



CHARLOTTE BARTIZEK PHOTOS/ FOR THE DALLAS POST

Frank Kopyta, a Wilkes University student, shows off a green vegen dish at Peking Chef restaurant in Dallas during a vegetarian dinner.

Eating vegetarian style

More than 60 people started 2008 in a healthy way by attending a vegetarian eight-course dinner last Sunday at Peking Chef in Dallas. The dinner was sponsored by the Wyoming Valley Vegetarians and featured Mark Hetman of Happy Patch Organics who spoke on "Organic Wellness 101 - Ask the Farmer."

The Chinese vegan menu included vegetable tempura, steamed vegetable dumplings with dip, vegetarian lettuce wrap with pine nuts, two kinds of tofu, four kinds of mushrooms, gourmet fresh mixed vegetables, vegetable to mein noodles, fresh fruit dessert, a choice of brown or white rice, green tea and bottled water.

Peking Chef restaurant was inducted into the top 100 Chinese restaurants in America at the Cultural Food Expo held at the Jacob Javits Convention Center in New York City on November 11, 2007 for its nutrition-friendly menu.



The Wyoming Valley Vegetarians sponsored a dinner last Sunday at Peking Chef restaurant in Dallas with more than 60 people in attendance.

PEOPLE BRIEFS

Two named to dean's list

Jason Brady and Elisabeth DiGiovanni, both of Shavertown, have been named to the dean's list for the fall 2007 semester at the University of Vermont. To be named to the dean's list, students must have a grade-point average of 3.0 or better and rank in the top 20 percent of their class in their respective college or school.

Brady is a first-year undeclared major in the College of Arts & Sciences while DiGiovanni is a senior Political Science major in the College of Arts & Sciences.

Gaudet named to board of directors

Douglas Gaudet, of Shavertown, president and CEO of Penn Millers Insurance Company in Wilkes-Barre, has been named to the board of Directors of the North Branch Land Trust. Gaudet came to Northeastern Pennsylvania in 2005 from the

Philadelphia area. A summa cum laude graduate of the State University of New York, Gaudet also earned a master's degree, magna cum laude, in Business Administration from Clarkson University.

Gaudet also serves on the governing boards of Misericordia University, Wilkes-Barre Family YMCA, and Osterhout Library.

He and his wife, Melissa, have two adult children, Karen and Alex.

Montross named to dean's list

Erin Montross, of Dallas, was named to the dean's list for the 2007 fall semester at Messiah College. Dean's list is earned by receiving a 3.6 grade point average or higher on a 4.0 scale.

Montross is a senior majoring in music education.

Zabresky named to dean's list

Janelle Elizabeth Zabresky, of

Birch Hill Lane, Dallas, has been named to the dean's list at Clarion University of Pennsylvania for the first semester of the 2007-2008 academic year. Dean's list students must have earned a 3.5 quality point average or higher (on a 4.0 scale) during the semester.

Mason serves on selection committee

Karen Mason, of Trucksville, director of college guidance at Wyoming Seminary College Preparatory School, Kingston, was one of 14 college guidance and admission professionals from across the country to serve on the 2008 National Merit Scholarship Selection Committee.

The committee, which convened in Evanston, IL from January 20-24, worked in teams of two to review 15,200 applications in order to choose 2,500 winners

of the National Merit \$2,500 Scholarships, as well as 492 alternates.

Mason judged finalists from the states of Texas, California, Florida, Hawaii, Michigan, Minnesota, South Dakota, Illinois, South Carolina, New Hampshire, Ohio and Kansas.

Grossman is merit finalist

Molli Grossman, of Shavertown, is one of five Wyoming Seminary seniors who have been named finalists in the 2008 National Merit Scholarship competition.

A senior, Grossman will compete for about 8,200 Merit Scholarship Awards, worth \$34 million, that will be offered this spring.

Ruda earns CIA degree

Ryan Ruda, of Dallas, earned her associate degree in baking and pastry arts from The Culinary Institute of America in Hyde Park, N.Y. in December 2007. Ruda is a 2005 graduate of Lake-Lehman High School.



Mason

CIVIC BRIEFS

Music Box to present "Hello, Dolly!"

"Hello, Dolly!" will be presented at the Music Box Dinner Playhouse, 196 Hughes St., Swoyersville, February 17, 21-24, 28, 29, March 1 and 2.

The show is presented at 8 p.m. Thursdays through Saturdays and at 3 p.m. on Sundays. A buffet dinner will be served 90 minutes before curtain.

Tickets are on sale for dinner and show and show/only with discounts available for children, students and senior citizens. Group rates are also available.

For more information, call 283-2195.

Carney plans meetings in Harvey's Lake

Congressman Christopher P. Carney has rescheduled the Luzerne County Listening Tour Town Hall Meeting for 5 p.m. on Tuesday, Feb. 19, at the Municipal Building in Harvey's Lake. The original Town Hall had been postponed due to weather.

Congressman Carney will be available to discuss issues affecting our community, including actions Congress is taking to protect working families, support our veterans, and curb illegal immigration.

Governor's aide to speak to BMBA

Michael Lombardo, director of the governor's northeast regional office, will be the guest speaker at the Back Mountain Business Association luncheon meeting from noon to 1:30 p.m. on Thursday, Feb. 21, at the Irem Temple Country Club, Country Club Road, Dallas.

Cost is \$10 for association members and \$12 for non-members with payment due at the door.

For reservations, call the BMBA at 675-9380.

HL Fire Company plans food drive

Harveys Lake Fire and Ambulance will conduct a non-perishable food drive with proceeds to be donated to the Back Mountain Food Bank.

Donations will be collected from 1 to 5 p.m. on Saturday, Feb. 23, and from 11 a.m. to 3 p.m. on Sunday, Feb. 24, at the Harveys Lake Fire Company, Pole 121 Lakeside Drive, or by calling Laura at 298-2546 to make other arrangements.

Scouts will collect food

Each year, the Boy Scouts of Troop 281 and the Cub Scouts of Pack 281 participate in the Annual Scouting for Food Program. This charity collects food and money donations over a one-week period for the less fortunate families in our community.

Scouts will distribute bags for food pick up throughout Back Mountain neighborhoods from 1 to 3 p.m. on Sunday, Feb. 24. Food will be picked up beginning at 9 a.m. on Saturday, March 1.

It will be sorted, boxed and

taken to the Food Pantry at the Trucksville United Methodist Church. All food collected will stay in the Back Mountain area.

Tunkhannock library plans wine event

The Tunkhannock Public Library's Fifth Annual Wine Tasting, "An Evening in Tuscan," will be held from 7:30 to 10:30 p.m. on Saturday, March 1, at the library, 220 W. Tioga St., Tunkhannock.

There will be wine, non-alcoholic beverages, hors d'oeuvres, coffee, dessert, silent and live auction and a raffle.

Tickets, at \$35 per person, can be purchased by calling 836-1677. All proceeds benefit the Tunkhannock Public Library.

Health Fair set for The Meadows

Cura Hospitality at The Meadows Nursing Center will host a Health Fair from 10 a.m. to 1 p.m. on Thursday, March 13, in honor of National Nutrition Month.

Various health-related companies will join Cura Hospitality with information, brochures, samples, screening, and various other services. A healthy lunch will be available for purchase. The community is invited free of charge.

Polar Bear Plunge benefits ACS

A Polar Bear Plunge will be held at noon on Saturday, March 15, at Garrity Realty, Pole 89, Harveys Lake to benefit the American Cancer Society.

Anyone interested is asked to e-mail Andrea Butchko at drewsuffit@yahoo.com or Leslie Everett at cinemas-cenes@yahoo.com for more information.

Music Box sponsors theatre academy

A musical theatre academy for young adults (ages 8 to 13) at the Music Box Dinner Playhouse, 196 Hughes St., Swoyersville, PA begins March 25 with 22 sessions through June 19.

The students will present a musical (TBA) on June 20, 21 and 22. Students will be invited to attend dress rehearsals for three Music Box shows on March 27, April 24 and May 28. Fee is \$250 per person.

For more information and enrollment forms, call (570) 283-2195 or 800-698-PLAY.

Victorian Dinner will benefit CCK

The Wilkes-Barre Women's Organization for Networking (W.W.O.N.) will sponsor a "Victorian Dinner" to benefit "Community Cares for Kids" (CCK) at 5:30 p.m. on Thursday, April 17, at Tribeca Center (formerly Victoria Inn), Route 315, Pittston.

There will be a buffet dinner, dessert and cash bar and raffle tickets available.

Cost is \$36 per person. For tickets and additional information, contact Mary Ann Rubin at 298-2616.

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