

'Lands' and food pantry work together

By REBECCA BRIA
rbria@timesleader.com

YOU CAN HELP ...

The Lands at Hillside Farms has agreed to allow the Back Mountain Food Pantry use of some of its land to grow and harvest vegetables for people in need.

"It is absolutely mission consistent with the Lands at Hillside Farms," said Christine Doherty, a farmer and agricultural educator at The Lands at Hillside Farms. "We hope that, through education and demonstration, we can help people make healthy lifestyle choices."

Founded in 1977, the Back Mountain Food Pantry serves residents of the Dallas and Lake-Lehman School Districts. It is operated by the Back Mountain Ministerium, which is comprised of 24 interdenominational churches.

According to Doherty, the pantry will share two acres of land with a Luzerne Intermediate Unit (LIU) program called "Dream Green Farm," a program that allows disabled adolescents to grow food for sale at farmers markets.

The groups will have separate parcels on the land, but the LIU students will assist with the pan-

try's crops, Doherty said. Although the Hillside Farms Dairy Store is located in Kingston Township, the land that will be used for the pantry's garden is just up the road in Jackson Township. Coming up Hillside Road, the land is on a hill off the right hand side of the road about 100 acres past Church Road.

Mark Stull, director of the Back Mountain Food Pantry, said the pantry hopes to begin growing vegetables this spring on only half an acre to start out slowly and ensure the first year is a success.

Traditional crops will be grown such as tomatoes, potatoes, green beans, wax beans, broccoli and zucchini. Flowers will also be planted to add beauty and cheer. The land will be plowed with horses and no pesticides will be



BILL TARUTIS/FOR THE DALLAS POST

Back Mountain Food Pantry Director Mark Stull, left, talks with Christine Doherty, a farmer and agricultural educator at The Lands at Hillside Farms, on land in Jackson Township that The Lands at Hillside Farms is donating to the pantry. The pantry will use the land to grow and harvest vegetables for people in need.

used.

"I have been an organic vegetable farmer for close to 20 years, so I don't think any of those modern improvements (in farming) are actually improvements at all,"

Doherty said. "We understand the population who will be eating this food often comes with chronic diseases...and we want to grow the most healthy, nutritious food possible for these people."

DALLAS TOWNSHIP

New traffic light may come to Route 309

By REBECCA BRIA
rbria@timesleader.com

foot medical center will be held at 7 p.m. on Feb. 16.

Motorists may soon encounter another traffic light on Route 309.

Supervisors approved a motion to sign an application and traffic signal permit plan from Dorchester Land Development Corporation for the installation and operation of a traffic signal at Route 309 and Dorchester Drive.

An agreement to be prepared by the township solicitor must be executed between the township and the developer before the final approval will be given. The developer will be required to reimburse the township for future cost of the operation of the signal as part of the agreement.

The traffic signal is part of a proposed project for the construction of the Dallas Geisinger Medical Clinic on Dorchester Drive in the area formerly known as Sacred Heart Park.

A public hearing on the application for the 23,000 square

Road projects

Vice chairman of supervisors Frank Wagner announced two road projects calling for road paving, catch basins and new pipes will be put out to bid this year.

The first project is for Main Street and the second is for Campground Hill Road.

Tom Doughton, who is employed by Douglas F. Trumbower and Associates which serves as the township's engineer, will begin to prepare estimates of the cost of the projects.

Trout Run

Doughton is concerned over the amount of brush in Trout Run.

When the creek gets high, water backs up into two new stormwater pipes recently installed on Rice Drive near Encon, he said.

Doughton will inquire about the state Department of Environmental Protection's Small Streams Grant project to see if funding is available to clean up the creek.

Gourmet take-out food business is tonic for empty-nest syndrome

By CHARLOTTE BARTIZEK
Dallas Post correspondent

There is no food in Angela Cohen's refrigerator at home anymore. All the good food is now in a renovated house on North Main Street in Shavertown where she runs Angela's Everyday Gourmet, a gourmet food take-out and catering business.

"I thought I'd have a terrible time with empty-nest syndrome," Cohen says. Her two remaining high-school-age children, Mitch and Morgan, now stop by the business on their way home from school to hand-pick their dinner selections.

Joining them are Cohen's mother, Alice Serratore, who answers the phone and takes orders and her brother, Brandon Serratore, who makes the fudge.

The effort of the business has been very popular with the Back Mountain community since its opening on Nov. 3. One "Sticky Bun Sunday," 14 dozen sticky buns sold out in 30 minutes.

"I couldn't stop laughing," said Cohen of her new-found success.

The whole family is engaged in the effort, including Cohen's husband, Rich, a Kingston chiropractor. The renovation of the building itself, a 1922 four-square home previously owned by Kay Warden, kept the whole family busy this last year.

"We put a lot of work into this

house," Cohen said.

The family expects to add al fresco dining on the large wrap-around porch in the spring.

Cohen imagined that many people were, like her, tired of cooking at home and their children were tired of "Mom's supper selections." She used that as her business plan.

"A woman came in with her whole family and each child picked out what they wanted for supper and how much," she noted, recalling how the woman squealed with delight at the thought of not having to cook that night.

Cohen's theory also works for busy commuters going back and forth to Wilkes-Barre, two-person households and, she hopes, people going to Harveys Lake.

"There was a need for good, fast food in the Back Mountain," she said.

Success comes with a price, though, and she finds herself ready to call it quits some nights. The feeling doesn't last long, however.

"I turn on some music in the kitchen and start baking," she says, speaking of a passion she's had since she was a child growing up in Mountain Top.

Cohen sometimes works 20 hours a day to fill take-out orders and then bakes her homemade specialties like vanilla pear tarts in nutmeg crusts, cherry cream

scones or butternut tarts with whiskey in oatmeal/wheat crusts. She also makes an oatmeal cranberry white chocolate cookie. Raspberry white chocolate scones are coming soon.

In addition to the assistance she receives from family members, Cohen has talented and home-grown help in Brian O'Donnell, a 1995 Dallas High graduate who lives in Shavertown and mans the kitchen. His training in French cuisine and seafood preparation fills the delicate take-out cases with weekly specials like Salmon Bake, Chicken Francaise and Lasagna Bolognese. Many may remember O'Donnell from his past positions at Irem Temple and the Beaumont Inn.

"I hired Brian immediately," Cohen said, admitting to never having tasted his food before he went to work for her. "He has character."

All of Cohen's food is prepared from scratch, from natural and fresh ingredients with no additives.

"Nothing is out of a can," she says, proudly. A case of butternut squash bought from a neighboring farm recently became a big hit as butternut squash soup.

A woman came in and went through the counter case, carefully selecting individual items. She said, "I'll have one of these and one of those and I'll have some of



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Angela Cohen oversees the cooking of chef Brian O'Donnell at Angela's Everyday Gourmet in Shavertown.

the soup to see how my butternut squash tastes."

"And that's how I met Mary Darling," Cohen said of the Darling Farms' matriarch.

Meeting people is what Cohen likes most about her new role. The community has been enthusiastic with one customer sending more than 8,000 e-mails to

support the business.

"I love all the people who are coming in and I get the feeling they want to see me, too, when they come in," Cohen said.



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Kurt Bauman, of NEPA Alliance, presents Kingston Township officials with a \$7,645 check Friday morning to upgrade traffic signal bulbs. From left, are Jim Reino, chairman, Kingston Township supervisors; Joe Brogan, of UGI; Kathy Sebastian, manager, Kingston Township; Bauman, State Rep. Phyllis Mundy, Mike Moravec, Kingston Township police officer; and Jennifer Wilson, of Senator Lisa Baker's office.

Grant will help upgrade traffic signals to LED

Kurt Bauman, of NEPA Alliance, recently presented Kingston Township officials with a check in the amount of \$7,645 to upgrade traffic signal bulbs.

The money was presented to the township through the Pennsylvania Department of Community and Economic Development and was secured by NEPA Alliance, Bauman said.

Robert Hivish Jr., Kingston Township assistant manager, said the township also received \$2,500 from UGI Utilities for the LED bulb project. The difference for the \$15,290 will come from the township's general fund.

The LED bulbs will be installed in the township's traffic signals at Route 309 and Car-

erton Road, Route 309 and Harris Hill Road, Route 309 and Franklin Street and Route 309 and Center Street. The traffic light at Carverton Road and Manor Drive was previously upgraded with LED bulbs.

Bauman said the upgrade will provide the township with \$4,200 in energy and maintenance savings a year.

New books added to shelves at library

The following new books have been added to the shelves of the Back Mountain Memorial Library, 96 Huntville Rd., Dallas, for the month of January 2010:

EXPRESS (1 WEEK)

"Doors Open" by Ian Rankin, "Death of a Valentine" by M.C. Beaton, "Treasure Hunt" by John T. Lescroart and "The Wolf at the Door" by Jack Higgins

FICTION

"Doors Open" by Ian Rankin, "Treasure Hunt" by John T. Lescroart, "Worth the Risk" by Nora Roberts, "Summer of Two Wishes" by Julia London, "Leviathan" by David Lynn Goleman, "Sand Castles" by Nancy Gotter Gates, "Mistress of the Game" by Tilly Bagshawe, "Lakeshore Christmas" by Susan Wiggs, "Alice I Have Been" by Melanie Benjamin, "The Wolf at the Door" by Jack Higgins, "The Burning Land" by Bernard Cornwell and "Remarkable Creatures" by Tracy Chevalier

NONFICTION

"The Murder of King Tut" by James Patterson, "Quick Guide to College Majors and

Careers" by Laurence Shatkin, "The Boomers' Career Survival Guide" by Ken Tanner, "Breaking Free" by Chris Lauer, "Chasing Molecules" by Elizabeth Grossman, "The Pain Detective" by Hillel M. Finestone and "1,000 Dollars and an Idea" by Sam Wyly

MYSTERY

"Death of a Valentine" by M.C. Beaton

BIOGRAPHY

"Barack Obama, the New Face of America" by Martin Dupuis

REFERENCE

"Peterson's Four-Year Colleges 2010" and "Peterson's Two-Year Colleges 2010"

BOOKS ON CD

"Rainwater" by Sandra Brown, "The Fourth Part of the World" by Toby Lester, "Game Six" by Mark Frost, "Eating Animals" by Jonathan Safran Foer, "Traveling with Pomegranates" by Sue Monk Kidd, "The American Journey of Barack Obama," "Zeitoun" by Dave Eggers, "Hadrian and the Triumph of Rome" by Anthony Everitt and "U is for Underdew" by Sue Grafton

SPECIAL DONATIONS

"Hope: The Alzheimer's Project" (DVD) donated by The Meadows Nursing Center Al-

heimer's Disease Support Group The Character Council of Dallas Elementary School (2008-2009 School Year) has made possible the addition and/or replacement of the following popular and award winning books:

"The Long Patrol" by Brian Jacques, "Apples and Pumpkins" by Anne Rockwell, "Album of Horses" by Marguerite Henry, "The Grouches" by Debbie Waggenbach, "Do You Sing Twinkle?" by Sandra Levins, "Sometimes I'm Scared" by Jane Annunziata and Marc Nemiroff, "Nasreen's Secret School: a true story from Afghanistan" by Jeanette Winter, "Marlfox" by Brian Jacques, "Redwall" by Brian Jacques Matimeo" by Brian Jacques, "Mossflower" by Brian Jacques, "Triss" by Brian Jacques, "Mariel of Redwall" by Brian Jacques, "Ralph S. Mouse" by Beverly Cleary (book), "Ralph S. Mouse" by Beverly Cleary (book on CD), "Homesick: My Own Story" by Jean Fritz, "A Gathering of Days" by Joan W. Blos, "On My Honor" by Marion Dane Bauer, "Tangerine" by Edward Bloor, "Henry Higgins" by Beverly Cleary, "The Cricket in Times Square" by Ge-

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