



North Branch Land Trust's 13th Annual River Trip is later this month.



Members of Team Friedman are, from left, first row, Tina Hall, Courtney Shatrowskas, Kim Herron, Pauline Carmody, event marketing Volunteer; Michael Zimmerman, CEO of FSA NEPA. Second row, Michael Winsock, Carlos Gomez, Phil Price, Jerry Uragave and Eric Rogers.

Friedman walk set to begin

Teams are now forming for Family Service Association's (FSA NEPA) Fifth Annual Pauly Friedman Family 5K Walk/Run slated for Sunday, Aug. 11 at Misericordia University's Anderson Sports Center, Lake Street, Dallas.

The charity event is named in honor of Pauly Friedman, past president and life member of the FSA Board of Directors and founder of its Friends Committee.

Heading the list of teams that have already committed to the event

is Friedman Electric who, in recognizing that this marks the fifth year for the event, expects to have its largest turnout of employees participating in its "Team Friedman."

All monies raised through the event will benefit FSA's Help Line, a 24/7 information, referral, and after hours crisis service that serves Luzerne, Wyoming, Sullivan, Bradford and Tioga Counties. Each person participating in the event must raise a minimum of \$25 in donations to receive awards.

Teams with a minimum of five individuals may consist of both walkers and runners.

Registration for the 3.1 mile event is at 8:30 a.m.; race time is 9:30 a.m. Pre-registration is suggested with the first 300 registrants guaranteed an "official" event t-shirt. Walk-ups will be accepted on race day.

For more information on the upcoming 5K Family Walk/Run or to pre-register, contact FSA at 823-5144 Ext. 309 or email fsawv.ruthkemmerer@verizon.net.

Annual trip on Susquehanna set for July 27

North Branch Land Trust's 13th Annual River Trip is set for Saturday, July 27.

From Meshoppen to NBLT's beautiful Howland Preserve, this is an easy 11-mile paddle open to anyone and suitable for all levels of experience even beginners.

The Vosburg Neck section of the Susquehanna is especially beautiful and quiet with mountain ridges, beautiful rock formations and remnants

of the old canal system walls. Bald eagles consider this area their playground! Bring binoculars as you are sure to see many eagles especially juveniles learning to fish along with Great Blue Herons, Kingfishers and many other birds.

A Department of Forestry island will be the stop for lunch with time for a little exploring and maybe even a swim. Be sure to bring proper footwear for water, sun-

screen, lunch, snacks and drinking water.

Endless Mountain Outfitters is the guide for this trip and offers recreational kayaks, tandem kayaks and canoes for rent. The recreational kayaks are \$50 and tandem kayaks or canoes are \$65 for the day. PFDs and paddles are included. A lesson on how to kayak will be given.

If you bring your own boat, registration for the event is \$20 per boat and participants are asked

to include a donation to North Branch Land Trust.

Meet at the Howland Preserve for a 9:30 a.m. morning shuttle to the put-in at Meshoppen. Directions will be given when registering. A brief talk about the river is scheduled for 10 a.m. with the river launch at 10:30 a.m.

Registration is required. Register directly with Endless Mountain Outfitters online at www.emo444.com, call 746-9140 or email kayaks@ptd.net.

Nothstein graduates from PCOM

Jared Matthew Gary Nothstein, of Dallas, and the brother of ET3 Gergory Nothstein, who is serving in the nuclear program of the United States Navy. He earned a bachelor of science degree in biology from Wilkes University in 2009 and will continue his medical training in internal medicine at St. Luke's University Health Network in Bethlehem.

Dr. Nothstein



Dr. Nothstein

Nothstein was hooded by his father, Dr. Gary Nothstein, a 1986 graduate of PCOM.

Dr. Nothstein is the son of Mrs. Mary Ann and Dr.

Scholarships available to Valley Forge Military Academy

Students residing in the 20th Senatorial District interested in receiving a \$12,000 annual legislative scholarship to attend the Valley Forge Military College in Wayne, Delaware County, are encouraged to apply now through Sen. Lisa Baker's office.

Baker has assembled a selection committee comprised of military and educational leaders who will review the qualifications of interested candidates. One candidate will be selected each year to participate in the Valley Forge Military College Legislative Appointment

Initiative.

Applications are due no later than Aug. 5. Because this is the program's first year, the application timeline is extremely compressed, college officials said.

Candidates must have earned a minimum SAT score of 1,000 and an overall GPA of 2.5 or higher and must submit a high school transcript and verification of ACT or SAT scores. He or she should also be active in sports or other extracurricular activities, have leadership skills and strong character, and be service-oriented.

Interested applicants can email Senator Baker at lbaker@pasen.gov or call 675-3931 for additional information.

"Any student can apply for the appointment, not just those interested in a military career in the Armed Forces," Baker explained. "If scholarship students continue on to a service academy, a top-notch college education will be obtained at virtually no-cost to the student."

Each appointee who receives a \$12,000 annual scholarship to attend Valley Forge's two-year transfer college can then apply

these credits to academically competitive four-year colleges, universities or service academies.

The program is ideal for people who want to serve their nation but who have not been accepted to one of the five U.S. service academies, school officials said.

No state funds are used for the program. The program is funded by the Valley Forge Military College, which was authorized through legislation that passed in 2012, and is now Act 29 of 2012.

Traver honored by Kohl's

Shelby Traver, daughter of Kelly and Anne Traver, of Sweet Valley, has been selected as a store winner in the Kohl's Cares Scholarship Program for her commitment to improve her community.



Traver

To recognize her efforts and celebrate her selection as a store winner, Kohl's

has provided Traver with a Kohl's Cares certificate of recognition and a \$50 Kohl's gift card.

Traver, 11, is a sixth-grade student at the Lehman-Jackson Elementary School.

She is the granddaughter of Cecil and Sandra Traver, of Sweet Valley.

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4 Worthington Road, Shavertown
Situating on a gorgeous wooded lot in the desirable Woodridge 1 subdivision, this spacious 4 bedroom, 5 bath home offers hardwood floors, beautiful custom built-ins. 2 fireplaces, first fl laundry and large closets. Shed and lovely deck. MLS # 13-2876 New Price \$347,000

29 Doe Drive, Dallas
Beautiful well kept 2 story Colonial features 3900 square feet, 5 bedrooms, 3.5 baths, hardwood and tile floors, gorgeous entry foyer, built-in POOL, fenced yard, 3 car garage. ONE YEAR HOME WARRANTY INCLUDED. MLS # 13-1932 \$469,000

Open House
Sunday, July 28 from 2-4 PM
131 Elizabeth Street, Dallas

174 Kimberly Drive, Shavertown
Elegance and comfort combine to give you all that you dream of. First floor master, guest suite with full bath, fabulous breakfast room overlooking private wooded yard. Plenty of built-ins and plantation shutters give this home wonderful character. MLS # 13-2678 \$459,000

131 Elizabeth Street, Dallas
This 4 bedroom 2 1/2 bath Cape Cod style home has so much to offer! Plenty of room for everyone. Master bedroom with walk-in closet and full bath, family room w/fireplace, recreation room with half bath in lower level. Hardwood floors on first floor, new windows, above ground pool. MLS # 13-1109 \$165,000