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## HALLOWEEN HAUNTS



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Matt Crofchick had much to offer visitors in the science room at the Haunted Library, a fundraiser for the Back Mountain Memorial Library. Halloween is an annual holiday observed on October 31. It has roots in the Celtic festival of Samhain and the Christian holiday All Saints' Day, but is today largely a secular celebration. Common Halloween activities include trick-or-treating, wearing costumes and attending costume parties, carving jack-o'-lanterns, ghost tours, bonfires, apple bobbing, visiting haunted attractions, committing pranks, telling ghost stories or other frightening tales and watching horror films.

## Studying other cultures

By SARAH HITE  
shite@mydallaspost.com

A new course at Dallas Middle School is taking seventh graders all over the world without ever having them leave the classroom.

"Exploration of World Languages" aims to teach students about some of the most widely spoken languages across the globe from a few different perspectives – culturally, economically and socially.

The seventh-grade students are studying Hindi, Arabic, Russian, Chinese and Japanese with the help of Dallas Middle School Spanish teacher Susan Davis, of Taylor, who is learning right along with them.

"They love it," Davis said of her students. "It's a nice age for this course because the students are excited to learn about other cultures."

Davis also coordinated to have members of the Back Mountain community present information about certain cultures. Eric Lee, owner of Peking Chef West restaurant in Dallas, spoke to the class about the Chinese language and culture. Lee was born in Borneo, about 400 miles from Singa-

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## Know a picky eater? Tips may help break habits

By SARAH HITE  
shite@mydallaspost.com

Candace Levanavage had run out of options. She was slowly beginning to realize her steady diet of burgers, fries and chicken tenders would not keep her healthy in the long run.

Simply changing her eating patterns wasn't so easy. Levanavage, 20, of Pittston, is a picky eater in an extreme sense, and she becomes anxious around foods she's never tried before, like fruit or certain vegetables.

Betsy Hicks, who has been researching picky eating habits in children and adults for 15 years, had some solutions to Levanavage's problem, but one was especially helpful – start small.

"Have you had parsley in anything?" Hicks asked Levanavage at a seminar on picky eating habits.

Levanavage insisted she had, on potatoes and pasta dishes her Italian mother has served her throughout the years.

"Take a piece of parsley and just put it in your mouth," said Hicks. "Every day, increase the amount of time you keep it in your mouth."

Levanavage admitted that was the single most inspiring



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Thea Kahn, of Shavertown, selects gluten-free foods during a class on picky eaters presented by Misericordia University and area pediatricians.

piece of advice she'd heard in years.

"I've never heard anything like this before, that I could just spit something out after a while," she said. "I would cry (if I had to eat the whole thing at once)."

Hicks presented a seminar based on her new book, "Picky Eating Solutions," on Oct. 25 at Misericordia University. A diet counselor, she is co-founder of Elementals Living, a holistic medicine center in Wisconsin.

Her research began when she saw patterns within the

eating behaviors of her own three children. After studying in 15 countries, appearing on "Voice of America" over 200 times and presenting seminars and speeches throughout the world, she's become an expert on the subject.

Hicks' advice to parents struggling with temper tantrums at the table is what most parents would expect: patience, consistency and love.

Her 10 easy steps to expanding children's food horizons included eliminating grazing,

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CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

David Green, of Harveys Lake, and some of his creations that are displayed at the Pauly-Friedman Gallery at Misericordia University.

## Self-taught sculptor exhibits work

By SARAH HITE  
shite@mydallaspost.com

IF YOU GO ...

David Green wasn't always an accomplished sculptor. The artist, whose work is currently on display at the Pauly Friedman Art Gallery at Misericordia University, was curious about the art form as a young man, but didn't make much progress on that first day of carving.

"I grabbed a chisel and a hammer, and after an hour of getting nowhere, I knew I had to learn a little more," said the 62-year-old Green, of Harveys Lake.

The largely self-taught sculptor has over 30 pieces on display at the Misericordia gallery, as well as simultaneous exhibitions in New York City and Philadelphia. The collection at Misericordia, titled "Sculpture and the Hu-

"Sculpture and the Human Figure in Stone" will be on display through Nov. 7 at the Paul Friedman Art Gallery at Misericordia University. The gallery's hours are 10 a.m. to 8 p.m. Monday through Thursday and 1 to 5 p.m. Saturday and Sunday.

For more information, contact Dona Posatko, gallery curator at 674-6250 or log onto [www.misericordia.edu/art](http://www.misericordia.edu/art).

man Figure in Stone," features stone and marble pieces varying in size, shape and texture that represent the human body.

Bryan Benedetti, director of the Pauly Friedman Art Gallery, saw Green's work on display at Lizza Studios in Tunkhannock and offered the artist a spot in the busy gallery's schedule.

"I thought (the pieces) were very strong, pleasing forms, simplistic in capturing the lines and essence of their subject matter," he said. "The variety of stone led to a very interesting installation."

After spending much of his life as a contractor, Green began revitalizing his interest in the arts. As a sculptor, he feels the medium has its own language, separate from that of painting or drawing.

"Natural forms would be the overall overriding focus (of my work)," he said. "I've always been fascinated by natural forms, and the human figure is endlessly fascinating as a source for inspiration."

The exhibit features a variety

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