

LEGION HOLDS PEARL HARBOR DAY BREAKFAST



Daddow-Isaacs Dallas American Legion Post 672 held its annual Pearl Harbor Day Breakfast on December 4 to remember this day 'that will live in infamy.' Local historian Rev. William Lewis, shown here, was the main speaker.

DALLAS FOURTH-GRADERS RAISE MONEY FOR UNICEF



The fourth-grade students at Dallas Elementary School collected donations for the Trick or Treat for UNICEF project. UNICEF provides clean drinking water, medication, immunizations and school supplies to needy children around the world. This year marked the 60th anniversary of the Trick or Treat program. The Dallas students had a goal of \$500; they raised \$1,200 in donations. Shown here, from left, first row, are Zachary Palfev and Steven Newell. Second row, Mrs. Ford, Joey Nardone, Katie Lydon and Lexie Oster.

Gaining life skills

Special education students at Misericordia University recently completed their Methods in Life Skills course that combined classroom instruction and working with eight special needs students from the Lake-Lehman School District.

Lake-Lehman students visited campus six times from Oct. 1 to Dec. 1 under the direction of life skills teacher Lee Sikora. The students gained additional instruction in advanced sciences and technology.

"I wanted them to be taught by other people and interact with other people," she said, while watching her students design colorful book covers and stories in the Assistive Technology Re-

search Institute at Misericordia University.

"It's a win-win situation," Sikora said. "My students benefit and the college students benefit."

In the last class of the semester, Misericordia University and Lake-Lehman students worked on computers to design page covers for stories they wrote during the semester. The high school students gained experience working with computers, clip art, illustrator and more with the assistance of MU students. Sikora plans on taking her students' stories and artwork and binding them together to present to them as a keepsake.



Misericordia University student Kayla Turonis of Pittston, helps Lake-Lehman student Scott Baker work on the cover for his story in the Assistive Technology Research Institute at Misericordia University.

BACK MOUNTAIN Dining Guide

A Taste of Tuscany in The Back Mountain

Located in the Dallas Shopping Center, Fresco Grill provides spectacular Northern Italian Cuisine in a relaxing atmosphere.

The restaurant features an array of tried and true family favorites, including veal, pasta, risotto, fish, steak and seafood and a variety of specials. There is an abundant assortment of desserts on the menu. Enjoy the cocktails and expanded wine list to compliment your dinner.

54 DALLAS SHOPPING CENTER RT. 309 DALLAS, PA 18612 • 570.255.1005

fresco grill AND MARTINI BAR



Experience Fine Italian Cuisine

fresco grill AND MARTINI BAR

Extensive Wine List | Full Dessert Menu
570.255.1005 | Dallas Shopping Center

Why Settle For Just One Course?
Open for
Lunch Monday-Friday
Dinner Monday-Saturday

54 Dallas Shopping Center
Rt. 309, Dallas

Back Mountain Affordable Family Dining

Leggio's Italian Restaurant

Sunday Brunch 10am - 2pm
\$12.95pp Scrambled eggs, Poached eggs w/ hollandaise sauce, Sausage, Pancakes, Banana Foster and Blueberries, Bacon, 2 Types of pasta, Chicken Francaise, Chicken Marsala, Fish, Roast Beef, Meatballs, Potatoes, Vegetables

Includes coffee and juice

Serving Lunch or Dinner at our bar featuring 11 TV's

Happy Holidays to you and your family from The Leggio's

Mon-Th 11-10pm • Fri-Sat 11-11pm • Sun 10-10pm "Visit Us on Facebook"
64 E. Center Hill Rd., Dallas • 675-4511

CHANGE

Continued from Page 1

She then got involved in step-aerobics classes, which she said really motivated her to keep on her healthy path. After exercising for a while, her diet started to fall into place, too.

"You tend to eat better when you start exercising," she said.

Hunt said she eats whole grain cereal for breakfast, a salad with fat-free dressing for lunch and cooks lean meats and whole grain pasta for dinner. Snacks include yogurt, nuts and fruit. She tries to limit her intake of diet soda, but treats herself to a 20-oz. bottle once in a while.

After six months of enjoying her new lifestyle, she wasn't too worried about the scale.

She said she only weighs herself once a month, and at first her goal was to lose only 10 pounds. "At Easter dinner (this year) I was getting so many compli-

ments," she said. "I hopped on the scale to see if I made my goal, and I had lost 15 pounds."

The weight loss made a big difference on Hunt's 5-foot frame. She's kept the pounds off and is now five pounds shy of her pre-baby weight.

She said the key to keeping it all in perspective is to not obsess over the scale, and enjoy the journey.

"Don't make it into a project," she said. "I only weigh myself once a month at most."

The confidence she's gained from losing the weight has also spurred another change in her life - she's considering a career switch.

She currently works from home as a medical transcriber, but the newfound energy and passion for exercising has influenced her to apply to become a personal trainer.

"I have the drive and the confidence to make that decision," she said.

"And I want to help people."

WEIGHT LOSS TIPS FROM SHANNON HUNT

These are some of Hunt's personal tips that helped her to lose weight. Note: Hunt is not a medical professional - it is advised that one should consult a doctor before making substantial changes to one's diet and exercise plan.

Make that first step

Hunt said it was hard to take the leap into healthy living, but once she did, it was easy to keep at it. She said to take one step at a time. They can be small steps, such as choosing carrots over the chips and to keep portions in moderation.

Don't obsess

Making small goals and not checking the scale daily helped Hunt to keep everything in perspective during her lifestyle change. "I wasn't making myself crazy," she said.

Start slowly

Hunt worked up her endurance by walking for a while, then jogging, then joining a high-energy aerobics class. Sometimes diving into a difficult routine can be discouraging if you aren't honest with yourself about your own capabilities.

Be more health-conscious at home

Hunt said she's now more active with her family, and they've jumped on the healthy bandwagon as a result. She runs around with her young children and cooks healthy meals for the whole family.

SERVING NEW YEAR'S EVE 11am til Midnight NEW YEAR'S DAY 1pm til Midnight

COOPER'S Seafood House

TAKE HOME SEAFOOD MARKET OPEN DEC. 30 & 31

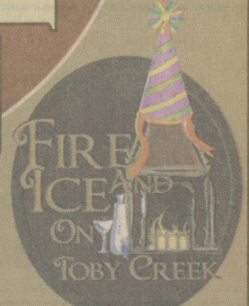
PITTSSTON, 304 KENNEDY BLVD. 654-6883
SCRANTON, 701 N. WASHINGTON AVE. 346-6883

New Year's Celebration

Four Courses Starting at: **\$42.00**

Includes Champagne Toast and Your Choice of Appetizer, Salad, Entrée and Dessert

570-696-3580
www.FIREandICEonTOBYCREEK.com
RT 309, Trucksville Just North of Sheetz



DAILY DEAL 50-90% DISCOUNTS FROM LOCAL BUSINESSES

timesleader.com

GO TO TIMESLEADER.COM AND SIGN UP TO RECEIVE A DIFFERENT LOCAL DEAL EVERYDAY.