



CHARLOTTE BARTIZEK PHOTOS/ FOR THE DALLAS POST

People gathered at Ocean Lotus Farm in Beaumont for a vegetarian BBQ and potluck dinner.

Eating healthy IN BEAUMONT

The food at the Third Annual Summer Vegetarian Potluck Picnic & Barbeque on August 11 at Ocean Lotus Farm in Beaumont was different, but planners contend it was healthy.

Sponsored by The Vegetarian Way, a Pennsylvania non-profit organization organized in December 2004 by Alaine Chang, the picnic also featured certified yoga instructor Eva Pogash, who taught participants how to do yoga, even adapting yoga exercises so that the physically disabled could take part in the fun.

The Vegetarian Way, according to Chang, is dedicated to helping people live healthier, more compassionate lifestyles. Every event sponsored by the organization features an educational speaker. At an event scheduled for October, Dr. Maria Aumick, a chiropractor, will discuss how

to live a healthier life, while Judy Rienzi, R.N., will talk about how to have a stress-free holiday at an event in December.

For more information about The Vegetarian Way, call Chang at 474-2331 or log on to the organization's website at www.thevegetarianway.com



Huilien Chen, Beaumont, has lunch with her cat at the Third Annual Vegetarian Potluck Picnic and barbeque.



Gail Shemo, Shavertown, Andrea Payne, Harveys Lake and Robyn Kochan, Dallas, were on hand for the vegetarian lunch in Beaumont.



Margaret Bakker, Robert Lewis and Yuh Hai enjoy each other's company at the Third Annual Vegetarian Potluck Picnic on Crow Hill Road in Beaumont.

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CODY SPRIGGS WINS HOME RUN DERBY



Cody Spriggs won the 11-12 yr. olds Home Run Derby at the Harveys Lake field, which was sponsored by Athletic Image of Wilkes-Barre on June 23. He is shown here receiving his first place trophy from League President Rob Kuschke. Cody started growing his hair right after school was out last year and plans to donate it to Locks of Love soon. He played the entire baseball season with his hair either pulled back or pushed behind his ears.

BMT YANKEES WIN BASEBALL CHAMPIONSHIP



The AAA Back Mountain Yankees 9 and 10-year-old team won the 2007 baseball championship for the Back Mountain AAA-Division. The team beat the Phillies, 10-9. Members of the championship team are, from left, first row, Morgan Salter, Jesse Kincer, Jakob Flores, Justin Sweeney and Chris Ross. Second row, Brandon Kozlowski, Jaimie Flores, Ryan Martin, David Simpson, Andrew Plum, Matt Cragle and Anthony Huntington. Back row, coaches Jim Martin and James Flores.

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