

★ THE **Dunmorean**

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Dunmorean of the Month: Sarah Naro



By Steve Svetovich

When Dunmore's Sarah Naro received her bachelor of science degree in nursing from Marywood University four years ago, she did not envision herself working during a world pandemic. But here she is.

Sarah, 30, takes her role as a home health registered nurse very seriously. She was more than prepared when the Covid-19 Virus hit the Northeast PA region.

A home health nurse for Comprehensive Home Health Services, Dupont, Sarah sees patients in the comforts of their home all day during her travels. Most of her patients are in Lackawanna County, but she also sees patients in Luzerne, Monroe, Wayne and Wyoming Counties.

Daughter of Lisa and Paul Rome, she is married to Jeff Naro, a 2006 Dunmore High School graduate. The couple has two boys and one girl, Mason, 7, Giovanni, 4, and Calli, 5. Mason and Calli are students at the Dunmore Elementary School.

Her husband is the son of Sal and Theresa Naro, Dunmore.

Sarah said she had a strong feeling since January that Covid-19 was coming to this country and she was preparing for it.

"I was tracking it quite a bit before it came to the United States,"

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Members of the health care team at Traditional Home Health Care in Dunmore include, from left: Jill Myers, Danyelle Guzzy, Catherine Mazur, Thomas Adams, Jessica Gaughan, Kristen Mackinder and Colleen Knight.

Dunmore business providing services

By Tammy Morano

As the foreboding news of COVID-19 crept into our lives on the nightly news,

Traditional Home Health Care wasted no time in the implementation of a disaster plan for the impending pandemic. Recognizing the need to prepare and adapt for a challenging health crisis, the administrative team knew it had to put forth measures

to continue its highest standards of care in a manner that would protect both its patients and employees

Traditional Home Health Care, a locally owned agency located at 113 W Drinker St. in Dunmore, provides a broad spectrum of services to people in the community including home health and hospice care, palliative intervention, pediatric care, and non-medical services.

All of these services are provided to patients and consumers in their homes.

At a time when there are so many unknowns regarding the novel coronavirus, the goal to keep patients and consumers safe and contained in their homes has been of utmost importance.

Before state mandates and

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Dear Friends,

At Fidelity Bank, the health and well-being of our clients, bankers, and community have always been our top priority. In this time of great uncertainty, the COVID-19 virus has brought about much change in the way we live, work, play and pray.

Today, I would like to take a moment to remind everyone that we are in this together. Our community has rallied together, inspiring hope in each other, and encouraging our neighbors to forge ahead. Acts of heroism, from nurses and doctors, to first responders and front-line employees still serving their customers, can be seen throughout the areas the Bank serves. As a Bank is also an essential service, I would like to publicly commend the Fidelity bankers, and all bankers in our community for continuing to serve clients.

Our Bank doors have remained open throughout the COVID-19 crisis, albeit in a modified manner. All branch offices are open by appointment only, but clients can still bank using the ATMs and drive-thru windows. Additional resources have been added to the Customer Care Center, so that experienced bankers can continue to serve financial needs seven days a week. The Bank's digital banking tools allow clients to keep on top of their finances from the safety of their home. Procedures have been implemented that allow 60% of bankers to work from home, safely with their families. One of the Bank's missions is to be "The Best Bank for our Bankers to work," and I can proudly say that not one Banker has been furloughed or missed a paycheck during these uncertain times.

The Bank has implemented various programs for its clients. The Bank is providing assistance for those experiencing hardship to postpone their loan payments, easing the burdens they may have. Throughout the Paycheck Protection Program, the Bank has funded 1,120 loans for over \$150 million. All clients with a qualified application received funding. Those loans were provided to local businesses, keeping thousands of employees on the payroll and hundreds of companies open. Finally, in honor of David L. Tressler, Fidelity Bank and its Board of Directors has made a gift of \$22,500 to Friends of the Poor to support those with emergency food hardships.

As Franklin Roosevelt once stated, "There is a mysterious cycle in human events. To some generations much is given. Of others much is expected. This generation of Americans has a rendezvous with destiny." That quote is as much true today as it was when first spoken. During the course of Fidelity Bank's 118-year history, our grandparents, parents, and we have gone through many good times and many hardships. Through it all, Fidelity Bank has been here, and it will continue to work tirelessly to honor its commitment to the communities it serves.



Sincerely,

Daniel J. Santaniello
President & Chief Executive Officer

Dunmorean of the Month

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she said. "I was tracking China and knew about it. I already had masks ready. I was not at all surprised when it came here, but I was still nervous."

"I worked in an operating room before, so wearing a mask was not new to me. I knew what precautions I needed to take when seeing patients in their homes. I have my masks and gloves and sanitizer."

"I wash my hands constantly. But I have to trust that my patients are taking the same necessary precautions that I am. I need to question and educate them."

"Obviously, I don't want to pick up the virus. I don't want to bring it home to my husband and kids. And I want to educate my patients and their family members so they don't pick it up."

Sarah said initially, with Covid-19 in full force, she thought her patient load would be slowing down. And that was the case, but soon it picked up.

"I thought it would be slow, and then I saw it happen when a few patients refused visits. They were

afraid of the virus. But after they saw we were educating them and we were wearing masks and gloves they became more comfortable with the visits. We reassure them. We protect ourselves and our patients."

Sarah takes every patient's temperature prior to each visit and takes vital signs, including blood pressure, heart rate and oxygen level. She works closely with home health occupational, physical and speech therapists, certified nurse aides and administrative staff.

Due to the Covid-19 pandemic, before each visit she asks patients and family members if they have been in contact with anyone diagnosed with Covid-19 or if they or any members of the household have Covid-19 symptoms, including high temperature, cough, loss of taste and smell, weakness, fatigue and muscle aches. She asks if the patient or any member of the household has been out of the state or country.

"I was initially worried about how our patients and family members would handle us coming in to see them because we see multiple

patients in different homes. But they see us protecting ourselves and thus protecting them."

Sarah said her husband is also taking all necessary precautions as an employee of Valley Distribution Company, Pittston, where he is involved in distribution of various supplies, including medical supplies.

"I am worried that once people think they are comfortable, they can slack off. I have three kids who are home. And I think it is good they are home with all this going on. But I do not want to bring this virus home. That is always on the top of my mind."

Sarah was raised in Hawley and

graduated from Wallenpaupack High School in 2008. She moved to Dunmore in 2010 and has resided in Bucktown for the past decade. She attended Luzerne County Community College before transferring to Marywood where she received her nursing degree in 2016.

Sarah started her nursing career in the Geisinger Wyoming Valley Hospital, working in the operating room for two years.

She has been a home health nurse the past two years at Comprehensive Home Health Care, Dupont, owned and operated by Janet and Tony Trombetta.

"I am really finding out quickly

that nursing is what I was supposed to do in life," the Dunmore nurse said. "I was a bit shell shocked when I started in clinical nursing, but I got used to it. Some days were very challenging, but I knew I could do it. It provided very good experience. And many days are challenging now with Covid-19 upon us."

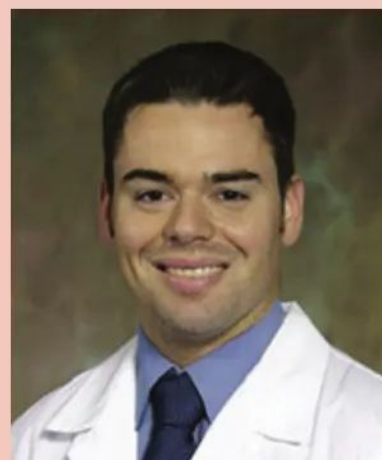
Sarah is in her nursing role on the front line as an essential worker everyday, mask, gloves, nursing bag, sanitizer, gown if necessary and a scrub cap for her long, flowing hair.

She takes all the necessary precautions and that is one less worry for her patients.

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Doin' Dunmore

With Steve Svetovich



Often, good hard working people have a knack of making memories with their accomplishments.

Take Dunmore graduate Jill Korgeski for instance.

Daughter of Brian and Janet Korgeski, Jill, 23, capped an outstanding scholar-athletic career with her selection as 2019-20 Middle Athletic Conference Outdoor Track and Field Senior

Scholar-Athlete of the Year.

The Senior Scholar-Athlete Award recognizes student-athletes for their strong academic and athletic accomplishments and excellence. It is the most prestigious honor given to a student-athlete by the conference for combined academic excellence and athletic achievement.

Jill earned the award despite not being able to complete in her

senior year due to the COVID-19 pandemic which cancelled the season.

Jill was a two-time NCAA qualifier in the shot put, earning All-America status at the 2018 NCAA Division III Outdoor Track and Field Championships by placing fifth with a school record toss of 47 feet, 1 inch.

As a freshman, she finished 13th in the shot put in the national championships.

Three times, she was named to the USTFCCCA All-Region team. After finishing second in 2016 and 2017, she won the shot put title at the MAC Championships in 2018. Jill was a three-time selection as the conference's Field Athlete of the Week.

Academically, Jill is scheduled to earn a graduate degree as a physician assistant major. She has an impressive 3.7 academic average.

Jill was selected to the CoSIDA Academic All-District team in 2017 and three times was selected to the USTFCCCA All-Academic team and twice to the MAC All-Academic team. She was three times on the MAC Academic Honor Roll.

"I was really excited when I heard about receiving this award," Jill said from her Dunmore home. "It is a tribute to the coaches who always put school above athletics. All of the coaches at King's preach that."

Jill said she is looking forward to obtaining her graduate degree this August and then obtaining employment as a physician assistant preferably in orthopedics or as a hospitalist.

Also a three-year member of the women's volleyball team at King's, Jill was also a member of the women's indoor track and field team at the college. She played three years of outdoor track at King's, missing a fourth due to COVID-19. She talked about what it takes to ex-

Dunmore's Korjeski earns more honors



Jill Korgeski of Dunmore, is shown with Michael Kolinovsky, her coach at King's College, taken at Nationals in Boston, MA during her indoor track senior year.

cel as a shot putter. "It takes a lot of repetition and focus on technique. You need to get in the weight room and build strength."

Jill was a three-sport standout student-athlete at Dunmore. She played four years each of volleyball, basketball and track and field while excelling in the classroom.

An outside hitter in volleyball, Jill was Regional Player of the Year twice and an All-State volleyball player as a senior at Dunmore.

She graduated from Dunmore High School in 2015 and received a bachelor of science degree in biology at King's in 2019.

She will receive her graduate degree in the physician assistant program this August, completing all of her studies and course work in five years.

Jill praised Kevin McHale, her track and field coach at Dunmore.

"Coach McHale taught me the importance about being passionate about a sport or anything in life. He was great with our workouts. We had a lot of them. He showed us how to put passion into our weight lifting program."

The scholar-athlete said she also learned a lot from Michael Kolinovsky, her track and field coach at King's.

"He taught me the importance of

dedication to the sport. He taught me to take the good days with the bad days and don't harp on the bad days. Keep pushing towards your goals."

The hard driving graduate student said she found her King's College experience very much like her four years at Dunmore High School. "It is very similar to Dunmore."

Everyone knows each other. There is a lot of support and plenty of athletic programs. It is a tight knit college and a lot like Dunmore High. People help each other out."

Jill said she enjoys music and would like to see country artist Kenny Chesney in concert.

She has been keeping busy at home during the COVID-19 pandemic studying and working towards finishing her graduate studies.

"The school and professors are doing a great job getting us ready for graduation," she said.

Jill credited her parents for much of her success as she looks to the future. "They taught me about hard work and that there are no shortcuts in life. If you put your mind to something or towards a goal, then do it with passion."

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T. Jefferson

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Dunmorean couple shares story of COVID-19 experience

(NOTE: The Dunmorean invited Dunmorean Dawn McGurl to write an account of her experience, along with her husband, Brian, with the COVID-19 virus, which they were exposed to in early March in New York City. The couple has made a full recovery.)

By Dawn McGurl

The “luck of the Irish” was not with us in early March when my husband Brian McGurl and I traveled to NYC to attend the opening performance at Radio City Music Hall of the 25th Anniversary Tour of *Riverdance*.

The show was spectacular, but the souvenir we brought back was not what we expected. Approximately five days later we both developed initial symptoms of COVID-19 and subsequently we both tested positive for the coronavirus.

We can trace where the exposure happened to an event we attended after the performance where the majority of those attending eventually became ill and tested positive for the virus.

While we were away, we realized we were in the epicenter of this virus that was about to explode in our country.

When we returned home, we immediately self-quarantined, because although we were healthy and, to our knowledge, had not been in direct contact with anyone with the disease, we had been to an area that appeared to be an upcoming hot spot. We canceled our family “Parade Day” party and hunkered down.

My husband Brian and I began to show signs of the virus about a week after exposure. The onset was rather mild for both of us. Actually we thought we were just being paranoid.

My symptoms were worse than Brian’s were. He had a low fever for a couple days and felt like he had a cold – runny nose, slight cough, sore throat. Initially I developed a severe headache with fever, severe chills, body aches as well as a dry cough.

Then I began to feel better and was fever free for three days and then “it came back”!

I redeveloped the fever and chills and lost my sense of taste and smell. We both have had some respiratory effects that have lingered for a few weeks now – tightness in the chest, fatigue and getting easily winded. The course of our virus journey lasted approximately five weeks. We are grateful that we were both able to fight this at home and consider ourselves fortunate when compared to others that have ended up in the hospital with much worse outcomes.

We are spending a good deal of our time at home praying for those who are sick and their families, praying for all the hospital workers, praying for those who are providing essential services at pharmacies, grocery stores, gas stations, banks, police, fire, public works and elsewhere.

We cannot thank our personal doctors and healthcare providers enough for their care and concern throughout this event.

We debated making our personal information public. We did so in the hope that it would impress on our community and our friends how important it is to STAY HOME!

We know social distancing and staying home is a financial and personal hardship. I have lost all of my upcoming Costume Design contracts and Brian has had all of his band gigs canceled.

We had a death in our family during this time and were not able to have a proper, normal funeral. We miss our children and friends too!

We have been asked for advice as to what we can tell people about the virus. The best advice I can give is prevention and preparation. This virus is incredibly contagious and spreads quickly. Anyone can get it.

Assume anytime you leave your home and enter a public place that someone probably has it.

Wear a mask! Protect yourself and your family. Wash your hands.



Brian and Dawn McGurl are shown during a happy, healthy time before COVID-19 virus hit. Both have now fully recovered and are spreading the word for people to stay safe and be prepared.

Sanitize. Social distance and be patient. Prepare yourself and your family in the event you do contract the virus.

Make sure to have a working thermometer, Tylenol, Gatorade or other electrolyte rich beverages, and household disinfectants to keep your home as clean as possible. Keep your lungs healthy now, exercise and eat well.

This too shall pass and you need to be alive to enjoy the future when “happy days are here again!”

We want to thank all of our family and friends for the cards, messages, gifts, meals, prayers and love and support during this difficult time.

We have both had follow up medical tests and are fully recovered. We plan to donate our plasma, if we have antibodies, in the hope of helping others fight this virus in the future.

Our prayers will continue that we will soon see healthy and happier days!

#DunmoreStrong



The McGurls are shown in a photo taken the night they were exposed to the COVID-19 in New York City.

AT RIGHT, FROM FACEBOOK: My staff wanted takeout from The Loading Dock Bar & Grill for lunch. I offered to pick it up for them. After paying for our order, the owner noticed my hospital badge. He said: "Everyone working at that hospital is a hero and we appreciate everything you do!". He proceeded to hand me a gift card to buy my staff lunch again in the future. I explained to him that we work in the Radiology Department and that while we are one of the first departments to approach patients, we are often forgotten about. This is a gesture that my staff and I will never forget. You have customers for life! Thank you! — with Eric Mousley, Stacy Orlando Smurl, Alana Sienkiewicz, Vanessa Nicole, Chrissy Morgan Molitoris, Carla Murphy, Kera Mizok and Pamela Tunis Guido at The Loading Dock Bar & Grill.



Dunmore's Scholar of the Month...

A six year member of the DHS Crimson Company, senior Bell Penson is the current president. Her roles have included Linus in "You're a Good Man, Charlie Brown," Ngana in "South Pacific," Molly in "Annie," Allana in "The Little Mermaid," Throckstone in "As You Like It," Beehive Girl in "Beehive," and Stella in "The Great Cell Phone Catastrophe," as well as in the ensemble of "Peter and the Starcatcher."



Bell has also rehearsed for "Sevenside: The Musical" and worked on props crew for "The Crucible."

She is also a member of Student Council, Yearbook, French Club, Band, Chorus,

Shaw Choir, Mock Trial, Bath Club, and Health Careers Club.

She plans to study psychology in college in hopes of becoming a psychiatrist.

Bell Penson

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Traditional Health Care staff focusing on seamless care

(Continued from Page 1)

shelter-in-place orders had even been issued, Doreen Nixon, RN, Director of Nursing at Traditional Home Health Care, instituted a number of measures to safeguard employees and patients, and she stated,

"It was imperative that Traditional implement processes swiftly in order to maintain the safety and well-being of its staff, its patients and the agency itself."

Employee and patient screening questionnaires are being utilized prior to home visits and entry to offices to identify potential exposures.

New policies and procedures have been developed in adherence with guidelines regarding COVID-19 set forth from the Center for Disease Control and Prevention and the Department of Health. Competencies and educational refreshers have been offered to staff regarding infection control.

Administrative staff has been assigned to perform daily job duties remotely while visit schedules have been restructured to allow the caregiver staff to reduce patient contact. Tireless efforts to acquire

personal protective equipment for staff has been a daily challenge.

With the focus on providing seamless care to patients in an uncertain time, the agency identified a core group of caregivers that included nurses and therapists known as the COVID-19 team. These frontline health care providers are assigned to perform home visits to COVID-19 positive patients in a manner that highlights excellent skilled care, dignity, and infection prevention.

This allows such patients to receive the same gamut of skilled interventions - wound care, infusion therapy, medication and chronic disease management, physical, occupational, and speech therapies, and patient education - that Traditional Home Health Care excels at.

Jamie Ruiz, RN on the COVID-19 team stated, "Of course we must be cautious. It's just another obstacle in the healthcare field that we will adapt to and overcome. I feel it is my duty as a nurse to be available to these patients and their loved ones. I feel Traditional has provided adequate supplies and support in protecting me so that I

can perform my job and help these patients."

The landscape of healthcare is certainly changing in light of this pandemic. Telehealth has become very instrumental in allowing for a continuum of care when regular direct patient contact may not be prudent.

Traditional Home Health Care has worked with IT to develop Best Practices for telehealth care allowing nurses, therapists, aides, and social workers to communicate with and visualize patients.

This new means of patient communication also allows the agency to keep primary care physicians and health care providers in the loop of patients' health issues in a timely and consistent manner. The use of telehealth during this time of crisis may be setting the stage for a new mindset on physician-patient and caregiver-patient interactions.

Prior to March 2020, the superheroes I knew of wore armor, shields, capes and possessed powers like X-Ray vision and invisibility. The real super heroes of today are wearing rubber gloves, paper masks and face shields,

sometimes homemade, and they possess true hearts of gold. Thank you to all the staff of

Traditional Home Health Care and Thank You to all Front Line First Responders!!!

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The AOH Hook O'Malley Division 4 held its annual Man of the Year dinner, at which Father Richard Fox was presented with the Man of the Year Award for 2020. Father Fox received this award as a result of his dedication to the parishioners of St. Patrick's Church in Scranton and all of his previous congregations. Pictured from left are: Patrick O'Malley, President of the AOH Hook O'Malley Division 4; Father Richard Fox, recipient of the 2020 Man of the Year Award, and Bernie McGurl, 2019 Man of the Year

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The Dunmore Buck in front of FNCB Bank at Dunmore Corners has joined to remind Dunmoreans to wear their face masks and practice social distancing. The Buck says we will be back and remember: Go Bucks!



Bill Ciccotti poses with the Penn State Nittany Lion statue in front of FNCB Bank at Dunmore Corners. Both are reminding Dunmoreans to wear their masks. The duo still have to practice social distancing... although it is difficult not to hug the Lion! Ciccotti says "Dunmore will be back, better than ever. WE ARE Bucktown!"



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'Covid Cooking' recipes for the crisis

Coping during this time of "quarantine" has not been easy. Being a social person, I used to spend hours grocery shopping, looking around, searching for new items and new ideas, talking to friends, acquaintances, parents of former students, and even former students who are now adults with their own families.

I so miss my grocery shopping trips that are now limited to twice per month.

My trips are now comprised of the following steps: Get in store, get what you need, no looking around, don't bump into the robot patrolling the aisles at Giant, follow the arrows, don't shop for more items than allowed (limit 1 or 2), check out quickly, load up and head home.

Actually, I've shopped at all the local grocery stores to experience the "new way" of shopping. It's actually taken the pleasure out of the trips for me.

So, how have you been coping during this time? What do you miss the most? Besides «normal» grocery shopping, I miss meeting my friends for lunch. Retired teachers love meeting for lunch.

Coping for me started with trying to sew masks for us when everyone was sold out. That didn't work out very well considering the fact that when I was in high school and college, I made my own clothes. I've evidently lost that skill.

Fortunately, I was able to purchase some masks when CVS got its new shipment. So now I've graduated to doing my needlework

and latch-hooking rugs. However, most of my time is spent cooking (no surprise), but now it's Covid Cooking, using items you have in your pantry and freezer...no running out for items.

So this month I'm sharing my Covid Cooking dishes:

GRILLED RIBEYES WITH BEER AND BROWN SUGAR MARINADE

2 ribeye steaks
1/4 cup brown sugar, packed
1/2 cup beer
1/4 cup teriyaki sauce
Salt and pepper, to taste
Sprinkle garlic powder
Sprinkle cayenne pepper

Mix together brown sugar, beer and teriyaki sauce in plastic storage bag. Add steak and

Cheryl's Cuisine

marinate overnight in refrigerator. When ready to cook, remove from marinade and rub steaks with a mixture of seasonings. Broil until desired doneness. Heat leftover marinade on stove to boiling and simmer while steaks broil. Baste tops of steaks with marinade before serving.

SLOW COOKER BRISKET

1 beef brisket (3 lb.)
1 (12 OZ.) bottle chili sauce
1 pkg. dry onion soup mix
2 tsp. garlic powder

Place brisket in slow cooker. In medium bowl, mix together the chili sauce, onion soup mix and



By Cheryl Radkiewicz

garlic powder. Pour over brisket. Cover, and cook on Low for 8 to 10 hours. Slice brisket against the grain and pour gravy over slices. Note: You can also place this in a baking dish, pour over ingredients, wrap tightly with foil, and bake in 325 degree oven for 3-1/2 hours.

HONEY GARLIC PORK CHOPS

6 (1 inch thick) pork chops
1/2 cup ketchup
2 Tbsp. low-sodium soy sauce
2 cloves garlic, crushed

Combine ketchup, soy sauce and garlic. Broil pork chops. During the last few minutes, pour sauce over and baste. Continue cooking until sauce and chops are cooked through.

BANANA CREAM PIE

1 pie crust, baked
2/3 cup sugar
1/4 cup cornstarch
1/2 tsp. salt
2-1/3 cups whole milk
4 eggs, beaten
1-1/2 tsp. vanilla
3 tbsps. butter
3 large bananas
1 cup heavy cream, whipped

In small saucepan, combine sugar, cornstarch, salt and milk. Whisk over medium heat until hot and bubbly. Let boil 1 minutes and remove from heat. Whisk 1/2 of hot mixture into eggs, a spoonful at a time, until incorporated. Pour

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Cheryl's Cuisine

(Continued from Page 10)

egg mixture back into pot and whisk. Bring to low boil and let cook 1 minute. Remove from heat and stir in vanilla and butter. Transfer to large bowl and cover with plastic wrap directly on top of filling. Refrigerate 30 to 45 minutes. Spread thin layer of custard into prepared, cooked pie crust. Add sliced bananas and remaining custard. Spread with whipped cream and refrigerate at least 3 hours.

BLUEBERRY COBBLER

1/2 cup sugar
1 Tbsp. cornstarch
2 Tbsp. water
1 tsp. vanilla
1 pint (2 cups) blueberries
1 cup baking mix (Bisquick)
1/2 cup milk
1 Tbsp. melted butter

Combine sugar, cornstarch, water and vanilla. Place blueberries in 1-1/2 quart casserole dish. Pour sugar mixture over berries. Bake in preheated 350 degree oven until bubbly. Combine baking mix, milk and melted butter. Drop by tablespoonfuls over hot berries. Increase oven to 425 degrees and bake for 15 minutes or until topping is lightly browned like biscuits. Serve with vanilla ice cream.

When you don't have any cake mixes in the house, this is perfect, and it's only 8"x8".

PERFECT CHOCOLATE CAKE

1 cup flour
1 cup sugar
1/2 cup unsweetened cocoa powder

3/4 tsp. baking powder
3/4 tsp. baking soda
1/2 tsp. salt
1 large egg
1/2 cup milk
1/4 cup oil
2 tsp. vanilla extract
1/2 cup warm water or coffee

Preheat oven to 350. Line an 8"x8" glass baking dish with parchment paper and spray sides and bottom. Mix flour, sugar, cocoa powder, baking powder, baking soda, and salt in bowl. Add in egg, milk, oil and vanilla, and mix on low until fully incorporated. When mixed in, increase speed to medium and mix for 2 minutes. Add in warm water or coffee and gently stir. Batter will be thin.

Pour batter into prepared baking dish. Bake for 35 to 40 minutes or until a toothpick inserted comes out clean. Cool for 10 minutes in pan, then continue cooling on a rack until room temperature.

FROSTING:

1 cup milk chocolate chips
1/2 cup sour cream
1/2 tsp. vanilla

In medium microwave-safe bowl, heat chocolate chips in microwave at 50 percent power in 30-second increments, stirring after each heating until fully melted. Add

sour cream and vanilla and stir by hand until frosting is well combined and fluffy. Spread over cooled cake.

County parks reopen

The Lackawanna County Commissioners - Jerry Notarianni, Debi Domenick, Esq., and Chris Chermak - have approved the reopening of the four County parks for limited use beginning Monday, May 4, at 7 a.m.

McDade, Merli-Sarnoski, Covington and Alyesworth Parks will be open to the general public Monday to Sunday from 7 a.m. until dusk when the parks close.

People will be able to walk, hike, jog, bike and fish.

Large group gatherings are not permitted under the Governor's order. The restrooms and pavilions will remain closed, and sports activities will not be permitted.

The Coal Mine Tour will remain closed until further notice.

The Commissioners urge everyone using the facilities to practice social distancing.

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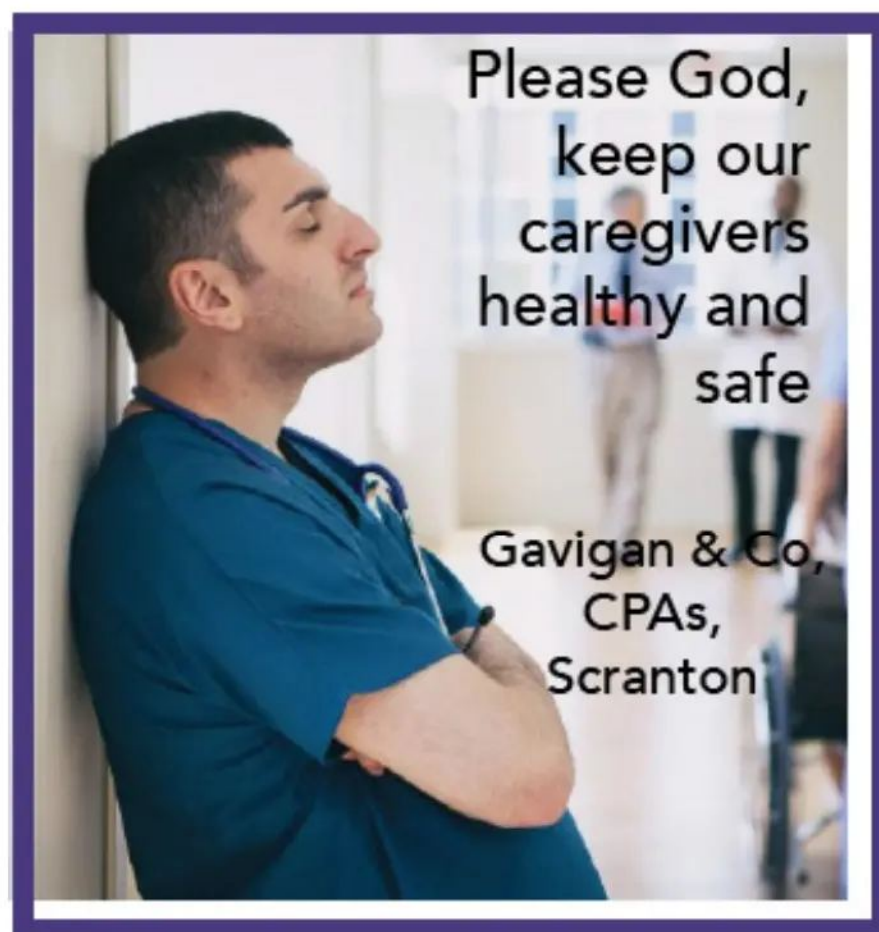
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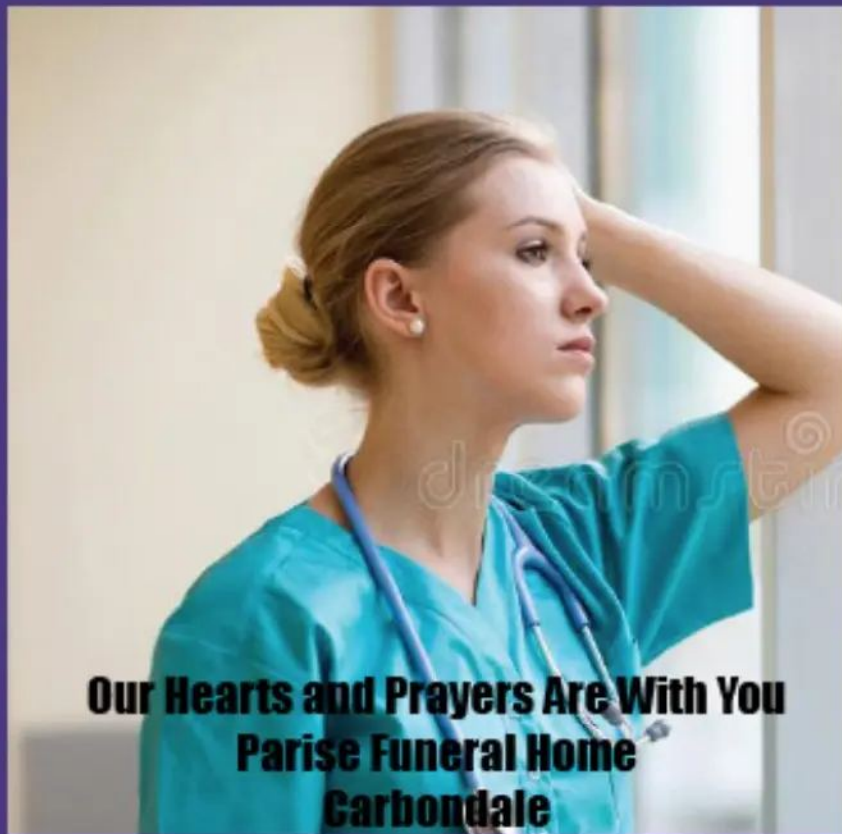


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Sports

Scholastic Athlete of the Month

Murray named to first team All-State

By Steve Svetovich

After an outstanding freshman season, what does Dunmore Lady Bucks sophomore guard Moriah Murray do for an encore? She gets named to the Class 3A All-State first-team.

Daughter of Joseph Murray and Lynn Plotkin, the sophomore standout was one of five Lackawanna League players who earned berths on the Pennsylvania Sports Writers All-State girls' basketball team.

The 5-9 sophomore guard averaged 15.7 points per game in her sophomore season for coach Ben O'Brien and the Lady Bucks. Moriah was the only player to mount a challenge for Player of the Year honors which was won again by Neumann-Goretti senior Diamond Johnson.

In two state playoff games, Moriah picked it up and averaged 28 points per game. She scored a career high 33 points, including seven 3-pointers, on 10-of-15 shooting in the 65-51 win over

Neumann-Goretti. Moriah added six rebounds and three assists. She was 18-for-27 shooting in the two PIAA playoff games. She scored 23 points and totaled five assists in the win over Constitution.

Moriah had a hot hand and hit 11-of-17 from 3-point range in the PIAA playoffs before Covid-19 stifled Dunmore's bid at a state title.

Moriah humbly accepted the news of first-team All-State recognition. "I am so happy about it," she said. "This is a huge honor. It is great for this team.

"Both last year and this season were nice. I could not do it without my coaches and teammates. The coaches always had us prepared.

"And I am so happy our freshman Ciera Toomey was recognized as a third-team All-State selection. We play well together and have so much fun. We definitely have a chemistry.

"I enjoyed playing with Ciera's sister Victoria last season, too. I am looking forward to playing at Dunmore in the future with Ciera. She has a bright future and we have such great chemistry together."

Moriah, 16, said she has been keeping busy during the Covid-19 pandemic playing "hoops" in the backyard with her brother Matt, 23, who played four years of basketball at Dunmore.

Moriah is a member of TACT and the French Club at Dunmore. Her future goal is to play Division I college basketball.

For now, she loves going to Dunmore and playing basketball there. "Going to Dunmore and playing basketball is such an amazing experience," she said. "It is such a small, close-knit community. The community is



totally amazing. The basketball experience starts in the biddy leagues and with our parents. I always looked up to the Lady Bucks and now I am one. Our coach is great and he always puts us in a position to win. Coach O'Brien always has us prepared and ready."

Moriah said her parents always teach her to be herself. "They just tell me to be my own person."

The basketball stalwart likes listening to music in her spare time and would like to see Roddy Rich, a rap artist, in concert. She has a 90 academic average and her best subject is history.

She talked about what it takes to be a good guard in high school basketball. "It takes a lot of practice. You need to train by yourself. You need to eat right and take care of your body. And a lot of stretching in the gym helps."

Moriah talked about the effect

of Covid-19 and how it ended the team's run in the state playoffs.

"We were very upset, because in the beginning of the year everybody said we were a young team. No one knew how far this team could go. But we put the time and work in and were playing really well. After we beat Neumann, our attitude was that we could win it all. So it was upsetting in the beginning when we had to stop playing due to Covid-19.

"We did stay in touch though. We did three zoom calls with our teammates and coaches. We all are staying in touch on social media.

"We really wanted to win it all this year for our two seniors, Nora Haggerty and Katherine Hopkins. It was a bummer not to win for them.

"Dunmore is so amazing. I always wanted to be a Lady Buck and always wanted to play for these coaches."

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Sports

Toomey selected third team All-State

By Steve Svetovich

She made an impact.

Enough of an impact as a freshman that Dunmore freshman Ciera Toomey last month was named to the Class 3A all-state third team.

Daughter of Pat and Carrie Toomey, Dunmore, Ciera was part of a contingent of five Lackawanna League players who earned berths on the Pennsylvania Sports Writers All-State girls basketball team.

Ciera's teammate, sophomore Moriah Murray, was a first team All-State selection.

Ciera averaged 16.5 points per game as a freshman.

The 6-2 freshman opened eyes with her play in the second half of the season and hit 51 percent from 3-point range.

Ciera showed a great ability for handling the ball and shooting with quickness and agility.

She averaged 19 points in two state playoff games, shooting 9-of-11 and scored 22 points in a win over Neumann Goretti. She hit 15-of-18 shots in the two state playoffs games before the impact of Covid-19 cancelled the rest of the state playoffs.

Ciera also averaged 5.5 rebounds, 5.5 assists and three blocks in the two state playoff contests.

Ciera was also an All Regional pick as a freshman.

And she comes from good basketball stock. Her mom, Carrie Bowen Toomey, was a Dunmore all-star selection and 1,000-point scorer for Franklin and Marshall College.

Her sister, Victoria Toomey, earned numerous all-star selections and awards as a Dunmore standout and currently plays for Rider University.

Ciera said she was honored by her third-team All-State selection. "We are in a league with a lot of good players," she said. "I certainly did not expect it. It could have been anyone."

The talented freshman said she enjoys playing with sophomore teammate Murray. "Moriah is great," she said. "She is such a good passer. She makes plays all the time. I just love playing with her. We feed off each other very well."

Ciera has an impressive 97 academic average at Dunmore. Her best subject is math.

She also plays on the golf team



and is a member of the French club.

She praised Dunmore veteran basketball coach Ben O'Brien. "He is such a good coach. He has us prepared all the time. He is a game changer. There is a reason why the Dunmore Lady Bucks win every year."

Ciera said her parents and older sister Victoria have been big influences. "My parents always teach me to work hard for what I want and to go after it."

"My sister taught me how to play in the post and get position. I was a guard before, so she really taught me a lot and helped with the transition."

The scholar-athlete said she and her teammates were disappointed with the ending of the season due to the Covid-19 pandemic. "We were

really playing well, so we wanted to keep going. It was tough ending the season like that. But we were playing great and will have all of our starters back next season. We can go further next year."

Ciera said she is staying in shape during the stay-at-home orders by working out and playing basketball and golf with her sister Victoria.

She enjoys listening to music, especially Dua Lipa.

She called her freshman experience at Dunmore as "unforgettable" and hopes to play college basketball after she graduates in three years.

"We are a very close team. We have a great bond and outstanding coaching. We hated to see the rest of the season cancelled, but we will come back stronger next year."

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Sports

Dishin' the Dirt

With Steve Svetovich



Congratulations to North Pocono graduate **David Haines** named Marywood University athlete of year for second time...Condolences to family of former Green Ridge resident **Kenneth Lewis, Ph.D.**, former college professor, who died to complications due to COVID-19...Congratulations to Scranton Lady Knights basketball player **Colette Mulderig** named to third team Class 6A for second straight year...**Al Callejas, Jr.**, Bishop O'Hara graduate, named director of player development at Lackawanna College...Callejas scored 1,392 points for University of Scranton and was three-time MAC All-Conference selection...Congratulations to Dunmore Lady Bucks sophomore guard **Moriah Murray** named first-team Class 3A...Congratulations to Dunmore Lady Bucks freshman center **Ciera Toomey** named third-team Class 3A...Congratulations to Old Forge Lady Blue Devils junior **Olivia Ciullo** named third-team Class 3A...Former New England Patriots quarterback **Tom Brady**

and tight-end **Rob Gronkowski** reuniting in Tampa Bay not too big of a surprise...Condolences to family of Dunmore's **Tony Barone, Sr.**, avid golfer and 41-year member of Elmhurst Country Club, who died last month...

Little League World Series in Williamsport cancelled due to COVID-19 pandemic...Condolences to family of Dunmore's **Patrick "Paddy" Luongo, Sr.**, accomplished musician and founding member of the Diplomats, the Mediterranean Sounds and the Italian Strollers, who died last month at 87...Luongo, born in Bunker Hill section, played with many celebrity performers, including **Doc Severinsen** and his band, and was regular performer at annual La Festa Italiano...

Green Bay Packers Hall of Fame defensive standout **Willie Davis** died last month at 85...Condolences to family of former Green Ridge resident **Theresa Gardier Barrett** who died last month at 88 and was member of numerous community and political organiza-

tions and worked several decades for Lackawanna County...

Congratulations to Dunmore's **Moriah Murray** and **Ciera Toomey** for All-Region team selections...Remember **Amber Jacobs**?...Congratulations to Scranton Prep junior **Rachael Rose** for third All-Region selection and named Player of the Year...Congratulations to Scranton Prep basketball coach **Bob Beviglia** named Coach of the Year...

Will there be Major League Baseball in 2020?...Will the NBA hold playoffs this season?...Congratulations to Dunmore graduate **Jill Korgeski** of King's College named 2019-20 Middle Atlantic Conference Outdoor Track and Field Senior Scholar-Athlete of Year...Korgeski was two-time player of year as Dunmore volleyball player...Congratulations to Holy Cross senior **Kieran Burrier**, with 1,277 career points, Lackawanna Division III player of year, named third-team Class 2A all-state and selected to All-Region team...Congratulations to Scranton Prep senior basketball player **Rhys Merritt** named to All-Region team...Dunmore's **Steve Borgia**

honored for his All-State football selection by having his football jersey retired at Dunmore High School...Dunmore boys' basketball team named winner of Donald Klee Sportsmanship Award...Baltimore Orioles slugging outfielder **Trey Mancini** has stage 3 colon cancer, had tumor removed and will receive chemotherapy over next six months...Former Cincinnati Bengals quarterback **Andy Dalton**, the "Red Rifle" who led team to playoffs in his first five seasons ended nine-year run with team and signed with Dallas Cowboys...Dalton holds most of Cincinnati team passing records...

Condolences to family of Dunmore's **Steven Burne**, known for acts of kindness helping the needy and homeless, who died last month...Baseball world mourning passing of Detroit Tigers classy Hall of Fame right fielder **Al Kaline** who finished career with 3,007 hits and 399 homers and earned 10 gold gloves and 15 all-star appearances...

New York Yankees mourning passing last month of team co-owner **Hank Steinbrenner** who was 63...Remember Scranton

Central basketball standout **Paul Dennebaum** named All-Region player of year 30 years ago?...Condolences to family of **Richard Asch**, noted local musician and former music teacher known for both his humor and musical productions at the old North Scranton Junior High School, who died last month...

Former Dunmore basketball standout **Maddie Martin**, who scored 1,516 points for Lady Bucks, led NJIT in 3-point scoring and was averaging 33 minutes and 6.4 points per game this season before ACL tear...**Derek Jeter, Larry Walker, Ted Simmons** and family of late **Marvin Miller** have to wait till July of 2021 for National Baseball Hall of Fame induction due to COVID-19 pandemic...Do you remember **Tommy Sohns**?...Whatever became of **Dickey Simpkins**?...

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Community



Happenings

Saint Joseph's Center Employee of the Month!



Mary Wozniak has been recognized as the Employee of the Month for April 2020. Mary is the Director of Residential Services which includes Central Supply, Purchasing and Laundry. With the current shortage of medical supplies, she diligently calls and emails suppliers to ensure all the needs of the residents are met. Mary has been with Saint Joe's for 24 years and says "I love working at Saint Joseph's Center because of the care and compassion shown to our residents".

Congratulations, Mary!

THANK YOU

Special thanks to the amazing staff at Saint Joseph's Center who are tirelessly working to ensure the health and wellbeing of everyone we serve. We are grateful to Linda Edlund, Program Assistant, who was recognized as a DSP of the Year for Adult Day Services in 2020, for taking a creative approach finding virtual content that both residents and staff can enjoy. Thank you to the organizers of "Spirit Days" keeping smiles on faces (even under the masks)!

Thank You to everyone donating their time, talent, and hard work in sewing homemade masks and donating meals!

Thank you to ALL our friends and neighbors for thinking of Saint Joe's and for your continued prayers. Your support is a blessing to us!



Happy Mother's Day 2020

Dunmore student from Marywood attends Team USA symposium

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Nick Macano, Dunmore, a junior exercise science major at Marywood University,, recently attended the Team USA Symposium at the United States Olympic Training Center in Colorado Springs,

March 8-March 11, during spring break. While searching for internships, Macano came across the Team USA Symposium website and registered for the event.

Macano said, "I will absolutely

attend this event again next year, as it was a great opportunity to network, to gain insights into how others in the exercise science field got their starts, and it gave a lot

(Please turn to Page 25)



Nick Macano, a junior exercise science major at Marywood University who lives in Dunmore, is shown at the Team USA Symposium at the United States Olympic Training Center in Colorado Springs ,which he attended during spring break from March 8-11. While searching for internships, Mr. Macano came across the Team USA Symposium website and registered for the event.

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DePietro's Pharmacy recently contributed \$10,000 to Heart of Scranton Virtual Fundraiser. Shown from left are: Karissa Hausman, Michele Pusateri, JJ Gaughan, Kaitlyn McAfee, LeaAnn Spitz and Tom DePietro.

Nick Macano attends Team USA event...

(Continued from Page 24)

of valuable information about how Team USA professionals train top-level athletes."

The Team USA Symposium, which is held annually at the Colorado Springs Olympic and Paralympic Training Center, is a three-and-a-half-day event that offers attendees the opportunity to learn more about the "Team Behind the Team."

Prior to attending Marywood University, Mr. Macano attended Palmyra-Macedon High School, Palmyra, N.Y., and attended Finger Lakes Community College, where he began his studies in athletic training.

In addition to majoring in Exercise Science at Marywood University, Macano also serves as an officer for the Exercise Science Club and works for Athletic Republic, Moosic, where he is a sports performance coach and aids high school and college athletes.

He is looking forward to pursuing a career in the strength and conditioning field post-graduation.


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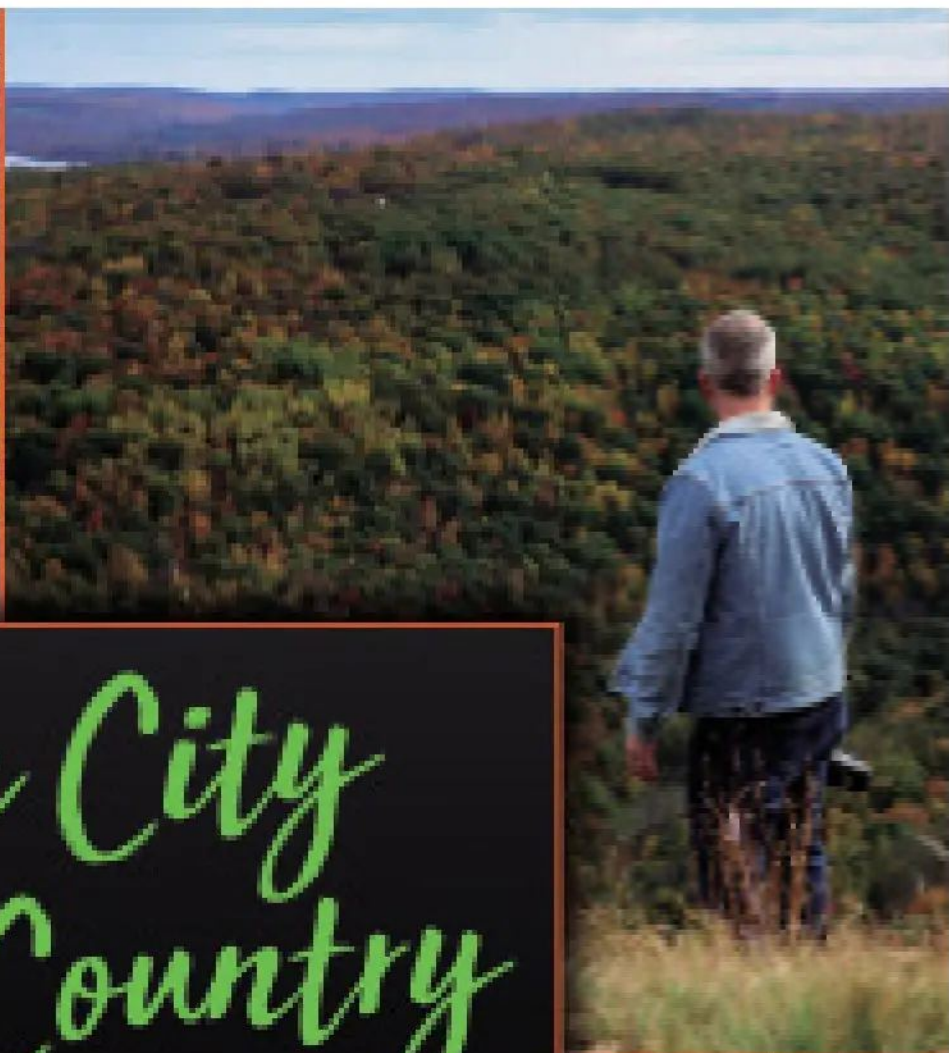
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ATHLETES OF MONTH...

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