

SENIOR MENUS

Senior Citizens Centers sponsored by the Area Agency on aging for Luzerne and Wyoming Counties offers hot noon meals Monday through Friday to people 60 years of age or older. Donations from participants are gratefully accepted and needed in order to expand this program. The following is the menu for the week of Jan. 30-Feb. 5. All menus include margarine, milk and coffee. The local Senior Center is located at 22 Rice St., Dallas.

THURSDAY: Quarter pound hotdog w/chili sauce, mini potato panckes, cole slaw, orange.

FRIDAY: Baked parmesan fish, oven brown potatoes, roman vegetable medley, tartar sauce, rye bread, oatmeal raisin cookie.

MONDAY: Italian sausage & peppers, cheesy whipped potatoes, vegetable medley, rye bread, applesauce.

TUESDAY: Heart Healthy Special Dinner & Snacks-healthy veggie burger w/low fat cheese, low fat cottage cheese & peach salad, multigrain roll, tomato soup, low fat nutigrain bar.

WEDNESDAY: Baked pork chop w/apple raisin stuffing & gravy, butternut squash, beans, dinner roll, grapefruit juice, vanilla cookie.

Tell our advertisers you saw them in The Dallas Post. They'll appreciate it, and so will we.



Youth group serves soup

Members of the Senior Youth Group from the Trucksville United Methodist Church recently volunteered at the St. Vincent DePaul Soup Kitchen in Wilkes-Barre. The group helped prepare and serve a hot meal for nearly 300 guests. Realizing the need for food donations, each Youth member donated boxes of pasta for future meals.

From left, first row: Megan Johnson, Jessica Kinney, Margo Johnson, Kelly Williams. Second row: Michael Race, Bobby Lenahan, Adam King. Not pictured: Sandy Race.

Kingston Township reminds residents to keep right-of-way clear

Kingston Township residents and property owners are reminded not to place encroachments, such as fences, landscaping timbers, trees, shrubs or any other item within the Township street right-of-way.

Property owners need to be aware that they do not own up to the edge of the roadway. Street right-of-ways vary from

33 to 50 feet. Residents that are unsure of the width of their street may call the Township Office for further information.

It is very important that the right-of-way remain free of encroachments for snow removal, utility construction and street maintenance.

Residents are also reminded that this area is not their prop-

erty and that the Township has the authority to order removal or to remove, the encroachments from the street or road right-of-way.

The Township is asking for cooperation from all residents in respecting the public right-of-way. Residents with questions may call the Township Administrative Office at 696-3809.

MOVERS & SHAKERS

The United State Tennis Association announced the promotion of Laura Canfield of Langhorne PA., as Assistant to President, Alan Schwartz at their national headquarters in White Plains, NY.



Laura Canfield

Laura has served for the past 12 years as Executive Director and Chief Operating Officer of USTA's Middle States Section.

Laura is a 1977 graduate of Bishop O'Reilly High School. She earned her bachelor's degree from East Stroudsburg University and a master's in sports management from the University of Massachusetts. she joined The USTA's Eastern Section staff in 1985 and became Middle States' Executive Director in 1990.

Laura is the daughter of Joe and Peg Canfield, Dallas.

The United States Tennis Association is the national governing body for the sport of tennis in the United States. It owns and operates the US Open and selects teams that compete in Davis Cup, Fed Cup and the Olympic and Paralympic Games.

The USTA recently announced the reappointment of Barbara Long of Langhorne, as chair of the Publishing Committee for the 2003-2004 term. The Publishing Committee monitors and assesses the USTA's publishing activities in support of the USTA mission to promote and develop

the growth of tennis. Long has served as the committee's chair since 2000, and as its vice chair from 1997-2000.

Long has also been a volunteer on the USTA Membership Committee and the USTA/Middle States Board of Directors as vice president of communications and marketing. In addition, she is president of Bucks County Tennis Association, a nonprofit community tennis association that promotes tennis within Bucks County, Pa.

Long is owner of the Barbara Long Associates communication firm. Previously, she was employed at Harcourt Brace Jovanovich in New York City. A graduate of Wilkes University, Long is a published author.

Long is the daughter of Mr. and Mrs. William Long of Trucksville.

Superintendent Thomas Lavan announces the retirement of Mr. Roy VanWhy, Personnel Director at SCI-Dallas. Mr. VanWhy has served the citizens of Pennsylvania at SCI-Dallas for 25 years.

During his career he has dealt with the good, the bad, and the ugly. He has helped hire numerous staff members at SCI-Dallas, been to countless grievance meetings, attended numerous training sessions, and saw the Department of Corrections expand during his career.

Mr. Roy VanWhy has left his mark on the Department of Corrections, and Superintendent Lavan, on behalf of staff, wish him all the best in his future endeavors.

Vote, enter, win!



Tell us where to find the Back Mountain's best pizza, and you could win dinner*

A winner a week for 3 weeks!

You name it - the Back Mountain has it in pizza, wings and great atmosphere. But who has the best in the area? You can help us answer that question. Here's how:

PIZZA WARS will appear in The Dallas Post on January 23 and 30, and February 6. (So you'll have time to sample as many as possible.) To vote for your favorite pizza and wings, just fill out the coupon below, and visit any participating restaurant to deposit it. Additional coupons are available at the restaurants and at the newspaper office. Entries will be collected each week, and the winner's name will

be published in the following issue of The Dallas Post. Enter as often as you like. Select your favorites in any or all categories. Winners' names will be published in The Dallas Post. * Winners will each receive a \$35 Gift certificate to the participating restaurant of their choice. At the end of the contest period, all entries will be totaled and favorite restaurants will be announced. Each will receive a plaque noting their victory.

No purchase necessary. Prizes have no cash value and are non-transferrable. Winners will be randomly selected and agree to having their name and/or likeness used for publicity. You must use the entry form that appears in the newspaper, a reasonably accurate facsimile drawn by hand or a photo copy. Copies may be examined at our 607 Main Road, Dallas office. Machine duplicated completed entry forms will not be accepted. Contestants may submit as many entries as they wish but are limited to one entry per envelope. No registered mail will be accepted. The winners will be determined by random drawing. This newspaper cannot answer or respond to telephone calls or letters regarding the contest. Sponsors' employees and their immediate families are not eligible to enter.



Don't forget the wings!

You can vote for your favorite purveyor of poultry parts, too.

2 Large Pizzas - \$10⁹⁹

LUNCH SPECIAL
(DAILY 11a.m. - 3 p.m.)
Individual Pizza & Homemade Soup
\$2.99
Expires Feb. 15, 2003

Our homemade soups and sauces available by the pint or quart.

THE DOUGH COMPANY Rt. 309 Dallas 675-7347

Fun Pizza Fact: Pepperoni is America's favorite topping (36% of all pizza orders). We eat approximately 251,770,000 pounds of pepperoni per year.

DINO'S Italian Bistro LET THE WAR BEGIN!
The Best Slice of Italy...Presto!
Home of the Grand Slice

"Dino's Grand Slice is like two slices in one and 'Delizioso' ta boot!"
Bring in 2 competitors Pizza War ads and buy 2 Grand Slices, get 2 FREE!!

OPEN 7 DAYS 674.1188

Back Mountain Shopping Center next to Humphrey's Bootery

Red's Subs & Pizza Tues. & Wed. - 2 large pizzas for \$11.⁹⁹
477-5191

- Wednesday - Pagash
- Thursday - 25¢ wings
- Homemade soups and dinner specials daily
- Fresh made dough everyday

SUNDAY 2-10 p.m.
Tues.-Thurs. 10 a.m. - 10 p.m.
Fri. & Sat. 2 p.m. - 10 p.m.
Route 118 Main Rd., Sweet Valley

Official Entry Ballot

Fill this out and drop it in the entry box at the participating restaurant of your choice, or at the office of The Dallas Post, 607 Main Road, Dallas. Or mail it to: The Dallas Post P.O. Box 366, Dallas PA 18612. Entry forms are also available at the participating restaurants listed below. Entries must be received by 12 noon Tuesday, February 11 to be counted in the restaurant ranking.

My favorites:	Colarusso's	Desi's	Dino's	Dough Co.	Grotto	Hogan's	Pizza Perfect	Red's	Ill Guys
<input type="checkbox"/> Round Pizza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Square Pizza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Plain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Pepperoni	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> White	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Veggie	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> "The Works"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Wings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Delivery Service	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please check only one restaurant in each category on each ballot. If you wish to select more than one restaurant, use separate ballots.

Name _____ Phone _____
Address _____ City _____ St _____ Zip _____