.

New York, New Jersey, Little Rock, Arkansas, and Pennsylvania were the states represented this year by the Beuka family. Local original family includes John Beuka, Fritz Beuka, Ann Farver of Sweet Valley and George Beuka of Berwick. The remainder all arrive from out of state and the pumer attending each year varies from around 45 to 90 people depending on each families whereabouts.

THE KALINOWSKI FAMILY, Bill, Pat, Mary Pat and Eileen, spent the past 2½ weeks vacationing in California. While there they visited Las Vegas, Palm Springs, San Diego, and attended the Mac Davis show when he opened at the Hilton. Pat also got an autograph from Tommy Smothers who was seated a few seats away from her at a show. Mary Pat had a chance to go to Hawaii with a friend so she spent five days in Hawaii also while they were gone.

One of the main reasons for the trip was to attend the wedding of Pat's sister Peggy to Jerry Baker. Pat was matron of honor for her sister and Bill gave the bride away. The girls are the daughters of the

late Ben Hennessey and Mrs. Margaret Hennessey who resides in California also. Mrs. Hennessey returned to Dallas with the Kalinowskis and will spend a few weeks here visiting.

DICK AND MARGE CROSS of Harveys Lake flew to California to attend the wedding. Dick and Jerry have been friends for years and Dick served as best man in the wedding. Jerry Baker is the manager of the Metro plant in California.

MR. AND MRS. RICHARD RACUSIN and daughter, Ashley of Sutton Hills, Shavertown, spent the past two weeks vacationing at the Jersey shore. Mrs. Racusin had such a great tan before she left I'm anxious to see her now.

STAN LEVANDOWSKI of Demunds Road, Dallas drove to Michigan last week to visit brother Ted and his family for a few days.

Visitors at the Stan and Albina Levandowski home over the past couple of weeks included their son, Bob of King of Prussia and his fiance Elaine Antonelli of Ambler. Their daughter Carol Simmons and granddaughter 1½ year old Lindsay of Michigan flew in to spend a week also. The family are all excited and making final plans for Bob and Elaine's wedding.

TOM AND SHIRLEY MOYER and family spent this past week enjoying the beach at Bethany Beach, Delaware. The Moyers rent a beach house on this beautiful southern shore each year and enjoy the quiet and relaxation of it all.

STEVE AND VAL CAMERON of Woodlawn Avenue, Dallas, spent the weekend in Huntington, Long Island, visiting Steve's family and enjoying some family celebration.

WENDY BAIRD, daughter of Bob and Pat Baird of Trucksville flew to Europe last week to join her fiance Tom Weidmann, son of Marty and Chuck Weidmann. Wendy and Tom haven't seen each other for two months since Tom is on an assignment in Portugal for his company.

Wendy and Tom are probably married by now, that was their plan, to be married in Portugal, honeymoon there for a couple of weeks then return to Maryland, his home base, where they will reside. Congratulations Wendy and Tom.

What an exciting way to be married, no date, no time, no deadlines, just whenever it was convenient fort hem as soon as Wendy arrived in Portugal.

It was real exciting talking to Wendy the day before she left the Back Mountain, last minute

purchases, lots of anxious moments and all kinds of thoughts running through her mind. I know by now, they are all behind her and she's just enjoying every minute of a new experience in Portugal.

BILL AND MADELON LORDEN and son Jim, spent 10 days traveling through the New England States. They visited Vermont, Boston, Washington and Annapolis. During their entire trip all the days of rain were travel days so it was perfect weatherwise also.

MRS. BYRON COOK, Beaumont, **DOROTHY AND FRED CASE**, Noxen and **FLORENCE AND BOB SHALANSKI** of Center Moreland all flew to Minnesota recently to visit a family member who is in ill health. They spent about four days in Rochester, Minnesota before returning home to the Back Mountain.

BARB GATES of Centermoreland has returned from another vacation. Barb, who many of our readers would recognize from Weis Markets, spent a week in Cape Cod recently but mroe recently, like last week she returned from a week's vacation at Bethany Beach, Delaware. Her fiance Scott Stevenson, her family, the Gates family and also neighbors the Layden family were all vacationing together. They had a real good time and good weather.

THREE BACK MOUNTAIN FAMILIES spent four days at the Penn Harris in Harrisburg last week attending the Pennsylvania Miss Teen Pageant. The three beauties were Darci Davis, daughter of John and Sharron Davis, Shavertown, Amy Mazur, daughter of Nick and Linda Mazur, Lehman and Jacquie Holdredge, daughter of Mr. and Mrs. Holdredge of Elizabeth St., Dallas.

All three left their marks in Harrisburg and made the Back Mountain proud. Darci, Miss Hospitality 1985, served as hostess on the staff this year. Amy was first runner up in volunteer service, and Jacquie was first runner up in formal presentation. Congratulations to all three girls. All three families had a very enjoyable, busy four days, with their daughters.

GET WELL WISHES go to my sister Shirley Major who is still a patient in Wilkes-Barre General Hospital. You were supposed to be home by last week's issue. Shirley, hurry and heal fast.

(Jean Hillard, a Back Mountain resident, is a columnist for The Dallas Post. Her column appears weekly.)



Officers installed

At the final meeting of the season, the member of Delta Kappa Gamma Society International, Alpha Rho chapter, inducted Ruth Krakosky into their society which is comprised of local women educators. The society's purpose is to advance the professional interest and position of women in education. Shown here, from left, are Helen Seman, Edwardsville, secretary; Doris McCain, Dallas, recording secretary; Jean Myers, Trucksville, president; Ruth Krakosky, Dallas, incoming president; Margaret Stelevich, Trucksville, outgoing president; and Virginia Jenkins, Shavertown, outgoing first vice president. Barbara Reilly, Forty Fort; and Bobbie Shurnicki, Edwardsville, are co-chairmen of publicity.

Births

(The following Back Mountain couples announce births during the past week:)

BALTIMORE, LESLEY and **SAMUEL**, 57 N. Pioneer Avenue, Shavertown, a son, Saturday, July 26.

JENKS, KATHI and **GEORGE**, 209 Country Club Apartments,

Dallas, a son, Friday, July 25.

STOLARICK, SHERYL and **MICHAEL**, RD 2, Box 285-1, Dallas, a daughter, Saturday, July 26.

YANKOWSKI, MARY and **DAVID**, 584 Cigarski Road, Shavertown, a son, Saturday, July 26.

APALISKI, ELLEN and **JACOB**, RD 1, 49 Lakeside Drive, Harveys Lake, a daughter, Monday, July 28.

BALDO, ANNA and **ANTHONY**, 131 Inman Avenue, Shavertown, a son, Tuesday, July 29.

CASALDI, MARY and **RALPH**, Box 368A, RD 2, Dallas, a son, Tuesday, July 29.

HIZNY, ROSEANN and **JOSEPH**, RD 3, Box 272-27B, Dallas, a daughter, Thursday, July 31.

Diet

(Continued from page 7)

walking, swimming, gentle jogging - can increase your metabolic rate for several hours. In addition, according to research, the vacation from dieting guarantees that there will be no slowdown in metabolic rate.

As with any weight-loss program, it is important that you check with your physician before starting. The Rotation Diet should not be used by diabetics, pregnant or nursing women, children and adolescents, or persons recovering from trauma or surgery.

Following are sample Rotation Diet menus from the August Reader's Digest:

600 CALORIE DAY

Breakfast: ½ grapefruit, 1 slice whole wheat bread, 1 oz. cheese, no-cal beverage.

Lunch: 2 oz. salmon (canned in water), unlimited free vegetables such as asparagus, celery, cucumbers, lettuce, parsley, radishes, raw spinach and zucchini, 5 whole-wheat crackers, 8 oz. skim or low-fat milk, no-cal beverage.

Dinner: 3 oz. baked chicken, 1 cup cauliflower, ½ cup beets, 1 apple, no-cal beverage.

900 CALORIE DAY

Breakfast: ½ banana, 1 oz. high-fiber cereal, 8 oz. skim or low-fat milk, no-cal beverage.

Lunch: Tuna salad (2 oz. water-packed tuna), unlimited free vegetables, 2 slices whole-wheat bread, 1 teaspoon mayonnaise or low-cal salad dressing, ½ grapefruit, no-cal beverage.

Dinner: 3 oz. baked chicken, ½ cup carrots, 1 cup mixed-vegetable salad, 1 oz. cheese, 1 apple, no-cal beverage.

Men us this basic diet plan for women by adding all of the following each day: two more servings of bread, cereal or crackers, 50 percent larger portions of meat, fish or fowl; one tablespoon of butter, oil or regular salad dressing, three fruits.

The diet should also include eight eight-ounce glasses of water a day.

Once you reach your desired weight, the best way to prevent lost fat from returning can be boiled down to five words: eat less fat, and walk.

Divorces

(The following Complaint in Divorce has been filed at the Luzerne County Court House:)

VALERIE A. PRITZ, plaintiff, 7926 Fayette Street, Philadelphia, and **PETER G. PRITZ**, defendant, State Correctional Institute at Dallas.

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