

'Mooseum' will open at Hillside Farms April 9

The Lands at Hillside Farms will soon unveil a brand new museum featuring antiques, homestead Americana, vintage farm equipment and relics from years past.

The "Mooseum" Makeover Grand Opening Celebration (and public dedication) is slated to occur from noon to 4 p.m. on Saturday, April 9.

This year's Leadership Wilkes-Barre class has been hard at work on the "Mooseum" project for the past eight months. In that time, the class has given one barn a complete facelift, transforming the former hay shed into a museum to educate the region's youth on the farm, its history, role and importance in influencing local agriculture and culture.

Often described as a classroom without walls, Hillside Farms is complimented with the "Mooseum," built with audience participation in mind. Through its various exhibits, the "Mooseum" will engage its visitors through experiential and hands-on learning. It will take the public on a journey back to the farm's family origins, showcasing what it was like to live, work and play on the farm in the early 20th century when it was owned and operated by the Conyngham Family.

"From the moment you step into the museum, you are instantly in awe of what has been saved over the years," stated Karl Borton, Leadership Wilkes-Barre member. "From old antique carriages to vintage farm equipment to the household Americana on display in the 'home' exhibit, visitors can take a journey back and relive the farm experience."

Divided into four exhibits, the new museum will showcase the non-profit's extensive

IF YOU GO ...

WHAT: One-day mini festival to celebrate completion of the "Mooseum" featuring museum tours, farm tours, food and beverage concessions, live musical entertainment by Adam McKinley of Suze, Josh Sibert and Krik
WHEN: Saturday, April 9
Noon to 4 p.m.
WHERE: The Lands at Hillside Farms, Trucksville
ADMISSION: Free of charge and open to all ages
MORE INFO: Katrina Domkowski at 472-8843

collection of antique carriages, its stock of period farm equipment, a catalogue of household Americana and family relics. Inclusive of these four exhibits are portraits of the Conyngham family, salvaged furniture and even a diary from one of the Conyngham children.

"It's pretty neat to be able to visualize the farm as it existed in its early history," commented Katrina Domkowski, Leadership Wilkes-Barre member. "So much has changed since then and many people are unaware of how the Conynghams traveled, what technology they used and what conveniences they enjoyed in their day to day lives. There's a big story to tell and our group believes the community needs to hear it. Just think, in less than 100 years, we went from horse and buggy to the V-8 convertible! It's simply amazing how much things have changed."

Hillside also offers educational tours of its facilities, livestock and staff and presents workshops to educate area residents on a variety of issues ranging from organic farming to animal husbandry.

The "Mooseum" will continue this culture of institutional education, entertainment and enrichment.



Marion Welliver, of Stillwater, stands in front of shelves filled with gluten-free foods. Her store, The Gluten-Free Basket, opened April 1 next door to Subway at the intersection of Routes 415 and 118.

Need gluten-free food? Try this place

By SARAH HITE
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When Marion Welliver, of Stillwater, was diagnosed with celiac disease last January, she said it was a stunning experience — not only for her digestive system, but also for her morale. "It was sad and depressing," she said of traveling from grocery store to grocery store in search of gluten-free products.

The current owner of the Farm Basket in Dallas is making sure others don't have to endure an endless search for healthy, tasty food. Her new store, The Gluten-Free Basket, opened this weekend and Welliver wants everyone in the Back Mountain to know they don't have to travel far to eat well.

Celiac disease, also referred to as gluten intolerance, damages the lining of the small intestine and hinders food absorp-

tion. The exact cause is unknown, and the disease can only be alleviated through change of diet.

For Welliver, finding gluten-free products that taste good was another ordeal all on its own.

"It acts as a filler," she said of gluten. "Grain is in everything." From cakes to pasta to cereal, food safe for Welliver to eat was nearly impossible to find. She often found herself reading nutritional labels more often than eating and said the process of finding good food was exhausting at times.

"When you come in (The Gluten-Free Basket), you don't have to read anything," she said. "It's all gluten-free. It's like a break."

The Gluten-Free Basket, located on Route 118 next to Subway, features everything Welliver always wanted to find lined on the shelves in her local grocery. Cake mixes, cookies, pota-

GIVE GLUTEN-FREE A GO

What: The Gluten-Free Basket
Location: Corner of Routes 118 and 415, next to Subway
Hours: Tuesdays through Fridays, 9:30 a.m. to 5:30 p.m.; Saturdays, 9:30 a.m. to 5 p.m. and Sundays, 9:30 a.m. to 4 p.m. The store is closed on Mondays.
Features: Gluten-free pasta, cereal, cookies, cake mixes, flour, snacks, juice, candy, frozen meals, baked goods, prepared meals (such as rice dishes and macaroni and cheese) and more.

to and rice pasta, many different types of flour — she's packed the store with food she's tried and enjoyed on many occasions.

"I've tasted some gluten-free products that were terrible," she said. "I had granola bars that tasted like sawdust glued together, or cakes that tasted like sand with chocolate frosting."

Welliver was surprised to learn that even chocolate and ice cream contain gluten, but she's found alternatives to enjoy just as much. She will even sell fresh-baked items and frozen

meals from the Grainless Baker in Scranton, which include goodies like cheesecake and pierogies.

"This is food like we used to eat, but we got away from it," said Welliver, who was born and raised on a farm in Stillwater.

While prices for the specialty food may be a bit higher than more widely-available foods, Welliver said it's a small price to pay for being healthy.

"At first I was stunned by the prices, but if it will improve my quality of life, it's worth it," she said.

Dallas Clean Up begins May 2

Dallas Borough Annual Spring Clean Up will be held May 2-7 at the Dallas Borough Municipal Building 25 Main St. The hours of operation will be from 7:30 a.m. to 6 p.m. Monday through Friday and 8 a.m. to 3 p.m. on Saturday.

Spring clean up is only available to Dallas Borough residents.

Dallas Borough will require all residents to purchase an admission permit for the clean up. Contact the Dallas Borough Building at 675-1389 for fee structure and

clean up regulations.

Proof of residency such as a tax bill or driver's license will be required to purchase the necessary permit. Admission permits will be issued to the occupants, not owners of Dallas Borough rental units.

In an effort to avoid delays at the drop off site during clean up week, residents are asked to pre-purchase their permits during borough office hours, 9 a.m. to 4 p.m. Monday through Friday. No refunds will be issued.

Martin runs for supervisor post

Dallas Township resident Liz Martin has announced she will run as the Democratic candidate for Dallas Township Supervisor in 2011.

A life-long resident of the Back Mountain, Martin is a 1976 Dallas High School graduate, attended Misericordia University and Luzerne County Community College and resides in Dallas Township with her husband, Bob, and their son, Robert.

Martin was employed as a re-

porter and photographer for the Suburban News, Sweet Valley, for six years, during which time she reported on municipal meetings in Dallas and Harveys Lake Boroughs and Dallas and Kingston Townships.

She is currently employed as managing editor of IndependentNEPA magazine, based in Kingston, and as office manager for her husband's business, Modern Nursery Tree Service.

A long-time community vol-

unteer, Martin serves with a number of local organizations, including Back Mountain Business Association Board of Directors, Back Mountain Economic Development Council Communications Chairperson, 2008-2010 Dallas Harvest Festival Co-Chairperson, Brass Ring Fund Committee, Gas Drilling Awareness Coalition Executive Board; and was a founding member of the Back Mountain Arts Association.



MARTIN

HARPIN' ON THINGS

Once a wrestling fan, it seems like always a wrestling fan

Even though winter still has a firm grip on us, I stuck my head out the window on April 2 to see if a shadow fell on the sill, then proclaimed to the Mrs. that winter will be over soon.

Not possessing extraordinary meteorological senses like Punxatawney Phil, my prediction is based on the fact that the PIAA, NCAA and PJW wrestling finals have all been completed

and it's time to start watching "World of Outlaws" on the Speed channel.

The other, and more accurate, gauge I use for determining that nicer weather is just around the corner is the fact that the wild-yelling, foot-stomping, towel-tossing, "that's not a foul" antics of the Mrs. are subsiding as her favorite team (Duke) was eliminated in March Madness. As we

wrestlers say, no blood, no foul.

At the collegiate level, one-legged Anthony Robles won the national title at 125-pounds, putting on a demonstration of perseverance and courage that has guided him throughout his life.

Penn State grabbed the national wrestling title for the first time in 58 years under the tutelage of the NCAA's only undefeated coach Cael Sanderson who coached wrestler Quentin Wright to his first NCAA title.

And Dustin Jones of Lake-Lehman battled to first place in the Pennsylvania Junior Wrestling (PJW) heavyweight division of 13 and 14-year-olds at the Mohegan Sun Arena last weekend where they witnessed the future of our sport in action.

Congratulations to both Back Mountain wrestlers. I'm sure we will read their names many more

times as they continue their wrestling careers.

As people know, wrestling is close to my heart and especially to the people who worked so hard to get the PJW State Tournament to Wilkes-Barre the last two years. This event drew 1,200 wrestlers, their parents and families and over 5,000 fans to the Mohegan Sun Arena last weekend where they witnessed the future of our sport in action.

Classes from age 8 and under up to 13 and 14-year-old competed for a chance to stand on the podium and be recognized as one of the top eight junior wrestlers in the state. The competition is unbelievably tough for these young athletes who wrestle in tournaments around the state which start in November and end in mid-march with PJW qualifying events.

These young athletes get to compete in front of a large audience. They had the opportunity to see and talk with Rocky Bonomo who has moved back to the area and started his Rock Solid

Wrestling Club and Olympic Champion Ken Chertow, who was in his booth and coaching on the mat. They watched as one of their peers, sixth-grader Kacee Diehl, beautifully sang the National Anthem. They watched the Irem Temple Color Guard present the colors (Brian, you and the others did a wonderful job) and a three-minute video on 9/11. The winners received their medals from high school wrestlers Josh Popple (who is off to Harvard) and Luke Frey (who is going to Penn State).

The young men and women poured their hearts and souls out on the mat, celebrating, crying, singing, playing as they gathered the knowledge needed to compete on the mat at the next level and in life.

Sportsmanship was and always is at the top of the list and these young people could not gain this valuable information without the help of their parents and those involved in bringing the championships to Wilkes-Barre.

Schuyler Frey from Williamsport has been the tournament director for the last two years. He is a man with unending energy and is the head wrestling coach at Pennsylvania College of Technology. Locally, Gary Siegel was the sponsor chairman (along with wearing many other hats), Keith Harry was working the head table and Chuck Kopechne was announcing. (Chuck also directs the MAWA (Mid-Atlantic Wrestling Association) tournament held at Lehman each year.

There were over 500 volunteers working to make the PJWs a success. The Penn Elementary Wrestling League had more than 300 people from its group working the scoring tables, staging, weighing in and directing the wrestlers. Some of the people I know were Bob Hawkins, John Ratajczak, Kurt Grabfelder and Randy Swank. I know I've missed some - please don't offend.

Everyone involved with the tournament needs a pat on the back for putting on the best ju-

nior wrestling event I have ever seen.

Let's just hope that when it comes time for bids to be put forth on the PJW tournament, we still have the people interested enough to get this prestigious event back to Wilkes-Barre.

Atta Boy of the Week...

Goes to Chuck Wilson, owner of The Fieldhouse in Dallas. Chuck has been in business over 25 years, providing school and team clothing for the Back Mountain. He makes everything from uniforms to hats, either embroidered or screened. Atta Boy, Chuck - keep our young athletes looking sharp when they compete around the state.

Harp Heffernan was the associate publisher, outdoor editor and chief photographer of the Sunday Independent, a newspaper that was in his family for 87 years in Wilkes-Barre. You can e-mail him at news@mydallaspost.com.