

Dunmorean of the Month

Julia Temperino



Tim Drewes Photo

By Steve Svetovich

Dunmore senior Julia Temperino is Miss Buck for a second consecutive year.

This marks the first time in the school’s history that a student was honored as Miss Buck twice.

“It’s a very good feeling,” she said. “I’m very thankful for everything. It’s an honor to represent Dunmore.”

Daughter of Jane and Jack Miles, Julia, 17, has been a member of Sherry’s Royalties for the past 14 years. She starred twirling at age three.

Sherry’s Royalties, owned and operated by Sherry Rubino Nicolais, has been a staple for local twirlers since 1980. Julia credits Rubino Nicolais, Miss Buck in 1976, for giving her confidence.

“Sherry installed confidence in me,” she said. “She told me the most important thing is to have confidence in yourself. I’ve been with her so long. She means a lot to me.”

The two-time Miss Buck said she also learned a lot from her parents.

“They teach me about respect,” she said. “Respect everyone and show gratitude for your opportunities.”

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Inside: 2025 Football Preview

(Pgs. 9-16)



Retired Dunmore High School cross country coach Vince Fedor has been honored with the dedication of the Vince Fedor Bucktown Trail around the school campus which was speakeaded by school officials and board members. See Dishin the Dirt sports column and related photos on Page 17.

Ribbon-cutting held for Bucktown Center senior apartments

United Neighborhood Community Development Corporation (UNCDC), the nonprofit housing and economic development subsidiary of United Neighborhood Centers of Northeastern Pennsylvania (UNC), held a ribbon-cutting ceremony for the new Bucktown Center senior apartment community on Thursday, August 21.

The newly constructed, four-story, 46,000-square-foot building, located at 222 East Drinker Street (corner of South Apple Street) in the heart of Dunmore, features 40 affordable apartments for individuals aged 62 and older and brand-new commercial space. This project addresses a critical housing need in Northeastern Pennsylvania while contributing to the revitalization of the community.

Speakers at the opening included State Senator Marty Flynn (22nd Legislative District), State Representative Kyle Mullins (112th Legislative District), Lackawanna County Commissioner Bill Gaughan, Dunmore Mayor Max Conway, Jessica Perry, Pennsylvania Housing Finance Agency (PHFA); James Caffrey, Chair of the UNCDC Board; Lisa Durkin, UNC President and Chief Executive Officer, and additional guests. The development team includes the UNCDC, Karen Welsh, R.A., AIA, of UpStreet Architects (project architect), Jude Cooney of A+E Group (civil engineer), and Robert C. Grimm of Grimm Construction (general contractor).

The \$19 million Bucktown Center project is funded through the Low-Income Housing Tax Credit program managed by the Pennsylvania Housing Finance Agency (PHFA), Federal HOME funds, The Harry and Jeanette Weinberg Foundation, Lackawanna County, and PNC Bank.



United Neighborhood Community Development Corporation (UNCDC), the housing and economic development subsidiary of United Neighborhood Centers of NEPA, held a ribbon-cutting for Bucktown Center, a new 40-unit senior apartment community at 222 East Drinker Street, Dunmore, on August 21. This \$19 million, 46,000-square-foot development provides affordable housing for residents 62+ and new commercial space, addressing a critical community need. Speakers at the ceremony included State Senator Marty Flynn; State Rep. Kyle Mullins, PA Department of Aging Representative Jason Kavulich; Lackawanna County Commissioner Bill Gaughan, UNC leadership, and project partners. Jaime Ryan, CPA (PNC); Jessica Perry (PHFA); Dunmore Mayor Max Conway; James Caffrey (UNCDC Board Chair); and Lisa Durkin (UNC President & CEO), with additional guests.

Banick waits for perfect shot!



Rich Banick writes: I have been working on a huddle shot for years at the Dunmore football games....from Coach Hezes to Coach McHale ...and then this happened August 22! Right place, right time, right lens! Great shot to start the season Canon R1. 15-35 f2.8.

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Bobby Valli, former member of the Duprees and younger brother to Frankie Valli, recently spent the afternoon at Dunmore Health Care Center entertaining residents and staff. Residents sang along and danced to Bobby's music. Bobby spent a great part of his childhood at his grandmother's home in Dunmore. He stated how it was so wonderful to be back in Bucktown. Valli, at right, is shown here with Steven McCleary.



New faculty members at the Dunmore Elementary Center include, from left, Kiley Yankochik, second grade teacher, Gabrielle Snee, special education teacher, Katie McKitish, third grade teacher, Jena Garavuso, school psychologist, Laura O'Malley, school nurse, and Isabella Zeller, special education teacher.



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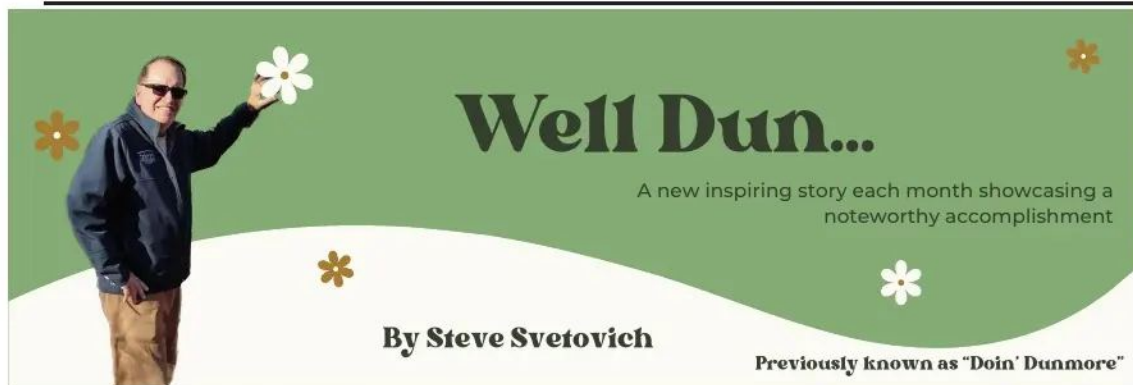
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Dunmore football memories with late Guy Valvano

The late Guy Valvano of Dunmore passed away a little more than a year ago, but left lasting memories in print through various books he wrote on the local sports scene.

The former sports editor of The Scrantonian and assistant sports editor of the Scranton Tribune, was 96 when he died.

The late writer's books go back in local sports history as much as 100 years.

Take his book, "Thanksgiving Football Memories," for instance. In the chapter, "Jones Doubles Up," Valvano wrote about a Dunmore vs. Olyphant Thanksgiving Day football game played 95 years ago in 1930.

That was back in the day when Thanksgiving Day football games were starting to become a ritual.

Valvano wrote: "With a 62-0 conquest of Olyphant on Thanksgiving Day in 1930, Dunmore concluded a season in which it won nine football games for the first time since the sport was introduced at the school in 1898.

He continued: "Played on Thursday, November 27, at Dunmore Ballpark - which in later years would become the site of a parochial high school - the game attracted a large crowd.

"The Scranton Times wrote that by virtue of its victory, there was no question that the Bucks of Coach Frank "Ram" Duffy were the 'scholastic football champions in this end of the state.'

The newspaper noted that Dunmore 'opened the game with a bang' and scored in every quarter. "Coach Frank Duffy's team

didn't have much chance to show how good its defense is as the Bucktowners had possession of the ball practically all the time,' the newspaper account read.

"The most outstanding play of the game involved fullback Ralph Hess, who returned the opening kickoff 80 yards for a touchdown.

Hess scored two other touchdowns in his final appearance as a Dunmore High School griddier.

Tommy Silvano was another key performer for the Bucks. Silvano, a halfback who would earn a football scholarship to Notre Dame and eventually excel at Penn State, matched Hess' three-touchdown feat.

Lapausky, another halfback, accounted for two touchdowns and Costanzo, an end, scored the other six-pointer.

"Dunmore's only loss was to Easton in the opening game of the season. Tech and Central were two of the Dunmore victims."

Further in the chapter, Valvano wrote about the Dunmore vs. Old Forge Thanksgiving Day game played in 1937.

The legendary sports historian wrote: "On Thanksgiving Day afternoon in 1937, Dunmore wrapped up the Big Eight/Lackawanna Conference championship with a 19-0 win at the expense of Old Forge before 3,000 spectators at Athletic Park, a neutral site.

"Leo Hungerbuhler, Mike Opsasnick and Donato Gallo, one of 10 Dunmore seniors, accounted for the touchdowns.

"In the 14 games preceding the meeting with Old Forge, Dunmore had gone 12-1-1. It was noted that the game with the Blue Devils would go a long way in determining the conference champion. Old Forge came into the game off an upset at the expense of Jessup.

"The Bucks finished with a 5-0-1 record and .563 conference rating, the long blemish of an otherwise perfect record being



Local sports historian and journalist Guy Valvano

a tie with Central. Dunmore outscored its conference opponents, 86 to 12.

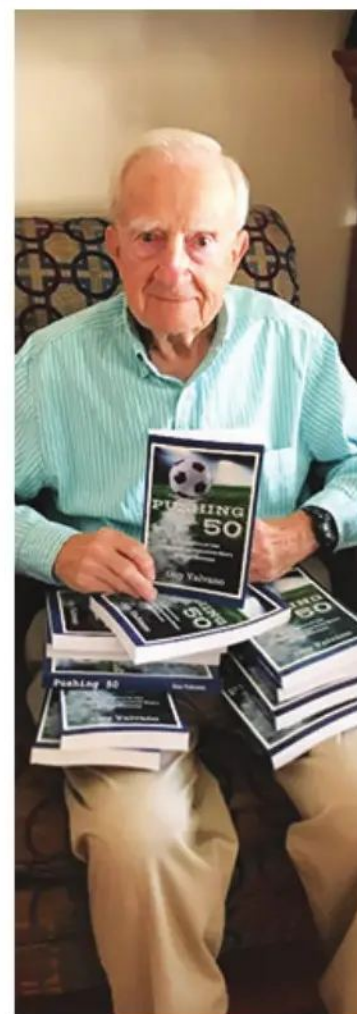
"It was Dunmore's first unbeaten season in 12 years. The backfield of Hungerbuhler, Gallo, Captain Tom McGuire and Dave Bowen was being touted as one of the finest in the school's history.

"Dunmore out-rushed the Blue Devils, 187 yards to 85. The Bucks completed eight of 13 passes for 126 yards while Old Forge connected on one of six for 32 yards. The Blue Devils failed to score a single touchdown in conference games while allowing 69 points."

Valvano revealed in the chapter that Dunmore's Donato Gallo and Tom McGuire were selected to play for the County in the Scranton Lions Club Dream Game.

The legendary Edgar "Special Delivery" Jones from Scranton Tech was among the players selected to play for the City.

Valvano authored more than a dozen books on the local sports scene before his passing. His final publication was his autobiography.



Dunmorean Guy Valvano wrote books covering over a century of local sports history.



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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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Keystone UNICO members are shown presenting \$500 from its Random Act of Kindness Fund plus 100 pair of Bomba's Socks to Gino Merli representatives at the Gino Merli Memorial Flagpole include, from left: Cathy Bianchi, Toni DiVizio, Fund Co-chair Frank Coviello, Marilyn Vitali, Volunteer Services Coordinator Janice McAllister, Cathy Van Nort, Fund Co-chair Mary Ann Coviello, Mary Marrara, Veteran's Center Deputy Commandant Kathleen Ambrose, Bob and Sylvia Tagert, Mark McDade and Board Chairman Michele McDade.



Keystone UNICO members are shown presenting \$500 from its Random Act of Kindness Fund plus 100 pair of Bomba's Socks to Gino Merli Veteran's Center representatives at the Gino Merli Memorial Flagpole. Shown from left are: Cathy Bianchi, Toni DiVizio, Mark McDade, Committee Co-chair Frank Coviello, Marilyn Vitali, Volunteer Services Coordinator Janice McAllister, Cathy Van Nort, Committee Co-chair Mary Ann Coviello, Mary Marrara, Gino Merli Head of Security Mike Kozich, Bob and Sylvia Tagert, and Board Chairman Michele McDade.

Actors Circle sets premiere of spooky 'Subtle Bodies' at Providence Playhouse

This fall, Actors Circle is heading into spooky season with the Pennsylvania premiere of Clive Barker's "Subtle Bodies," directed by Justin John Costello. This will be presented October 2, 3, 4, 5, 10, 11, and 12, at Providence Playhouse, 1256 Providence Rd., Scranton. Show times are Thursday, Fridays, and Saturdays at 7 p.m. and Sundays at 2 p.m..

Tickets are \$15, general; \$12, seniors; and \$10, students. On October 2, all tickets are \$10. Pay cash at the door or buy online at actorscircle.com. Reservations, call 570-342-9707.

Clive Barker is best known for his array of fantastic novels and the horror films "Hellraiser" and "Candyman."

"Subtle Bodies" begins with the engaged couple Dexter and Carys, who on the eve of their wedding, escape to the Atlantic Hotel, on the northwestern coast of England. The next day, their wedding guests arrive, and they all meet up with Mr. Foss, a member of the secretive and exclusive Dream Bureau; an organization which shapes and orchestrates humanity's dreams. He takes them on a mysterious, seafaring dream.

"Subtle Bodies" combines comedy, fantasy and horror in a theatrical epic that only Barker himself could conjure.

Members of the cast are Jason Belack, Lisa Benedict, Seth Brandreth, Colleen Capponi, Jen Catonese, Maggie Conway, Kevin Costley, Maddie Giardina, Jeff Ginsberg, Nanziba Kahn, Kandis Hill, Lou LaLonde, Leba Lanton, Paul Miscavage, Mel Meyer, Darren Moore, Marcie Herman Riebe, Liz Stanton, Stephen Rinaldi, and Joy Zovada.

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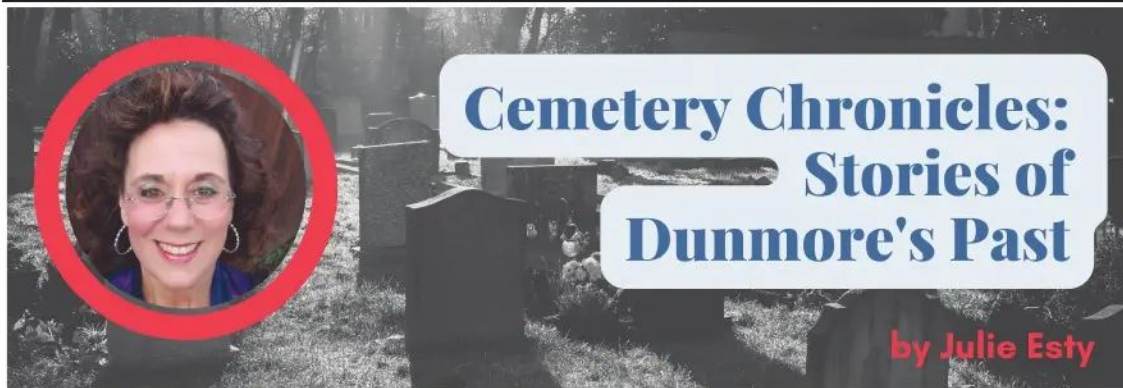
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Cemetery Chronicles: Stories of Dunmore's Past

by Julie Esty

Fireworks cause grief for local health director

As the summer months end, evenings filled with the beautiful bursting colors of rockets, sparklers and firecrackers will lessen.

Often a staple of holiday events and barbecues, the usage of fireworks was not welcomed by a local health director who requested their strict regulation in the city of Scranton.

Born in Pontardawe, Wales, in 1880, James D. Lewis was the son of John and Mary Davies Lewis. The Lewis family came to Scranton in the late 1880s. Both John and his son James worked in the mines in the North Scranton – Leggett's Creek area of the city.

At the age of 21, James left the mines and attended Olivet College in Michigan. Following graduation from Olivet, Lewis attended the University of Michigan Medical College and graduated in 1909.

He returned to Scranton for an internship in a local hospital and then entered private practice.

Lewis remained in practice until he enlisted for service in World War I in 1917. After attending Army Medical School at Camp Dix, he served with the 51st Infantry Medical Corp in France from July 1918 to January 1919.

Upon honorable discharge, he returned to Scranton and resumed his medical practice.

In December, 1925, Lewis began serving as Director of Public Health under the mayoral term of Edmund B. Jermyn. In July



James D. Lewis: Photo Courtesy of Jubilee History, Commemorative of the Fiftieth Anniversary of Lackawanna County--Thomas Murphy.

1926, tragedy struck the Lewis family when Margaret, the 20-month-old daughter of Dr. Lewis and his wife Helen, died.

Parents of youngsters will tell you that sometimes a child will find something on the ground and eat it. That was the case with young Margaret. Margaret discovered a "Spitting Devil" firework in the vicinity of her home and ingested it.

She died within hours of acute phosphorus poisoning. Margaret was buried on July 26, 1926, in

the Dunmore Cemetery.

Prior to the Fourth of July 1927, as Director of Public Health, Dr. Lewis asked Scranton City Council for a ban on the possession and sale of all fireworks. This ban would include rockets, sparklers, and firecrackers. Lewis cited that he wanted a "safe and sane Fourth of July."

Scranton City Council did not establish measures that would negatively influence the sale and use of fireworks for that holiday season.

Despite the efforts of Dr. Lewis, review of the newspapers for the summer of 1927 reveals many severe accidents from fireworks involving children.

Accidents, injuries, and deaths involving fireworks still happen regularly today within the borders of the Lackawanna Valley.

Dr. Lewis continued his medical practice for the next two decades. He died at the age of 69 on September 2, 1949.

He was buried near his infant daughter, Margaret, in Section 23 of the Dunmore Cemetery.

Dr. Lewis is also buried with his wives, Myrtle Roberts, and Helen Barker. Myrtle, a trained nurse, answered the call when nurses were needed during the influenza epidemic of 1918. Volunteering at the State Hospital she contracted influenza and died in October 1918 while Dr. Lewis was serving in France. Helen Barker Lewis died in 1962.

Dearly Departed Players slate fall tour of Dunmore Cemetery

The Dearly Departed Players will return to the Dunmore Cemetery on Sunday, October 5, and Sunday, October 12, at 2 p.m. for their annual historical walking tours.

Tour Director Julie Esty notes that the cast has been rehearsing since mid-July in preparation for the Tour 2025. The tour, which changes annually, will feature a dozen new costumed vignettes throughout the cemetery.

Now taking place over two decades, this highly anticipated autumn event draws visitors to the cemetery from the tri-state area and celebrates the history and heritage of the Lackawanna Valley.

This year the Players will be joined by members of Union, Peter Williamson, Hyde Park, Schiller and Aurora Masonic Lodges. In conjunction with the Dearly Departed Players, members of those Lodges will portray people who are significant to their history who are buried in the cemetery. In one case, they will also tell "the rest of the story."

Prior to the tours, the artists of Scranton Rocks will visit the cemetery and hide their creations so tour visitors can find and enjoy their beautiful artwork. Scranton Films, Dunmore Senior Center, and the Lackawanna Historical Society will decorate mausoleums in a harvest theme.

The tour is a recipient of a Lackawanna County Arts and Culture Grant which helps bring this production to the public at no charge. Tour admission is free. No reservations are necessary. Comfortable walking shoes are suggested. Each tour takes approximately two hours. It is suggested that tour attendees arrive early to obtain parking and see exhibits.

For more information, or if your organization or business would like to decorate a mausoleum, please contact Julie Esty at 570-344-3819. Follow the Dunmore Cemetery Tour on Facebook.



Julie Esty is director of the annual Dunmore Cemetery tour.



Roger Mattes is a member of the Dearly Departed Players.



Spitting Devils ad June 1925 Scranton Dry Goods, Co. advertisement for fireworks. (Scranton Times, 6/26/25, p. 17.)



Serving Seniors will celebrate its 50th Anniversary with a dinner at La Buona Vita, Dunmore, on October 9. Shown are members of its Board of Directors, from left: Howard Evans, Brian McCracken, Ellen Strauskulage, Dr. Alice McDonnell, Carol Fisher, Scott Thomas, Shaun Flynn, David Falchek, and Marilyn Vitali.

Serving Seniors planning to celebrate 50th anniversary with festival dinner

Serving Seniors, Inc., a nonprofit leader in advocating for and protecting vulnerable older adults in Northeastern Pennsylvania, will celebrate its 50th anniversary with a commemorative dinner on Thursday, Oct. 9, at 5:30 p.m. at La Buona Vita in Dunmore.

Founded in the early 1970s as *Interfaith Friends*, the organization began as a grassroots coalition of faith leaders and volunteers working to improve the quality of life for those in long-term care facilities.

In 1975, the group formally reorganized as *Serving Seniors*, expanding its mission to include a broad range of services aimed at empowering and protecting older adults across the region.

“For half a century, Serving Seniors has worked to ensure dignity, safety, and voice for some of the most vulnerable members of our community,” said Executive Director David Falchek. “The needs of the older adult population haven’t gone away—and are likely greater now than ever.”

The organization will honor long-time advocate Dr. Alice McDonnell, professor at Marywood University and recognized expert in gerontology

and hospice, with its Legacy of Care Award. State Secretary of Aging Jason Kavulich is scheduled to speak.



Serving Seniors provides long-term care ombudsman services in Lackawanna, Luzerne, Monroe, Pike, Wayne, and Wyoming counties, advocating for residents of skilled nursing and personal care facilities.

In addition, the agency offers guardianship and power of attorney services, and serves as a patient advocate for older adults recently discharged from hospitals, particularly those with chronic or complicating conditions.

The 50th Anniversary Dinner will bring together community partners, volunteers, and supporters to reflect on the organization’s impact and renew its commitment to protecting and

uplifting the aging population in Northeastern Pennsylvania.

Tickets for the event are available at <https://ticketstripe.com/serving50>.

For sponsorship opportunities or more information, visit <https://servingseiniorsnepa.org> or call (570) 574-4045.



At this year’s 102nd UNICO National Convention in Fort Lauderdale, Fla. Keystone Chapter UNICO member and PAII District Governor Nan Gramigna was recognized with the UNICO National Distinguished District Governor in the Nation Award. The District Governor is the direct link between UNICO National and the many UNICO Districts throughout the United States. Dunmore’s Keystone UNICO Chapter was also recognized with the Chapter Achievement Award, an honor it has earned every year since be chartered on April 14, 2012. Shown at the presentation from left are: 2024-2025 UNICO National President Anthony Bengivenga, PA II District Governor Nanine Gramigna, and Dr. Frank Greco, District Governor Awards Chairman. Joseph Nasello was Installed as the 2025-2026 UNICO National President.



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Usually, in this column, I talk about a point of law, a policy issue, or something tied to our community through the lens of the legal world. But this month, I felt compelled to address something different—the elephant in the room. Or rather, the absence of him.

For those who know me, you know I've been a big guy my whole life. But over the past year, that's changed in a very real and visible way. And I didn't want to let that transformation pass without sharing the story behind it—not because I enjoy talking about myself, but because there's an injustice here that deserves attention.

I want to educate you about a medication—Zepbound—that has radically changed my life and could change countless others. And I want to shine a light on the troubling fact that many people who need it most are being denied coverage.

My hope is that by telling my story openly, more people will recognize this injustice for what it is, and maybe, together, we can fight for fairer access to something

that has the power to save lives.

And since we're talking about "Zep," let me borrow from a different one you might know: **Led Zeppelin**.

As legend has it, the band got its name after Keith Moon of *The Who* joked that Jimmy Page's new project would "go down like a lead balloon." John Entwistle added, "More like a lead zeppelin." Page loved the phrase, swapped the spelling to "Led," and the rest is history. A name meant to symbolize crashing failure became one of the biggest bands of all time.

That irony isn't lost on me. What was supposed to be heavy actually lifted them up. And in my own way, Zepbound did the same thing for me—it made me lighter. And since **Led Zeppelin is my favorite band of all time**, when my doctor first told me about something newer than Ozempic called Zepbound, I immediately thought it was fate.

The Hunger Problem I Didn't Know I Had

My sister is a clinical dietician. She's given me advice for years about what to eat and how to balance a healthy diet. But here's the truth: Knowledge wasn't my

problem. Hunger was.

I've always had a ferocious appetite. Never satisfied. Always thinking about food. And I thought that was just how everyone was wired until I heard a doctor describe the mindset perfectly:

You go out to dinner with your spouse. You both order chicken parm. Your spouse eats half, boxes the rest, and moves on with her night. But you? You clean your plate like it's a mission.

Then you can't stop thinking about her leftovers. Day 1, you wonder if she'll eat it tomorrow. Day 2, you're checking the fridge. Day 3, you start convincing yourself it's fair game. Day 4, if she throws it out, you're furious.

That was me—every time. And I didn't even realize how abnormal it was until Zepbound turned the volume down on those thoughts.

Funny enough, the one real fight my wife and I ever had since we met in 2016 was over me prematurely eating her leftover veal scallopini. Looking back, that should've been my wake-up call.

My Starting Point

On August 11, 2024, I weighed 340 pounds. Not my personal

highest, but close. (Law school had me fluctuating like crypto—up one week, down the next, volatile as hell.)

People love to say: *Just stop eating. Go on a diet. Exercise more.* Easy words, impossible execution when your hunger switch is broken.

That's why Zepbound changed everything. Unlike Ozempic or Wegovy, which use semaglutide (originally made for diabetes and later found to suppress appetite), Zepbound uses tirzepatide. It does two things: curbs appetite **and** keeps you feeling full longer. And importantly—it was labeled for weight loss, not just diabetes.

With a BMI of 46, my doctor said I was a no-brainer candidate. We went through the usual dance: prescription, insurance prior authorization, approval. It took about 7–10 days. At the time, I thought it was routine. Later, I learned just how lucky I was.

The First Shot

My first dose was Sunday, August 11. I'd researched obsessively (my wife would call this my "due diligence phase" that kicks in before I commit to anything).

I'd read forums, Reddit threads, and personal accounts. A lot of people injected in their stomach, but I couldn't stomach (pun intended) that idea. Why? As a kid, I watched family members with diabetes shoot insulin into their bellies. That image stuck with me. I couldn't separate it. The thigh felt more approachable, so that's what I chose. Sunday nights, 7 p.m., like clockwork.

Side effects? None for me.

And then came Monday night. My in-laws were in town, so we had homemade lasagna with roasted broccoli. I cut myself a smaller piece, ate half, and stopped. More shocking—I didn't spend the rest of the night obsessing about the leftovers in the fridge. That had literally never happened before.

For years I told my sister, "I can't wait for the miracle drug." Turns out, it finally exists.

The Daily Grind

Once I got started, I committed fully. I logged every single thing in the **Lose It** app—food, water, weigh-ins.

I even set a "joke" goal: 184 pounds. That's the number the outdated BMI chart says I should weigh to be "normal." My sister and doctor both dismissed BMI, but insurance companies still cling to it. So I figured, why not?

Here's what my routine looked like almost every day for over a year:

Breakfast: Fairlife protein shake (30g protein), 18 oz black coffee. **Lunch:** 40 grams of homemade jerky (beef or pork). I trim the fat,

freeze, slice, marinate overnight, then dehydrate. Portion it out into bags—it costs me \$25 and lasts two weeks.

Dinner: Whatever I wanted, but portion-controlled—3–4 oz protein, 3 oz carb, 3–4 oz vegetable. Cooking has always been my passion, and thankfully Zepbound didn't kill that joy.

Snacks/Dessert: Rare, but sometimes a piece of dark chocolate with my wife before bed.

If I had drinks at happy hour, I logged them and adjusted my dinner. Usually, Monday and Tuesday dinners were salads with no carbs to offset the weekend.

That was it. Nothing flashy. Just consistent.

The Result

On August 20, 2025, just a year and a week after I started, I hit 184 pounds. Nearly 160 pounds gone. But the story doesn't end there.

What Shocked Me

I started telling everyone I knew who was overweight: "Talk to your doctor about GLP-1s." No shame, no secrets. Because here's the thing: obesity isn't a secret. You wear it. Everyone sees it.

But what floored me was how many of my friends and family—people with worse health conditions than mine, some even on the same insurance plan—were denied. How does that make sense? I was relatively healthy aside from my weight. No diabetes, no high blood pressure, no cholesterol issues. Meanwhile, people with multiple comorbidities—who arguably needed it more than I did—were turned away.

The only explanation that makes sense: money.

Take a local health system, which I will not mention by name, for example. They list GLP-1s on their formulary but generally prohibit their providers from prescribing them. Why? My guess is because if people lose weight through medication, they won't need costly procedures and elective surgeries. And that means lost revenue.

And here's the kicker: this unnamed, but well-known health system even conducted a study on GLP-1s and gastroenterology procedures. They looked at tens of thousands of patients undergoing endoscopy (EGD) and concluded that people on GLP-1s were "at risk" because food stayed in their stomachs longer.

But that's the *entire point* of GLP-1s. They delay gastric emptying to help you feel fuller longer. It isn't a dangerous flaw—it's the mechanism. To frame that as a reason not to use the drug is like criticizing a seatbelt because it restrains you in an accident.

(Please turn to Page 18)

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Dunmore Bucks 2025 football team--*Rich Banick Photo*



Holy Cross Crusaders 2025 football team--*Rich Banick Photo*

Expectations remain high for Scranton Prep

By Steve Svetovich

Scranton Prep head football coach Terry Gallagher knows the bar is always set high for his Cavaliers.

Now in his 10th season, Coach Gallagher is closing in on 100 career wins at Prep. He has a career record of 95-19, including six district titles.

Last year, Scranton Prep won the Lackawanna Football Conference Division I and District 2 Class 3A championships.

The Cavaliers finished No. 1 in the Times-Tribune High School Football Poll.

Scranton Prep will return Lackawanna Football Conference Division I Coaches' all-star running back Will McPartland. He rushed for 1,030 yards and 17 touchdowns last season. He suffered a knee injury in the PIAA playoff loss to Northwestern Lehigh. His surgery caused him to miss his lacrosse season.

"Will is enjoying an excellent career at Scranton Prep," coach Gallagher said. "He will go down as one of the best football players in the

school. He's a quietly confident, determined young man.

"Behind Will are some younger guys competing for the second spot. Owen Jeffers has done an excellent job picking up the offense.

"We have a handful of talented guys at wide receiver. Noah Krzywiec, Mackey Lynett, Liam Haggerty, Aiden Straw and A.J. Croom are a few of them. Andrew Dempsey and Jack Mendola are also important offensive players.

"We need to continue to develop in the running game as the year presses on. Guys need to stay focused and healthy each week.

"We hope to continue being a physical football team up front. Running the football is extremely important to our success."

The Cavaliers return five starters on offense and five on defense. Tight end Sean McCormack was one of the key contributors coming back from last year's successful team. He is a punishing blocker and had five receptions for 75 yards.

"We have pride and tra-



**Scr. Prep Coach
Terry Gallagher**

dition at Scranton Prep," the veteran coach said.

Other key members of the offensive line are Anthony De Los Santos, Kaleb Pagnotti and Owen Dadurka. The veteran members of the offensive line

helped Prep produce 3,211 rushing yards in 14 games.

Sophomores Jeffers and Caden Whetsel are competing for the starting quarterback job replacing graduate Louis Paris who was Times-Tribune Offensive Player of the Year last season.

Caleb Rutkowski is a physical fullback and linebacker returning from an ACL injury. Anthony Prince will be a key back who rushed for 274 yards last year.

Brandon Farmer, Finn Mulligan and Henry Barrett will also play in the backfield.

Defensively, McPartland was All-Region and Class 3A all-state defensive back last season. He had 110 total tackles, four for losses, seven passes defended and two interceptions.

Linebacker Andrew Dempsey totaled 140 tackles, Mackey Lynett had 75 tackles, Elijah Myers had 31 tackles and De Los Santos added 29 tackles.

Lynett is now a three-year starter at outside line-

backer. McCormack is also a key defensive player.

"We will lean on those veteran players defensively," the hard nosed coach said. Prep has won four consecutive District 2 Class 3A titles. The Cavaliers have won eight district titles since 2015.

Coach Gallagher is assisted by Brian Croom, Dan McShaffery, Bill Pasqualichio, Ryan Jones, Jason Tallo, Brett Stage, Marc DeAntona, Evan Prall, Ned Leonard, Riley Nealon and Tyler Mackrell.

"We have high expectations," coach Gallagher said. "We wanted to schedule more challenging out-of-conference games to help us prepare properly for the post season.

"We have great coaches who make us work hard and grind year after year to make us better."

Prep lost its Lackawanna Football Conference league opener this year, 14-10, to Valley View Friday, August 22, at John Henges/Veterans Memorial Stadium.



Scranton Prep Cavaliers 2025 football team

Youth turns to experience this season for Dunmore Bucks

By Steve Svetovich

Dunmore Bucks veteran head football coach Kevin McHale is looking for his team to take the next step this season.

Coming off a 2024 season in which the Bucks finished one win short of a state Class 2A final, McHale thinks his team's experience can pull the Bucks further this season.

Dunmore had a youth-filled, inexperienced roster last season, but still was able to advance far in the state playoffs. McHale feels the experience will lead to more confidence and a championship caliber team this season.

"We are very happy with the work ethic and dedication of the players," he said. "This is a hard-working group. They have done an excellent job getting themselves ready for the season."

"There has been solid competition at each position. We return players in all three phases of the game. The kids who played last year must lead the charge and step up."

"If we can develop some depth at some key positions and stay healthy, we feel this will be a very good football team."

"We can go far. The goal is always championships." The assistant coaches at Dunmore under the hard-working McHale are Damon Bowen, Michael Barrett, Jack Miles, Nick Shoemaker, Michael Muracco, Al Miller and Mark Finan, Jr.

Coach McHale is in his seventh season at the helm. He replaced the late legend, Jack HENZES, who had resigned due to health reasons at the time. Coach McHale has 40 career wins entering this season.

Dunmore's Xavier Burke was a first-team selection to the Lackawanna Football Conference Division II Coaches' All-Star team at fullback and linebacker as a sophomore last season.

Burke rushed for 529 yards and three touchdowns for the Bucks last season. A tough and physical player on offense and defense, Burke helped Dunmore to a solid post season despite a 5-7 record during the regular year.

Jake Costanzo and Josh Dudick, a pair of state medal winners in track and field, will contribute to the offense this year.

Costanzo rushed for 146 yards and snared 16 passes for 250 yards and four touchdowns last season.

Dudick is expected to contribute at quarterback, running back and receiver.

Weston Yannone, a junior, returns as an All-Region defensive back. He is also a dual threat at the quarterback position.

Jack McHale and Logan Miller are expected to see plenty of action as receivers.

Burke will lead a now experienced defense that includes Jackson Harding who totaled 44 tackles, 9.5 for losses and two sacks last season, and Bran-



Dunmore Coach Kevin McHale

don Mecca who had 6.5 tackles.

Brayden Shigo (24 tackles) and Carter Davies (12 tackles) return at the defensive tackle positions. Miller is back at defensive end.

Ryan Mecca, who had 10 tackles, and Costanzo, who had 20 tackles and an interception, return in the secondary.

Dunmore has won 14 District 2 titles since 1995. The Bucks won eight Big 11 titles and the Eastern Conference Class 1A championship in 1985.

Dunmore lost its first game this season, 17-14, to Riverside on an overtime field goal Friday, August 22, at Dunmore Veterans Memorial Stadium.

The Dunmore football roster

includes Jake Donahue, Jack McHale, Jack Henry, Conner Sample, Joseph Tur, Eli Dougherty, Cayden Reynolds, Brady McCormick, Weston Yannone, Colin McHale, Jake Costanzo, Steven Tucker, Noah Rought, William Healey, Ryan Mecca, Zekhi Hayes, Jackson Harding, Brandon Mecca, Will Bonin, Colin Coulthard, Josh Dudick, Christian Miles, Nick Rought, Xavier Burke, Josef Wolff, Kevin Batzel, Patrick Dickel, Bobby Santarsiero, Brayden Shigo, Noah Kineg, Carter Davies,

Aiden Mulholland, Aaron Mecca, Michael Dempsey, Lorenzo Leo, Ethyn Durst, Joe Manger, Keegan Oprisko, Luke Franek, Aiden Zilaitis, Logan Miller, Colleen Loschen and Landen White.

The Bucks continue to play in memory of late team member Sonny Crotti who passed away Feb. 15, 2024 after a brief but hard fought battle with brain cancer. Sonny would have been a senior quarterback this season and his coaches and teammates still list him on the roster.



Miss Buck, Dunmore cheerleaders have spirit!

(Continued from Page 1)

Confident yet humble, Julia has an impressive 3.8 academic average at Dunmore. Her best subject is English. She has not decided on a college yet, but would like to stay local and study elementary education to become a school teacher.

She is a member of TACT, the bowling club, French club and is a Dunmore twirler and basketball cheerleader.

Her main hobby is twirling. "I do it all the time," she said. "I do it all year."

Julia said she finally got to see Taylor Swift in concert last October. She also saw Zach Bryan in concert and can't wait to see him again.

She talked about her goal as Miss Buck a second time. "It's going to be the same, but a little more personal," she said. "I want to keep people entertained. I will be working on some new tricks. I want to represent Dunmore in the best way possible."

The talented twirler talked about her future goals. "I want to eventually focus on college and getting my degrees. I want to become an elementary school teacher. I want to keep twirling in my life. I see myself as a future coach in that respect."

Full of energy and life, Julia is looking forward to her senior year as she represents Dunmore as Miss Buck a second time. "Dunmore has been very good to me," she said. "It's a great community. I love the way people live here. Everyone is so close. We are all close in school. I have made so many friends. It's great."

Angela Bonavoglia was the first Miss Buck in 1956.



Holy Cross looking for more improvement

By Steve Svetovich

Holy Cross Crusaders head football coach Joe Giorgio led his team to a 3-8 record in a rebuilding season in 2024 and now looks to build on that in 2025.

One big reason for optimism is the experienced, talented backfield. Fullback Leland Wudarski was an honorable mention all-star last season. His twin brother Aiden Wudarski, the tailback, has rushed for 1,326 yards and 10 touchdowns in his career.

Another reason is senior Kevin Vincent, a state medal winner in track and field. He rushed for 149 yards and two touchdowns and caught 10 passes for 195 yards and four touchdowns last season. Big things are expected from him this season.

And yet another reason is powerful two-way lineman Branden Fadl, one of the most powerful, talented players in Lackawanna Football Conference Division III. The 6-3, 310-pound senior is in his third season as a starter and provides the team with a more than solid foundation.

There are 12 players with starting experience returning this year under coach Giorgio, now in his fifth year as Holy Cross head football coach. Holy Cross made the post season for a second time in four years under coach Giorgio.

Fadl, an honorable mention for Lackawanna Football League Division III all-stars last season, will be an integral part of an offensive line that includes returning starters 6-1, 240-pound Vinnie Sansone and 6-2, 240-pound Gregg Novak, also honorable mention last season. The 5-11, 260-pound Noah Karzenoski adds more depth to the line.

The Crusaders defense is also loaded with experience. Fadl and Novak return on the defensive line. Vincent, Leland Wudarski and Noah Davis return as linebackers. Henry Chilewski is a returning starter in the secondary.

Other key defensive contributors this season will be Aiden Wudarski at inside linebacker, Dean Mushow at outside linebacker and Jonathan Mills in the secondary.

Assistant coaches under the enthusiastic veteran Giorgio are Vince Coviello, Michael Giorgio, Gene Pane, Jake Gatto, Jake Wiercinski, Pat Pastore and Brady Rutkoski.

"Expectations for this season are high," said Coach Giorgio. "We return six players on offense and six on defense. Most of them are three-year starters.



**Holy Cross Coach
Joe Giorgio**

"Hopefully, we can control the clock offensively and create turnovers on defense."

Coach Giorgio said team leaders will be guard/defensive end Novak, offensive and defensive tackle Fadl, wide receiver/outside linebacker Vincent, fullback/middle linebacker Leland Wudarski, tailback/free safety Aiden Wudarski and wide receiver/cornerback Chilewski.

"We've had a good quarterback battle develop in camp between sophomore Tyler Kohut and freshman Chase Rutkowski," said coach Giorgio.

"Both are expected to see playing time throughout the year.

"Offensively, we want to run the football and control the clock. We want to mix in some timely passes. We return three linemen up front as well as our fullback and top two rushers.

"Defensively, we have to create turnovers and improve on our tackling. We will be inexperienced in the secondary and hope to improve each week.

"We are looking to have a very good season and improve on last year's performance. We have the experience and talent."

The Crusaders defeated Montrose, 32-6, in the opener at Montrose on Friday, August 22. Senior tailback Aiden Wudarski scored three touchdowns on runs and Holy Cross quarterback Chase Rutkowski threw two touchdown passes to receiver Kevin Vincent.



Branden Fadl



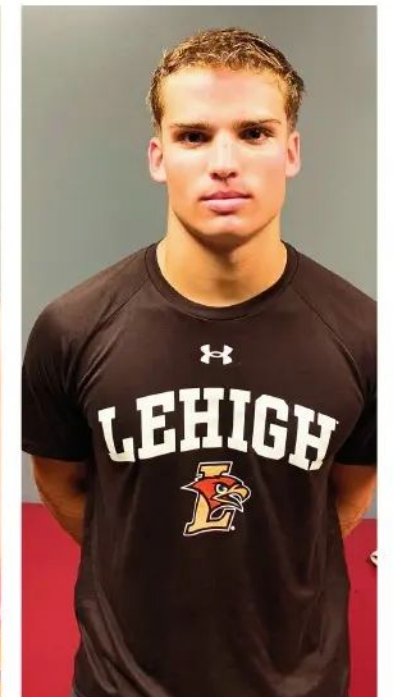
Chase Rutkowski



Gregg Novak



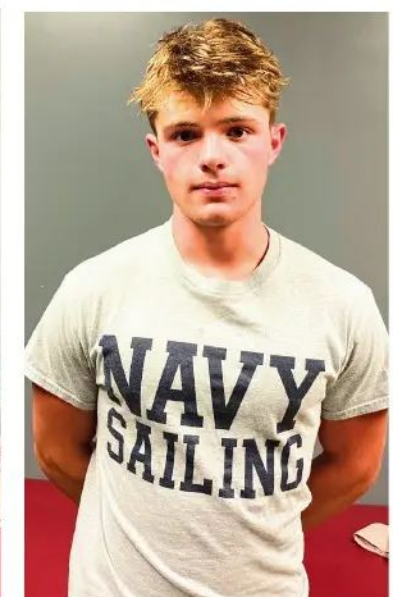
Henry Chilewski



Kevin Vincent



Leland Wudarski



Simon Madore

Holy Cross Crusader photo highlights



Dunmore Bucks football highlights



Aiden Wudarski scores 3 touchdowns in opening win

By Steve Svetovich

Holy Cross senior tailback Aiden Wudarski scored three touchdowns on runs and snared a 29-yard pass to set up a score as the Crusaders defeated Montrose, 32-6, to open the season on Friday, August 22.

The talented back rushed for 51 yards on 12 carries in the opener played at Montrose.

"He had a big game," said Holy Cross veteran head football coach Joe Giorgio. "It was a nice win for us."

Speedy wide receiver Kevin Vincent, a state-medal winner as a standout member of the Holy Cross track and field team, caught two passes for touchdowns from quarterback Chase Rutkoski who was 3-for-3 passing for 81 yards and two TDs.

"I feel I did well overall," Aiden said after his stalwart performance. "I was able to score twice from inside the five and on another longer run close to 30 yards and catch a pass to set up one of my touchdowns."

"I give a lot of credit to our line. It's a long season and we have a lot of it left. I just want to improve as much as I can game by game."

Aiden, whose twin brother Leland is the starting fullback and an honorable mention all-star last season, rushed for 387 yards and three touchdowns on 72 carries last season. He average 5.2 yards per carry.

The senior standout now has close to 1,400 yards rush-

ing and 13 touchdowns in his Holy Cross football career.

The scholar-athlete has a 3.02 academic average. His best academic subject is chemistry. He is a member of the Holy Cross track and field team. He throws the javelin and runs the 100.

Aiden said he is not sure where he will attend college, but is thinking about a trade school. "I might want to continue playing sports," he said.

Son of Jennifer and Harley Wudarski, Aiden said he learned a lot from his parents.

"I learned a lot about football from my dad," he said. "My dad has coached me since the Pee Wee football leagues."

"My mom has always been there too. She taught me to respect my teammates, the opposing players, and people in general. My parents are very supportive."

The shifty tailback said Coach Giorgio has helped him immensely. "Coach Giorgio taught me everything I know about football on the high school level. He makes it easier for the young kids on the team to learn the game."

Aiden talked about what it takes to excel at the tailback position. "You need a good line first of all. And then you need to know how to read the defense and react to certain cuts."

He felt very positive following the opening night win over Montrose.

"It felt really good. It was a great way to start the year. There are a lot of new guys and we opened some spots for them. It's

a great start for the new guys." He talked about the team goals.

"We want to improve every game, finish over .500 and make the playoffs. Then we can make a run. Showing improvement is most important to us."

Aiden said he likes listening to music in his spare time and would like to see Avenge 7 Fold, a rock and heavy metal group, in concert.

Also a free safety on defense, Aiden said he lives in the present taking things day by day.

"I don't think too much about the future. I would rather tackle the present."

As a senior, he reflected on his years at Holy Cross. "I've loved every minute at Holy Cross," he said. "I have to admit, though, it's going by too quick. Everyone around me makes it easy to enjoy. The teachers and coaches are great."

"It's fantastic playing football with my twin brother and other teammates. It feels like home here. People almost take it for granted. It's a great environment."



ATHLETE OF THE MONTH

Aiden Wudarski

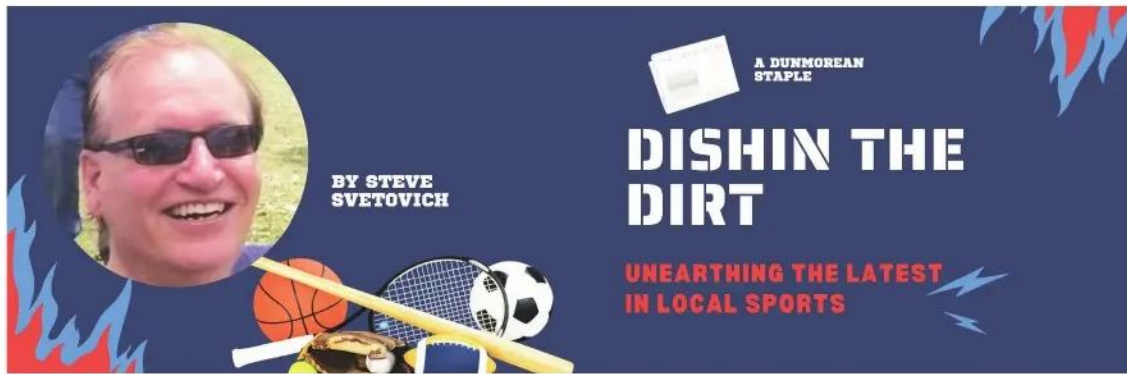




Scranton Prep Cheerleading Squad --Photo by Rich Banick



Holy Cross Crusaders 2025 cheerleading squad--Rich Banick Photo



Dunmore School Board last month named trail around campus the **Vince Fedor Bucktown Trail** after legendary cross country coach...Ribbon cutting was held by field house Saturday, August 23, followed by run/walk around trail...Dunmore School Superintendent **John Marichak**, Dunmore High School Principal **Tim Hopkins**, Dunmore Assistant Principal **Christopher Lucas**, Dunmore Athletic Director **Mark Finan** and former Dunmore Business Administrator **Kevin Clarke** helped establish lasting tribute to Fedor who retired three years ago after 53 years as Dunmore cross country coach...

Congratulations to Holy Cross veteran head football coach **Joe Giorgio** and his Crusaders who won first game of season over Montrose, 32-6...Holy Cross senior tailback **Aiden Wudarski** (see related story on Page 15)

rushed for 51 yards on 12 carries for three touchdowns and also caught key 29-yard pass...His twin brother **Leland Wudarski** is starting fullback for Crusaders...Holy Cross senior **Kevin Vincent**, standout member of Crusaders track and field team, scored two touchdowns on pass receptions...

Picture Perfect on Sunday, September 7 and Old Friends on Sunday, September 14 will be final headliners at Bucktown Music Fest at Dunmore Corners...Kudos to Dunmore's **Brian McGurl** and **Tom Hallinan** for another successful season...And what a great show Strangers Rock put on during last month's final Sunday performance...

Former Dunmore Councilman **Paul Nardozi** and fiancé **Teresa McLaine** (recovering from recent surgery) seen at St. Rocco's Church annual picnic last month... Former Dunmore Councilman **Joe**

Tomko, **Bob Walsh**, president of Northeast Chapter of PA Sports Hall of Fame; **Anita Leone**, **Debbie Pettinato Tomaino**, **P.J. Stoko** of Strangers Rock, WNEP photographer **Tony Ingargiola**, retired hairdresser **Rose Grochowski**, Dunmore Junior High baseball coach **Frank Spager**, Dunmore Superintendent of Schools **John Marichak**, **Ron Cordaro** of Dunmore Lumber and wife **Joi Siebecker Cordaro**, R.N. among other prominent Dunmoreans seen at St. Rocco's picnic...

Do you remember **Swish McKinney** of the EBA's Scranton Miners?...Dunmore girls soccer team beat Mountain View, 3-2 in overtime...Goal scorers were **Amelia Joseph**, **Paige Ancherani** and **Ella Brier** with overtime game winner...Dunmore boys soccer defeated, Holy Cross, 5-1...**Johnley Jean** scored two goals and added assist...**Ryan Clark**, **Russell Toole**

and **Ryder Lewis** also scored goals for Dunmore...**Owen Joseph** led Bucks with three assists...Congratulations to Seattle Mariners **Cal Raleigh** who broke Kansas City Royals catcher **Salvy Perez** MLB record for homers by a catcher and for becoming first backstop ever to 50...Raleigh zooming in on late New York Yankee legend **Mickey Mantle's** record for homers by switch-hitter at 54...

Scranton Prep star running back **Will McPartland**, who rushed for 1,030 yards and 17 touchdowns in 2024, was also All Regional and all-state defensive back last season...Dunmore fullback/linebacker **Xavier Burke** was all-star at both positions as sophomore last season...He rushed for 529 yards and three touchdowns last year...Holy Cross Crusaders **Branden Fadl**, honorable mention all-star last season, is three-year starter as two-way imposing lineman...

Congratulations to Dunmore senior **Julia Temperino**, first in school's history honored as Miss Buck twice...She credits Dunmore's **Sherry Rubino Nicolais**, owner and operator of Sherry's Royalties, for teaching her twirling skills over past 14 years...

Condolences to family of **Dorothy Smith**, community leader credited for integrating Century Club, who died last month at 101... It was 50 years ago when Scranton Red Sox, managed by **Gary Ruby** and assisted by **Jerry Valonis** and late **Bill Howerton**, were

champions of ACBL...Red Sox played home games at Dunmore's Schautz Stadium and featured local stars **Jerry Dempsey** and **Phil and late Bob Rossi**...Other team members were **Joe McDonald**, **Sam Matechak**, **Al Ottinger**, **Andy Hergan**, **John Sylvester**, **Joe Baciotti**, **Terry Burkholder**, **Tom Frees**, **Mike Whitmore**, **Bob "Dutter" Dutkowsky**, **Tom Hayes**, **Paul Klassner**, **Kurt Dempsey**, **Steve Correll**, **Bill Smodic**, **Rick Reister**, **Jim Stehle**, **Jim Schulock**, Dunmore's **Tommy Sohns** and Hazleton's **Joe Maddon**, a catcher on the team who later became first manager in 108 years to lead Chicago Cubs to a world championship...

Do you remember **Shane "the Flyin' Hawaiian" Victorino** playing outfield in Moosic for the Scranton Wilkes-Barre Red Barons?...Former Scranton Central and Penn State Worthington basketball standout **Mike Harrington** disappointed baseball box scores, statistics and batting averages rarely appear in local Times-Tribune anymore...Do you remember **Danny Lavelle**?...Whatever became of **Gorilla Monsoon**?...

Many prayers to the children who died and those injured in the senseless, horrific shooting at Annunciation Catholic School in Minneapolis, Minnesota last month...Heartfelt Condolences to the families of the children who passed...And many prayers for a peaceful, safe America...



Retired Dunmore High School cross country coach Vince Fedor, at left, is shown with Councilman Trip O'Malley at the ribbon cutting of the Vince Fedor Bucktown Trail around the campus which was speakeheaded by John Marichak, Tim Hopkins, Christopher Lucas, Mark Finan, and Kevin Clark.



Dunmore High School's retired cross country coach Vince Fedor addresses those attending the recent dedication of the Vince Fedor Bucktown Trail.

The only time this lawyer wanted to lose!

(Continued from Page 8)

If a patient needs an endoscopy, there are simple medical protocols for fasting or adjusting timing to account for delayed gastric emptying.

That's not a reason to block ac-

cess to the drug. It's a reason to plan accordingly—like doctors already do with countless other medications and conditions.

And to show just how egregious that logic is, let me ask this: We all agree cancer is bad. For decades, scientists have been

racing to cure it. But imagine, for a second, they actually succeed. They finally cure cancer. Would health insurers allow patients to take that miracle drug—knowing they'd lose money by not treating cancer for years on end?

I struggle to see the difference. Blocking people from life-changing medication because it works *too well* is just as backward.

Closing Thoughts

I'm grateful I found Zepbound. But I also know I got lucky. The system is broken. People who desperately need this medication are being denied for no good reason. Insurance companies hide behind arbitrary policies while lives hang in the balance. For me, hunger no longer rules my life. For others, access is still the biggest battle. And that has to change.

Disclaimer: I'm not a medical professional. This drug worked wonders for me, but everyone's body is different. If you're considering it, talk to your doctor to see if it's right for you. I sincerely hope it is—because, wow, it can change everything.



Captains for the 2025 Dunmore Lady Bucks Varsity Soccer Team are, pictured from left: Number 3 Quinn King, Number 1 Jazlene Berrios, and Number 20 Ella Brier.



Happy big loser -- Atty., John Hart III



ARE YOU ON WORKERS' COMP?

The insurance company could be trying to reduce your benefits.

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Note: Dunmore Activity Hub, or Dunmore Senior Center, has seen a resurgence in interest in its painting class. Each month, *The Dunmorean* will introduce you to these talented artists and their artwork.

Meet Ruth Boyles:

September 2025 Artist of the Month

By Dolly Michalczyk

Ruth Boyles from Factoryville, started painting about 12 years ago at the Dunmore Activity Center. Besides being an excellent artist, she excels at hospitality and baking, regularly providing delicious homemade snacks and baked goods to the “starving artists!”

She has worked under the tutelage of Jill Swersie, who she credits with being “a well-respected artist, from Scot Run, Pa, who gives us much encouragement to develop our own style, while experimenting with different mediums and approaches to painting, while finding our own niche and form.”

From the beginning, Ruth found the group, which meets on a regular basis, to be both friendly and encouraging. She shares, “I have found it to be a personal blessing to share in the lives of the lovely people there. It is a therapeutic experience for each of us.

“They get their ideas from their own experiences and from pictures in art books or magazines and from Jill, representing the different interests that participants might want to paint.” Ruth is impressed with the many Christmas cards some of the group have created from their paintings over the years.

On the way home from the class one day, Ruth stopped at a grocery store and met a friend who she knew had an interest in art. She showed her the painting she had just finished, and her friend said, “Oh, can you paint my barn—it was constructed during the Civil war?” That was Ruth’s first commission!

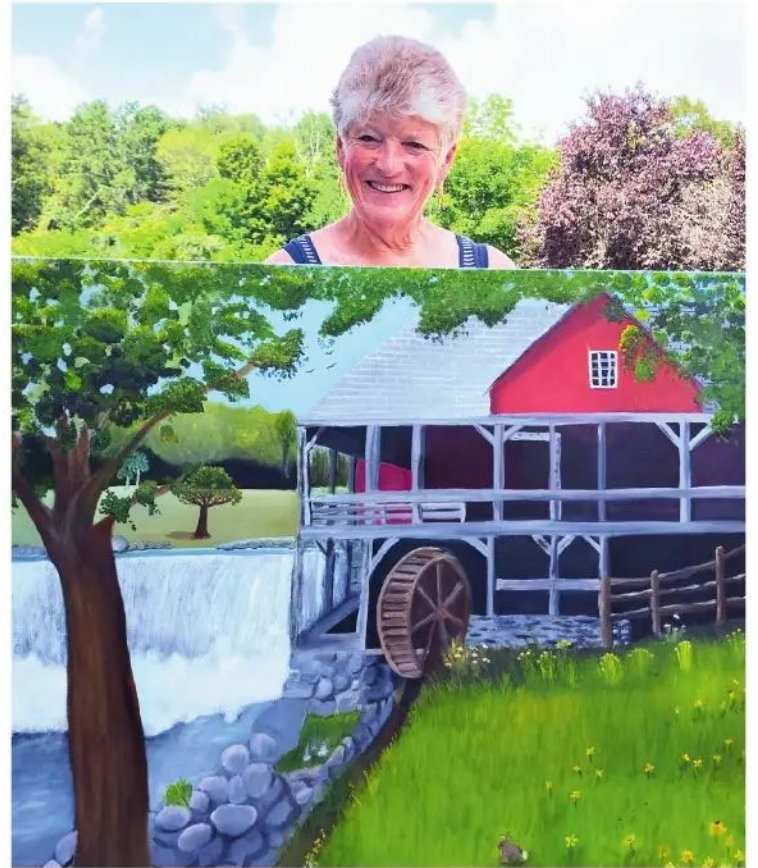
Ruth reflects on having established long time relationships amongst the class members and meeting many fine people. Some began like herself, not even being able to draw stick people! Many have been inspired by childhood paint-by-number paintings.

On occasion, she has brought one of her grandchildren, hoping to have them be inspired to paint one day. Last week she brought her 9-year-old granddaughter to class. Sadie brought her paint-by-number painting with her and finished it that afternoon. She and the senior members benefitted from each other and enjoyed the intergenerational encouragement

Ruth states, “The painting that you see here, with the waterfall, is at the Tin Mill Museum in Weston, Vermont. Over the past 40 years we have attended The Weston Playhouse in Vermont. I spotted the Tin Mill Museum and stream off the balcony of the theater and a desire to paint it grew over time. Two years ago, a flood from that stream came through the theater causing the play to stop and the venue be evacuated.”

The black, white, and red hibiscus flowers is a Zentangle, a relaxing form of abstract art composed of pen and ink and acrylic paint. Ruth is experimenting with this new medium, saying it provides her with instant gratification, this one resulting in a greeting card for her sister.

“Our art teacher Jill visits with each person throughout the three-to-four-hour session giving tips on how to get the desired effect for our work,” according to Ruth. She extols the Center and its director, Alison Boga, “The activity hub is a great place to meet nice people. We all have gained much from going there and the price is affordable. The director Allison Boga is very helpful and eager for us to succeed, too, encouraging us any way she can.”





Dunmore's Keystone UNICO conducted its annual Family Bocce and Picnic Meeting at Arcaro and Genell Bocce Court in Old Forge. Everyone looks forward to Angelo and Mark Genell's pizza and picnic buffet, bocce play, and entertainment by Frankie Gervasi. Children were treated to a goody bag. Shown from left on the bocce court are: Bob, Sandy, and Jayce Collins; Michele McDade, D.J. Frankie Gervasi, Cathy Gerard, and Ann Summa.



Shown at the annual Keystone UNICO family event are, from left: Bob, Sandy, Melanie and Jayce Collins; PA II Distinguished District Governor Nan Gramigna, Tara Churilla holding Ellie Churilla, Tom Churilla holding Annie Churilla, Mike Gramigna holding Eddie Churilla; and Ann Berardelli holding Tessa Scagliotti, Joe Berardelli; and President Jim Mack.



Dunmore Bucks boys golf team defeated Elk Lake 194-207 at Elmhurst Country Club on August 14. Nate Grochowski had a birdie and got medalist honors with a score of 42. Scores for the team are as follows: Nate Grochowski - 42*; Anthony Yerka - 47*; Carter Grande - 55; Carter Sload - 51*; Michael Chemchick - 54*; and Jude Stefanski - 55. Note:* indicates that score counted towards team total.



The Dunmore Lions Club installed a new member during its August dinner meeting at The Bistro at The Holiday Inn in Dunmore. Installing official was Past District Governor Fran Stepkovitch. Pictured from the left are James Colangelo, Dunmore Lions Club President; Sam Sebastianelli, Treasurer and Sponsor; Carole Thompson, new Lions Club member; and PDG Fran Stepkovitch.

NEPA Learning Conference returns to strengthen nonprofit development

The Scranton Area Community Foundation will host the return of the NEPA Learning Conference, a three-day professional development event designed to strengthen nonprofit organizations and their leaders throughout Northeastern Pennsylvania. The conference will take place September 17-19, at Fiorelli's, Peckville.

Over the years, it has become a signature event for the region's nonprofit community, bringing together staff, board members, and volunteers for a dynamic learning experience centered on leadership, collaboration, and impact.

The conference features a robust lineup of national thought leaders and local changemakers offering workshops, keynote presentations, and interactive sessions tailored to the needs of the nonprofit sector.

Drawing more than 200 nonprofit professionals each year, the NEPA Learning Conference has become a highly anticipated opportunity for regional leaders to convene, exchange ideas, and gain fresh perspectives. Registration is now open at nepalearningconference.com.

For more information, contact Mary Joyce, Communications Manager at mary@safdn.org or 570-347-6203.

DUNMORE DINING: A TASTE OF HOME

Sponsored by: *Schiel's Family Markets*

Your Source for Bucktown Cuisine



September's Sweet Spot: Between summer & fall

September is one of those months that doesn't quite belong to summer, but it isn't fully autumn either. The corn and tomatoes are still hanging on at the farm stands, yet the bins of apples and root vegetables are starting to pile up, practically begging us to bring them home.

In the kitchen, this in-between season is one of my favorites. It's a chance to combine the best of both worlds—bright flavors from summer with the cozy, hearty comfort of fall.

This month, I'd like to share a meal that feels right for the shift in seasons: **Pork Chops with a Cider Reduction, Roasted Root Vegetables, Warm Apple-Cranberry slaw, and a classic Apple Crisp for dessert.**

Pork Chops With Cider Reduction

Pork and apples are an age-old pairing, and science backs it up. Pork, especially when seared with a little fat still clinging to the edges, loves the acidity and sweetness of apples.

It's a balancing act—fatty richness cut by a crisp, tart cider glaze. The key here is getting your pork chops to an internal temperature of about 145°F, letting them rest for a few minutes before slicing.

I use a cast iron skillet for a good sear, then deglaze the pan with fresh cider and a splash of stock. Reduce it until syrupy, swirl in a little butter, and you've got yourself a sauce that's practically made for September.

Roasted Root Vegetables

Now, here's where I need to

laugh at myself. This year, I planted potatoes in my garden for the very first time. I had been told, "You'll know they're ready when the tops look dead."

Well, they looked dead all right—crispy brown stems lying flat in the dirt. I pulled them up expecting to find a treasure trove of potatoes beneath. Instead? Nothing! No potatoes, no little spuds clinging to the roots—just dirt and disappointment.

So, when dinner time came around, I had to get creative. Instead of my home-grown potatoes, I leaned into the other roots: carrots, parsnips, and sweet potatoes.

I'll confess, my fondness for parsnips goes back to watching *Good Eats* years ago. Alton Brown dedicated nearly an entire episode to root vegetables, and I remember him even baking with

parsnips to try and trick his niece into eating them.

That stuck with me. There's something rewarding about expanding beyond just carrots and potatoes and giving those under-appreciated roots a chance to shine.

The trick to roasting them is simple: cut them into uniform chunks, toss with olive oil, salt, pepper, and maybe a touch of rosemary or thyme. Spread them out on a sheet pan—don't crowd them—and roast at 425°F until they're browned at the edges and tender inside. They come out earthy, sweet, and a little caramelized, perfect alongside pork and apples.

Warm Apple & Cranberry Slaw

To keep the plate bright, I like to make a quick slaw. Thinly sliced apples (a mandoline makes quick work here), tossed with shredded cabbage, dried cranberries, and a warm vinaigrette made with cider vinegar and honey.

It's crisp, tangy, and plays beautifully against the richness of the pork and the roasted roots.

Apple Crisp for Dessert

Finally, dessert. September

apples really belong in a crisp. A simple oat-brown sugar streusel topping baked until bubbling over is the best way I know to honor the season. Add a scoop of vanilla ice cream if you want to turn it into something truly indulgent.

Back-to-School Brunch Idea

And since September also means the kids are back in school, here's a bonus brunch idea: **baked oatmeal with apples.** If you've got leftover apples from making the pork or crisp, dice them up, toss with a little cinnamon, and fold them into an oatmeal mixture (rolled oats, milk, eggs, honey, a pinch of baking powder).

Bake it in a casserole dish until golden. It keeps well in the fridge, so you can cut squares in the morning for a quick, hearty breakfast before sending everyone off to school.

September meals are about transition—holding onto summer but warming up to autumn. Whether it's roasting roots that Alton Brown once praised, laughing at failed potato harvests, or baking with apples that just hit their stride, the kitchen this time of year always has a story to tell

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Students from Dunmore, Holy Cross earn scholarships



SACF Board, Staff, and Scholarship Committee Members gather with James F. Swift Scholarship recipients recently at the 2025 Scholarship Reception held by the Scranton Area Community Foundation at the Century Club of Scranton. Shown seated in front row, from left: Zarina Mustafina, Sarah Wolfe, Rosemary Culkin, Lorna Lynch, Grace Miller, Loren Spudic, Geanna Kirchner, and Makenna Stugus. Second Row: Laura Ducceschi, Cathy Fitzpatrick, Katie Gilmartin, Amy Belcher, Hope Wormuth, Jayde Waibel, Kate Evans, Celia Emiliani, Rylie Toolan, Eva Balderas, Makayla Webb, Meghan Wong, Elina Joshi, and Ayman Mounota, Back row: Jerry Musheno, Tom Minora, Ken Okrepkie, Finley McHale, Jhaven Sims, AJ Piestrak, Joel Cali, Gavin Zellers, and Ryan Grill.

Twenty students from 13 Lackawanna County schools have been awarded a prestigious scholarship through the James F. Swift Scholarship Fund administered by the Scranton Area Community Foundation, including students from Dunmore High School and Holy Cross High School.

This competitive scholarship provides \$6,000 per year for each recipient for up to four years to assist with continuing education expenses.

The following students from the two high schools in Dunmore are first-time James F. Swift Scholarship recipients: **AJ Piestrak (Holy Cross High School), Anna Trauger (Dunmore High School), Loren Spudic (Dunmore High School).**

In addition to the 20 new recipients, there were 58 James F. Swift Scholarship renewals in 2025.

The James F. Swift Scholarship Fund has awarded over \$5.5 million since 2008, benefitting 360 local students. For more information on the James F. Swift Scholarship Fund contact Mary Joyce, Communications Manager, at mary@safdn.org.



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The 9/11 Memorial Committee of Lackawanna County announces plans for the 24th commemoration of the terrorist attacks on America of Sept. 11, 2001. The commemoration will be held on Thursday, Sept. 11, at 8 a.m. at the memorial site in McDade Park. The Firefighters Bell Ceremony will be a featured moment in this solemn remembrance of the innocents who died that day which included two Lackawanna County natives; Laura Lee DeFazio Morabito, Clarks Summit and Jerry Moran, North Scranton. First responder Dan Shaufler succumbed to the toxic residue of Ground Zero. The public is invited. Shown from left are: Bob Rutkowski, PA Ambulance EMT, Victoria Cichocki, PA Ambulance EMT; Tom Carroll, Chief, Scranton Police; Sheila Shaufler; Patrick O'Malley, Vice-Chairman, 911 Committee; Paige Cognetti, Mayor of Scranton; John Judge, Chief, Scranton Fire Dept.; Pastor Terry Drost, Peckville Assembly of God; and Charlie Spano, Chairman, 9/11 Memorial Committee.



Halfway to Saint Patrick's Day, sponsored by the Ancient Order of Hibernians Paul "Hook" O'Malley Division Four, will be celebrated on Friday, September 12. The doors at the rear of All Saints Academy, 1425 Jackson St., Scranton, will open at 6 p.m. Donny Brook will play from 7: to 10 p.m.. Admission is \$20 per person and includes draft beard. All attendees must be 21 and over. For more information call 570-468-7996 or 570-351-1478. Shown from left: Mike Robinson, Bob McAndrew, Patrick O'Malley, Dan Donovan, Kevin Donovan, Rob Fletcher, Mark McDade, Rob Sherry, and Joseph Holland.



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