

Dunmorean of the Month: Jeannie Kreis McDonald



By Steve Svetovich

Jeannie Kreis McDonald is a lifelong Dunmorean who enjoys giving back to the community.

Married for 16 years to Kevin McDonald, the former director of building and grounds for Dunmore School District, both she and her husband are community activists.

Her husband, now retired, continues with his volunteer work for "Citizens Regarding the Environment."

Daughter of the late Robert and Marie Kreis, Jeannie has been employed at Lockheed Martin, Archbald, for the past 35 years. She is a senior program planner and hopes to retire August 1.

She is a 1978 Dunmore High School graduate and went on to receive a bachelor of science degree in public relations with a minor in business from Mansfield University in 1982.

Her husband, a 1968 Dunmore graduate, received his bachelor of science degree 10 years after Jeannie did.

"Same schools, but 10 years apart," she said. "I had a crush on him, so I hired him as a handyman. It worked. We have been in love ever since. We dated for 12 years and now have been married 16 years. So it's a success story."

Jeannie has been a volunteer for over two decades at Saint Joseph's Center, where she has been a member of Saint Joseph's Auxiliary for

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Volunteer Pat McMullen is shown pressure washing the recently vandalized statue of the Sacred Heart of Jesus on the Marywood University campus as seen from I-81.--See related photos and story on Page 4.



Holy Cross High School's Mock Trial Team has won both rounds of District competition and is preparing to face Carbondale Area High School in the semi-finals on Feb. 28. The team advisors are Mrs. Janine Wetter and Atty. Jim Wetter. Team members are Shannon O'Malley, Tyler Williams, Emma George, Carsyn Cole, Ryan Burda, Cecilia Otis, Dan Haikes, Maura Kosek, Dhiraj Baniya, Mandi Lahl, Ben Mulvey, Journey Horeis, Zachary Kovaleski, Kendall Morrison, Giuseppe Pilone, and Chloe D'Avella. The Mock Trial Team has been quite successful over the last eight years. In 2019, the team won the State Title and advanced to Nationals in Athens, GA., placing ninth out of 50 states. In 2020, the Team advanced to States, but because of Covid-19, the run was cut short. This year's Team consists of 16 members.

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Dunmorean of Month:

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over 20 years.

"Right now I am organizing the massive sidewalk sale to be held at the DeNaples Center Saturday, May 20, from 9 a.m. to noon," she said. The DeNaples Center, 320 South Blakely St., Dunmore, is located at the spot of the former Riccardo's Market.

"We raise over \$10,000 every year from this event for programs at Saint Joseph's Center. We collect merchandise at the DeNaples Center all year for this fund-raising event. We have a whole team of volunteers who collect books, household items, small pieces of furniture, jewelry, tools, and sporting goods, among other items."

Jeannie and her group of volunteers are accepting donations at the DeNaples Center every Saturday from April 1 to May 6, from 9 a.m. to noon, and every Wednesday, from 5 to 7 p.m.

Jeannie, who has a bubbly and positive demeanor, is also heavily involved in Saint Joseph's biggest fund-raiser, the annual picnic held the final weekend of July at Marywood University.

"We have a team of volunteers for that event too," she said.

The lifelong Dunmorean said she hopes to do more volunteer work after she retires late this summer.

She is also involved with the annual "Giving Tree" held during the Christmas season at Our Lady of Mount Carmel Church, Dunmore.

"We do a 'Giving Tree' in which

our church members donate gifts for parishioners who are homebound or in nursing homes.

The church members wrap the gifts and transport them while also visiting with the homebound and nursing home parishioners. It's really nice."

Jeannie and her husband have no children, but are immensely proud of and devoted to their 40 nieces and nephews. "We are very proud of all of their many accomplishments," she said.

Jeannie also ran her first half marathon at 53 and is currently training for her 16th half marathon to be held in Scranton.

Besides the running and volunteer work, Jeannie, humble in nature, comes from a family of educators.

Her late grandparents, Albert and Helen Kreis, owned Kreis Jewelry and Appliances, Dunmore, for over 75 years. The couple lived into their mid to late 90's and were married close to 75 years. Jeannie's late dad

worked in the family business.

Her grandmother was a school teacher at Dunmore and a graduate of West Chester Teacher's College, a rare feat for a woman a century ago.

Jeannie was raised with three brothers, Tim, Joe and Mike, and a sister Kathy. Mike died at age 31 due to juvenile diabetes in 1999. Her sister Kathy is a retired special education teacher.

Her brother-in-law, Joe McDonald, is former principal at Dunmore High School.

Jeannie's late maternal grandmother was Catherine Egan Buckley, Dunmore. Her grandmother's brother and sister were both teachers at Dunmore.

"My main focus right now is on the upcoming sidewalk sale at the DeNaples Center," she said. "Our team of Saint Joseph's Center volunteers are working hard to make it a big success. After I retire, I am looking forward to putting even more time into these efforts."

"It is very gratifying to help give back to the community. I have been very fortunate in my life."

Donations for the Sidewalk Sale

Will be accepted at the DeNaples Building Pine Street Side

Every Saturday 9 am to noon starting April 1st until May 6th
Every Wednesday 5 pm to 7 pm starting April 5th until May 3rd

(After these dates, call Jeannie 570-335-7150 for arrangements)

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Championship updates

DUNMORE LADY BUCKS: Tristan Canavan scored a team-high 10 points and added eight rebounds, three steals and two blocks in the Dunmore Lady Bucks 56-21 win over Mid Valley in the District 2 Class 3A girls semifinal Saturday, Feb. 25. Cadie Lewis added nine points on three 3-pointers.

Ciera Toomey made her first start of the season after ACL surgery 10 months ago. She scored seven points, had four rebounds, four assists and blocked a shot in only 12 minutes of play.

Sophia Talutto led Dunmore with four steals and added seven points. Sophia Summa added eight points and Amanda Dempsey scored six points in the balanced Dunmore attack.

The Lady Bucks beat Wyoming Seminary, 57-14 in the Class 3A quarterfinal.

Dunmore (21-3) will play Holy Redeemer (17-9) in the district title game Saturday, March 4, at noon at Mohegan Sun Arena.

HOLY CROSS BOYS: Matt Lyons scored 15 points and Gabe Gonzales added 14 to lead No. 1 ranked Holy Cross to a 58-30 win over No. 4 Mountain View in the District 2 Class 2A boys semifinal Saturday, Feb. 25.

The Crusaders (18-5) will play Blue Ridge (20-3) for the district championship Saturday, March 4, at 2 p.m. at Mohegan Sun Arena.



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Doin' Dunmore

With Steve Svetovich



Pat McMullen helps restore Sacred Heart shrine

Early last month, the Dunmore community was in shock over vandalism to a statue of the Sacred Heart of Jesus.

The shrine is located on the campus of Marywood University and owned by the Sisters of I.H.M. It can easily be seen while driving on Interstate-81.

Located on the Dunmore side of the campus off I-81, borough residents were enraged that vandals would attempt to destroy the shrine.

Then local residents and volunteers came to the rescue.

Pat McMullen, 22, of Roaring Brook Township, in particular.

Son of Kristi Walsh and Patrick McMullen, the North Pocono graduate owns Electric City Power Washing, LLC.

He volunteered his time and utilized his skills to restore the statue and its foundation and remove all of the graffiti vandals inscribed on the shrine.

After about four or five hours of hard work, the young man was able to completely restore the shrine and remove all the graffiti. The statue

was as good as new, even better.

"There was graffiti on both sides of the statue," he said. "It was not easy to get off, but I have the power washing equipment to do it. The hardest part was getting all of the graffiti off because it soaks into the rock."

"I was able to power wash everything and clean up the statue and foundation."

McMullen said it felt good to give back to the community.

"My dad called me to tell me about it," he said. "He said it would be nice if I could clean it up."

"I immediately jumped at the opportunity to help out. I was honored to do it because the Sisters at I.H.M. do a lot for the community. I thought I could give back. I like giving back. The surrounding community has always been good to me."

"The Sisters of I.H.M. were very happy. I've received a lot of thanks from them and other people in the community. I must have received a thousand calls. I liked doing it. I think it's terrible that it even happened. And the police still don't



know who did it."

McMullen has owned and operated Electric City Power Washing, LLC, for the past year and a half. He also works for Standard Iron Works, a structural steel business owned by his mother and her two brothers in Scranton.

His dad used to run the former McMullen's Restaurant and Bar in the Green Ridge section of Scranton.

His grandfather, also Pat McMullen, was the owner of the popular

establishment which was sold several years ago.

McMullen said he hopes to eventually expand his power washing business.

"I wanted to own a business ever since I was in the eighth grade," he said.

As far as his latest project, he says, "I wanted to make this religious shrine look nice. As it should be."

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Pat McMullen is shown pressure washing the vandalized statue of the Sacred Heart of Jesus on the Marywood University campus as seen from I-81.

The Mayor's Message

By Max Conway



YMCA Well-Being Initiative receives boost with funding

Recently I was thrilled to welcome Congressman Matt Cartwright to Dunmore and express our gratitude for his tireless efforts to secure \$1.85 million in funding for the YMCA's "Well-Being Initiative". This funding will provide our community with numerous opportunities to enhance and support their emotional and mental health and wellness.

The well-being initiative is an important step towards promoting healthier lifestyles and improving the overall quality of life for our residents.

Through a combination of educational and awareness programming, specialized instruction, social and emotional learning, workshops and seminars, community collaborations, as well as connection to community resources and services, this initiative will create a supportive and inclusive environment for everyone.

As we continue to face unprecedented challenges, it is more important than ever to prioritize our emotional and mental well-being. With this funding, The YMCA can develop and implement programs and services that will support the physical, emotional, and mental health of our community members.

I am grateful to Congressman Matt Cartwright for his unwavering commitment to supporting our community and securing this vital funding. I am confident that the Well-Being Initiative will have a positive impact on the lives of many individuals and families in our town.



Dunmore Mayor Max Conway is shown during a visit from Congressman Matt Cartwright who helped obtain \$1.85 million for the Dunmore YMCA's wellness initiative.



Holy Cross High School's JV cross country had an amazing season as Lackawanna League Division 'A' Champions with 17 wins and 6 losses, and The Vince Fedor Lackawanna League Boys JV cross country Class 'A' Champions. Shown from left: Coach Alex Higley, Christopher Novak, Thomas Gavin, Cole Gavin, Elias Stabinski, Colin Farrell, Matthew Fox and Jimmy Sheerin.

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YMCA urges blood pressure, diabetes testing

With recently published research indicating blood pressure control has worsened in both men and women since the onset of the COVID-19 pandemic, the Greater Scranton YMCA urges community members to make their health a priority by getting a blood pressure screening.

Blood pressure guidelines from American Heart Association indicate that nearly half of all Americans (46 percent) have high blood pressure. High blood pressure is often referred to as “The Silent Killer” because there are typically no warning signs or symptoms.

While high blood pressure and heart disease are serious conditions, the good news is a healthy heart is an achievable goal through lifestyle changes such as lowering sodium intake, eating healthier, and getting more physical activity. Getting help can be as easy as contacting the Y and taking part in the YMCA’s Diabetes Prevention Program.

The Greater Scranton YMCA is continuing its increased availability of the YMCA’s Diabetes Prevention Program – which is part of the CDC-led National Diabetes Prevention Program.

The YMCA’s Diabetes Prevention Program helps adults at high risk for developing type 2 diabetes adopt and maintain healthy lifestyles to help reduce their chances of developing the disease.

Type 2 diabetes is a major risk factor for cardiovascular disease and people with diabetes are twice as likely to have heart disease or suffer a stroke as those who do not have it.

Here in the Greater Scranton region, we have offered the YMCA’s Diabetes Prevention Program for 12 years. The program provides a supportive environment where participants work together in a small group to learn about eating healthier, increasing their physical activity and making other behavior changes with the goal of reducing body weight by 7 percent in order to reduce their risk for developing

diabetes. A trained Lifestyle Coach leads the program over a 12-month period. Increased physical activity and moderate weight loss not only reduce diabetes risk, but also have an impact on lowering blood pressure and cholesterol.

The Greater Scranton YMCA has seen many participants who had previously been living a sedentary lifestyle come through the program and not only improve their quality of life, but go on to attend multiple group exercises classes a week, as well as regularly visit our wellness center and weight room. The YMCA’s Diabetes Prevention Program introduces people to the benefits of a healthy lifestyle and is essential in creating healthier habits both inside and outside the gym.

In addition to monitoring your blood pressure, reducing sodium intake is a great way to keep your heart healthy.

Per the American Heart Association (AHA), too much sodium in your system puts an extra burden on your heart and blood vessels. In some people, this may lead to or raise high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Having less sodium in your diet may help you lower or avoid high blood pressure.

“While there are many ways to keep your heart healthy, making a conscious effort to tackle your blood pressure and decrease sodium intake are two quick, effective ways to prevent heart disease,” said Trish Fisher, President & CEO, Greater Scranton YMCA.

The Greater Scranton YMCA offers a community of diverse individuals who can support all people in meeting their health and well-being goals.

Learn more by visiting www.greaterscrantonymca.org or stopping into the facility, located at 706 N. Blakely Street, Dunmore, PA 18512.



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Holy Cross High School announces honor roll

Holy Cross High School has announced its second quarter honor roll as follows:

12th Grade

Distinguished Honors:

Michael Allardyce, Dhiraj Baniya, Julianne Barrett, Alicia Bellagamba, Ryan Burda, Samera Burrier, Kaeden Carr, Alec Cherundolo, Corey Cicci, Carsyn Cole, Kayleigh Farrell, Nora Flannery, Ashley Gentile, Gabriel Gonzales, Jake Grodack, Daniel Haikes, Rylie Heusner, Hayden Hosie, Johnathan Jones, Owen Jumper, Jacque Kakareka, Norah Kennedy, Aidan Krieger, Manpreet Lahl, Sarah Lyons, Karli Mahasky, Grace Mangan, Olivia Marinelli, Christopher Martinez, Giuliana Mazza, Aiden McCoy, Mary McHugh, Mary Katherine Melody, Mary Melnikoff, Shannon O'Malley, Cecelia Otis, Jessica Pavlowski, Alexis Phillips, Ron Prislupski, Connor Rasimovich, Katie Romanski, Keith Rowlands, Brielle Scheland, Cody Schoonover, Sadie Shedlauskas, Andrew Smith, Robert Staples, Cassandra Suchecki, Marie Takach, Vincent Tanana, Logan Tierney, Joseph Trichilo, Avianna Voglino, Dante Warhola, Tyler Williams, Katie Wywoda, Alexander Yankowski

Honors:

Kiaya Daube, Margaret Dolphin, Kylie Gallagher, Sydney Hartland, Evan Hofsommer, Maura Kosek, Aidan Romanchick, Shamus Sulivan

11th Grade

Distinguished Honors:

Brandon Art, Connor Art, Isabella Bagnuolo, Anna Bebla, Brooke Bilski, Ryan Boyce, Lily Butler, Eva Carachilo, Abigail Ednock, Rachel Fay, Nikauri Fernandez, Luke Healey, Journey Horeis, David Hueter, Gillian Idhaw, Lillie Kochis, Joseph Lalli, Cecilia Matatics, Giavanna Matrone, Zachary Minich, Aubrey Moase, Lexi Moncinelli, Angelena Montefour, Luke Mozeleski, Benjamin Mulvey, Madolyn Murphy, Charles O'Malley, Alyssa Pajalich, Christopher Petrucci, Everly Prostka, Jenna Robertson, Alison Ross, Connor Straka, Alexander Strauss, Abigail Thompson, Brianna Walz, Paul Wildermann

Honors:

Grazia Cerminaro, Liam Connor, Julia Norella, Scott Ohmnacht, Brooke Pawelski, Alyssa Resio, Anthony Salina, Alexander Stabinski

10th Grade

Distinguished Honors:

Audrey Borick, Gavin Brennan, Natalie Charles, Trista Chickelletti, Anthony Colonna, Gianna Coroniti, Kyle Cortazar, Olivia DePrato, Isabella Evans, Conor Farrell, Mia Galella, Brenley Harashinski, Megan Hassaj, Morgan Hembury, Michael Hughes, David Jennings, Makenna Knight, Zachary Kovalski, Adrianna Kushner, Elizabeth Lalli, Calder Lehman, Joshua Lentowski, Mia Lochie,

Matthew Lyons, Connor Martin, Katie Martinez, Mario Matrone, Chloe Mendicino, Sophia Moffitt, Gavin Monahan, Brayden Moran, Allie Mozeleski, Clinton Muir, Tyler Musso, Elizabeth Myronyuk, Rockne O'Connor, Jacob Paroby, Anthony Piestrak, Hannah Pisarcik, Grace Rogers, Christopher Rotell Tierney, Nicholas Rusinko, Richard Shelp, Carson Shrive, Olivia Strazzeri, Lucas Urban, Nico Warhola, Abigail Waters, Emma Woody

Honors:

William Boock, Andrew Cleveland, Grace Gregorowicz, Ashley Lopez, Emma Luciani, Lily Matthews, Kendall Morrison, Jacob Pope, Roger Rossi, Marc Russo, Jacob Villano, Juleann Walsh

9th Grade

Distinguished Honors:

Angelica Antonova, Kathryn Apolinario, Natalia Archangeli, Arianna Ayon-Tennyson, Alexis Bilski, James Bordo, Elizabeth Coval, Chloe D'Avella, Grace Donohue, Bridget Fay, Trystan Gilroy, Grady Grill, Joseph Hanley, Shelby Hartland, Alyssa Hartman, Margaret Jones, Cameron Kelly, Matthew Kennedy, Savanna Killino, Madison Knight, Luke Kristyniak, Aidan Lalley, Jael Lema, Cole Lipinski, Alessandra Lynn, Simon Madore, Evan McCoy, Keira McGurgan, Eugene Musto, Elizabeth Myers, Avianna Natale, Grace O'Malley, Sadie Pappas, Giuseppe Pilone, Claire Polishan, Jamie Prislupski, Madeleine

Reynolds, Jacob Roberts, Ava Schmidt, Kayleigh Shelp, Kevin Vincent, Robert Wallace, Alexa Waltman, Lola Wilding, Drew Wozniak, Ray Zhang

Honors:

Smriti Basnet, Benjamin Belagamba, Henry Chileski, Emelia Franceski, Alexander Harrison, Daniella Mulonda, Briana Perez, Madison Potter, Zander Schaeffer



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March is a big month of celebration, so let's start this issue off with a limerick.

*It's that time of year when the streets get painted,
New dashes of green to cover the previous year's fainted.
The bars are all stocked,
Corned beef in the crock,
But a DUI would cause the fest to be tainted.*

With March comes green... green grass, green trees, green bushes, green flowers, (or at least historically, but who knows what the weather has in store for us anymore). But one tradition in March that guarantees us the green is St. Patrick's Day.

There's no denying that our community is rich with diversity. It's what makes us unique and exceptional. And the Irish heritage in our region is just one of various cultures that is embraced with pride and celebration.

This is clearly exhibited by simply checking our calendars. We don't just celebrate St. Patrick's Day. We stretch it out and throw parades and dinners. We don our best green attire, march in our parades, get back to the basics of meat and potatoes, and, typically, consume plenty of

alcohol. However, while these feasts are meant to be a celebration, they can also lead to dangerous behavior on the roads, such as driving under the influence (DUI).

We all like a good time during holidays, especially in March. Well, most of us do at least... I guess I can't truly speak for everyone. But I can definitely vouch for the majority of us. I see this in the crowds that come out in March to watch people march. I see droves of diners assemble for dinners. I see the masses attend masses. And I see piles of people pour out of the pubs.

But while our March traditions are no doubt a good time, we have to be aware of the critical responsibilities that come with consuming alcohol.

We all know the line... *drink responsibly*. This is crucial. Because on St. Patrick's Day, like other holidays, the number of DUI arrests and incidents tends to increase due to the high consumption of alcohol in the days before and after the big event.

DUI is a serious problem that can result in severe consequences, including fines, jail time, and loss of driving privileges, or even worse, serious bodily injury or death. Additionally, if you're charged, you better plan on spending the night in the proverbial drunk tank.

Here in PA, and presumably most jurisdictions across the US, the legal

blood alcohol limit is 0.08 percent. But here's the rub—that is different for each and every one of us. That could mean one drink for someone within an hour. It could mean three drinks within 30 minutes for a bigger brute such as myself. There are too many variables that go into that equation.

And blood alcohol isn't the only metric to gauge whether someone is driving under the influence. If you are suspected of driving while impaired, a police officer can rely on his training and experience to detect signs of impairment. This includes observing your speech, your breath, your eyes, and your gait.

Additionally, an officer can request that you perform a Standardized Field Sobriety Test. I'm sure many of you are familiar with this. There are tons of videos out there with examples of this test, many of which are rather comical. (Check out "drunk dancing cowboy DUI" online if you need a laugh.)

And then there's the blood test. Do you volunteer for it? Do you refuse? Do you refuse every test just mentioned above? Each decision you make will have various outcomes. And if you are actually intoxicated, do you really want to be making these types of decisions on the fly when the consequences are so severe?

The ramifications of a DUI can be far-reaching and long-lasting. In addition to the legal repercussions, a DUI can have a negative impact on one's personal and professional life.

A DUI conviction can result in a criminal record, which can make it difficult to find employment and housing in the future. It can also lead to higher insurance rates and increased financial strain.

The good news is that these decisions are extremely avoidable. Don't take the chance. Don't try to calculate your consumption.

To avoid the dangers of DUI, it's important to make responsible choices when celebrating St. Patrick's Day and plan ahead. If you plan on drinking, designate a sober driver, or make arrangements for alternative transportation, such as a taxi, ride-sharing service, or public transportation.

Heck, if on the off chance the weather is nice like it used to be in March, take a nice walk home. It may help clear your head. It's also important to pace yourself and drink plenty of water to avoid becoming too impaired in the first place.

So please plan your celebration ahead of time. When you think about it, nothing should come as a surprise. St. Patrick's Day is one of those easy holidays that is literally on the same calendar day each year, March 17th.

But if you do end up in trouble or someone you know fails to read this article and makes a mistake by getting behind the wheel during these March festivities, remember that being charged with DUI is a serious matter that can have a significant impact on someone's life.

Given the severity of the consequences, it is essential to take the matter seriously and seek the help of an experienced DUI attorney. Hiring an experienced DUI attorney can make a significant difference in the outcome of your case and can help you avoid the most drastic ramifications of a DUI conviction.

Prior to representing individuals charged with DUIs, I prosecuted them. While serving as an assistant district attorney in Lackawanna County I was a member of the DUI unit where I personally handled thousands of DUI cases.

This background gives me a deep understanding of the strategies used by the prosecution and a comprehensive understanding of the laws and regulations related to DUI cases.

Should you find yourself in need of a DUI defense attorney, remember to be smart, call Hart.

Our team's knowledge of the legal system and the prosecution's strategies, along with their negotiation skills, can be invaluable in achieving the best possible outcome in a DUI defense.

Marywood to offer programs for prospective new students in respiratory therapy, nursing

Marywood University is hosting upcoming on-campus experiences to help prospective students explore two health and wellness careers, with its "Respiratory Therapist for a Day" and "Nurse for a Day" programs, set to take place in March.

Respiratory therapy is an allied health specialty that concentrates on the treatment, management, control, and care of patients' breathing. The "Respiratory Therapist for A Day" event will occur on Friday, March 10, from 8:30 a.m.-12:15 p.m., at the Swartz Center, Room A, on Marywood's campus. Check-in begins at 8 a.m., and a tour of the campus will be provided along with breakfast, at which students can meet with respiratory therapy faculty.

Attendees will have the opportunity to participate in cardiac arrest and manual intubation simulations, as well as sessions about mechanical ventilation, life support, and oxygen equipment. Those who would like to attend this free program should register by March 3 at marywood.edu/rt4aday.

Nursing forms a major component of the health care provided within society and offers challenging, rewarding, in-demand career opportunities. The "Nurse for A Day" event will occur on Thursday, March 23, from 8:30 a.m.-1 p.m., at Nazareth Student Center on Marywood's campus.

After a welcome session, attendees will have the opportunity to break into smaller groups to attend CPR training, visit the Nursing Lab, and engage in "Nursing Anne" medical simulation activities, plus tour campus and get financial aid and admissions information. Those who would like to attend this free program should register by March 8 at marywood.edu/nurse4day.

For additional information about the respiratory therapy or nursing programs, contact the Marywood University Admissions Office at YourFuture@marywood.edu or 570-348-6234.

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Spring training

Sandlot Spring Training 2023 will be offered for six weeks for boys ages 6-14 March 18 and 25, and April 1, 8, 15 and 22 on Saturdays from 10 to 11:30 a.m. and from 11:30 a.m. to 1 p.m. or on Sundays from 2 to 3 p.m. on March 12, 19 and 26 and April 2, 16 and 23.

For girls ages 6-14 sessions will be on the same Saturdays from 1 to 2:30 p.m. or Sundays from noon to 1:30 p.m. on the same dates.

Cost is \$150 per player. Contact CDD027@aol.com or 570-445-1155 to register or with questions.

Mini Golf tournament

North Pocono Public Library and North Pocono Rotary will hold the second annual Mini Golf Classic on Sunday, March 5, at the library in Moscow from noon to 4 p.m.. Anne Bray of the NP Rotary is chairperson. All proceeds benefit Children's Programs at the library.

A fun and 18-hole course will weave its way through the library stacks and conclude with a chance at a \$500 hole-in-one grand prize. Golf is \$10 for adults & \$5 for children 12 and under.

Tickets are now on sale at the Circulation Desk, via Rotary & Library Board members, or online at minigolfclassic2023.eventbrite.com.

Elvis Experience

Scranton Cultural Center at the Masonic Temple and JZ Tours will present "The Ultimate Elvis Experience starring Shawn Klush" on April 14 at 8 p.m. in the Harry & Jeanette Weinberg Theatre.

The popular tribute artist, who hails from Pittston, last appeared at the SCC in 2015 to a nearly sold-out crowd.

Tickets start at \$40.75 (includes fees) with VIP Ticket Packages also available. They are available for purchase at the Fidelity Bank Box Office at the SCC in person or by calling (570) 344-1111, or via Ticketmaster.

AARP Chapter meeting

Local AARP Chapter 3731 will begin its 2023 season on Monday, March 6, at 1:30 p.m. at Asbury United Methodist Church, 720 Delaware St., Scranton. All are invited to socialize with new friends, hear educational speakers, enjoy refreshments, and join in bus trips. Speaker is Jenny Shoener from the

Albright Memorial Library who will introduce the many free senior services the library provides to the community. Yearly membership fee is only \$10. For additional information, call David 570-892-1619.

Griffin Pond gala

Griffin Pond Animal Shelter will host its first annual "Second Chance" Gala at The Barn of Glistering Pond, 421 Pine Hills Road in Falls, on Saturday, March 18, from 6 to 10 p.m. This event is a black-tie event, with a live band (Pitch Perfect), an open bar, dinner, and raffles.

The event will honor District Attorney Michael McGrath, a dedicated prosecutor who has made a significant impact in the fight against animal cruelty. Tickets are \$125 each or a table that seats 8 people for \$900. Sponsorships are available for this event. Only 200 tickets are available for this event. Tickets can be purchased in advance at www.griffinpondanimalshelter.com under the upcoming event tab.

Contact Sherry Croll, development director, at 570-586-3700 ext. 522 or fundraising@griffinpondanimalshelter.com. Complete details are available at www.griffinpondanimalshelter.com. All proceeds will benefit the shelter's pet medical fund.

St. Joseph breakfast

The Women's Society of St. Joseph Melkite Catholic Church, N.St. Frances Cabrini Ave., West Scranton, is sponsoring its annual St. Joseph Day Breakfast on Sunday, March 19, from 9 a.m. to 1 p.m., including Eat In or Take Out.

The meal includes eggs, scratch pancakes, home fries, olives, honey-baked ham, bread, juice and coffee. Cost is adults \$12 and children ages 6-10 are \$6. Take Out cost is \$10 or \$6 with no beverages. Fragrant St. Joseph Bread will be available in two loaf packages for \$5 until sold out.

Tickets will be available at the door. For more information, rectory 570-343-6092, melkite.scranton@gmail.com, facebook or melkite-scranton.org.

Psyansky classes

SS Cyril and Methodius Ukrainian Catholic Church, Olyphant will offer Ukrainian Pysanky classes on Sundays, March 12 and 26, at noon

and at 3 p.m. in the Parish Hall with plenty of free parking.

The two-hour *beginner* class will teach the basics to create a traditional Ukrainian pysanky egg. The cost of each class is \$25 for each person. Supplies are included.

Class size is limited and you must call Tammy Budnovitch at 570-766-1919 to register in advance., Please leave a message with your name, phone number, and the date/time requested.

Killer Queen concert

Magic City Productions will present Killer Queen on Wednesday, March 29, at 7:30 p.m. at the Scranton Cultural Center at the Masonic Temple.

The tribute to Queen which fea-

tures Patrick Myers as Freddie Mercury will take place in the SCC's Harry & Jeanette Weinberg Theatre.

Tickets for Killer Queen start at \$35 (plus fees) and are available for purchase at the Fidelity Bank Box Office at the SCC in person or by calling (570) 344-1111, or via Ticketmaster.

For more information or to view a full schedule of events, visit SCCMT.org.

Tom Papa Comedy Tour

The Scranton Cultural Center at the Masonic Temple will present the Tom Papa 2023 Comedy Tour on March 10 at 7:30 p.m. in its Harry & Jeanette Weinberg Theatre.

With more than 20 years as a

stand-up comedian, Papa is one of the top comedic voices in the country finding success in film, TV, radio and podcasts as well as on the live stage. He is a regular guest on "The Joe Rogan Experience" podcast and the late night TV shows.

Tickets range from \$42.40 - \$64.55 with a VIP package that includes access to a post-show meet and greet and premium seating for \$165.55. All ticket prices include fees.

Tickets are available for purchase at the Fidelity Bank Box Office at the SCC in person or by calling (570) 344-1111, via Ticketmaster. For more information, visit SCCMT.org.

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Actors Circle set to present 'Mornings at Seven' play

Actors Circle will present the comedy "Morning's at Seven" by Paul Osborn, at Providence Playhouse, 1256 Providence Rd., Scranton, on March 2, 3, 4, 5, 10, 11, and 12. For the preview show, on Thursday, March 2, at 8 p.m., all tickets are \$10.

Performances continue on Fridays and Saturdays at 8 p.m., Sundays at 2 p.m., with tickets at \$15

General, \$12 Senior, \$10 Student.

This comedic, charming portrait of small-town America takes place at a time when life was simple, with no computers or internet. The life of four sisters is upended as they deal with the changes some family members decide to take on.

This is presented through special arrangement with Samuel French, Inc. and special grants from the

Lackawanna County for the Arts and Culture and the Scranton Area Community Foundation. Royalty sponsor is the Stoppini Foundation.

For reservations, call 570-342-9707. Advance tickets can be purchased online at Eventbrite.com through Actors Circle's Facebook

page. A small fee is involved.

This show is directed by Jessi Teevan, with assistant director Britt Demming, and assistant to the directors, Jason Narcoonis.

Producers are Mark Fryer and Harry Adelman.

Members of the cast are: Debra

Demming, Jeff Ginsberg, Nina Kemp, Mike Lally, Harry Powell, Cathy Rist Strauch, Tommy Tomeo, Posh Walker, and Reed Walker. E.J. Leeson, Seamus Cadden, and Britt Demming are understudies.



Actors Circle cast members for "Morning at Seven" include, from left: Debra Demming, Mike Lally, andr Cathy Rist Strauch.



Cast members for the Actors Circle production of Mornings at Seven, which opens March 2, include, seated from left: Debra Demming, Cathy Rist Strauch, Reed Walker, and Jeff Ginsberg. Standing, same order: Mike Lally, Harry Powell, Posh Walker, Tommy Tomeo, and Nina Kemp.----See related photos on Page 21.

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Sacred Heart Hospice to present best-seller author Mitch Albom

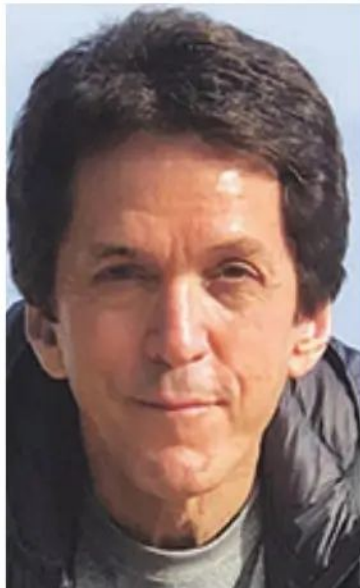
Hospice of the Sacred Heart has announced that Mitch Albom, author, philanthropist, columnist and sports reporter, will speak in Scranton as part of the year-long 20th Anniversary celebration of Hospice of the Sacred Heart. Albom will speak at the Theater at North on Thursday, April 20, at 7 p.m. A book signing will follow in the Theater at North Gallery.

Author of *Tuesdays with Morrie*, Albom's books have sold over 39 million copies and have been translated into over 45 languages. While nationally recognized for his sports writing, Albom is perhaps best known for the themes of hope and kindness that weave through his books, plays and films. In his talks and presentations, he brings the same inspiring message of community building, giving and purpose.

His breakthrough book, *Tuesdays with Morrie*, became an international phenomenon with over 14 million copies sold.

Now in its 20th year, *Tuesdays* remains one of the top selling memoirs of all time and was adapted into an Emmy Award-winning TV movie produced by Oprah Winfrey, starring Jack Lemmon and Hank Azaria.

Albom has founded 10 charities, including nine in the Detroit area, such as S.A.Y. Detroit, which operates a family health clinic; A Time to Help, a volunteer organization; and A Hole in the Roof Foundation, which repairs faith-based homeless



Author Mitch Albom

shelters. He also directs the Have Faith Haiti Mission in Port Au Prince, which helps impoverished children and orphans, as well as the Chika Fund, which provides life-saving medical costs and health care.

A columnist for *The Detroit Free Press* since 1985 and a panelist on *The Sports Reporters* podcast, Albom has been named the #1 Sports Columnist in the Nation by the Associated Press Sports Editors (APSE) 13 times.

In June, 2010, he received the APSE Red Smith Award for lifetime achievement, the biggest prize in sports journalism, and in June 2013, he was inducted into the Sportswriters Hall of Fame.

He is the author of eight best-selling books, with five debuting

at #1 on the *New York Times* Best Seller List, including *The First Phone Call from Heaven*; *Have A Little Faith*; *The Five People You Meet in Heaven* and its sequel, *The Next Person You Meet in Heaven*. Albom is currently developing an hour-long drama series based on the novels for FOX.

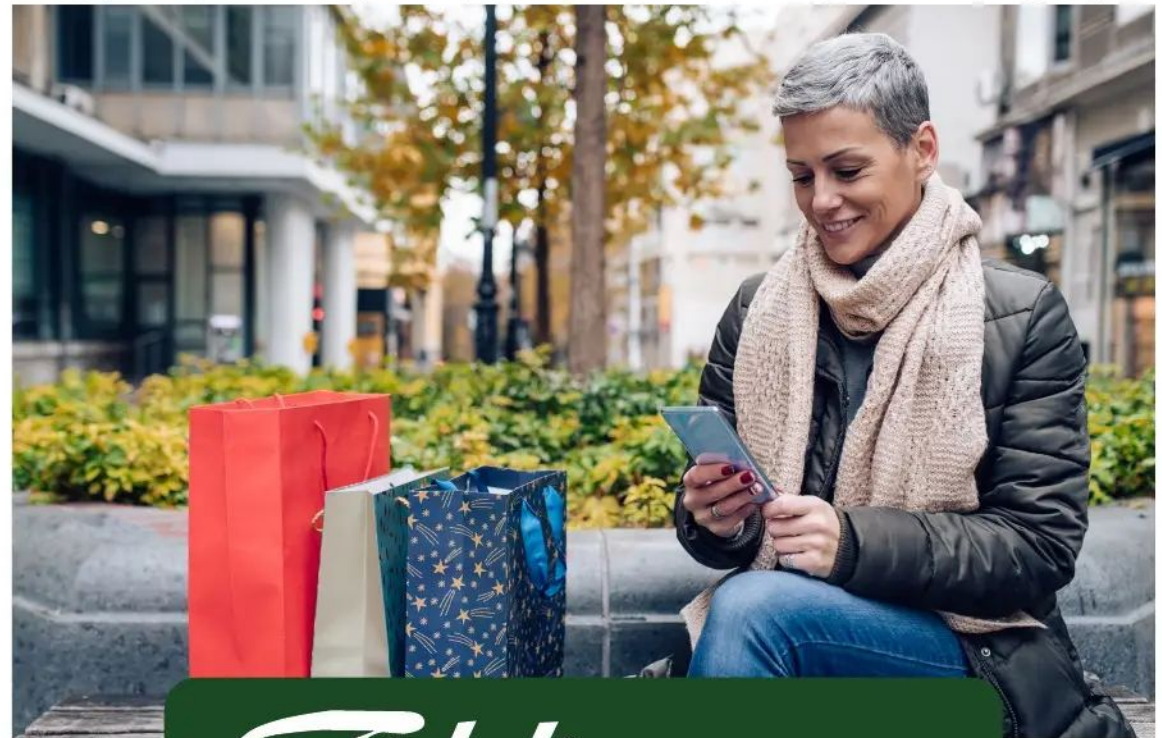
His bestseller, *Finding Chika: A Little Girl, an Earthquake, and Making of a Family*, is the true story

of Chika, a young Haitian orphan whose short life would forever change Albom's heart. Albom's latest book, *The Stranger in the Lifeboat*, will be available for sale immediately following the April 20th event and Mr. Albom will gladly sign them.

Albom hosts two radio shows on WJR-AM and has appeared on *The Today Show*, Oprah, and *CBS Sunday Morning*. His articles have

been featured in *The New York Times*, *GQ* and *Sports Illustrated*.

Tickets for "An Evening with Mitch Albom" are \$55 and are available by visiting the Hospice of the Sacred Heart website (HospiceSacredHeart.org) or at the Theater at North box office. Box office hours are Tuesday and Wednesday 11 a.m. to 2 p.m., Thursday 3 to 6 p.m. and the evening of the show starting at 5 p.m.

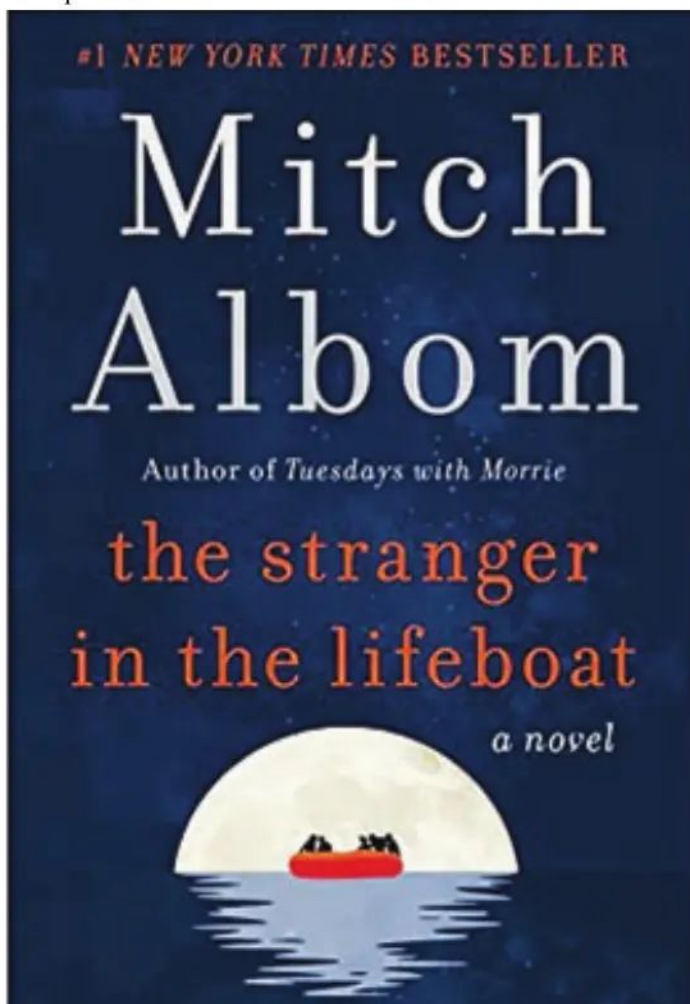


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Cheryl's Cuisine

By Cheryl Radkiewicz



There's nothing like pasta to satisfy you during these Fridays in Lent. Yes, we also have pizza, pierogi, tuna and other seafood, but pasta fills a void.

So, this month I'm sharing some of my favorite meatless pasta recipes to expand your repertoire for what can become the "same old, same old" meals.

In our house we have pasta at least twice per week....one is always Aglio Olio (oil and garlic) and the other is usually a clam sauce....my husband prefers red clam sauce, I prefer white.

Having been raised in an Eastern European family, we weren't exposed to REAL Italian cooking, however, my Baba used to top her spaghetti with butter and V-8 juice. It has a nice mild flavor and is easy

on digestion. The bonus is that it also takes just minutes to cook.

The first two dishes are from a restaurant, Villa Virella, which was open in Blakeslee in the 1970's and 80's. It was truly one of my favorite places on earth. The owners also gave cooking classes, which I frequented as often as I was able.

SALSA PEPERONI (Pepper Sauce)

- 4 large sweet peppers (red or green or both)**
- 4 oz. sweet butter**
- ½ cup olive oil**
- 3 cloves garlic, halved**
- 8 anchovy fillets**
- 1 Tbsp. capers**
- 2 Tbsp. tomato paste**
- 2 cups half and half**
- 1 cup Pecorino Romano cheese**

Perfect pasta ideas for Lent or all-year round

Clean and cut peppers into thin strips. In a fry pan heat butter and oil. Add garlic in large pieces and saute'. Discard garlic. Add anchovies to oil and simmer a few minutes. Stir in capers and peppers and cook, uncovered, until peppers become soft. Add tomato paste and stir. Pour in half and half and cheese.

Place hot linguine in a bowl along with some sweet butter and top with pepper sauce. Serve immediately.

Note: This can be prepared in advance to just adding the tomato pasta. You can then keep it in the pan or refrigerator. Keep out the half and half until right before serving.

TONNO CON CAPPELLINI (Tuna Sauce)

- 6 Tbsp. olive oil**
- 2 tsp. chopped garlic**
- ½ tsp. dried hot red pepper flakes**
- 1 - 35 oz. can pureed Italian tomatoes**
- ½ tsp. salt**
- 1-7 oz. can tuna in olive oil**

In saucepan saute' olive oil, garlic, and hot pepper together. Add pureed tomatoes, salt and tuna. Simmer for 45 minutes. Serve over Cappellini.

NOODLES LORRAINE

- 1-8 oz. pkg. egg noodles**
- 2 Tbsp. butter**
- 1 large onion, chopped**
- 2 eggs, beaten**
- 1 tsp. salt**
- ½ tsp. nutmeg**
- 2 cups Swiss cheese, diced small**
- ½ cup grated Parmesan cheese**

Preheat oven to 375 degrees. Cook noodles. Saute' onion in butter. In large bowl combine eggs, salt and nutmeg. Add noodles, butter and onion mixture, and cheese. Mix well. Place in 2 -quart baking dish. Bake 45 minutes until golden brown.

MUSHROOM STROGANOFF

- 1 medium onion, finely chopped**
- Salt and pepper, to taste**
- 3 Tbsp. butter**
- 1 pkg. cremini or portabello mushrooms, sliced**
- 1 can vegetable broth (1 ½ cups)**
- ¼ cup dry white wine or sherry**
- 1 ½ cups sour cream**
- 3 Tbsp. flour**
- 8 oz. medium egg noodles, cooked**
- 1 bunch parsley, chopped**

In skillet over low heat, saute' onions in butter until soft. Raise heat to medium. Add mushrooms and

continue to saute' until mushrooms are browned. Remove onions and mushrooms and set aside. In same skillet add vegetable broth and wine to drippings.

Let boil and reduce to 1/3. Lower heat and combine mushroom mixture adding to pan. Mix sour cream and flour until smooth. Add to mushrooms and cook until thick. Serve immediately over noodles. Garnish with parsley. Serves 4.

PASTA WITH SWISS CHARD

- 2 Tbsp. olive oil**
- 5 anchovy fillets, chopped**
- 3 large garlic cloves, chopped**
- Pinch of hot pepper flakes**
- 12 oz. Swiss chard, cut into coarse pieces, stems included**
- 2 c. hot water**
- 2 Tbsp. butter**
- ¾ tsp. salt**
- ¼ tsp. pepper**
- 1 lb. pasta (short, like a penne or farfalle)**
- ½ cup grated Romano cheese**
- ½ cup grated Parmesan cheese**

In large frying pan, heat olive oil over low heat. Add anchovies and garlic to pan; mash with back of spoon 1-2 minutes or until anchovies dissolve. Add hot pepper flakes, Swiss chard and water. Cover, increase heat to medium and cook 8-10 minutes or until

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chard is tender. Stir in butter. Season with salt and pepper. Remove from heat and cover to keep warm. Cook pasta in large pot of boiling salted water until tender, but still firm. Drain. Pour pasta into large serving bowl and toss with cheeses.

PASTA IN GORGONZOLA

½ cup coarsely chopped walnuts
1 ½ cups heavy cream
6 oz. Gorgonzola cheese (or any blue cheese)
1 lb. pasta, such as fettucine

In medium frying pan toast walnuts 2-3 minutes over medium heat until lightly browned, shaking pan so as not to burn. Set aside. In large saucepan, boil cream over medium heat until reduced to about 1 ¼ cups, about 3-5 minutes. Do not let boil over. Stir in Gorgonzola until melted. Once pasta is cooked, drain and pour into serving bowl... Toss together and sprinkle with walnuts.

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Morgan Library worth a day trip to New York

I love writing about travel and places I've been. But while castles in Spain and ancient monuments in Rome are quite exciting, sometimes a day trip close to home can show you things just as amazing.

Last June, my book group read *The Personal Librarian* by Marie Benedict, which is the story of Belle da Costa Greene, the young woman who took over as librarian for the billionaire J. Pierpont Morgan at a

time when women did not usually hold such important positions. That is not even the most amazing thing about Bella though. She was a black woman who passed as white in an era when she would not even been allowed to enter the places she visited to obtain items for the library, much less hob nob with the upper crust of society in their mansions on Fifth Avenue.

Suffice it to say that her exquisite

taste and knowledge, financed with Morgan's money, combined to create an amazing repository of such valuables as folios of Shakespeare (one of Morgan's most sought-after and treasured acquisitions), original scores by renowned composers such as Mozart, medieval and renaissance artwork, and of course, more ancient manuscripts and books by Geoffrey Chaucer and many writers. Even the brass bell from his sailing ship, the *Corsair*, has pride of place in the more modern entry

way to the Museum.

Having spent the previous month gaping over Botticelli's in the Uffizi Gallery and Michaelangelo's sculpture of David in Florence, you would think this comparatively small library/museum would have been a let-down for me. But in fact, it was exquisite. Morgan didn't collect for sheer volume, he collected things he loved that reflected his special interests.

And he constructed the perfect building to house his treasures—

(Please Turn to Page 22)

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Scholars of the Month Shawn and Jacob Rowell are shown with their mother, Krystal Rowell. Jacob Rowell, left, one of the March Scholars of the Month is shown playing basketball for Scranton Prep.

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SHAWN & JACOB ROWELL

Scranton Prep students Shawn Rowell '24 and Jacob Rowell '26 are the Dunmorean's Students of the Month.

Both brothers enjoy football and Diversity Council at the school. Shawn is also involved in Track and Field. "I medaled in 2 events last year and I'm hoping to make it to states this year," he says. Younger brother Jacob plays basketball, and says, "I believe working hard every day for what you love gets you where you want to be."

During their time at Prep, Shawn and Jacob agree that they've met people that will be lifetime friends. "My favorite thing about Prep is how welcoming everyone is, every day, and how everyone in the building is caring and always willing to help someone out if they need it," shares Jacob.

The Rowell brothers also have a shared favorite subject of History, which they agree is a great way to understand what makes the world the way it is today. But they don't agree upon everything. Shawn is a Drinker Pizza guy, while Jacob is a big fan of Grande Pizza.

As for what comes next for this duo, the future looks bright.

"My future dreams are to attend a good college, run track in college on scholarship, and major in business or marketing. After that I plan on becoming a marketing manager and taking care of my mother well as she has done for me the past 16 years," says Shawn.



Jacob Rowell, left, and his older brother Shawn are shown before the Prep semi.

And for Jacob, "My future dreams are to graduate from college with good grades, helping me get a good job. Also, to help my family and friends out the best I can throughout my life. Mainly do things to make my mother happy." So, pizza aside, they agree on almost everything.



Shawn Rowell, at left, poses after a Scranton Prep football game.

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Jacob Rowell, left, one of the March Scholars of the Month is shown playing basketball for Scranton Prep.

Dishin' the Dirt

With Steve Svetovich



Congratulations to Valley View for capturing first Lackawanna League Division I title since 2004 with 50-36 win over Abington Heights...**Eli Yusavage** led Cougars with 19 points...**Dirk Nowitski, Pau Gasol, Tony Parker, Dwayne Wade** and San Antonio Spurs coach **Gregg Popovich** among Class of 2023 finalists for election into Basketball Hall of Fame...

Domenic DeSando hit six 3-pointers and scored 20 points in Dunmore's 61-36 win over Susquehanna last month...**Nico Ruggiero** added 10 points for Dunmore...Congratulations to game MVP **Patrick Mahomes** for leading Kansas City Chiefs to 38-35 Super Bowl win over Philadelphia Eagles...It's been 25 years since former Dunmore Councilman **Paul Nardozi** and his son **Chris** met late NASCAR legend **Dale Earnhardt Sr.** at Camelback Mountain Resort, Tannersville...Nardozi has not missed a Pocono NASCAR race since the early 1980's when he attended with his own father...

Former Old Forge and current Pittston Area basketball coach **Al Semenza** was guest of honor at sixth annual Scranton High School Coaches vs. Cancer roast this past February 26 at La Buona Vita, Dunmore...Dunmore superintendent **John Marichak** was subject of first annual roast...Longtime basketball official **Bob Timlin**,

who passed away two months ago, was roasted last year...Do you remember Dunmore's **Brian Lavelle** hitting two free throws with four seconds left to give Dunmore 44-43 win over Bishop O'Hara 30 years ago?...Has the NBA had enough of **Kyrie Irving** yet?...

Do you remember Jane Joyce scoring 17 points in West Scranton's 40-38 win over Wallenpaupack 10 years ago?...Do you remember Dunmore's **Chael Clark** scoring 29 points in Bucks 57-45 win over Mountain View 20 years ago?...Do you remember when Dunmore's **Todd Senofonte** and **Tom Dougherty** were members of 1985 Southern Division Junior High Basketball All-Star team?...Dunmore Lady Bucks freshman **Amanda Dempsey** and teammate **Cadie Lewis** are among league leaders in 3-point goals...

Guiliana Mazza and **Jenna Luciani** of Holy Cross are also among league 3-point goal leaders...Dunmore's **Sophia Talutto** is fourth in Lackawanna League Division III with scoring average of 12.6 points per game...**Guiliana Mazza** and **Abby Thompson** of Holy Cross are eighth and ninth in Division III averaging 9.1 and 8.8 points per game, respectively...Dunmore's **Cadie Lewis** is tied for ninth at 8.8 points per contest...

Gabe Gonzales of Holy Cross is sixth in boys Division III with 13.7 points per game...Holy Cross

teammate **Hayden Hosie** is 10th at 11.5 points per game...Do you remember **Tara Macciocco** scoring 27 points in Dunmore's 48-45 win over West Scranton 30 years ago?...Do you remember **Brian Volz** scoring 19 points for Bishop O'Hara in 74-50 win over West Scranton 20 years ago?...

Former Scranton Mayor **Jimmy Connors** seen shooting the breeze with **Tommy Owens** at Hank's Hoagies in Green Ridge last month...Holy Cross basketball held a night of celebration for veteran coach **Al Callejas** who continues to fight and beat cancer...Holy Cross graduate **Kaci Kranson** scored 26 points and added eight rebounds to lead University of Scranton Lady Royals to 70-45 win over Juniata and finish off first undefeated season (25-0) since 2015-16...Holy Cross graduate **Molly White** broke University of Scranton record in triple jump at Susquehanna Tune-Up...

How about 6-foot-2 **Mac McClung** who came out of NBA G League to put on show for the ages and soar to NBA Slam Dunk title during All-Star Weekend last month...Boston Celtics **Jayson Tatum** earned MVP honors and scored NBA All-Star game record 55 points in Team Giannis win over Team LeBron in NBA All-Star game last month...And how about **Lebron James** breaking **Kareem Abdul Jabbar's** all-time scoring record, a mark that lasted 38 years and was set same year Lebron was born...

Entertainment world mourning passing of starlets **Raquel Welch** and **Stella Stevens**...Baseball world mourning passing of former all-star catcher, World Series hero and long time legendary broadcaster **Tim McCarver** who died at 81...McCarver whose all-star seasons were with Cardinals, served as **Steve "Lefty" Carlton's** personal catcher with Philadelphia Phillies in later years playing in parts of four decades before beginning lengthy broadcasting career...

Former Dunmore Councilman **Joe Tomko** shooting the breeze with buddies last month at Gold Crown Pizza...Do you remember **Larry "Mo" Lord**?...Whatever became of **Vida Blue**?...

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Kelly Maloney-Lyons

Kelly is a Dunmore mom of 5 who has taught art lessons in the classroom & privately to children for many years. She makes each lesson special for each child. She has enriched children's events with her unique & creative touch. Her home radiates light and goodness. She loves and adores her hometown of Dunmore!!

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Holy Cross sophomore Matt Lyons picking up his scoring this season

By Steve Svetovich

Holy Cross Crusaders sophomore basketball forward Matt Lyons has steadily improved his game this season.

At press time, he was a big factor in the Crusaders winning 15 of its first 20 games under veteran coach Al Callejas.

Son of Mark and Eileen Lyons, Matt has picked up on his scoring as the season progressed. He is often in double figures.

"I have been playing more inside," he said. "I've been getting more rebounds and scoring more scrap points off the boards."

The sophomore stalwart contributed 10 points in his team's 51-50 win over Dunmore Friday, Feb. 10. Teammates Hayden Hosie and Gabe Gonzales scored 11 points each. Gonzales hit the winner for Holy Cross on a 3-pointer with 30 seconds left.

Matt, 16, has an impressive 3.9 academic average at Holy Cross. His favorite academic subject is history.

The sophomore scholar-athlete said he learned a lot from his parents. "They teach me to stay humble and treat people with respect."

Humble in nature, Matt was the recipient of the Presidential Service Award last year. The award goes to a student with at least 100 hours of community service.

Matt is also a member of the Holy Cross track and field team. He performs in all three jumping events and qualified for districts in the high jump.

He praised coach Callejas who was honored in a home court ceremony recently for his own personal fight with cancer. "He is beating it and that's why they held the ceremony for him," said Matt. "It was a nice tribute to him. He continues to be at every practice and every game. He is doing well."



He teaches us to never give up. If you never give up, you can do anything."

The talented sophomore made the Holy Cross varsity basketball team as a freshman, but suffered a fractured left wrist early on. He came back in time for the district playoffs. He is as strong as ever this season.

He talked about the success of the team this season. "It's all about teamwork, trusting each other, and finding the open man. We've been doing that. No one plays selfish on this team."

He talked about future goals. "In basketball, we want to win district and state titles. Those are the only goals. As far as academics, I want

to continue to do my best and eventually decide what I will do after high school."

Matt, whose favorite musical artist is Drake, is the grandson of late legendary Scranton Prep basketball coach Jack Farrell.

"I wish my grandfather was still living, so he could see me play. I know he would have loved seeing me on the court."

Matt said he is enjoying his experience at Holy Cross High School.

"It's been a very good experience," he said. "The school was very welcoming to me as a freshman. It's carried over into my sophomore year."



Amanda Dempsey key starter for the Lady Bucks

By Steve Svetovich

In just her freshman year, Amanda Dempsey is playing a key role as a starter for the Dunmore Lady Bucks basketball team.

Daughter of Jack and Jennie Dempsey, Amanda, 15, is among the Lackawanna Conference Division III leaders in 3-point goals made. She is averaging 1.4 per game. She scored a season-high 14 points this season in a win over North Pocono.

Amanda talked about what it takes to be a good 3-point shooter in high school basketball.

"I shoot a lot on my own and in practice," she said. "I focused a lot on shooting from the 3-point range this season. I want to learn how to finish better going forward."

The Lady Bucks had only two losses at press time. "Everybody on our team works hard in practice," said Amanda.

"We put our work in. We all take the game and our practice sessions very seriously. When you work hard, good things will happen."

Mature and hard-working, Amanda is a middle hitter on the Dunmore volleyball team. She will also play softball this spring for Dunmore. She is a member of SADD, TACT, the Art Club and French Club at Dunmore.

The freshman scholar-athlete, a straight A student at Dunmore, said she has learned a lot from new Dunmore basketball coach Carrie Bowen Toomey. "She preaches to work hard. She tells us nothing good happens unless you work hard all the time."

Amanda said her parents taught her valuable life lessons. "They tell me to never treat others less than myself. Treat everyone with respect."

Polite and well-spoken,

Amanda said her favorite academic subject is geometry. She enjoys listening to music and would like to see Rihanna in concert.

She talked about her future. "Well, I definitely want to help Dunmore win a state title in basketball. That's number one right now. Then I want to go to college, get a good job, and be successful. I will decide in the near future if I want to play college basketball. That decision will come."

Amanda, who plays the

three-spot on the basketball court, said she is enjoying her experience as a freshman at Dunmore both in school and with her teammates.

"I love Dunmore," she said. "We are such a family here. Everybody is so connected."

"The experience playing basketball has been great. I get a lot of playing time and started every game as a freshman."

"It's fun to come out of junior high and then be a part of this team as a freshman. It's been a lot of fun to play

with every girl on this team. I met a lot of new friends. Everyone welcomed me on

the team. It's been nothing but great."



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SS. Anthony & Rocco Holy Name Breakfast held



SS. Anthony and Rocco Parish Holy Name Society, Dunmore held its 65th Annual Communion Breakfast on Feb. 19 at La Buona Vita. The day began with morning Mass at St. Anthony of Padua Church celebrated by the Reverend David P. Cappelloni, pastor. Music was provided by the parish choir under the direction of Joseph Moffitt. Diocese of Scranton Seminarian, Thomas Dzwonczyk, shown here, was principal speaker.



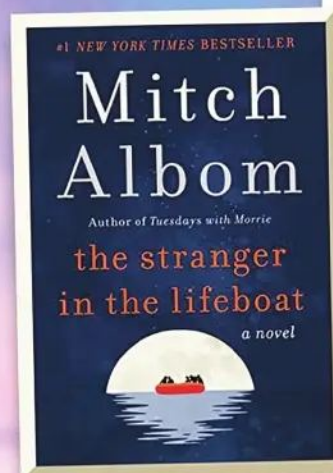
Breakfast speakers and committee members for the 65th annual Holy Name Society of SS. Anthony and Rocco Paris breakfast held at St. Anthony of Padua Church included, from left: Chris DiMattio, toastmaster; Rev. David P. Cappelloni, pastor; Thomas "Chick" DePietro, Pio M. Ferrario Christmas Witness award winner, and Bob McCormack, president, who gave the opening remarks. Absent from photo was Rick Sabato, general chairman.



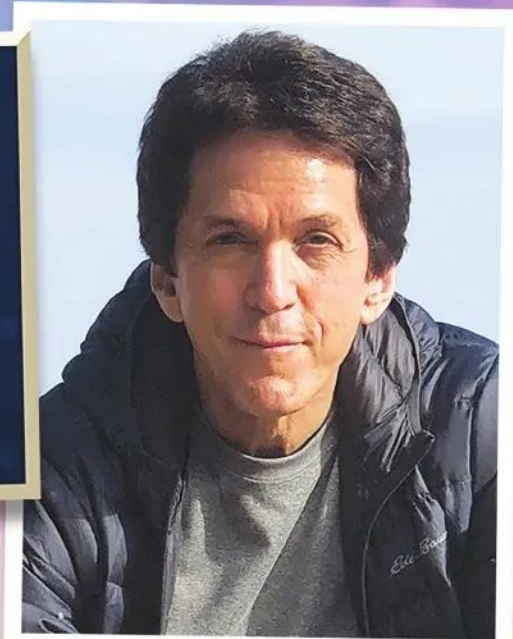
At the 65th Annual Communion Breakfast hosted by the Holy Name Society of SS. Anthony and Rocco Parish in Dunmore, Thomas "Chick" DePietro was presented with the society's Pio M. Ferrario Christian Witness Award by Rev. David P. Cappelloni, pastor. Father Cappelloni also offered invocation and benediction. Music was provided by the parish choir under the direction of Joseph Moffitt.

AN EVENING WITH MITCH ALBOM

Thursday, April 20, 2023 at 7pm



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Dunmore students win Paint-the-Plow contest honorable mention

The Pennsylvania Department of Transportation (PennDOT) is pleased to announce the District 4 winners of the Paint the Plow safety outreach contest.

North Pocono High School won the "Fan Favorite" award, which was determined by online voting through www.pennDOT.pa.gov. Dunmore High School was the honorable mention.

Members of the public were invited to vote in January for their favorite plow from 13 area high schools that entered this year's regional contest.

North Pocono High School received 928 of votes to win the 2022 "Fan Favorite" honor.

The winner of the "Judges' Pick" award was Carbondale Area High School.

Dunmore High School was also the honorable mention in the "Judges' Pick" category, which was determined through judging by PennDOT representatives.

During the winter weather season, the blades painted by Abington Heights High School, Carbondale Area High School, Delaware Valley High School, Dunmore High School, Hazleton High School,

Montrose High School, Mountain View Junior Senior High School, North Pocono High School, Northwest Area High School, Riverside Junior Senior High School, Scranton High School, Susquehanna Community Junior Senior High School and West Scranton High School students, will be used to maintain state-owned roadways in six counties in PennDOT District 4.

Paint the Plow is a collaborative effort between PennDOT and area high schools aimed at promoting winter driving safety and fostering an appreciation for student art programs and creativity.

Students are invited to paint a plow blade with an original design based on a provided theme.

The 2022 statewide theme is "Put Down the Device in Snow and Ice," which was chosen to draw attention to the need for motorists to give driving their full attention and eliminate distractions, like cell phones, especially during winter weather events.

For more information on PennDOT's winter preparations and additional winter-driving resources for motorists, visit the department's winter website.



Dunmore High School's Paint the Plow entry in a recent contest sponsored by PennDOT featured a Bucks theme. The design earned an honorable mention in the competition.



Dunmore High School students who participated in Penn DOT's recent Paint the Plow contest are, from left: Cristin Hogan, Tommy Pavlowski, Adeline Toole, Kaylee Pinto, and Kristine Fagioli. Dunmore earned an honorable mention in the contest.



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DEADLINE

Our deadline for copy is on the final Wednesday of the month for the following issue..

Please send items to dpi22news@gmail.com.



ABOVE: Poshi Walker and Harry Powell are shown rehearsing a scene from "Morning at Seven" the upcoming presentation of Actors Circle at Providence Playhouse.

AT LEFT: Rehearsing a scene from "Mornings at Seven," to be presented by Actors Circle this month are, from left: Tommy Tomeo, Reed Walker, Jeff Ginsberg, and Nina Kemp.--See related story and photos on Page10.

Marywood University begins EMPA program this fall

Marywood University is launching an Executive Master of Public Administration (EMPA) Program to fast track graduate degree completion for those working in the public, nonprofit, and private sectors. The program, set to begin in the fall 2023 semester, is currently accepting applicants.

Designed for working professionals with at least five years of post-bachelor's degree experience, the EMPA program allows students

to take graduate courses in public policy and administration without taking time off from their careers.

Consisting of only six courses (18 credits) divided between two semesters, classes are completely online and asynchronous (no specific date/time for meeting), giving students a path to completing a master of public administration degree in just one year. The curriculum features both practical and theoretical skills applications and engagement

with practitioners in the classes. Students learn principles of public administration, public policy analysis, human resource management, research methodology, and public budgeting and finance, in addition to completing a capstone project.

"The style of the online classes fits the students' demanding professional lives, while they are able to deploy their newly learned skills and knowledge in their chosen work," said Alexander Dawoody,

Ph.D., public administration program director. "It is the best of both worlds. The students continue to work as they learn, and, at the end of one year, they earn an MPA degree, helping them to advance in their career aspirations."

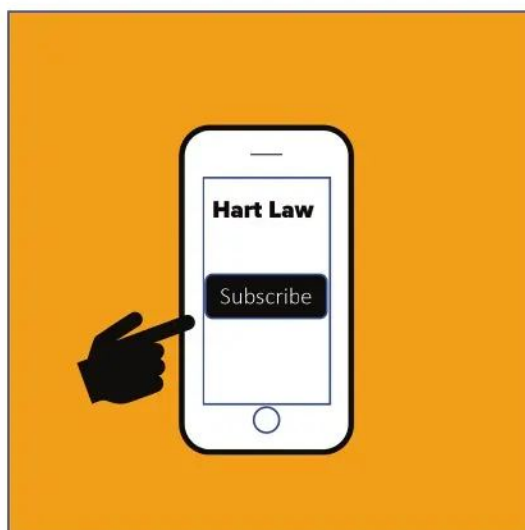
For more information about Marywood University's master's program in public administration, including the EMPA program, visit marywood.edu/public-administration-masters-degree or contact

Marywood University Admissions by email at GoGrad@marywood.edu or by phone at 570-348-6234.



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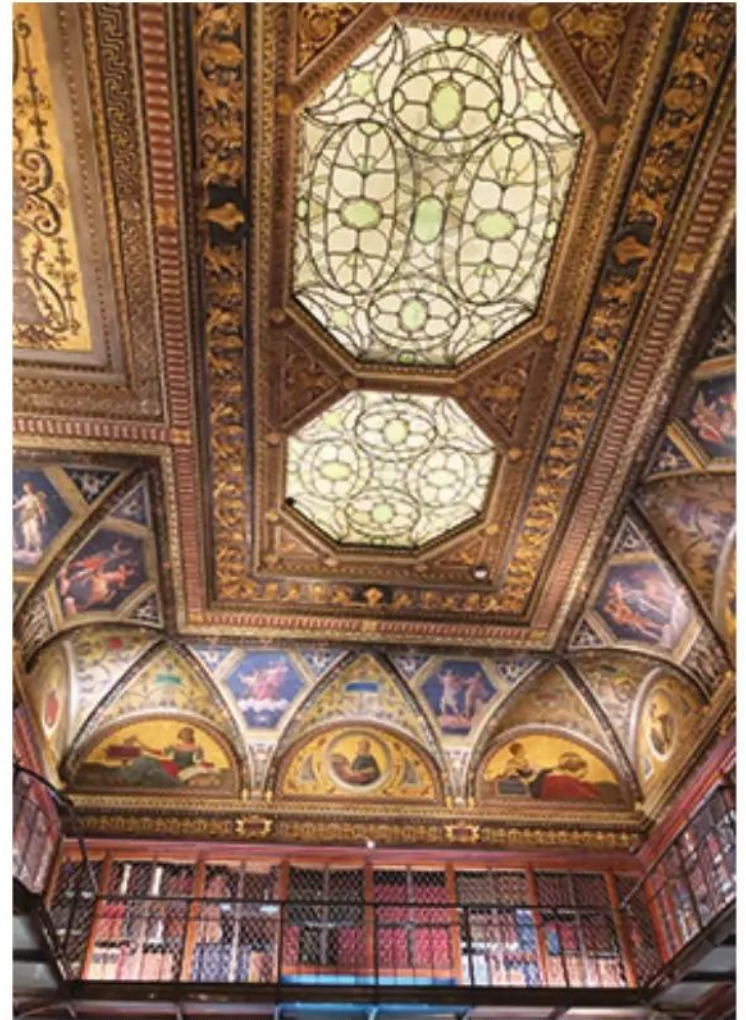
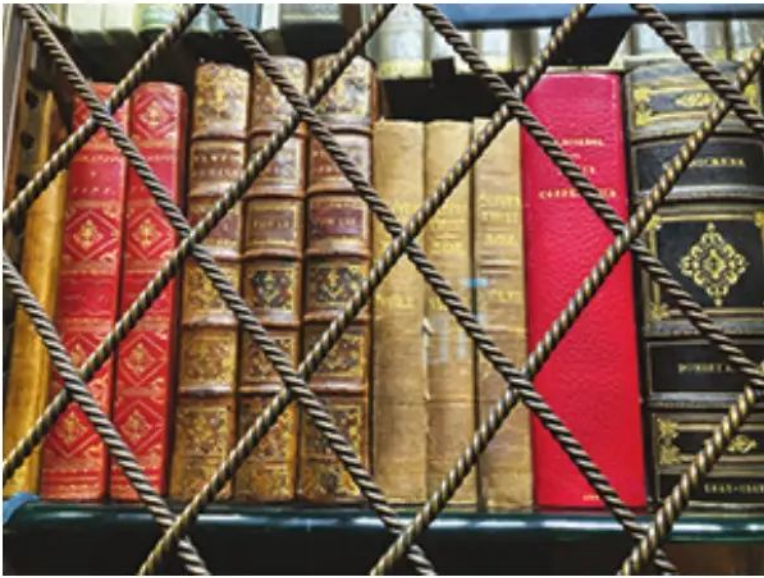
filled with historic architectural features such as the stained glass ceiling in the library room itself, as well as archways, fireplaces, windows and rooms as fine as anything on the continent.

We were a very giddy book group to be able to see the Morgan buildings and artifacts for ourselves after reading the book that described how all of this was accomplished. Visiting the Morgan Library takes a bit of planning, as you must

purchase tickets in advance for a certain time of admission. This keeps crowds at a very reasonable size, which is a big plus when you want to take your time looking at ancient artifacts or the covers of books which are literally priceless. We had also hoped to visit its much-praised restaurant, but it has been closed recently, and so we just had tea in the solarium cafeteria and ate downtown after our visit. IF YOU GO:

(Continued from Page 14)

Built in 1924, the Morgan Library & Museum, formerly the Pierpont Morgan Library, is a museum and research library in the Murray Hill neighborhood of Manhattan in New York City. It is situated at 225 Madison Avenue, between 36th Street to the south and 37th Street to the north. PHONE: (212) 685-0008 for more information or reservations.



Above: Ceiling of JP Morgan's library. At left: Priceless books. Center: Ship's bell from the Corsair, Morgan's yacht.

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In its motto, "Friendship, Unity, and Christian Charity," the women of the Ladies Ancient Order of Hibernians of Lackawanna County gathered to celebrate mass for the Feast of Saint Brigid. The Feast day on Feb. 1st, is one of the official Holy Days of the order. A very dynamic mass was held at Saint Patrick's Church in Scranton, officiated by the Rev. Richard E. Fox. Dorothea Crowley is Lackawanna County Board President of the LAOH. Front row, from left: Nancy Earyes, Kristin Krowiak, Mary Kate Warner, Chrissy Lavelle, Elaine Bruno, Fran Kingsley, Nori Connor, Alice McDermott, Dorothea Crowley, Father Richard Fox, Maureen Wallace, Nancy McAndrew Yavoroski, Kate Schneider, Teresa Pelligrino, Karen Savage, and Doreen Gilbride. Back row: Mary Kay Sears, Patty Jones, Mary Ann Abdo, Kathleen Connor, Mary Fran Smith, Tammy Jackson, Carolyn Wahl, Michele McDade, Mary Anne McAndrew, and Lori Wagner.

Catholic Choral Society to present 74th annual Lenten Concert March 26

In a 74 year tradition of inspiring prayer and meditation through music, the Catholic Choral Society will present its annual Lenten concert on Sunday, March 26, at 4 pm. at the First Congregational Church of Harford, UCC, [5016 Creek Road, Harford, PA 18823](https://www.firstcongregationalchurch.org/). Pastor of the church is Rev. Dr. Will Hagenbuch.

The Mountain View Chimette Bell Ringers will be the guest performers. The concerts are open to the public free of charge. There will be a good will offering.

Brenda Grunza and Lois Ostrowski are co-presidents of the Catholic Choral Society. Ann Manganiello is music director of this group while Linda Houck is accompanist.

The group, marking its 74 season, is composed of members from Luzerne, Lackawanna, Wayne, Susquehanna and Wyoming counties who will perform inspirational music in the Lenten tradition at the March concert.

Further information may be obtained by calling 570-575-1040 and also at www.catholicchoralsociety.org

Stabler Foundation awards grant

The Donald B. and Dorothy L. Stabler Foundation recently awarded Marywood University a grant in the amount of \$134,000 to support The Donald B. and Dorothy L. Stabler Scholarship Fund established in 2019 with a \$385,000 gift from the Stabler Foundation.

This Fund benefiting students from central and eastern Pennsylvania has been supported by subsequent foundation gifts in recent years, bringing the total giving to \$1.1 million.

The Donald B. and Dorothy L. Stabler Foundation was established by Mr. and Mrs. Stabler in 1966 exclusively for charitable, religious, scientific, literary, or educational purposes. Marywood's Stabler Scholars commit to making contributions to the endowment scholarship fund after their graduation in an amount at least equal to what they received. This is a "debt of conscience" rather than a legal obligation, and it helps to create a culture of philanthropy in students who have received funding and support.



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County presents check for \$200,000 to Griffin Pond Animal Shelter



The Lackawanna County Commissioners presented a \$200,000 American Rescue Plan Act (ARPA) check to the Griffin Pond Animal Shelter/Humane Society of Lackawanna County. The much-needed resources will provide finances for the organization to cover staff costs, supplies, medicine, and general operations. Like all small, non-profits, Griffin Pond was negatively impacted tremendously during the COVID-19 pandemic. Shown from left: Commissioner Jerry Notarianni, Commissioner Debi Domenick, Commission-



At a recent dinner meeting of the Dunmore Lions Club (DLC) held at La Cucina Restaurant, the Lions hosted The Center for Independent Living (MyCIL). The center is a non-profit organization which assists people with disabilities. Pictured from left are: Keith Loughney, Outreach Coordinator; Sam Sebastianelli, Lions president, and Keith Williams, manager of Independent living Services. Williams and Loughney discussed the Center's Programs and their Five Core Services of Advocacy, Skill Training, Information and Referrals, Peer Mentoring and Transitional Services. For more information concerning the Center, email info@mycil.org or phone 570-344-7211. For information regarding the Dunmore Lions Club, email dunmorelions@gmail.com or phone 570-947-1287.

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Laura Ducceschi named recipient of 2023 ATHENA Leadership Award

The Greater Scranton Chamber of Commerce has announced Laura Ducceschi, MBA, MA, CAP, CFRE, president & CEO of The Scranton Area Community Foundation, as the 2023 ATHENA Leadership Award recipient.

The ATHENA Award, sponsored locally by Michael A. Barbetti LLC Certified Public Accountants, honors an exceptional individual who has achieved excellence in their business or profession, has served the community in a meaningful way, and has assisted women in their attainment of professional goals, and leadership skills. Laura Ducceschi embodies these characteristics wholeheartedly.

For over 10 years, Ms. Ducceschi has made significant strides as a nonprofit leader to make lasting and meaningful changes in the region.

Since being named president and CEO of the Scranton Area Community Foundation, the organization has witnessed exponential growth.

Under her leadership, the Foundation has established programs like NEPA Gives, The Center for Community Leadership, NEPA Moves, Women in Philanthropy, and the NEPA Animal Welfare Collaborative.

Ms. Ducceschi is actively involved with numerous communities. Currently, she serves on the Geisinger Advisory Board, the University of Scranton Advisory Board, NEPA Grant Makers Steering Committee, the Lackawanna County Women's Commission, The Chamber's Lackawanna Industrial Fund Enterprises (LIFE) Board of Trustees, and is a Board Governor for the Indraloka Animal Sanctuary.

In addition, she serves as a mentor for the Kirby Center for Entrepreneurship, is a Schwartz Mack Foundation trustee, and participates with the Funder's Network racial equity group.

"Ms. Ducceschi is no doubt making positive and inspiring advances in the local nonprofit sector by implementing projects and programs that support our community," says Bob Durkin, president of The Greater Scranton Chamber of Commerce. "We commend her for the work she has done so far and congratulate her as the 2023 recipient of this prestigious award."

The ATHENA Award will be presented to Ms. Ducceschi at The Chamber's International Women's Day Luncheon on March 8, held at Marywood University, and is sponsored by The Honesdale National



Shown with this year's ATHENA Award recipient Laura Ducceschi are, from left: Kristine Augustine, vice president, The Greater Scranton Chamber of Commerce; Bob Durkin, president, The Greater Scranton Chamber of Commerce; Laura Ducceschi, president & CEO, The Scranton Area Foundation and 2023 ATHENA Award recipient; Donna Barbetti, and Mari Potis, director of membership and events, The Greater Scranton Chamber of Commerce.

Bank. Tickets can be purchased online at www.ScrantonChamber.com.

The ATHENA Award was first presented in 1982 in Lansing, Michigan, and has grown to include presentations to more than 5,000 individuals in hundreds of cities

in the United States as well as in Canada, China, Russia, and the United Kingdom.

The award takes the form of a hand-cast bronze sculpture symbolizing the strength, courage, and wisdom of the recipient.

Nutrition Month calls for changes

By Dr. C. Kilduff, DO

March is National Nutrition Month, and many of us know what to do with our nutrition but we rarely do it. One of the most important tips for good nutrition is to be vigilant about hydration and to drink plenty of water.

Drinking water also has the positive effect of filling your stomach so you will be less hungry during your meals. Now is the hard part and it goes against most of our NEPA heritages, Portion Control...

Try cutting your plate in half on the left side, and make sure that entire side (50%) is composed of non-starch vegetables and/or low-sugar fruits. On the right side, cut that in half again, the top quarter (25%) should be lean protein and the bottom quarter (25%) should be fiber rich carbohydrates (legumes or whole grain based).

Compare this to your last restaurant visit, where most like the protein was the largest portion and the vegetables were the smallest, correct? An easy fix here is to drop the carbs and ask for double vegetables. As always, change usually happens slowly but if you can start applying these principles your overall health will improve.

Note: Dr. Kilduff is Medical Director of Hospice of the Sacred Heart

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Double R Twirlettes twirl-a-thon to be held on April 15



The Double "R" Twirlettes will hold their annual twirl-a-thon to benefit Saint Joseph's Center on Saturday, April 15. Group members will perform from noon-2pm at the Viewmont Mall. The event is free and open to the public and donations for Saint Joseph's Center will be accepted. For more information, please call 570-489-1935 or visit www.doublertwirl.com. The Twirlettes are under the directions of Kathleen Y. Mercatili. Shown, first row, from left: Sola Talarico, Alessandra Morelli-Kolatis, and Emma Rorick. Middle row, same order: Leah Gilbert, Olivia VanLuvender, Casidy Montanya, and Molly Gilgallon. Back row: Julia Black, Eva Schuler, Rachel Mosher, Brielle Esken, Eleanor Spence, and Kali Mercatili.



Members of the Double "R" Twirlettes are shown backstage with Tux, the Wilkes-Barre Scranton Penguins Mascot, before their recent "center ice" game performance at the Mohegan Sun Arena. The group is under the direction of Kathleen Y. Mercatili. Front row, from left: Alessandra Morelli-Kolatis, Eleanor Spence, Madeleine Scheunmann of Dunmore, Sola Talarico, Emma Rorick, Kali Mercatili, and Rachel Mosher. Second row, same order: Molly Gilgallon, Eva Schuler, Olivia VanLuvender, Julia Black, Brielle Eske of Dunmore, Khloe Agapito, and Casidy Montanya. Back row: Sara Swavola, Madison Waltz of Dunmore, Madison Stavisky of Dunmore, Morgan Tullio, Sadie Solensky, Noelle Hunter, Kristen Griffiths, and Lydia Monroe.



Spirit of Hope Board of Ambassadors include, front row, from left: Atty. Chuck Volpe, Edward Cosgrove, Joe G. Ferguson, Esq., Pat Sicilio, Nicholas Colangelo, Ph.D., Leo Vergnetti, Board of Ambassadors Chairman, Tom DePietro, Greg Gagorik, Philip Medico, and Vince Scarpetta. Second row, same order: Christopher A. Peters, M.D., Matt Beynon, Patty Vergnetti, Julie Eisenman, Marta Gomes, Robin Long, Amanda E. Marchegiani, Community Relations Coordinator, Northeast Regional Cancer Institute, Vanessa Vergnetti-Thomas, Meghan Gagorik, Vito Pizzo, and Joe Mattioli. Third row: Richard P. Conaboy Jr., Nevin Gerber, Kristie Hynoski, and Traci Fosnot. Absent from photo: Tom Blaskewicz, Susan & Jim Brady, Trish Colangelo, Thomas P. Cummings, Jr., Esq., Thomas P. Cummings III, Esq., Mary Erwine, James T. Gorman, John & Jennifer Heil, Charles C. Jefferson, Paul McGloin, Chuck Morgan, Brian McQuestion, Evie Rafalko McNulty, William Rinaldi, David J. Nape, Eugene D. Sperazza, Esq., John P. Rodgers, Esq., P. Richard Scheller, U.S. Representative Dan Meuser, Melissa Stites, Joseph Tomko, Tony Vergnetti, Steven J. Szydlowski, Ph.D., Linda Marino-Brooks, Dana Morris, Karen M. Saunders, President, Northeast Regional Cancer Institute, Jo Ann Romano Hallesky, Joe Van Wie, Dino Campitelli, William Davis and Clarence Baltrusaitis.

Spirit of Hope Ambassadors donate \$54,789 to fight cancer

The Spirit of Hope Celebration Board of Ambassadors recently presented the Cancer Institute with a \$54,789 check from their 2022 Spirit of Hope event.

"On behalf of the Ambassadors who truly exhibit the 'Spirit of Hope' we are thrilled to present you with these funds to help individuals receive early detection and free screenings," said Leo Vergnetti, Chairman of the Board of Ambassadors.

The Board of Ambassadors, a group of community volunteers, hosted the tenth annual Spirit of Hope Celebration in November at Mohegan Pennsylvania. More than 300 people were in attendance. The event featured cocktails, hors d'oeuvres, music and a silent auction. Bob Durkin was the Tribute to Courage Honoree.

Proceeds from the event benefited the Cancer Institute's Community-Based Cancer Screening Navigation Program. This program helps individuals in northeast Pennsylvania get their recommended colorectal, breast, cervical, and lung cancer screenings.

The Northeast Regional Cancer Institute is a nonprofit community-based agency serving seven counties in northeast Pennsylvania with offices located in Scranton and Wilkes-Barre. Focusing on surveillance, community and patient services, and hospital and practice support services, the Cancer Institute invests 100% of its resources locally.



A check presentation representing the proceeds of a recent Spirit of Hope celebration included, from left: Karen M. Saunders, President of Northeast Regional Cancer Institute, Leo Vergnetti, Chairman of the Spirit of Hope Board of Ambassadors, and Laura Toole, Executive Vice President of Northeast Regional Cancer Institute.

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