

Dunmorean of the Month GREG WOLFF



By Steve Svetovich

Dunmore borough manager Greg Wolff has a history of helping people. He's a master at it.

Wolff is a long-time Dunmore resident who has been employed by the borough for close to three decades in several capacities from fireman to his present position as borough manager.

He is responsible for many areas and duties in the borough which the public does not fully realize. Ready to help anyone in every possible manner, he is respectful, kind, and hard working.

Wolff, 51, is a 1991 graduate of Scranton Central High School, part of its last graduating class.

Prior to working for the Dunmore Borough, he served three years in the United States Navy. He served as an aircraft mechanic in the U.S. Navy and also spent a year in Iraq as a civilian firefighter. After the Navy, he received an associate degree in fire science from Luzerne County Community College. Giancarlo, and Giulietta.

He then moved to Dunmore when he became a firefighter for the Dunmore borough.

"We had fire training in the Navy," he said. "I decided to take that knowledge and apply it to a degree to become a fireman. It was a good decision and led me to Dunmore."

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Dunmore's Keystone UNICO is planning its 13th annual Charity Pig Roast on Saturday, April 5, from 5-9 pm at Fiorelli's. The theme is "The Sensational Sixties" and this year's primary beneficiary is the Scranton Counseling Center. Guests will be photographed by Richard Banick and there will be an open bar with hors d'oeuvres, an Italian buffet, musical entertainment, large basket raffle, as well as "The Italian Money Umbrella" and "Wilbur the (money) Pig," both with Cash Prizes. Reservations are a must and can be purchased by calling Michele at 570-343-7009. Tickets are \$70. Sponsorship opportunities are available by calling Mark at 570-335-7830. Committee members are, front row from left: Mary Ann Coviello, Anne Martino, Keystone President Michele McDade, Pig Roast Chairs Marie Merkel and Terese Pellegrino, Cesira Bernardelli and Nancy Malone. Back row: Cathy Gerard, Eileen Kovatch, Vince Martino, Diane Beckage, Tina Haas, Val Riggi, Frank Coviello, Ann Summa, Toni DiVizio, Mark McDade and Marilyn Vitali.



The Dunmore Lions Club recently installed two new members during the District Governor's visit at its meeting at Carmella's in Dunmore January 30th. District Governor Sandy Thubborn offered remarks. Installing official was Past District Governor Cathy Metschulat. Pictured in group photo from left are Michael Colangelo, sponsor; Sean Colangelo, new member; Cathy Metschulat, installing official; Patrick Clark, new member; and Gino Tempesta, sponsor.

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THE MONTH

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Dunmorean of the Month

(Continued from Page 1)

Wolff served for 25 years as a Dunmore fireman from October 1997 through October 2022. He was then named Dunmore borough manager after an opening came about.

"The opening came up when the previous borough manager resigned. I decided to apply and here I am."

Wolff says he took great pride in the challenges taken on as a Dunmore firefighter.

"You face many challenges as a fireman," he said. "Some challenges are greater than others, but you come prepared to meet them head on. You take great pride in being able to help people. It makes it all worthwhile. It's nice when you can help a person or family out."

Being a people person is important to the Navy veteran and he brings that attitude to his present position as borough manager.

"It's all about helping people," he said. "Everyday someone walks into the office with a problem to solve. The gratification comes with helping people out with their issues and problems."

"A borough manager has many

varied day-to-day operations, from answering phone calls, responding to complaints, attending council meetings, administrative work, trouble shooting, reading and responding to e mails and dealing with problems such as frozen pipes. It covers a whole gamut of issues. Most days are very busy. My day goes by extremely fast. I look up at the clock and all of a sudden the work day is over."

Wolff said he took on the position as borough manager because he was looking for new challenges and likes dealing with people.

"And I get to help people out just like with the fire department, but in a different way."

The conscientious borough manager said his hobbies are "fishing and work."

Wolff said he is currently working towards an online bachelor of science degree from Columbia Southern University.

In the meantime, he enjoys keeping busy as Dunmore borough manager.

"Now I get to work and help manage all aspects of borough government, help handle complaints, assist with the borough budget, work closely with council

members, and even handle pot hole complaints.

"I have my hand in everything and love it. It's great serving the people of Dunmore and helping them out."



Gregg Wolff



Dunmore Borough Manager Gregg Wolff is shown while in the Navy on board the USS Carl Vinson in 1993.

**COMING
SOON**

DOE'ING IT RIGHT: BUCKTOWN MOMS WHO MAKE DUNMORE SHINE

Mother's Day Feature

The Dunmorean is proud to present a special feature—"Doe-ing it Right: Bucktown Moms Who Make Dunmore Shine"—a spotlight on our local mothers who are the true heart of Dunmore.

Whether it's their infectious spirit, unwavering support, or the love they pour into their families and our town, these amazing women deserve to be honored!

We're inviting YOU to submit a high-quality photo of your favorite Bucktown mom to be included in this year's Mother's Day Portrait Section. We're keeping it fun and casual—no professional photos required, just a picture that shows the love and joy these wonderful women bring to our community.

- Deadline: Monday, April 21
- Submit to: submissions@thedunmorean.com
- Cost: \$20 (paid in advance of publication)

William J. Healey

We are deeply saddened to inform you of the passing of William J. "Billy" Healey, our beloved Dunmorean deliveryman who brought this paper to you every month.

Billy, 80, passed away on January 20, 2025, at Geisinger CMC in Scranton. He had recently celebrated his 80th birthday on January 2, 2025, and his 55th wedding anniversary with his wife, Pam, just weeks prior on November 29, 2024.

Billy was a proud member of our community and an outstanding American who will be remembered for his lifelong service as a first responder, a veteran, and a dedicated family man. His selfless dedication to his work and country, including his time as a member of the Ironworkers Union and a first responder on 9/11, will not be forgotten.

He was a devoted husband to Pam, father to his children, and grandfather to his beloved grandchildren. His love for his family and community was evident in everything he did. He enjoyed spending time with his family in Stone Harbor and Puerto Rico, as well as enjoying many Tuesday nights at Ragnacci's, where he had his corner seat at the bar.

Billy will be deeply missed by all who knew him. He is survived by his wife, children, grandchildren, and many friends. His memory will live on in the hearts of those he touched throughout his life.

John M. Hart, III, Publisher

Dunmoreans on Dean's List at Marywood

Dunmore students who have been named to the Fall 2024 Dean's List at Marywood University have been announced from each of its colleges. Undergraduate students who earn a semester GPA of 3.50-4.00 on 12 or more graded credits merit this academic honor.

Dunmore students named to the Dean's List from the College of Health Sciences as declared by Dean Shelby W. Yeager, M.Ed., LAT, ATC, CSCS, include: **Joseph Cardillo, Kylee Jezorwski, Alexis Overholtz, and Kelly Royer.**

Dunmore students named to the Dean's List from the Reap College of Creative and Professional Studies as declared by Dean James Eckler, M.Arch, MSAS, include: **Colton Barrett, Mia Blume, Michael Bonavoglia, Faith Bravo, Joseph Brown, Thomas Ciccotti, Olivia Ciullo, Jacob Grande, Nicholas Mecca, Jillian Mooney, Maive Pawelski, Emma Renard, Hunter Robertson, Lia Schwenk, Haylee Sileo, Taylor Simpson, Antonia Summa, Carissa Tallo, and Rachel Zarubski.**



Congratulations to December Students of the Month at Dunmore Middle and High School. They are: William O'Malley, seventh grade; Keya Patel, eighth grade; Ian Rafalko, ninth grade; Anthony Yerka, tenth grade; Alexis Pilar, eleventh grade, and Abigail Kocher-Vinton, twelfth grade.



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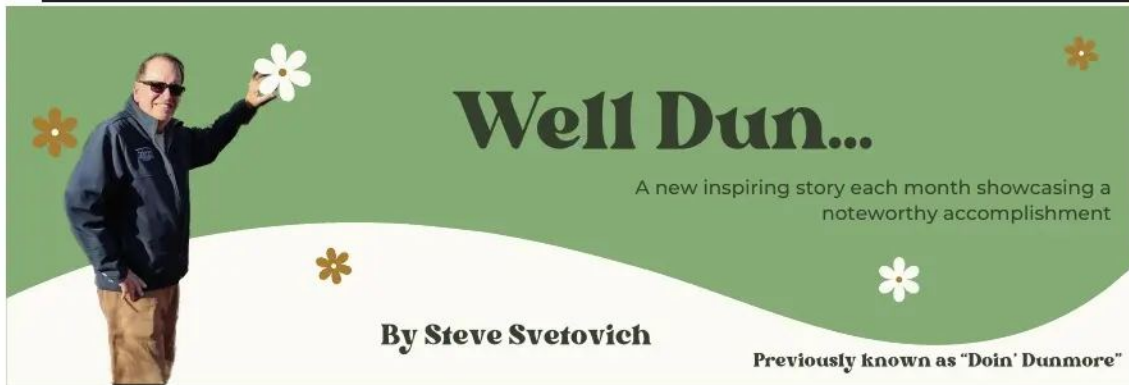
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Dunmore native J.C. Roberts writes poetry

Most people at 62 start to think about retirement.

But not Dunmore native J.C. Roberts. He is starting a new career. And it's his passion.

The 1980 Dunmore High School graduate recently published his first book of poetry, "The Cobblestones I Know." The book was published by Foothills Publishing, Kanona, New York.

Roberts grew up in Dunmore and spent his youth and young to middle adult years as a "day-dreamer" of sorts before dedicating his past five years to serious writing.

From his teen years, Roberts transformed his daydreams into poetry and prose.

His passion for writing led him to earning a master's degree in creative writing from Wilkes University. He is currently pursuing

his MFA at Wilkes.

Roberts recently was added to the Artists in Education Roster. He was published in other local and state anthologies and is presently a Fulbright Scholarship candidate to assist teaching English in Romania.

He is currently in the process of writing another book.

Roberts formerly worked as a gas contractor for UGI. He surveyed gas lines for 11 years until February of 2020.

Roberts previously attended Marywood University, but never graduated.

He began writing in 2020 after leaving UGI and applied to the Master's creative writing program at Wilkes. He was accepted without a bachelor of science or bachelor of arts degree and began intensified work in creative writing

earning his Master's degree in 2022.

"I was accepted based on creative work and life experience. It was intense and involved a lot of writing, which is my passion. Now I am a Fulbright candidate at 62 to teach English in Romania.

"My friends tell me I am doing things backwards in life by pursuing my true passion and career interests in my retirement years," Roberts reveals.

"However, this is all about expression and creative healing. It's not about the money.

"Literature is a love that moves you. It's how you turn these feelings into an elusive observation. My purpose in writing is to bring out reading and creativity back to Lackawanna County."

"I love Dunmore and much of my writing and poetry is based on my experiences growing up in the borough," says Roberts.

The gas contractor turned writer said his experience at Wilkes University was the best in his life.

"I was exposed to so much creativity and great writers. We just wrote and wrote. It was so beneficial."

Roberts currently works at Pride Mobility in Duryea. He works the 7 a.m. to 3:30 p.m. shift which gives him time to pursue his writing projects and new career interests.

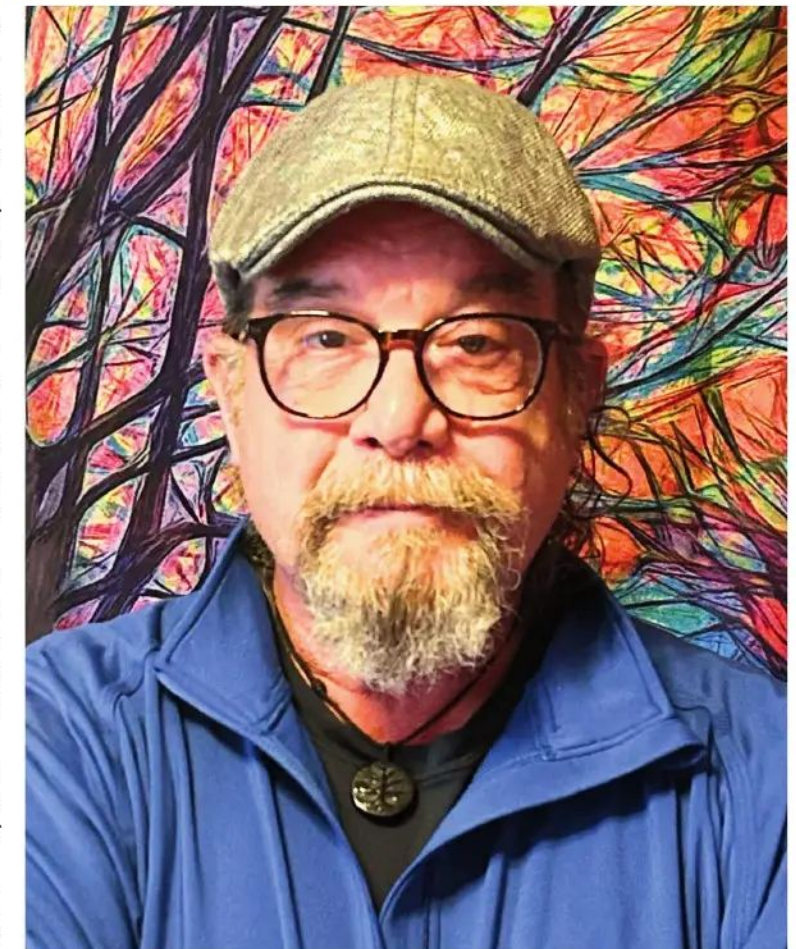
"I dedicated myself to writing. This job gives me the time to do that. They were very supportive of my journey."

His book, "The Cobblestones I Know" was part of his Master's thesis at Wilkes.

Roberts' daughter Jessica Ehnott, Dunmore, graduated from Wilkes University with a Doctor of Pharmacy degree. His son, Ian Roberts, resides in Falls. Both are Dunmore graduates.

"Ironically, I graduated from Wilkes after my daughter did," he laughs.

Roberts said he will continue to enthusiastically pursue his passion for writing. "It's never too late to start doing what you love," he said. "This is my retirement plan."



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"The basis of our governments being the opinion of the people, the very first object should be to keep that right, and were it left to me to decide whether we should have a government without newspapers or newspapers without a government, I should not hesitate a moment to prefer the latter."

- Thomas Jefferson, 1787

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Emmy Award-winner joins ScrantonShakes production

By Maureen Hart

Friends from childhood, and former roommates at the University of Scranton, Dunmoreans Bob Bessoir and Brian McGurl have each pursued careers focused on the arts.

Now they are coming together again to present Irish playwright Sean O'Casey's *Shadow of a Gunman* as part of the winter season of

the Scranton Shakespeare Festival located at the ShakesSpace at the Marketplace at Steamtown during later this month.

It was McGurl, a retired teacher from Dunmore High School, who came up with the idea to produce an Irish play in conjunction with Scranton's annual St. Patrick's Day celebration.

Brian acts as venue liaison for the ShakesSpace and he visualized

using the black box space to bring another dimension to the annual celebration of Irish heritage.

"We have a huge Irish-American population in this area," he notes. "And everyone turns out for the St. Patrick's parade and the Friendly Sons dinner. Why not add a professional theater production to the mix?"

McGurl mentioned the idea during a conversation with his buddy Bessoir, who had visited the ShakesSpace

during a visit to this area last summer.

Bessoir—who maintains an apartment in Manhattan, and lives in the Los Angeles area where he is an Emmy Award-winning lighting designer and director of photography currently working on "General Hospital"—immediately volunteered to fly in and help design the show.

"We have big plans," Bessoir reveals. "Brian and I agree that this play's theme and plot is so topical, dealing as it does with politics and violence. But it's also very funny—until it isn't."

Shadow of a Gunman is a tragicomedy set in the slums of Dublin during the Irish War of Independence (1919-21) and is part of an O'Casey trilogy including *Juno and the Paycock*, set during the Irish Civil War, and ending with *The Plough and the Stars*, set during the Easter Rebellion.

These plays are known for their realistic portrayal of the dangers of Irish patriotism, tenement life, and survival. They are also considered tragicomedies that use violent death to highlight the bravado of the characters.

"When I came up with the idea of doing this, I approached our artistic director, Michael Bradshaw Flynn, who liked the concept," says Brian.

"Then everyone I approached about acting in the show jumped right on board, and we have a truly outstanding cast. And I am lucky because my wife, Dawn, who is president of the Scranton Shakespeare Festival, is also doing the costumes, so she and Bob and I are a triumvirate putting this together."

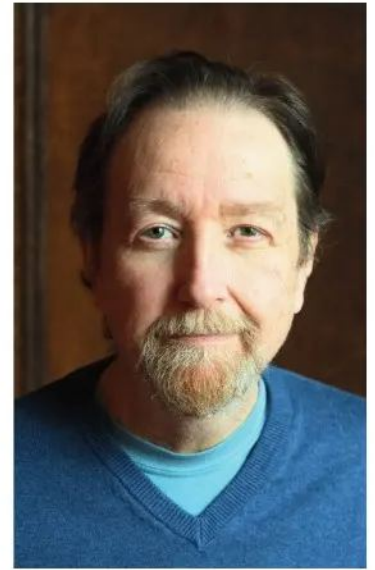
McGurl explains that one of his earliest theater memories is a production of this show directed by his father, Bernard McGurl, at the University of Scranton back in the mid-60s. While his father was drama director at the U of S, Bob's father was the renowned basketball coach for the Royals.

"Bob and I are part of a friend group dating back to our college days, who remain very close to this day," McGurl explains. "There wasn't a drama major at the university back then. We were a club, and we worked together on plays such as *Henry V* and *Hamlet*."

McGurl and Bessoir are not the only ones from their friend group to become involved in the O'Casey production.

"I approached another friend, Joe Mullen, and asked if he wanted to be in a play," Brian says. "He jumped on board. Then Bob mentioned it to another friend, John Foley, who lives in San Diego, and he and his wife Paula kicked in with a donation."

Sean O'Casey was committed to the concept of realism in theater, so Bessoir is working hand-in-hand



Bob Bessoir



Brian McGurl

with McGurl to achieve a detailed set with light and sound. Ryan Carey is acting as assistant and head electrician.

Bessoir will fly in from LA the weekend before the show to put the finishing touches on the design.

His expertise in technical design dates back 40 years, and has been honed by working first in theater in New York City before he switched to television. With the corporatizing of theater," Bessoir recalls. "We went from maybe 21 plays opening a season down to about 10, and a lot of those were brought in from London and Disney. The work just wasn't there anymore."

It was another friend from their university group, designer Dennis Size, who encouraged Bessoir to move into soap operas.

"I wasn't initially thrilled with that idea," Bob admits. "But I tried it, and because I thrive under pressure, it worked out for me."

Doing a soap opera is like doing a play a day. A new play each day, not the same one, of course. It requires close collaboration with cast and crew to film about 120 pages of dialogue in just one day."

Bessoir says people fail to realize how incredibly talented soap actors are, doing 10 episodes in six days with four cameras filming all at one. "It's very cinematic, and also very

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THE SHADOW OF A GUNMAN

BY SEÁN O'CASEY

DIRECTED BY BRIAN MCGURL

FEBRUARY 28, MARCH 1 & 2

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THE SHAKES SPACE
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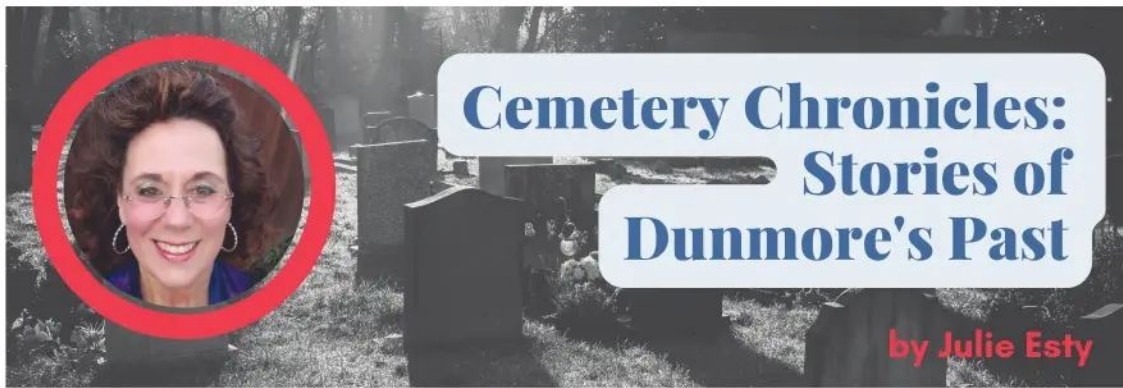
JOE MCGURL
DONAL DAVOREN



BRIAN MCGURL
DIRECTOR



MICHAEL
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Marion Campbell went north to Alaska

Marion Gertrude Campbell
1849-1932

*"North to the Future."
(Alaska state motto)*

Cemeteries are like libraries. Each grave and stone being a life lived and a story to be told.

Like books, some graves have beautiful covers and are sizeable. Other books are small and sit on shelves anonymously. Despite their anonymity, a wonderful story lies within their pages.

Such is the case with a small stone bearing only a number in the Home for the Friendless section of the Dunmore Cemetery. Despite its small size and lack of inscription a wonderful story lies beneath.

Little is known about the early years of Marion Campbell. What is known is that she was born in Michigan in 1849. By the age of twelve, Marion was married to William S. Campbell and had one son, Lyman.

Together the Campbell's resided in Rochester, New York. William Campbell was employed as a house and sign painter. Marion worked as a dressmaker.

With the death of her husband in 1894, Marion, now 45 years old, was widowed. Prospects for women at that time were limited.

Marion could have remarried or continued as a dressmaker, but instead she embarked on a new life that would take her almost five thousand miles north of her home.

Marion affiliated herself with the Women's American Baptist Home Mission Society. This society ran orphanages throughout the United States.

Marion Campbell joined them in their good works and was sent to the Kodiak Baptist Mission in Wood Island, Alaska. This orphanage, operated under the supervision of Professor Curtis Coe, cared for disadvantaged Indigenous children.

In addition to receiving housing, an education, and medical care, the children of this orphanage were also taught life skills such as cooking, cleaning, sewing, and how to find employment.

Affectionally known as *Grandma Campbell*, Marian worked at the mission ministering to the needs of the children in the care of the orphanage for over a decade.

In 1908, Marion lost her son Lyman. During her years working at the mission, and with no surviving relatives, Marion Campbell became a part of the Coe family. So much so that she was the namesake for Coe's youngest daughter.

When Professor Coe left the Kodiak orphanage in 1909 to take a position as the head of the Commercial Department at McMinnville College in Oregon, Marion Campbell followed.

In 1920 the Coe family came to Northeastern Pennsylvania when Professor Coe became the Principal at Keystone Academy (Keystone College) in Factoryville.

By this time, Marion Campbell was in her seventies. She had devoted most of her life to caring for others and became a resident of Scranton's Home for the Friendless. Despite her age she helped care for residents there until her health no longer allowed it.

Following a lifetime of service to others, Marion died on March 12, 1932 from diabetes. She was laid to rest in the Home for the Friendless section of the Dunmore Cemetery under a marker bearing only the inscription 121.



In the only known photograph of Marian "Grandma" Campbell in existence, she is shown at left in the white blouse. The picture was supplied to Julie Esty by the Kodiak Baptist Mission in Alaska. One of the organization's employees went through old newsletters to find the image, which is over 100 years old.



Shown are stones in the Home for the Friendless section of Dunmore which contain only numbers instead of names.



This monument at Dunmore Cemetery honors those buried in the Home for the Friendless area. It notes that this organization, founded in 1871 was renamed as the Friendship House on July 26, 1944.



The Dunmore Lions Club recently held its annual benefit show featuring "The Magic of Damian," Pennsylvania's foremost magician, hosted this year at Saint Mary's School. This marks the 31th year the Lions have brought Damian's magic to elementary students in Dunmore elementary schools, including Dunmore School District Elementary Center. All proceeds will be utilized for scholarships to help defray college expenses for Dunmore and Holy Cross High Schools. Shown from left are: Jim Colangelo, Lion Club president; Danny Cobley, Emily Johnston, teacher; Taylor Brown, Pia Meade, Damian, Renee Iezzi, Lion member and school nurse; Grace Markovich, Kimberly Art, teacher; Gemma Gregory, Maryelizabeth Shattin, principal.



AT LEFT: Damian the Magician is shown mesmerizing his audience of elementary students during a special show sponsored by Dunmore Lions Club.

AT RIGHT: Damian provided another excellent show with new magic tricks. Damian himself is a very approachable person who enjoys meeting with the children after each performance.



Damian the Magician performs benefit show hosted by Lions Club



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Winter's Bite: The Hidden Liabilities of Snow and Ice

As winter settles in, especially in places like Northeastern Pennsylvania, snow, ice, and frigid temperatures bring both beauty and danger.

With every winter season, the threat of winter storms looms, and property owners, businesses, and drivers all face the same question: who is responsible if someone is injured due to the hazardous conditions these storms create?

In Northeastern PA, where winter weather is often harsher than in many other parts of the state, the importance of understanding liability during winter storms cannot be overstated.

It's an issue that resurfaces each year but feels especially relevant this winter, which has proven to be harsher than the recent years.

Premises Liability: Who's Responsible for Snow and Ice?

When a winter storm strikes, property owners are required to take reasonable steps to keep

their premises safe. This includes clearing snow and ice from walkways, driveways, and parking lots. In Pennsylvania, a property owner has an obligation to maintain their property in a reasonably safe condition to prevent injuries.

However, this doesn't mean that property owners are always liable for injuries that occur due to snow and ice. In many cases, courts have ruled that property owners aren't responsible for injuries caused by "natural accumulations" of snow and ice.

This means if a storm is still in progress or if there hasn't been enough time for the property owner to clear the snow or ice, they may not be held liable.

But here's where things get tricky: once a reasonable amount of time has passed after a storm, property owners are expected to have cleared their property of hazardous conditions. The longer it takes to clear an area, the more likely it is that a property owner will be held liable for any injuries that occur.

This becomes particularly

significant in a year like this one, where the severity of the winter storms has made it even harder for property owners to stay on top of the cleanup.

Slippery sidewalks, ice-covered driveways, and snowdrifts are all common hazards that can lead to accidents—and when they occur, questions about liability arise.

Trust me, I know—there's often nothing more inviting than sitting inside my warm house, in my favorite sweats by the fireplace, watching a movie, and looking out the window at the picturesque snow falling. It's all peaceful and serene... until the realization sinks in that I'll have to get out there and shovel it soon.

Then it becomes a waiting game. I'm watching out the window, hoping my brother-in-law, who lives next door, will beat me to it and shovel the walks.

I'm pretty sure he's watching the same thing, waiting for me to get out there first. It's like an unspoken competition between us, one that we both secretly know will eventually end in each

of us trudging out there to clear the snow.

Of course, the one who ends up shoveling may be the one most worried about liability after someone slips and falls on a poorly cleared sidewalk. Keeping those walkways clear not only prevents injuries but also keeps us from getting into trouble down the line. It's a small task with big legal implications.

Winter Weather Accumulation and Your Home

While you're busy shoveling the sidewalks, it's also essential to remember that the winter weather can affect more than just the walkways. As snow accumulates and ice builds up on your roof, gutters, and foundation, it's important to conduct periodic inspections of your home.

Ice buildups and excessive snow can cause significant damage, leading to leaks, roof damage, or even structural issues in extreme cases.

What many homeowners don't realize is that if damage occurs from snow or ice accumulation and the homeowner hasn't properly maintained their property, their homeowner's insurance might deny claims based on exclusions in their policy.

Insurance companies often have specific clauses regarding maintenance and preventive measures, so if the damage is deemed avoidable and the property wasn't properly maintained, claims could be denied.

So, while you're out there shoveling, take the extra time to inspect your roof, gutters, foundation, and any other areas where winter accumulation might cause damage. A quick check could save you from costly repairs later and ensure that your property is protected.

Driver Liability During Winter Storms

The responsibilities of property owners aren't the only ones in question during the winter months. Drivers, too, face liability concerns when road conditions are dangerous due to a winter storm.

In Pennsylvania, drivers are expected to adjust their driving to the conditions of the road. This means slowing down, maintaining a safe following distance, and being prepared for sudden stops.

If a driver fails to adjust their driving to winter conditions and causes an accident, they may be held liable for damages.

The icy roads and visibility issues caused by snowstorms can make driving more dangerous, but drivers are still expected to

take the necessary precautions to avoid accidents.

In a year with harsher-than-usual winter weather, like this one, drivers face an increased risk of accidents. The combination of snow, ice, and even freezing rain can make roads treacherous, and unfortunately, not all drivers are prepared for the severity of these conditions.

Insurance and Liability: Protection During Winter Storms

For both property owners and drivers, winter storms often lead to a rise in insurance claims. Whether it's a slip-and-fall accident due to untreated ice on a sidewalk or a car accident caused by poor road conditions, liability can be mitigated by insurance coverage.

For property owners, having the right type of liability insurance can protect them from claims related to accidents on their property due to hazardous winter conditions. Similarly, drivers are advised to carry comprehensive and collision insurance, which can help cover damages if they're involved in an accident caused by snow or ice.

As we've seen this year, with the harsher-than-usual winter conditions in Northeastern PA, it's even more important for individuals and businesses to be prepared. Checking insurance coverage and ensuring that snow removal plans are in place are crucial steps in reducing the risk of liability.

Conclusion: A Yearly Issue That Demands Attention

Winter storms and the potential for accidents due to snow and ice are a recurring concern every year, but this winter, with its harsher conditions, brings even greater urgency to the matter. Property owners, businesses, and drivers alike must take extra precautions to avoid injuries and accidents, and in turn, minimize the potential for liability.

Winter weather is unpredictable, but the responsibility for keeping people safe during a winter storm is clear. Property owners and drivers should always be proactive in addressing the hazards posed by snow and ice.

Whether through timely snow removal, careful driving, or regular home inspections, taking the right steps today can prevent accidents tomorrow.

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Musical comedy 'Nunsense' to be staged in fundraising event for higher education

The smash-hit musical comedy *Nunsense* returns to Scranton on March 22 and 23 at the People's Security Theater on the campus of Lackawanna College.

Our Cabaret Productions is partnering with Lackawanna in this professional theater fundraising event to support higher education in the region. The music and antics of the Little Sisters of Hoboken will entertain audiences on Saturday, March 22 at 7 p.m. and Sunday, March 23 at 2 p.m. Tickets are \$35.

Patrons can also enjoy pre-show dinner or brunch from St. Julia's Kitchen before each show at 409 on Adams, the college's

student-run restaurant. Advanced reservations are required, \$45 per person.

Tickets for the show, brunch, dinner, and a VIP meet-the-cast reception following the March 22 performance are available online at ourcabaret.com.

The show will star Rob Misko as Rev. Mother and John Baldino as Sr. Mary Hubert with Laura Lockwood as Sr. Mary Leo, Christine McGeachie as Sr. Mary Amnesia, and Courtney Rosenkrans as Sr. Robert Anne.

Nunsense is produced by Baldino and directed by Misko with tap choreography by Ballroom ONE Dance Company, Eynon.

"This is an extraordinary opportunity for our cast and crew as we celebrate our company's 20th anniversary," says Baldino who is general manager of Our Cabaret Productions and an assistant professor at Lackawanna.

"The People's Security Theater at Lackawanna College is a special gem in a city so rich in theater history and *Nunsense* is a gem of a show in the musical theater world.

"Bringing them together will be a tremendous experience for faculty, students, staff, supporters of the college, and theater-goers all over northeastern Pennsylvania. I'm also eager for my students and colleagues to meet Sr. Hubert."

"I have had a love affair with *Nunsense* since I first saw the off-Broadway production in 1985," says Misko, who directed the first non-Equity production of *Nunsense* in the world in Carbondale and has performed as Rev. Mother more than 150 times.



Cast members of the upcoming production of "*Nunsense*" include, from left: Courtney Rosenkrans as Sr. Robert; John Baldino as Sr. Mary Hubert; Rob Misko as Rev. Mother; Christine McGeachie as Sr. Mary Amnesia, and Laura Lockwood as Sr. Mary Leo.

"And it's always special to direct and perform in the show. To mount a *Nunsense* production alongside my closest friends in a space like the People's Security Theater is a dream come true."

Nunsense begins when the Little Sisters of Hoboken discover that their cook, Sister Julia, Child

of God, has accidentally poisoned 52 of the sisters, and they are in dire need of funds for the burials. The sisters decide that the best way to raise the money is to put on a variety show, so they take over the school auditorium, which is currently set up for the eighth-grade production of *Grease*.



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CUISINE



Longtime Dunmorean food editor Cheryl Sempa Radkiewicz retiring

The Dunmorean's longtime Food Editor, Cheryl Sempa Radkiewicz, is retiring after many years with this newspaper. Her column, "Cheryl's Cuisine," has long been a favorite feature of Dunmorean readers.

Cheryl, who also worked for many years as a school teacher and with the NEIU, has extensive previous experience in the newspaper business with the former Scrantonian Tribune, which her father, Frank Sempa, served as City Editor for many years. At the Trib she worked as correspondent and reporter for local communities.

She has also worked for decades on various publications founded by the late John M. Hart Jr., including The Dunmorean, as well as with current Dunmorean editor, Maureen (Garcia-Pons) Hart.

She is the wife of John Radkiewicz, daughter of the late Frank and Minerva Sempa, and sister of Msgr. John Sempa, Attorney Fran Sempa, and Barbe Sempa.

Maureen Hart and publisher John M. Hart III, Esq., extend their best wishes to Cheryl on her retirement and a deep appreciation for her many contributions to local journalism and education over many decades.



Take a modern approach for Valentine dinner

Romantic Valentine's Dinner: A Culinary Experience for Two

When I'm not at work, I'm home with my family. And when I'm not rolling on the ground playing cars with my kids, I'm usually cooking for them.

When asked if my parents cooked, I chuckle because I considered my mom a "box-top" cook—she'd mostly make recipes found on the packaging of grocery items like Uncle Ben's honey mustard pork chops or the iconic casseroles of the '90s.

Then there's my dad. I do recall him making Mrs. T's pierogis and also bananas foster, only once. He couldn't figure out why the dish wouldn't flambé, so he kept adding rum. Unfortunately, it wasn't high enough proof, resulting in a borderline intoxicated 10-year-old (me).

To find my inspiration, we have to go back another generation. I grew up close to my Grandma and

her sister, my great-aunt. I spent afternoons with them after school until my mom and dad got home from work. This meant countless hours at the grocery store (far more than I liked) and in their kitchen.

I don't think it was until after college that I really began devoting time to the technical components of cooking—reading up on food science and the proper use of utensils, for example.

My favorite chef, hands down, is Alton Brown (hereinafter referred to as "A.B.").

His approach to cooking is incredibly informative for people of all skill levels. He doesn't just teach recipes—any rice box can do that. He teaches the *why* behind every step of preparing a meal.

This method enables you to become independent of recipes, TikToks, or other single-use instructions, allowing you to put your own twist on a dish. Mastering the technical components and

the basics is key, and I couldn't think of a better food item to discuss than filet mignon.

It is simple, elegant, and requires technical precision, let's get started.

Valentine's Day is the perfect occasion to show love through the art of cooking. This elegant four-component dinner brings restaurant-quality dishes to your table, focusing on techniques to elevate each component.

Prepare your ingredients with a **mise en place** approach to ensure a smooth cooking process. Let's dive into the menu:

Filet Mignon with Red Wine Reduction
Truffle Mashed Potatoes
Roasted Asparagus
Molten Chocolate Lava Cake.

Filet Mignon with Red Wine Reduction
A tender, juicy steak paired with
(Please Turn to Page 11)

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(Continued from Page 10)
a rich, velvety sauce.

Ingredients:

2 filet mignon steaks (6-8 oz each) **Kosher coarse salt and freshly ground black pepper**

2 tbsp avocado oil
2 tbsp quality butter
2 garlic cloves, smashed
3 sprigs fresh thyme
1 cup dry red wine
1/2 cup beef stock
1 tbsp balsamic vinegar

Technique:

1. Prep Steps: Remove the steaks from the fridge and completely cover them in salt.

Many people undersalt their meats because they get intimidated by the appearance of a completely coated meat, but much of this comes off during the cooking process, and when cooking thick steaks, it's really the only way to penetrate the exterior of the meat with flavor.

I'm no scientist, but it has something to do with reverse osmosis according to A.B. (Want to know why steaks always taste great at restaurants? Two reasons... Salt and Butter.)

2. Sear the steaks: Heat a cast-iron skillet over medium-high heat. Place seasoned steaks directly on the dry hot pan. (Don't worry, I'll show you how to simply remove any stuck residue from the pan later).

Tenderloin is a delicate cut of beef and very lean. It likes dry heat. Perhaps a touch of avocado oil but not much. And don't use olive oil. It has a low smoking point and will end up just burning your date's eyes rather than captivating them.

Sear steaks for 2-3 minutes on each side to develop a golden crust. Also, if you don't want to have the smoke detectors go off, make sure your range exhaust is on full blast and even crack a window to help get a good airflow in the kitchen.

3. Baste with butter: Lower the heat, add butter, garlic, and thyme. Tilt the pan and use a spoon to baste the steaks with melted butter for an additional 2-3 minutes. Remove steaks and rest under foil. Resting the steak is one of the most overlooked steps in home-cooking despite its crucial need.

Steak is a muscle and when it's been traumatized with heat,

it needs to relax and redistribute its juices which allows it to retain them rather than spill out the moment you slice through the steak.

Oh, and speaking of juices... for the love of God, it's not blood! It's myoglobin, a liquid protein containing a lot of iron and is good for you. Let's end the misconception of "bloody" steaks and how they gross people out. Together, we can make a difference!

4. Make the reduction: In the same pan, add the wine and bring up the heat a bit to tone down the alcohol and then add beef stock. Simmer until reduced by half. Stir in balsamic vinegar. Strain the sauce before serving. And to make the sauce glisten, stir in one pad of butter before serving.

5. Plating: Don't cut the steak. Let the diner do that, as it's part of the experience. Add finishing salt to the top of the steak for extra flair.

Cookware Tip:

Use a **cast-iron skillet** for even heat distribution and a **fine-mesh strainer** to refine your sauce. Also, sure you can learn the "palm" techniques for determining the doneness of steaks but why bother? Not everyone's palm is the same and we're not cooking in a restaurant at a fast pace. Invest in a good meat probe and don't be afraid to use it.

Truffle Mashed Potatoes

Luxuriously creamy with a hint of earthy truffle.

Ingredients:

1 lb Yukon Gold potatoes, peeled and cubed
1/2 cup heavy cream
4 tbsp unsalted butter
1-2 tsp truffle oil
Salt to taste

Technique:

1. Boil potatoes: Place potatoes in a pot of cold, salted water. It's important to salt the water as this is the first and only effective way to season the potatoes. Bring to a boil and cook until fork-tender (15-18 minutes). Drain well.

2. Mash potatoes: Use a potato ricer for a smooth texture. Gradually fold in warm heavy cream and butter.

3. Add truffle oil: Stir in truffle oil and adjust salt to taste.

Cookware Tip:

A **potato ricer** creates the per-

fect fluffy texture, and a **silicone spatula** ensures gentle mixing. But if you don't have the ricer, that's fine. I even simply use a fork to whip the potatoes right in the pot and it adds a variety of texture which I sometimes like all the same.

Roasted Asparagus

A simple yet elegant side dish.

Ingredients:

1 lb asparagus, woody ends trimmed
2 tbsp olive oil
Salt and pepper to taste
Zest of 1 lemon
Optional blue cheese, parmesan cheese, goat cheese, etc.

Technique:

1. Prepare asparagus: Toss asparagus with olive oil, salt, and pepper. Arrange on a baking sheet in a single layer. Add optional cheese if you'd like.

2. Roast: Bake at 425°F (220°C) for 12-15 minutes until tender and slightly caramelized.

3. Finish with zest: Sprinkle lemon zest over asparagus before serving.

Cookware Tip:

Use a **rimmed baking sheet pan** to prevent spills and ensure even roasting. I must have 6-8 of these in the kitchen at all times. They're a staple and can be picked up online or at any restaurant supply store.

In the kitchen, some utensils you may want fancy while others you may want commercial commodities, like these pans. Also, get wire racks that fit in the pans as well. They come in handy with many dishes.

Molten Chocolate Lava Cake

Full disclosure: I don't hold myself out as a baker. I am not a fan of baking as it requires precise measurements and I've learned the hard way that there are no workarounds to this aspect.

Additionally, I don't have a sweet tooth. (see the added salt in the recipes above!). Anyway, here's a decadent dessert with a gooey center.

Ingredients:

4 oz bittersweet chocolate (70% cocoa), chopped
1/2 cup unsalted butter
2 eggs
2 egg yolks

1/4 cup granulated sugar
2 tbsp all-purpose flour

Technique:

1. Melt chocolate: In a heatproof bowl, melt chocolate and butter over a double boiler until smooth. Let cool slightly.

2. Prepare batter: Beat eggs, yolks, and sugar until pale and fluffy. Gradually fold in melted chocolate and flour.

3. Bake: Grease 4 ramekins and dust with cocoa powder. Divide the batter among them. Bake at 425°F for 10-12 minutes, until the edges are set but the center remains soft. Serve immediately.

Cookware Tip:

Ramekins are essential for individual portions, and a **double boiler** prevents overheating the chocolate, but you don't need a special item for this. Just use your trusty receptacle that you cooked the potatoes in and then put a metal mixing bowl over it.

No need to have single use utensils in the kitchen and no need to create more dishes to clean than necessary. That will be a common theme throughout my food column, as a disciple of A.B.

Speaking of reduced cleaning, remember that strainer for the red wine reduction? Simply use that to powder your dessert with the cocoa powder.

Plating: Get creative when powdering your dessert. This is your opportunity to add an artistic flair.

Do something like only covering half the plate by first putting down a sheet of paper or even placing your fork down first before powdering and then carefully remove it before serving it to your special someone.

Mise en Place Reminder

Before cooking, measure and prep all your ingredients. This technique ensures smooth transitions between steps and prevents missing key ingredients mid-recipe.

Cookware and Gadgets on Amazon

Visit [The Dunmorean](https://www.amazon.com) for an Amazon shopping list featuring these gadgets:

Cast-iron skillet

Potato ricer

Fine-mesh strainer

Silicon Spatula

Ramekins

Meat Probe

Sheet pans

Wire racks

Enjoy this romantic dinner while learning valuable cooking techniques to impress your loved one! I hope you've enjoyed my inaugural food column.

I'd love to hear from you. Please remember, this is a hobby of mine, not a profession! I hope you all have as much fun with it as I do.

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Keystone UNICO members attend national meet



The second Quarter District PA II UNICO National Meeting was recently conducted at Atrio's, Endwell, NY with Greater Binghamton UNICO hosting. The District meetings are an opportunity for each of the chapters to receive information from National through the District Governor and to be able to share their Chapter's experiences with their fellow district's brothers and sisters. All four PA II Chapters were in attendance. Chapter Representatives met with UNICO National PA II District Governor Nanine Gramigna. Shown from left are Past National President Dr. Peter Pettinato representing Carbondale, Sayre President Jonathan Martin, District Governor Nanine Gramigna, Greater Binghamton President Mike Marinaccio, and Keystone President Michele McDade.



At the 2nd Quarter District PA II UNICO National Meeting held recently in Endwell, NY and hosted by Greater Binghamton UNICO, Nanine Gramigna, PA II District Governor as well as the Keystone Chapter's Board Chairman, hosted the meeting and is shown receiving a welcome gift from Greater Binghamton President Mike Marinaccio.



Shown from left at the UNICO meeting are Keystone member Louise Ligi, Carbondale's PNP Dr. Peter and Maggie Pettinato, Keystone President Michele and Mark McDade, PA II District Secretary Sylvia and Bob Tagert, Val Riggi, and PA II District Governor Nan and Mike Gramigna, all Keystone members.





United Neighborhood Centers of Northeastern Pennsylvania (UNC) has received a \$10,000 grant from the Hawk Family Foundation to support its SCOLA (Scranton Council of Literacy Advancement) Adult Literacy Program. UNC's SCOLA program has provided free adult literacy and ESL education to Lackawanna County residents, helping both native and foreign-born adults gain essential skills for economic, educational, and family advancement. The program offers ESL classes, citizenship preparation, and family literacy services through tutoring and group lessons. Classes focus on building language skills while encouraging long-term economic mobility, integrating workforce development and high-demand career pathways. Participants improve listening, speaking, reading, and writing skills, with lessons tailored to real-world applications and personal goals. Shown from left: Lisa Durkin, UNC President and Chief Executive Officer; Maggie Hawk, Hawk Family Foundation Administrator; Audrey Golosky, Assistant Director of Community Education, and Rich Kinkle, UNC SCOLA Volunteer Teacher.



United Neighborhood Centers of Northeastern Pennsylvania (UNC) has received a generous \$60,000 grant from the William G. McGowan Charitable Fund to support its Leaders in Training (LIT) Program. UNC's LIT Program is a distinctive leadership education and empowerment initiative aimed at helping disadvantaged youth, ages 13 through 18, build the skills and confidence necessary to succeed in life. Participants develop into productive citizens, critical thinkers, and leaders through mentorship, education, and a strong support network. The program's impact is clear, with 100% of LIT Seniors graduating high school in 2024. Shown in the photo, from left, are: Jude McDonough, UNC Board Chair; Leo McGowan, President of the William G. McGowan Charitable Fund Board of Directors; Lisa Durkin, UNC President and Chief Executive Officer; Kelly Langan, UNC Director of Children and Teens, and Elizabeth Burns, UNC Board Member.



UNICO Pig Roast

Dunmore's Keystone UNICO is planning its 13th Annual Charity Pig Roast on Saturday, April 5, from 5-9 pm at Fiorelli's. The theme is "The Sensational Sixties" and this year's primary beneficiary is the Scranton Counseling Center. Upon arrival, guests will be photographed by Richard Banick and receive a 5X7 as a memento. There will be a 2-hour open bar, with hors d'oeuvres during the first hour, followed by an Italian buffet. Musical entertainment will be provided by "The Mystic Rulers."

There will be a large basket raffle as well as "The Italian Money Umbrella" and "Wilbur the (money) Pig," both with cash prizes. There will also be a "Wheelbarrow of Booze" raffle with pre-sale chances at \$10 each or 3 for \$25, available by calling Anne Martino at 570-241-1118. Reservations are necessary and can be purchased by calling Michele at 570-343-7009. Tickets are \$70. Sponsorship opportunities are available by calling Mark at 570-335-7830.

Colon Cancer CASUAL Day

Dr. Alessandro Smeraldi is chair for the Northeast Regional Cancer Institute's 22nd Annual CASUAL (Colon Cancer Awareness Saves Unlimited Adult Lives) Day set for Thursday, March 27. CASUAL Day is a dress-down day to raise awareness for colorectal cancer in northeast Pennsylvania. Participants dress casually while wearing specially designed socks, hats, and/or t-shirts.

The focus of this awareness campaign is to have a casual conversation about colon cancer. All proceeds from the event stay in NEPA and go towards the Cancer Institute efforts to raise awareness and support to support colorectal cancer prevention, early detection education and screenings.

For more information about CASUAL Day and how to participate, call the Cancer Institute at (570) 904-8808 or visit www.cancernepa.org.

Pugliese in show

Lorenzo Pugliese, a Scranton native, will be reprising his role as Sonny Bono in "The Cher Show" at the Forum Theater, Binghamton, NY, February on 17 and 18. Tickets can be purchased online at Broadway in Binghamton. Pugliese has played to rave reviews throughout the country in this production and to sell-out crowds at the Scranton Cultural Center last fall.

Catholic Choral Lenten concert

In a 75-year-old tradition of inspiring prayer and meditation through music, the Catholic Choral Society will present its annual Lenten Concert on Sunday March 9, at 4 p.m. at St. Joseph Marelli Church, 237 William St., Pittston. The Reverend Joseph P. Elston V.F. is Pastor.

In addition to the Choral Society, the concert will feature the combined parish choirs of St. Joseph Marelli; director, Brandon Jopling, and of St. John the Evangelist; director, Michael Sowa. Ann Manganello is music director of the Catholic Choral Society and Linda Houck is accompanist.

The concerts are open to the public free of charge. There will be a good will offering. Dunmoreans serving on the society's board include Sheila O'Brien and Barbara Barrett.

Disco Biscuits

Trance-Fusion pioneers The Disco Biscuits will return to the F.M. Kirby Center for the Performing Arts on Thursday, February 27, at 8 p.m. Tickets are: \$34.30, \$39.50, \$44.50, and \$49.50 plus fees. VIP Soundcheck Experience is \$124.50 plus fees, available online only, and includes one general admission show ticket; early entry to venue and early access to merch, pre-show soundcheck viewing, group photo with the band, collectible show ticket, commemorative laminate & lanyard.

Tickets can be purchased online at: kirbycenter.org, ticketmaster.com, and slpconcerts.net, or in-person at the F.M. Kirby Center Box Office during regular business hours



Comedy night set to raise funds for Crusader basketball

Be prepared to hear uproarious laughter coming from Holy Cross High School as some of the best comedians in the NYC to Philadelphia corridor come to Dunmore to raise funds for the Holy Cross Boys Basketball Team on Saturday, Feb. 8, at 8 p.m.

The host and producer of the show is Tim Conniff. Originally from Eynon, Tim now lives in Doylestown, and is an award-winning keynote speaker and comedian who produces comedy shows and fundraisers all over Pennsylvania. He also happens to be the brother-in-law of Holy Cross' head coach Al Callejas!

The show's opener is Scranton's own Jeannine Luby, who has alternated between performing comedy improvisation and stand-up comedy for over 20 years and currently focuses on producing and performing in comedy night events at wineries, women-owned businesses, and at private events to empower and entertain women.

Featured performer is teacher and comedian Troy Moore. His classroom stories will crack you up! He's a regular at many great comedy clubs in the tri-state area and he has opened for the likes of Jackie "the Jokeman" Martling and the late, great Gilbert Gottfried.

The event headliner Tracy Locke travels all across the nation doing stand-up comedy. Based in New York City, Tracy is a warm-up comedian for ABC's Tamron Hall Show and can also be heard on Sirius XM and on her podcast Girls Gone Green.

This is a BYOB event (must be 21 to attend) and tickets are \$25 in advance and \$30 at the door.

Tickets can be purchased in advance at <https://www.ticketleap.com/events/tickets/holy-cross-boys-basketball/holy-cross-boys-basketball-comedy-night>



The Greater Scranton Chapter of the Penn State Alumni Association will host its popular Recruiting Night on Friday, February 7, at Arcaro and Gennell's, Old Forge, at 6 p.m. Donnie Collins from the Times-Tribune will present and discuss Penn State football program and incoming players. Refreshments will include pizza, salad and soft drinks. There is no admission charge or reservation needed. Events committee members include, seated from left: Dave Tasselmyer and Carl Weinschenk. Standing, same order: Deb Johnson, Ann McDonough, Mike Senyk, Jeff Mallas and Ted Zayac



The Northeastern Pennsylvania Healthcare Foundation (NEPA HCF) has welcomed several new members to its Board of Directors. Newly elected board members are: C. Catherine Mihalick, JD, CTFA; Michael Elmo Clemente, Attorney Terrence R. Nealon, Jr.; Patrick G. Connors, MD, and Jason R. Woloski, MD, FFAFP, FCPP. NEPA HCF's has an ongoing commitment to bring together dedicated professionals to support the Foundation's mission of improving the health and well-being of the region's people, particularly the most vulnerable and underserved.

Prevention network honors Marywood

Marywood University has been honored to receive the 2024 Campus Prevention Network (CPN) Seal of Prevention™.

Presented by Vector Solutions, the CPN Seal of Prevention™ recognizes institutions of higher education that demonstrate leadership in the areas of student safety, well-being, and inclusion to improve student well-being and success.

Each recipient of this recognition has acted to create a safer, more inclusive campus through comprehensive, evidence-based digital prevention education on issues such as sexual assault, alcohol misuse, mental

health, and discrimination.

The CPN Seal of Prevention™ establishes guidelines for discerning quality online prevention education and implementation practices and positions prevention as central to key institutional outcomes.

Marywood educates first-year students on issues of alcohol use/prevention education, sexual assault prevention, and inclusion issues using the Vector's digital modules, reflecting the university's comprehensive, mission-driven commitment to fostering a respectful, safe, and healthy community for all members.

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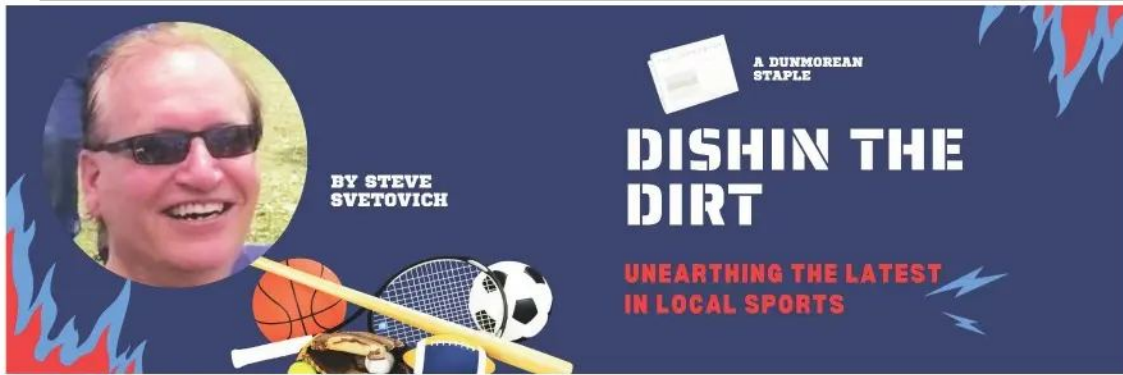
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Congratulations to Dunmore's **Vic Fangio** who is going to Super Bowl as defensive coordinator for Philadelphia Eagles who are league's number one defense... Fangio's defensive schemes will try to prevent quarterback **Patrick Mahomes** and Kansas City Chiefs from third consecutive Super Bowl win...

Chiefs football coach **Andy Reid** will face his former team who he coached for 14 years, including one Super Bowl appearance... Now in his 12th year as Kansas City coach, this marks Reid's fifth Super Bowl appearance with Chiefs... He and Mahomes seek their fourth Super Bowl win with Chiefs... Eagles back **Saquon Barkley**, Penn State graduate and league's leading rusher with over 2,000 yards, will be man Chiefs defense keys on... Eyes will be on Chiefs veteran tight end **Travis Kelce** on field and girlfriend **Taylor Swift** in private suite in stands... Prediction: Chiefs 35 Eagles 31...

Congratulations to former Holy Cross Lady Crusaders basketball standout **Kaci Kranson** named for second time Landmark Conference Athlete of the Week last month as member of University of Scranton Lady Royals... She has earned this award six times in career and is third in conference in scoring at 17.7 points per game and fourth in field goal percentage at .462... She also last month was named USBWA National Player of Week... She averaged 27.5 points, 7.0 rebounds, 2.0 steals and shot 53.3 percent from field week she was honored... She scored game-high 26 points and added five steals leading Lady Royals to 85-58 win over Juniata as her No. 3-ranked team maintained its undefeated record at 17-0, including 10-0 in the conference...

Congratulations to **Ichiro, Bill**

Wagner and former NY Yankees southpaw **C.C. Sabathia** elected to National Baseball Hall of Fame, but what about former Philadelphia Phillies shortstop **Jimmy Rollins**?... Ichiro hit .311 for career with 3,089 hits, 1,420 runs and 509 stolen bases... He totaled over 200 hits in each of his first 10 seasons, including single season record 262 in 2004... C.C. Is one of three left-handed pitchers in MLB history to record at least 250 wins and at least 3,000 strikeouts... Wagner is second among southpaw relievers with 422 saves and struck out 1,196 batters in 903 innings while finishing career with 2.31 ERA... He allowed lowest batting average to hitters of any pitcher in history with at least 900 innings...

Congratulations to Dunmore Little League graduate **Jack Davis** selected as District's Freach-Keen Memorial Award recipient... Former Holy Cross basketball standout **Abbey Lentowski**, who scored 1,075 career points for Lady Crusaders, also is member of 1,000-point club at Immaculata University and plans on attending law school next year at Widener University Delaware Law School...

Holy Cross senior forward **Matt Lyons** averaging 15.0 points and 8.0 rebounds per game this season... Congratulations to Holy Cross center **Adam Badyrka** named MVP as coach **Al Callejas, Jr.** led Holy Cross Crusaders to Lynett Tournament championship...

Do you remember West Scranton beating beating Western Wayne, 59-38, to give coach **Jack Lyons** his 400th career win 20 years ago?... **Shelley Duncan** returning for third season as manager of Scranton Wilkes-Barre RailRiders... How about veteran **Pete Carroll** at 73 named head coach of Las Vegas Raiders...

Do you remember Dunmore's **Kayleigh Semion** scoring 17 points, including 1,000th of career in Lady Bucks 63-25 win over Mid Valley 10 years ago?...

Do you remember former Holy Cross standout **Gabby Giordano** scoring 16 points, including 1,000th of career, in Lady Crusaders 62-17 win over Elk Lake 10 years ago?... Two-time New York Giants Super Bowl winning quarterback **Eli Manning**, kicking great **Adam Vinatieri**, prolific receivers **Reggie Wayne**, **Torry Holt** and **Antonio Gates**, running back **Fred Taylor** and defensive backs **Darren Woodson**, **Rodney Harrison** and **Eric Allen** among finalists for election to Pro Football Hall of Fame to be announced Super Bowl week... **Mike Holmgren** is in coaching category and expected to be elected...

New York Mets making big mistake not rushing to sign first base slugger **Pete Alonso** who has 226 homers, including 53 in rookie season, and 586 RBIs in six years with team and would be perfect adding protection hitting behind **Juan Soto** in lineup... Congratulations to Scranton Prep trio of quarterback **Louis Paris**, Times-Tribune Player of Year, linebacker **Reese Tanner** and defensive back **Will McPartland** all named All-State for football...

Congratulations to Scranton Prep senior quarterback **Louis Paris** who earned the 33rd Fiore Cesare Award... He completed 84 of 132 passes for 1,321 yards and 12 touchdowns and ran 138 times for 1,182 rushing yards and 12 touchdowns for Prep who won Lackawanna Football Conference Division I championship with 12-2 season...

Ava Kochmer and **Gemma Bistran** each won pair of individual events to less Holy Cross past West Scranton in

Lackawanna League swim meet... Condolences to family of former Scranton Miners EBA great **Tom Hemans** who died last month... Holy Cross coaching legend **Al Callejas** earned 400th coaching win 10 years ago when Crusaders beat Mid Valley, 52-48, in overtime... **Sophia Talutto** scored 21 points, including three 3-pointers, to lead Dunmore to 59-48 win over Honesdale... **Amanda Dempsey** and **Jackie Brown** scored 11 points each for Lady Bucks... **Leena Conte** added nine points for Dunmore... **Mollie Urban** and **Ava Schmidt** scored 11 points each to lead Holy Cross Lady Crusaders to 36-35 win over Western Wayne... Congratulations to Scranton Prep senior offensive tackle **Ambrose Rossi** and Riverside junior defensive tackle **Tavian Branch** named recipients of annual James "Hookey" Reap Awards... **Olivia Kosin** of Holy Cross scored 18 points, including 1,000th of career, 10 years ago

in team's 56-39 win over Carbondale Area... **Sophia Talutto** and **Amanda Dempsey** scored 17 points each to lead Dunmore to 67-30 win over Mid Valley... **Jackie Brown** added 10 points for Lady Bucks... **Lila Kolcharno** scored all of her 17 points in second half to lead Holy Cross Lady Crusaders to 41-37 win over Lakeland... **Ava Schmidt** added 14 points for Holy Cross...

Adam Badyrka scored 17 points and **C.J. Thompson** added 13 as Holy Cross beat Lakeland, 65-50... **Mike Hughes** and **Mario Matrone** added 10 each for Crusaders... Cincinnati Bengals receiver **Ja' Marr Chase** and Minnesota Vikings receiver **Justin Jefferson** were unanimous choices for Associated Press 2024 NFL All-Pro Team... Do you remember Dunmore's late **Owen "Onions" Dougherty**?... Whatever became of **Hubie "Babbling" Brooks**?



Former Holy Cross Lady Crusaders basketball standout Kaci Kranson has been named for second time as Landmark Conference Athlete of the Week as member of University of Scranton Lady Royals. She has earned this award six times in career and is third in conference in scoring at 17.7 points per game and fourth in field goal percentage at .462. Last month she was also named USBWA National Player of Week... She averaged 27.5 points, 7.0 rebounds, 2.0 steals and shot 53.3 percent from field week she was honored.



Abbey Lentowski scores 1,000 points at Immaculata

By Steve Svetovich

Former Holy Cross basketball standout Abbey Lentowski is a proud member of two 1,000 point clubs.

She scored 1,075 points in her basketball career at Holy Cross and then poured in 1,001 points in just three years playing at Immaculata University.

Abbey, 21, decided not to play basketball in her senior year at Immaculata in order to concentrate on academics and work in preparation for beginning law school after graduation.

Daughter of Atty. Andrew and Tricia Lentowski, Abbey plans to attend Widener University Law School in Delaware on a part time basis while continuing to work in a law office next year.

She currently works part-time in a law office in Media, PA and plans on doing the same next year while attending law school part time at night.

"I'm getting some great experience right now," she said. "It's really cool. My boss lets me shadow him, which is so nice because it has helped me

to know that this is really what I want to do. And I will continue doing it while attending law school. Media is very close to Widener in Delaware."

Always positive and energetic, Abbey ended her three-year basketball career with 1,001 points at Immaculata. She scored her 1,000th career point with just 15 seconds left in her final game, a close playoff loss to Newmann University.

"I scored in the last 15 seconds on a layup in a close playoff game, so it was both hectic and chaotic to score the 1,000th point. It was kind of crazy. It was an unreal feeling to score 1,000 points both in high school and college."

Abbey was a first-team Lackawanna League Coaches' All-Star in her junior and senior seasons at Holy Cross. She was named to the second team in her sophomore year.

She was named Academic All-District for three years and All-Conference for two years at Immaculata. A forward, she is also a member of the 500 career rebounds club at Immaculata. The hard-working, well-spoken senior said she owes a lot to her parents. "My parents have supported me through all of

this," she said.

"They are always there for me. They tell me to support others and be a good person and just love people. This will help me in my future work as an attorney. I currently coach a AAU basketball team, so I give my girls the same advice."

Abbey's brother, Joshua Lentowski, is a standout senior baseball and football player at Holy Cross.

Always on the go and ready for a challenge, Abbey said she is taking on a new sport for fun— NCAA girls' flag football. "I will be learning on the go, but it should be fun," she said.

Abbey is a psychology major with minors in pre-law and political science at Immaculata.

"I love psychology," she said. "Learning about people, the mind, and human behavior will be useful for me as an attorney."

The bubbly yet serious senior was a prolific scorer and rebounder at Immaculata. She averaged 14.5 points per game for three years, including 15.0 points and 8.0 rebounds in her junior and final season of playing. She certainly went out on a high note.

Well-organized, she plans on spending the upcoming summer working, coaching basketball and getting ready for law school.

And she wants to enjoy the rest of her senior year.

"It feels unreal being a senior," she said. "It's been a great experience here at Immaculata, but I'm excited to be experiencing more things in the world. I want more experience in the working world in preparation for the future."

"I will be able to continue working part time, gaining more experience while attending law school three nights a week from 6 to 10 p.m. I also want to leave some time for studying, coaching and working."



St. Mary's student Jack Davis awarded Little League honor

By Steve Svetovich

Jack Davis, 12, a four-sport athlete and student at Saint Mary's of Mount Carmel Elementary School, Dunmore, was honored recently with the Freach-Keen Memorial Award.

The District award is in memory of P.J. Freach and Buddy Keen, two former Moosic Little League baseball players, who tragically died in 1973.

A member of the Dunmore Little League this past summer, Jack was chosen as the recipient of the Freach-Keen Award by the individual leagues.

He was chosen due to his dedication to Little League baseball and his sportsmanship throughout his Little League career.

He was an all-star second baseman in the Dunmore Little League where he graduated last

summer. Jack is a three-time Little League all-star. He plans on playing Teener League this summer.

Jack is also a point guard and leading scorer on the Saint Mary's basketball team. In addition, he excels as a cross country runner.

Son of Robert and Abbey Davis, Jack is in the sixth grade at Saint Mary's of Mount Carmel Elementary School, Dunmore.

"It felt really nice to win the Freach-Keen Award," the humble sixth grader said. "I'm thankful for getting it. It's a really cool honor."

Jack also plays soccer in the Green Ridge/Dunmore soccer league at Dunmore's Sherwood Park.

Jack played for Lenahan and Dempsey in the Dunmore Little League. His coach was Mike Schulte. "He taught me to trust

myself."

The standout student-athlete said he enjoyed playing on the Dunmore Little League all-star baseball team. "We were pretty good. We went pretty far and it was fun."

Jack's basketball coach at Saint Mary's is Pat Burke. "He tells us to hustle all the time and have a good attitude."

The Freach-Keen award winner said his favorite sports teams are the Philadelphia Phillies, Eagles, and 76ers.

He likes Eagles running back Saquon Barkley and is a big fan of Phillies shortstop Trea Turner.

Jack's favorite sports are baseball, basketball and soccer.

Jack said it takes "a lot of hard work" to excel as a second baseman in baseball.

He said his parents teach him to "be nice to people."

Jack said he is enjoying running the point guard position for Saint Mary's biddy basketball team and running cross country for the school.

"With grades in the mid 90s, Jack is on the honor roll at Saint Mary's of Mount Carmel.

His future goals reflect his personality. "I want to keep my grades up and just be a good person," he said.

Freach Keen Award

The Freach Keen Award is a district award given to a 12-year-old baseball player in Little League. The award recognizes a player's sportsmanship, dedication, and performance.

Who receives the award?

The award is given to one player in each league in District 17 and 32.

The individual league chooses the recipient.

Why is it given?

The award is given in memory of P.J. Freach and Buddy Keen, who died in 1973.

What does the recipient receive?

The recipient receives a plaque and a scholarship.

How is the recipient chosen?

Nominees write an essay on a topic that is not disclosed. The essays are judged and the winner is selected.

ATHLETE OF THE MONTH

JACK DAVIS



Jack Davis of Dunmore Little League is shown after being awarded with the Freach-Keen in memory of P.J. Freach and Buddy Keen, two Moosic Little League baseball players who tragically died in 1973. Jack was chosen as the recipient by the individual leagues due to his dedication to Little League baseball and his sportsmanship throughout his Little League career.



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Jack Davis was an all-star second baseman in the Dunmore Little League where he graduated last summer. Jack is a three-time Little League all-star and plans on playing Teener League this summer.

Senior Matt Lyons leading Holy Cross

By Steve Svetovich

Holy Cross Crusaders 6-6 senior forward Matt Lyons set some big goals for his team this season.

And thus far, he and his team are coming through in a big way.

Son of Mark and Eileen Lyons, Matt was named to the All-Tournament team for the second year in a row as Holy Cross defeated the Scranton Knights, 51-35, to win the Lynett Tournament. Matt poured in 20 points to lead the Crusaders.

Teammate Adam Badyrka added 17 points and was named the Lynett Tournament MVP.

"It felt fantastic to win the Lynett Tournament," Matt said. "It was great for the team and for the school. It felt great to bring the Lynett Tournament title back to the school for the first time in five years. This was one of our team goals and one of my personal goals."

The rugged, hard-working forward said he and his Holy Cross teammates set the goals high for this season. "Our goals coming into the season," he said, "were to win the Lynett Tournament, league title, district title and state championship."

And with one of those lofty goals already achieved, the

Crusaders are playing at high efficiency with a 12-3 record, including 6-1 in the conference, at press time.

A four-year member of the Holy Cross basketball team, Matt is also a four-year member of the track and field team. He does the high jump and throws the javelin.

Matt talked about the team's basketball success. "We trust each other," he said. "We played a lot of games together over the summer months. We played over 30 games. We had two freshmen and only one returning starter last year. This year we have the experience and know each other well. With the last two years starting together, we figured out each other's tendencies. We know it like the back of our hands."

A team player all the way, Matt is one of the leaders on the team. He is averaging over 15 points and over 10 rebounds a game.

A Times-Tribune athlete of the week last season, he is a member of the National Honor Society and has a highly impressive 4.14 academic average. His best academic subject is math.

The tough minded senior said he learned a lot from his parents.

"They teach me respect. Everyone should be treated the same way. Everyone deserves the time of day."

Holy Cross basketball coach Al Callejas, Jr. also teaches Matt a few life lessons.

"He teaches us about accountability. He makes us all accountable whether the going is good or bad. Work hard and be accountable. It's a lesson we will be sure to use later in life."

Matt enjoys listening to music in his spare time. His favorite band is Future, a rap group.

The senior stalwart said he is not sure where he will attend college yet, but would like to study business and play basketball. Right now, his focus is to help the Holy Cross basketball team go as far as possible.

"We love our chances at winning a state title this year," he said. "We are excited and expect to be great. We definitely come to play against the better teams. We can beat them all. We will get our 'A' game going against the best of them."

Matt's late grandfather is legendary former Scranton Prep basketball coach Jack Farrell.

"He was my motivation for winning the Lynett Tournament. I wanted to win it in honor of my grandfather. I know he was looking down proud. It was especially big for me to win it in my senior year for him. I know how much the Lynett Tournament meant to him. It meant a lot."





The Bucktown Business Beat

by Yeraldi Pacheco-Miguel

DiPietro's Family Pharmacy remains fully committed to community care

For over a decade, DePietro's Family Pharmacy has been more than just a place to pick up prescriptions—it's been a trusted part of the Dunmore community.

Founded in 2012 by Tom DePietro, the pharmacy was built on the idea that healthcare should be personal, accessible, and rooted in genuine care.

Unlike the big-box chains, where long lines and automated systems have become the norm, DePietro's puts relationships first, making sure every customer is treated like a neighbor, not just a prescription number.

Tom's journey into independent pharmacy started after graduating from Temple University's School of Pharmacy. While working for a chain pharmacy, he quickly realized that the corporate approach to healthcare left little room for real connection with customers.

He knew there had to be a better way—one where pharmacists could truly advocate for their patients. With the support of the community, he opened DePietro's Family Pharmacy in March 2012 with the goal of providing a more personal pharmacy experience.

"Our mission is to provide a personal pharmacy experience. To us, you are more than just a prescription—you are an individual. These also aren't just fancy tag lines—we want our customers to feel comfortable, valued, and appreciated. Healthcare has become so complex for the consumer—we pledge to be by your side to advocate for your health."

That personal touch is what continues to set DePietro's apart. From the moment a customer walks through the door, they're greeted by name and met with pharmacists who take the time to listen, answer questions, and offer real support. Unlike corporate pharmacies where customers might spend twenty minutes on hold just to ask a simple question, DePietro's ensures that a pharmacist is always available.

That hands-on approach is why so many Dunmore residents choose to shop local rather than turning to big-name pharmacies like Rite Aid or CVS.

Beyond customer service, DePietro's has made accessibility a priority, offering services that cater to the real needs of the community.

Their home delivery program is run by their own team—not a third-party service—which means customers get to know their delivery drivers just as well as they know their pharmacists.

"Sometimes, our drivers could be the only person they see that whole week. We provide more than just delivery, but also a friendly, familiar face that delivers."

Their medication organization service, known as the Pillbox program, has also made a major impact. With over 700 patients enrolled, this system simplifies medication management by sorting prescriptions into clearly labeled packets, making it easier for patients to stay on top of their health.

On top of that, DePietro's offers walk-in vaccinations with no appointment necessary, ensuring that flu shots, COVID vaccines, and other immunizations are always accessible.

Running an independent pharmacy, however, is not without its challenges. One of the biggest hurdles DePietro's faces is the influence of insurance companies, which often steer patients toward mail-order services or corporate-owned pharmacies for monetary reasons.

"Our owner, Tom, is very active in advocating for the independent pharmacy profession. If you are forced to use mail order or forced to use a pharmacy—remember that it's your insurance company dictating your care."

Despite these challenges, DePietro's remains focused on the future. Over the next few years, they plan to expand their medication management program, seeing firsthand how much it improves

health outcomes for their patients. As Dunmore's population continues to age, DePietro's wants to ensure that residents can live independently for as long as possible, with the right support in place.

"There is a serious need in our community to help our elders age in place and continue to live independently. It's also necessary to help caretakers and family members care for their loved ones. We are hopeful we can create a more impactful program to further enhance the care we already are providing."

But for Tom, running a pharmacy has never just been about prescriptions—it's about being part of something bigger. DePietro's is deeply involved in the community, supporting local schools, sports teams, and nonprofit organizations.

"Keep your bucks in Bucktown. When you support us, you support your community. Our commitment to the community extends well beyond the pharmacy counter. We support many local schools, sports teams, organizations, nonprofits, and other charities. Competing against retail giants and the internet is a challenge for all small business owners. When you shop small, we genuinely appreciate you patronizing our businesses. I don't think the same can be said for many giant big-box stores."

For those curious about what makes DePietro's different, Tom invites people to stop by, even if it's just for a flu shot. Many of their longtime customers started that way—coming in for one quick service and realizing just how much easier and more personal the experience was.

For those who can't make it in, DePietro's also shares updates and information on their website, depietrosparmacy.com, and their Facebook page.

With over a decade of service to Dunmore and a vision for the future, DePietro's Family Pharmacy continues to prove that healthcare

works best when it's built on trust, care, and community. lucky to have them.

A huge thank you to DePietro's Family Pharmacy for taking the time to share their story and for the care they put into our little corner of the world. Their dedication to making healthcare more personal and accessible is something truly special, and our community is

For those looking to experience the DePietro's difference, their hours of operation are:
Monday – Friday: 9 AM – 6 PM
Saturday: 9 AM – 2 PM
Sunday: Closed

Be sure to stop by and support a business that supports you!

Shadow of a Gunman play

Continued from Page 5)

tough on the writers to come up with so much dialogue. And production is so streamlined that usually the first take is what goes on the air."

Bessoir joined *General Hospital* in 2012 and is currently the senior lighting designer. He was completely redesigned and updated the look of the show to a more modern cinematic style, combining dynamic lighting with an innovative soft look.

He designs for locations, studio interiors and exteriors, and musical numbers for the show's annual Nurses Ball segments. He has overseen the modernization of the show's studio lighting equipment and worked with conventional and robotic lights projection systems, and directed stage, TV, and motion picture equipment and crews. He has received 12 Emmy nominations.

Prior to *General Hospital*, he worked as senior lighting designer for *One Life to Live*, including special events such as musical numbers for guest artists such as The Pussycat Dolls, Nelly Furtado, Snoop Dogg and Mary J. Blige, among others, and he won two Emmy Awards for Outstanding Lighting Design.

Aside from the soap operas, he previously worked as a lighting designer for the ABC Television Network for such New York produced shows as *20/20*, *World News Tonight*, *Primetime Live*, *Wide World of Sports*, *Monday Night Football*, *The View*, *All My Children*, and both college football and basketball.

Before turning to TV, Bessoir was a freelance theatrical lighting designer for over 150 theatrical shows in New York, London, Los Angeles, and Boston, and served as resident lighting designer for the New York Gilbert and Sullivan Players. He is also a photographer who does portraits, landscapes, photo editing and graphic design.

McGurl has remained local, but he has left his mark on the NEPA arts scene as a director, scenic, lighting and sound designer, tech director, actor, musician, singer, composer, and teacher. As director, Brian worked with his wife Dawn, as producing artistic director and costume designer, and choreographer Cristina Sohns Williams to make the Crimson Company at Dunmore High School into one of the premiere high school programs in this area. He was also active with Second Story Theater, Theatre Libre, and Scranton PublicTheater.

A talented musician, Brian presently performs with Q Ball, East Coast Trio, and as a solo pianist and vocalist. He is a co-founder of the annual Bucktown Musicfest. In addition to teaching English, theater, and geography at Dunmore Junior/Senior High School, he has also taught rhetoric and composition and basic writing at Penn State University's Worthington Scranton Campus and worked as a Crisis Prevention Specialist with NEIU#19.

With their combined experience in the arts, Bessoir and McGurl are really happy to be working together again.

"The best thing is collaboration," McGurl explains. "Even as a musician, I don't like to play alone, because that's lonely. It's so much better working with other musicians. And it's the same in theater—bouncing ideas off of each other. Theater is teamwork."

Bessoir is especially happy to be working with McGurl again. "I've been very close to Brian all my life. We are just two guys from Dunmore. Once Brian mentioned this concept, I was on board. There is a lot to create with the sound and lighting and set design. It's great to do it together. I'd never seen or read this play, but it is really important thematically."

Bob explains that the show is about a struggling poet in Dublin, and while he is insulated at the beginning, eventually the outside breaks in. "So light will also break in as the play evolves," he said. "And though it sounds like a tragedy, this play is also filled with hilarious Irish humor."

I hope people come to see something that is never done around here. It is a great opportunity."

NOTE: For tickets to *Shadow of a Gun*, which runs February 28, and March 1 and 2, at the ShakesSpace, go to ScrantonShakes.com.



Renovations at the Nancy Kay Holmes Library, Green Ridge Street, are complete and the library is open after a six-month closure to make the building more accessible and energy efficient. Hours of operation are Monday to Thursday, 9 a.m. to 7 p.m. and Friday, 9 a.m. to 5 p.m. To find out more, visit the Lackawanna County Library System website or the Nancy Kay Holmes Library on Facebook.



Congratulations to John Silvi for being one of two students to receive the Bill and Kathy Fallon Weber Award for woodwinds selected to All-Eastern Band.

Marywood sets new partnership with PA Army National Guard

Marywood University has announced a new partnership with the Pennsylvania National Guard, making it the only university in Lackawanna County to offer eligible students and their families 100% tuition coverage through the Educational Assistance Program (EAP) and Military Family Education Program (MFEP).

The Pennsylvania National Guard's EAP covers tuition as determined by the Pennsylvania State System of Higher Education (PASSHE), enabling Guard members to pursue their degrees with significant financial support. While the program does not cover all fees, eligible students can benefit by meeting the following qualifications:

- A six-year service commitment to the Pennsylvania National Guard
- Active membership in the PA National Guard
- Enrollment in an approved degree program
- Submission of all required paperwork through the student's National Guard unit
- Submission of an annual FAFSA and PA State Grant Application

In addition, the Military Family Education Program (MFEP) offers tuition coverage and a portion of the technology fee for the spouses and children of Pennsylvania National Guard members.



To qualify for the MFEP, Guard members must commit to an additional six years of service, with all documentation submitted through their unit.

With five National Guard units located in Scranton alone and nearly 18,000 members statewide, the Pennsylvania National Guard is the second-largest National Guard in the country.

This partnership demonstrates Marywood University's steadfast commitment to supporting service members and their families while fostering accessible, high-quality education.

"Marywood University is hon-

ored to stand alongside our brave Pennsylvania National Guard members and their families," said President Lisa A. Lori, J.D. "As the only university in Lackawanna County offering this opportunity, we are proud to help local service members achieve their educational goals while recognizing their tremendous service to our state and nation."

For more information about eligibility and application details, visit marywood.edu/veterans or contact April Paciotti, Office of Military and Veteran Services Enrollment Manager, SCO at ad-paciotti@marywood.edu.

Major restoration project will improve Scranton Cultural Center in Scranton

The Scranton Cultural Center at the Masonic Temple (SCC) embarked on a major restoration project in late 2024, which will continue over the next several years. Included in the lengthy list of improvements are theatre repairs, which are set to begin this summer.

"We're thrilled to finally begin this project, which has been years in the making," noted Deborah Moran Peterson, SCC Executive Director. "Almost every area of our building will be impacted, but we're doing our best to limit impact on our patrons and customers."

The theatre improvements, which include repairs to ceiling tiles and plasterwork,

stenciling restoration and more, will begin this summer when the SCC has a quieter schedule.

During this time, the seating area of the building's historic theatre will be closed to the public.

Weddings and events, including the Center's vibrant Summer Camp program will remain operational. Extensive planning with the Commonwealth of Pennsylvania's Department of General Services and the team of contractors has ensured all scheduled events will proceed as planned.

"Our unique ability to access the stage from our Grand Ballroom, as designed by renowned architect Raymond Hood, will allow us to con-

tinue hosting events and programming while construction persists," added William Schoen, SCC Board Vice President.

In addition to improvements in the main theatre, the multi-million dollar restoration project includes a complete roof and gutter overhaul, repairs to mortar and masonry and restoration to multiple areas impacted by water damage.

The SCC anticipates sharing more information about this large-scale project in the coming months. Specific questions about the restoration project can be directed to SCC General Manager, John Cardoni at atjcardoni@sccmt.org or (570) 346-7369 x107.

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YMCA promotes American Heart Month

February is American Heart Month, and 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 our 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 regularly monitoring your own blood pressure, lowering sodium intake, eating healthier, and getting more physical activity.

Getting help can be as easy as contacting the Y and taking part in 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 de-

veloping 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.

The YMCA’s Diabetes Prevention 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.

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 ef-

fort to tackle your blood pressure and decrease sodium intake are two quick, effective ways to prevent heart disease,” said Brandon Whipple, Senior Program Director, Greater Scranton YMCA.

“No matter what your heart health goal is this year, the Y has a variety of resources to help you get started and achieve them.”

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 <https://www.greaterscrantonymca.org/> or stopping into the YMCA.

Family Service Asso. receives \$40,000 in grants

The Family Service Association of Northeastern Pennsylvania (FSA NEPA) recently received a \$20,000 grant from AllOne Charities with a matching \$20,000 from the Thalenfeld Family Charitable Foundation.

The \$40,000 grant supports a broad number of programs under the FSA NEPA organizational umbrella. This includes funding for programs such as Help Line, a free and confidential information and referral service that helps people by connecting them to local resources; Warm Line, which specifically connects callers to non-emergency health care resources, and the Essential Needs which supplies food and clothing to local families.

The grant also supports public engagement projects such as marketing and the National Family Week Conference as well as agency-wide training.

Founded in 2015, AllOne Foundation & Charities has had a direct and measurably positive impact on the healthcare landscape in all corners of the 13 counties of its service footprint.

Tens of millions in grant resources have been committed to hundreds of individual non-profit care providers focused on mental health and behavioral health,

improved access to health care for women and children, autism services, substance abuse disorders solutions, and food security.

“We are so grateful to both AllOne Charities and Foundation as well as the Thalenfeld Family for their continued support of our mission. We aspire to reach individuals and families across the lifespan, providing services and support, filling service gaps, and educating the community.

“With the funding from both AllOne Charities and Foundation as well as the Thalenfeld family—we are able to reach even more individuals with our services, continuing our mission as we have for nearly 130 years,” said Jessica Ives, CEO for FSA NEPA.

A group of involved and concerned members of the community established FSA in 1895 in order to provide diverse services that empower children, individuals, seniors and families to reach their full potential by building healthier relationships, and ultimately stronger communities.

Today, FSA’s programs provide services to

(Please turn to Page 22)

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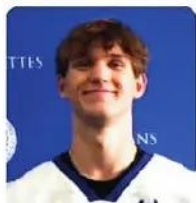


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FIRST-TEAM OFFENSE

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Western Wayne
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Mid Valley
Running backXAVIER BURKE
Dunmore
FullbackSEAN OWENS
Western Wayne
Wide receiverKOBE WHITE
Honesdale
Wide receiverCONLAN KEAST
Honesdale
Tight endEVAN DEAN
Western Wayne
TackleANTHONY PASSARO
Honesdale
TackleNICK JACKSON
Mid Valley
GuardWYATT RUTHERFORD
Honesdale
GuardEVAN FUNK
Honesdale
CenterGABE DUDA
Honesdale
AthleteRYAN BIANCHI
Lakeland
Kicker

HONORABLE MENTION

QB: Brett Yanoski (MV), David Naniewicz (LAK); RB: Mason Avery (HON), Gabe Franeck (DUN), Jake Costanzo (DUN), FB: Bradley Bibalo (HON); WR: Connor Hughes (MV), Quincy Mosely (WS), Chase Rosenkrantz (LAK), Cayden Farr (WS); TE: Jake Bondy (MV), Rhys Williams (MV), Kody Miller (LAK); T: Joe Perrin (WS), Weston Loomis (LAK), Dylan Macoyko (MV), Jared Goldman (WW), Devon Hill (MV), Matthias Negrato (WS); G: Connor Bryant (WW), Terry Donini (WW), Anthony Anelli (DUN), Noah Schaffer (LAK), Bobby MacDowell (HON), Gavin Richards (MV); C: Rob Mattioli (MV), Mason Rush (WW), Ethan Kilmer (LAK), Kenny Hachison (WS), Brayden Shigo (DUN); Athlete: Gavin Roberts (LAK), Caiden Berard (WS), Jonyae Sostre (WS); Kicker: Jacob Wells (WW), Patrick Kopacz (DUN).

FIRST-TEAM DEFENSE

DAVID NANIEWICZ
Lakeland
Defensive endRHYS WILLIAMS
Mid Valley
Defensive endEVAN DEAN
Western Wayne
LinebackerLOGAN DIETRICH
Honesdale
LinebackerNICK JACKSON
Mid Valley
LinebackerBRADLEY BIBALO
Honesdale
LinebackerGAVIN RAPOCH
Mid Valley
LinebackerCAIDEN BERARDI
West Scranton
LinebackerXAVIER BURKE
Dunmore
LinebackerSEAN OWENS
Western Wayne
SecondaryJOSH VINTON
Western Wayne
SecondaryJAKOB LESHER
Mid Valley
SecondaryGABE DUDA
Honesdale
SecondaryGAVIN ROBERTS
Lakeland
AthleteSEAN OWENS
Western Wayne
Punter

HONORABLE MENTION

DE: Derrick Bleach (WS), John Pyatt (WW), Anthony Passaro (HON), Kody Miller (LAK); Linebackers: Weston Loomis (LAK), Mike Wal (MV), Gus Deron (HON), Joe Perri (WS), Brayden Shigo (DUN), Connor Bryant (WW); Linebackers: Kaleb Parry (MV), Vinny Baldini (WW), James Jimenez (WW), Charlie Probst (HON), Dylan Loomis (LAK), Connor Hughes (MV), Jackson Harding (DUN), Shamier Lyons (WS), Bren Novorosky (DUN), Cameron Cole (WS); Secondary: Conlan Keast (HON), Gabe Franeck (DUN), Jack McNeff (DUN), Rocco Spataro (LAK), Cayden Farr (WS), Mason Avery (HON), Jacob Costanzo (DUN), Jonyae Sostre (WS); Athlete: Aiden Collins (HON), Josh Dudick (DUN); Punter: Jake Bondy (MV), Eric Reese (DUN), Trace Bibber (HON).

Congratulations to Dunmore High School's Lackawanna League All-Stars for football. Xavier Burke was named to first team for both Offense and Defense. Honorable mention on Offense went to Gabe Franeck, Jake Costanzo, Anthony Anelli, Brayden Shigo, and Patrick Kopacz. Honorable mention for Defense was awarded to Brayden Shigo, Jackson Harding, Bren Novorosky, Gabe Franeck, Jack McNeff, Jake Costanzo, Josh Dudick, and Eric Reese.



ATTENTION MOTORISTS

After careful planning and consideration, the Pennsylvania Department of Transportation has approved the Borough's permit to establish a School Safety Zone in the 300 Block of Chestnut Street. This school Zone affects the area of the 300 Block of Chestnut Street where Saint Mary's Elementary School is located.

The school zone modifies the normal, residential speed limit from 25MPH to 15MPH from 7:30AM - 8:30AM and 2:00PM - 3:00PM, Mon-Fri. Please be mindful of other laws that are designed to protect students: The passing of School Buses with flashing red lights and stop signs is prohibited, even when traveling in the opposite direction of the School Bus. Pedestrian crosswalks are enforced at all hours of the day. Motorists are reminded that they are required to yield the right-of-way (come to a complete stop and wait) to any pedestrian in any crosswalk.

Our patrol officers will be increasing patrols in the 300 Block of Chestnut Street during the hours where the safety zone is in affect, and will be enforcing the 15MPH speed limit.

Family Service Asso. grants to support various helplines

(Continued from Page 21)

residents in 17 counties, including Bradford, Clinton, Columbia, Lackawanna, Luzerne, Lycoming, Monroe, Montour, Northumberland, Pike, Snyder, Sullivan, Susquehanna, Tioga, Union, Wayne and Wyoming counties.

Any resident in PA 211 NE's coverage area can access PA 211 NE / Help Line by calling 211, texting 211 (898-211, plus a zip code), or by logging on to www.pa211ne.org.

For more information about FSA or to support its programs, please log on to www.fsanepa.org, call, (570) 823-5144, or email, families@fsanepa.org.

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Small business guide now available

Penn's Northeast, in partnership with Ben Franklin Technology Partners of NEPA and the Willary Foundation, is proud to announce the release of the Northeastern Pennsylvania Small Business & Entrepreneur Resource Guide.

This comprehensive guide is designed to serve as an essential tool for startups, established businesses, and entrepreneurs looking to thrive in the region.

Whether you're launching a new venture, scaling up an existing business, or considering relocating to Northeastern Pennsylvania, this guide provides invaluable insights and resources specifically tailored for local entrepreneurs and enterprises.

Inside, readers will find key information on funding opportunities, business development programs, networking contacts, and much more.

Key Highlights Include:

- Resources for securing funding and investment.
- Guidance on business expansion and workforce development.
- Connections to local networks and mentors to help accelerate growth.
- Insights into the region's unique economic opportunities.

John L. Augustine, President/CEO of Penn's Northeast, expressed his enthusiasm for the partnership, stating, "Penn's Northeast is proud to have partnered with Ben Franklin Technology Partners and the Willary Foundation to produce the area's first complete resource guide for small businesses and entrepreneurs. This guide really is a one-stop shop for providing the assistance businesses need to be successful."

Ken Okrepkie, Regional Manager of Ben Franklin Technology Partners of NEPA, highlighted the strength of the region's entrepreneurial ecosystem: "Our region boasts a robust entrepreneurial ecosystem that includes



Penn's Northeast, Ben Franklin Technology Partners, and the Willary Foundation have released a Northeastern Pennsylvania Small Business & Entrepreneur Resource Guide. Shown here, from left, are Ken Okrepkie, Regional Manager of Ben Franklin Technology Partners of NEPA, and John Augustine, President/CEO of Penn's Northeast with the guide itself, as well as the guide's cover, symbolizing the strong collaboration among local economic leaders.

a series of business incubators, capital investment in technology companies, and economic development professionals poised to support turning ideas into companies that create jobs and wealth for Northeastern Pennsylvania.

"At Ben Franklin Technology Partners NEPA, in addition to investing money in technology companies, we are proud to leverage our relationships with hundreds of consulting resources to solve the challenges that come with building businesses."

William Scranton, Chairman of the Willary Foundation, added, "Supporting entrepreneurs and small businesses is essential for the growth and prosperity of Northeastern Pennsylvania. This guide offers the resources and guidance needed to help innovators and business owners thrive

in our unique region. The Willary Foundation is committed to fostering a vibrant entrepreneurial ecosystem in Northeastern Pennsylvania, and we believe this resource guide will be a game-changer for those seeking to build and grow businesses here."

The Northeastern Pennsylvania Small Business & Entrepreneur Resource Guide is available for download at: <https://pennsnortheast.com/workforce#our-programs>

For more information or for a printed copy, please contact: Penn's Northeast
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With over three decades of real estate experience, Gloria Summa brings an exceptional level of expertise and dedication to Century 21 Jack Ruddy Real Estate. Licensed since 1987, Gloria has built a career on delivering outstanding service and results for her clients, earning their trust through her professionalism and unwavering commitment. Gloria is also a PA Certified Real Estate Appraiser for over 20 years. Gloria's extensive knowledge of the real estate market, combined with her ability to understand the unique needs of her clients, makes her a trusted guide for buyers, sellers and investors alike. She excels at navigating the complexities of real estate transactions, ensuring a seamless and stress-free experience from start to finish. Joining the team at Century 21 Jack Ruddy Real Estate, Gloria continues her passion for helping clients achieve their goals, whether it is finding the perfect property, selling a cherished home or making strategic investments. Her dedication to excellence and her personalized approach set her apart in the industry.

If you are looking for a seasoned professional who will work tirelessly on your behalf, Gloria Summa is ready to help you turn your real estate dreams into reality. Reach out today to benefit from her decades of experience and commitment to success.

She resides in Dunmore with her husband, John Summa who is also a licensed Realtor and has joined her at Century 21 Jack Ruddy Real Estate. John is licensed since 2022. After graduating from the U of S in 1979 John worked in his family construction company and managed the business for over four decades. He is currently employed with Lackawanna County as Chief Assessor. He is a wonderful addition to our group of professionals.



John Summa
587-840-3037



Gloria Summa
587-840-8201



Renee Haser
570-466-0536

With nearly two decades of experience, Renee Haser has been a dedicated and accomplished Realtor since January 13, 2005 when she launched her successful real estate career at Century 21 Jack Ruddy Real Estate. Renee holds prestigious designations, including, Accredited Buyer's Representative (ABR), Short Sale and Foreclosure Resource (SFR), Certified Negotiation Expert (CNE), and At Home with Diversity (AHWD), showcasing her commitment to excellence and adaptability in a dynamic market.

Renee's expertise spans a variety of real estate needs, whether you are buying your first home, selling your property or navigating complex transactions like short sales or foreclosures. Her personalized approach, strong negotiation skills and in-depth market knowledge ensure her clients feel confident and supported every step of the way.

A proud resident of Dunmore, Renee lives with her husband Gary and is the loving mom of two amazing sons. Her family-oriented perspective gives her a unique understanding of what it takes to find the perfect home for her clients.

Whether you are looking to buy, sell or invest, Renee Haser is the dedicated professional you can trust to turn your real estate goals into reality.

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