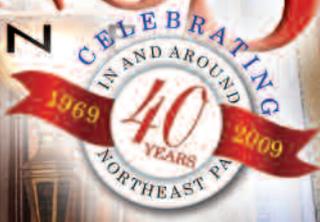


February 2009

HAPPENINGS

MAGAZINE

In and Around Northeast Pennsylvania



Heartwarming Support

Local Residents Go Red for American Heart

Association

Also Inside:

Romantic Getaways

Sweet Eats at NEPA Restaurants



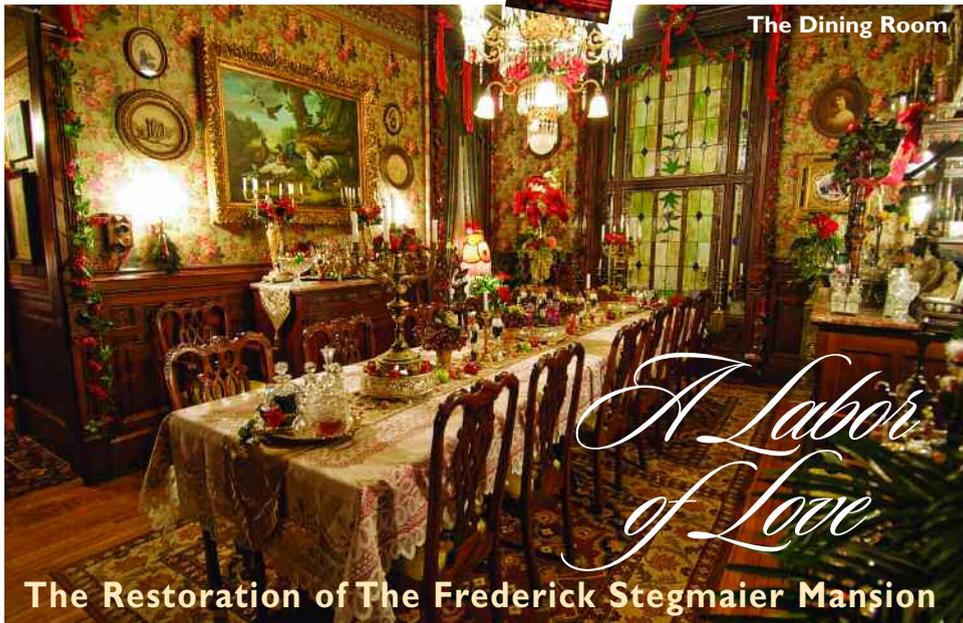


Photo by Sam Woranek

A Labor of Love

The Restoration of The Frederick Stegmaier Mansion

Outside Wilkes-Barre's Frederick Stegmaier Mansion the year is 2009. Step inside the Victorian mansion turned bed and breakfast and it's 1876. Owner Joseph Matteo gets the credit for restoring the 37-room former residence of the Stegmaier family (of Stegmaier Brewery fame) but refers to himself modestly as, only the caretaker.

A caretaker because astonishingly, much of the home's original grandeur survived 130 years of change and upheaval. Matteo's task was to return it to its original state. The job to transform the 11-unit apartment dwelling back into a single family residence took seven years. The reward, says Matteo, is seeing the jaw dropping reaction from all who come through the 12-foot black walnut doors. It definitely charges your batteries, says Matteo. To be able to bring joy to people by sharing my passion for architecture, antiques and Victorian America makes it all worthwhile.

“That was my goal—to actually be able to experience history rather than observe it behind a velvet rope.”

Matteo's arrival at the Stegmaier Mansion seemed destined from the start. He actually lived in one of the apartments for three years. When he was looking for a Victorian home to buy, the Hazleton native searched all over Northeast PA before arriving back at his former residence. This house had it all, says Matteo. It met all my requirements—there was opportunity, it was located downtown, it had pedigree, plus it was reasonable to turn around. Matteo says the three-story black walnut staircase sealed the deal. It reminded me of (the mansions in) Newport, Rhode

Island, explains Matteo. The intricately carved staircase is anchored by a large pedestal that Matteo says resembles a baptismal font in size and ornamentation.

More relics of the Victorian era are revealed in the mansion's rooms. From the black walnut mantle in the formal dining room that matches the inlay on the floor to the small conservatory off the living room that features a mosaic tile floor; the mansion is like

continued on page 28

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See our "lady in red" in this issue!
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A Labor of Love

(Continued from Page 26)

a time capsule of the late 19th century. Matteo's collection of antiques bolsters that atmosphere. Every nook and cranny of the mansion is furnished and decorated with antiques and relics of the Victorian time.

It feels as though the Stegmaiers could walk through the door any minute! That's the comment I get the most, says Matteo. That was my goal—to actually be able to experience history rather than observe it behind a velvet rope.



The Library
Photo by Stan Warunek

The Stegmaier Mansion was used as the location for a recent feature in the December '08/January '09 issue of Modern Bride called "Portrait of a Lady." A crew of 24 spent a day at the mansion for a photo shoot of models in Victorian wedding gowns.

Now guests can live like one of Wilkes-Barre's most prominent families when they stay at the Stegmaier Mansion. Four guest rooms are resplendent in the décor of the Victorian era but outfitted with all the amenities of modern life. Wi-fi, flat screen TVs, individual climate control, a private bathroom and small kitchen area including coffee maker, refrigerator, microwave and sink are standard in each guest room. A breakfast of fresh Danish, fruit, cereal, coffee and juice is delivered to the room. Guests may also order a Gourmet Breakfast served in the dining room which features dishes such as lemon sorbet, poached eggs, potatoes and strawberries over whipped cream. The Stegmaier Mansion also hosts private parties and receptions. Between

50 and 60 people may enjoy a buffet cocktail party in the opulent surroundings.

Matteo is proud to showcase the heritage and history of Wilkes-Barre through the mansion. He hopes others will believe in the city as he does. History is an important part of any city's revitalization, explains Matteo. He's already welcomed guests from as far away as Rochester, Pittsburgh and Florida. This is a destination, Matteo comments. It's like they say, if you build it, they will come.

For more on The Frederick Stegmaier Mansion, phone (570) 823-9372 or visit www.stegmaiermansion.com.  —Barbara Toolan

HOSPICE OF THE SACRED HEART

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Diane Baldi, CEO

Ralph DeMario, MD



February

sunday monday tuesday wednesday thursday friday saturday

1  Groundhog Day! Early Spring or More Winter... find out from Phil!	2 Waltz In! Dancing with the Stars , 7:30 p.m., Wachovia Arena, Wilkes-Barre.	3  Star Power. Winter Constellations in the Poconos , Monroe Co. Environmental Ed. Ctr., Stroudsburg. 629-3061.	4 It's Show Time! The Broadway Tenors join NE PA Philharmonic, Scranton Cultural Center. 8 p.m. 344-1111.	5 Paint the Town Red! Heart Gala , Wachovia Arena, Wilkes-Barre. 6:30 p.m. 822-9438.	6 Make tracks. Snowshoeing at Skytop Lodge , Skytop. 12:45 p.m. 629-3061.	7 Chill out. Clarks Summit Festival of Ice , downtown Clarks Summit. Through Sun. 587-9045.	8 Heaven Sent! American Spiritual Ensemble performs, Mellow Theatre, Scranton. 342-4137.	9  Work of Heart! Winter Wednesday: Valentine's , Children's Museum, Bloomsburg. 10:30 a.m.-1 p.m. 389-9206.	10 Be Cool. Crystal Cabin Fever , Lakeville. Through March 1. 226-6246.	11  Opportunity Knocks! CSBA Builders Show , Bloomsburg Fairgrounds. Through Sun. 888-226-2722.	12 Ring Along! Handbell Concert , First Presbyterian Church, Clarks Summit. 4 p.m. 586-6306.	13 Tee time. Ice Tee Golf Tournament , atop Lake Wallenpaupack, Hawley. 226-3191.	14 Get the Picture. Parallel Perspectives , Lizza Studios, Tunkhannock. 836-8806.	15 Stitch Around. Intergenerational Quilting , Dietrich Theater, Tunkhannock. 6-7:30 p.m. 996-1500.	16 Learn More. Understanding Hospice , Milford Senior Care, Milford. 491-4121.	17 Be Enlightened. Lighting Devices 1690-1900 , Monroe Co. Historical Society, Stroudsburg. 421-7703.	18 Catch the buzz. Introduction to Beekeeping , Monroe Co. Environmental Ed. Center, Stroudsburg. 620-3061.
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February is
American Heart Month
Bake for Family Fun Month
Library Lovers Month
National African American History Month
National Children's Dental Health Month
National Cherry Pie Month



FROM THE ASSOCIATE EDITOR

Dear Readers,

“How do I love thee?” Let me count the ways... Elizabeth Barrett Browning likely never expected that her classic romantic Sonnet 43 would be used in reference to a monthly publication. But I just can't help unabashedly sharing my love of this issue! As the month of love and American Heart Month collide, I thought it would be the perfect issue to share the love!

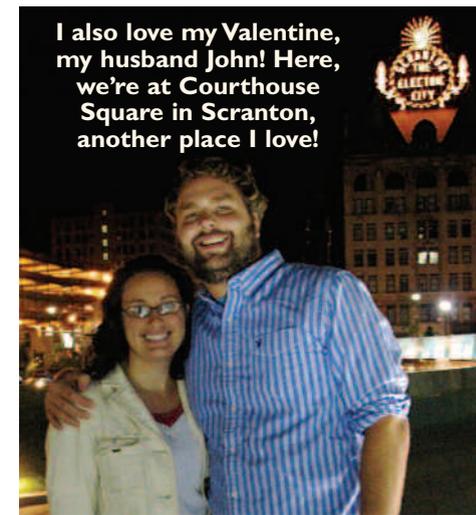
♥ **I love** that one day is dedicated solely to spreading the greatest treasure—love itself! This Valentine's Day, show your loved ones how much you care with a special gift. Check out our recommendations on page 56 (hint, hint!).

♥ **I love** that married couples should still date each other! Check out page 60 for romantic getaways in Northeast PA. They're the perfect way to escape without having to travel too far. (another shameless hint for my Valentine!).

♥ **I love** meeting people at the Go Red photo shoot. For five of the six years we've partnered with the American Heart Association, I've had the privilege of directing this photo shoot. It's a lot of work, but I love every minute of it. That's simply because this issue always brings together a passionate and intriguing group of people. Meet them on page 10.

♥ **I love** the Frederick Stegmaier Mansion. This one's a new love of mine. We chose the mansion for the setting of the Go Red photo shoot; it's the first time we've shot this cover out of the studio. I was convinced we made the right move the moment we were greeted by the most extravagant coffee, tea and hot chocolate buffet I've ever seen (coffee is another love of mine!). The Victorian-style mansion was filled with period treasures, literally from floor to ceiling. I was tempted to skip the shoot altogether and just spend the day admiring the details in the restored bed & breakfast. I love that someone took the time to preserve our region's past and create a modern treasure in Wilkes-Barre. Read more about it on page 26.

I also love my Valentine, my husband John! Here, we're at Courthouse Square in Scranton, another place I love!



♥ **I love** helping people make the most of their life. One part of that is making health a priority. I hope one thing jumps off the pages of this issue—in many cases heart disease can be prevented. Please, do what it takes to lower your own risk.

♥ **I love** seeing examples of people who genuinely care for one other. I found one such example in Mrs. Ellen Casey, wife of the late Gov. Robert P. Casey and 2009 Heart Ball honoree. On page 22, she shares her story of her role as caregiver. She sacrificed and happily cared for her husband in times of his failing health. However, she humbly doesn't consider her work a sacrifice or anything in which to boast. In her mind, she was simply loving her husband.

♥ **I love** Northeast PA. I'll proudly say that the deep heritage, strong sense of community and cultural, sports and recreation opportunities make this region a treasure. Personally, I love living close to generations of family members. I also love helping to highlight the best of NEPA for faithful readers month after month.

Much love,

Erika

Erika A. Bruckner



These Advocates
are **“Well-Red”**
...Are You?

2009 Go Red for Women Campaign

These ladies and gentlemen know heart disease is the number one killer of women, and they're committed to keeping themselves heart healthy. They don red to spread the word about

the American Heart Association's (AHA) Go Red for Women campaign, which alerts women that heart disease is not only a men's problem. Meet these advocates, and take steps to make yourself "well-red" too.

Hair and makeup services: Denzel Morgan, Sarah Orlowski & Kelly Lamond of Alexander's Salon & Spa, Scranton. Photos: Stan Warunek, Montage Photography. Location: Frederick Stegmaier Mansion, Wilkes Barre. This page, left to right, Kimberley Kindler, Diane Baldi and Nadine Greco in the "Ladies' Parlor."

Kimberley Kindler

Marketing Communications-Special Project Coordinator and Chair of the "Go Red Fashion Show & Heart Health Presentation," Wyoming Valley Health Care System

Heart disease is real and preventable in so many instances. I have seen its devastating effects on family members and on Wilkes-Barre General Hospital patients who later became my friends. It's important to ensure that women are aware of their risk factors before it is too late. At the Go Red Fashion Show we take risk assessments and share information that is pivotal in lowering those risks. At home, I am very conscientious when it comes to buying and preparing meals. We eat a lot of salads, and a salt shaker is basically unheard of in our home.

Tid Bits

Favorite Part of NEPA: Community Closeness
AHA Involvement: Past American Heart Association (Luzerne County) Board Member; Past Heart Gala PR Chair, Heart Walks, Jump-for-Heart and Dance for Heart events, Chairperson of Wyoming Valley Health Care System's Go Red Fashion Show
Greatest Accomplishment: Her sons
Lesson Learned: "There is nothing more significant than the power of friends."
Goals: To be a good mom, wife, daughter and friend.

Family: Husband Phil, Sons Tracey (4) & TJ (2)
Resides: Dallas
Interests: Her kids, reading, gardening, running, summers at Crystal Lake
Age: 38
Education: Elizabethtown College, College Misericordia
Career Notes: "If it were not for my position at WWHCS, I likely would not be as aware of heart disease or of other devastating health issues."

Read about the Go Red Fashion Show on page 24!

Attire: Place 1, Scranton & Wilkes-Barre

Diane Baldi RN, CHPN

Chief Executive Officer, Hospice of the Sacred Heart (HSH)

In my career I have seen the toll of heart disease, not only on the patient, but on everyone who loves that patient. I have also been privileged to see how far the medical community has come in terms of medications, procedures and screening, which contribute to a patient's quality of life. It is important for the public and the medical community to recognize that heart disease is not just a man's problem. This disease knows no boundaries in gender, economic background or race.

Tid Bits

Favorite Part of NEPA: Sense of community
Greatest Accomplishment: Her children and growth of HSH
Lesson Learned: "Real success is finding that your life work is the work you love."
Little-known fact: She is also an artist.
Goals: To continue to provide the very best in end-of-life care and to educate people on their health care rights and responsibilities.

Nadine Greco MS

Cardiac Rehab Coordinator, Wayne Memorial Hospital

There are still women who don't know heart disease is the number one killer of women in the U.S. Women have been raised to care for their husbands and children first before taking care of themselves. They either don't know the warning signs of heart disease, or they ignore their symptoms. Because I directly work with heart and diabetic patients I feel it's important to be a role model. I work out 5-6 days a week; I don't smoke; I eat a heart healthy diet with lots of fruits and vegetables, and I try to reduce the stress in my life the best that I can.

Tid Bits

Favorite Part of NEPA: Change of seasons for outdoor activities
AHA Involvement: AHA CPR instructor
Community Involvement: AHA, Extraordinary Minister for Sacred Heart Church in Peckville, Audubon Society
Greatest Accomplishment: "Touching people's lives as they face a cardiac event."
Lesson Learned: "Your health is your wealth. Look at your risk factors for heart disease. Make lifestyle changes. Make your health your number one priority in 2009."
Little-known fact: Owns a small photography business called "Frameables." See her work on display at Everything Natural in Clarks Summit this month!

Pets: Macey (Shitzu) & Alley (Cat)
Resides: Peckville
Interests: Photography, biking, bird watching, listening to jazz, sporting events, cooking
Age: 50
Education: L.C.C.C., East Stroudsburg University, Marywood University
Career Notes: A high school and college athlete, Greco learned of the strong relationship between diet and exercise and the development of diseases. She dedicated her career to making people aware of risk factors for heart disease.

Attire: Place 1, Scranton & Wilkes-Barre



Mary J. Erwine in the foyer.

Mary J. Erwine

President, Erwine Home Health and Hospice, Inc.

Family: Husband Allen; Children Michelle & Megan
Resides: Shavertown
Interests: Walking, Reading
Age: 57
Education: College Misericordia, Temple University, Divine Providence Hospital
Career Notes: Founded Erwine Home Care (EHH) in 1993 and Erwine Private Duty Health Care, Inc. in 1995. A Hospice division was added in 2004. Today, the company employs more than 90 people and serves five counties.

Tid Bits

Favorite Part of NEPA: Friendly and appreciative people
AHA Involvement: Heart Walk Sponsor, former member
Community Involvement: Northeast Regional Cancer Institute, Greater Wilkes-Barre Association of the Blind, Leadership Wilkes-Barre, Greater Wilkes-Barre Chamber of Commerce and many more
Greatest Accomplishment: My daughters
Lesson Learned: "Never say never. None of us know what tomorrow will bring."
Little-known Fact: She plays the piano.
Goals: "To continue to grow my home health company and educate our women on the risk of heart disease and other diseases."

In my career, I see many women affected by heart problems who never thought it would happen to them. There is a need to get the word out to women about their risk factors and encourage them to take charge of their health. Women need to be encouraged to be aggressive about their health, make regular doctor visits and not be afraid to ask questions. Information may be the key to women understanding their risk of heart disease!

Susan M. Biancarelli-Leo M.D.

Medical Doctor

Family: Husband Andrew; Sons Nathan (7) & Nicky (4)
Pets: Butchie & Maxie (dogs); Nikko (cat)
Resides: Forest City
Interests: Skiing, exercising, cooking, reading, kayaking, movies, Broadway, photography
Age: 48
Education: Pennsylvania State University, Temple Medical School
Career Notes: "My father was a long-time physician in Jessup; prior to that, his mother was a midwife. I appreciate the opportunity to continue to serve the people in this fine valley."

My father had coronary artery disease and open-heart surgery. My father-in-law also had open-heart surgery and my mother-in-law had two open-heart surgeries. I am much more aware about the impact that heart disease has on everyone's lives, not just the patient.

My job continually exposes me to the hazards of heart disease and the devastating impact it can have on the patient and their families. Sometimes the symptoms of heart disease are more subtle in women, and women tend to ignore them because they are too busy taking care of others. I try to maintain a healthy weight, keep active as much as possible and eat very healthy. I quit smoking nine years ago and will never go back.



Susan M. Biancarelli-Leo in the library.

Tid Bits

Favorite Part of NEPA: People & outdoor recreation
Greatest Accomplishment: Her children
Lesson Learned: "Always take time to care for yourself. If you are not happy and healthy, it will be harder to care for your family."
Little-known Fact: She loves to cook, bake and take photos.
Goals: "To continue to live life to the fullest and be around to see my grandchildren some day!"



Anthony J. Mussari in the Gentlemen's Parlor.

Dr. Anthony J. Mussari

Professor Emeritus, King's College; Producer, Windsor Park Stories (WBRE-TV, Sundays, 11:30 a.m.)

Family: Wife Kitch Loftus-Mussari; Children Elena & Tony Jr.; Two grandchildren
Pets: Regina, Jack, Mama & Peaceful
Resides: Dallas
Interests: Gardening, writing, researching, storytelling
Age: 66
Education: King's College, Niagara University, University of Iowa
Career Notes: Began broadcasting career in 1967. Served for 22 years as chairman of the Mass Communications department at King's College. After 37 years of teaching, retired in 2005. Today, he and his wife produce Windsor Park Stories.

Dr. Mussari's life took an unexpected turn in 2007, when he suffered a cardiac event while filming an episode of *Window Park Stories*.

He wrote about the transformation that resulted in his recently-released book, *Step Into My Heart: Heart Disease and Open-Heart Surgery, My New Best Friends*. He also turned his experience into *Heart Scene: A Journey of Discovery and Recovery*, a 21-part series to help demystify the process of open-heart surgery for others.

Heart disease is not an exclusive club for men, but too often it has been seen in that way, he says. Women are at increased risk of heart attack.

Tid Bits.....

Favorite Part of NEPA: Small-town environment, four seasons and rich culture

AHA Involvement: 2008 Luzerne County AHA Heart Gala Honoree

Community Involvement: Maintains Windsor Park and the Windsor Park Theater, an online theater that helps promote what makes NEPA a good place to live and work.

Greatest Accomplishments: Producing "Heart Scene: A Journey of Discovery and Recovery" and writing *Step Into My Heart: Heart Disease and Open Heart Surgery, My New Best Friends*.

Lesson Learned: "Most of us go through life thinking that achievement and acquiring things is the benchmark of success. My near-death experience and open-heart surgery taught me that an achievement-driven life often leads to poor heart health. Most of us need to pay much more attention to what is worthwhile in life, a healthy work/life balance. We need to be sensitive to what our heart, as well as our instincts, tell us. In the end, we are only worth what we give away - not what we have."

Little-known fact: He loves to sing.

Goals: "To spend whatever time I have helping others learn from my experience. I would like to continue serving my community in positive ways."

Betty A. Covey

Broker/Owner, Re/Max Best

Family: Husband Bruce; Children Audra, Bruce, Allen and the late Jennifer; Six grandchildren
Pets: Texas, Willow, Bell, Abby and Dixie
Hometown: Scranton
Resides: Lake Ariel
Interests: Baking, boating and raising German Shepherds
Age: 64
Education: Community Medical Center's Nurses Training School; Penn State Ed, G.R.I.
Career Notes: She started a Re/Max franchise with the goal of making the purchase of real estate a comfortable experience.

Tid Bits.....

Favorite Part of NEPA: Caring people

Community Involvement: Toys for Tots, Children's holiday party co-sponsor

Lesson Learned: "You may not know all the answers, but know who to go to, trusting that they will treat others with the same honesty and respect that you would."

Little-Known Fact: Covey bakes a fabulous Texas sheet cake!



Betty A. Covey in the Ladies Parlor.

My story is a warning to other overachieving women. Over a period of four years, I experienced episodes of tachycardia (rapid heart beat). I was hospitalized four times. My diagnosis? Being an overworked female. It took a physician who believed me to order an echocardiogram. A tumor the size of a golf ball attached by a fragile string was inside my heart. Had that string broken, I would have suffered a severe stroke, if not death. I was immediately admitted to the hospital for heart cauterization and open-heart surgery. The tumor had been there so long it had damaged the tricuspid valve. Twelve years later, I was sent to Philadelphia for another open-heart surgery to replace that valve.

Women, believe in yourself; listen to your body, and speak up when you know that something is just not right!



Sherri Tarapchak in Amelia's Suite. Attire provided by Suburban Casuals, Scranton

Sherri Tarapchak

Principal, Alexander's Spa and Salon

Pets: Mia and Myah (German Shepherds)

Resides: Scranton

Interests: Traveling, skiing, horseback riding, sitting down with a great book

Education: Philadelphia University, Marywood University

Career Notes: Renovated an 800 square-foot space in downtown Scranton and opened Alexander's. She's growing Alexander's into a 25,000 square-foot wellness spa with over 70 employees.

I lost my father very unexpectedly from heart disease when he was 49. It taught me to value each day with my family and friends. After losing my father, (Alexander) I chose to name my business after him. He continues to inspire me to succeed and better myself. Being in the spa business gives me the opportunity to educate people on the importance of healthy lifestyle choices. Alexander's is introducing acupuncture, nutrition, fitness counseling and guided meditation classes to reduce stress.

Personally, I watch what I eat! I try to keep my diet mostly organic and primarily eat fish, chicken, lots of veggies and fruit. I am strongly against smoking. My father was a smoker; and I believe that was a major contribution to his heart disease. I also try to keep my stress level to a minimum by practicing yoga and exercising regularly.

Tid Bits

Favorite Part of NEPA: Friends, family and proximity to major cities.

AHA Involvement: Alexander's has provided stylists and makeup experts to pamper models in Happenings Magazine's Red Dress Campaign cover since its inception. Also, supporting the NEPA Heart Gala.

Community Involvement: Women's Resource Center, Friendship House

Greatest Accomplishment: Founding Alexander's
Lesson Learned: "Align thoughts and intentions with behavior to achieve goals. Live what you love; love what you do, and the rest really does follow."

Mindi Ramsey

Morning Anchor, WNEP-TV

Family: Husband Michael; Daughters Ava (4) & Macey (1)

Pet: Sid (dog)

Resides: South Abington Township

Interests: Reading, traveling, yoga, walking the dog, crafts with the girls, skiing

Age: 36

Education: University of Missouri-Columbia.

Career Notes: Worked as an anchor, reporter and even behind the camera, including a run with the NBC network and filling in at MSNBC.

Tid Bits

Favorite Part of NEPA: Family-oriented atmosphere, deep roots and traditions and overwhelming sense of generosity.

AHA Involvement: Heart Walk

Community Involvement: MDA Telethon, St. Joseph's Telethon, Komen Race for the Cure

Greatest Accomplishment: Her daughters

Lesson Learned: "When you can't change the circumstances, change your attitude toward them. Live life to its fullest every day."

My dad has a congenital heart defect that perplexed doctors back in the 1950s. He had the first open heart surgery in the Netherlands (where he was born) when he was just 7. Doctors operated again when he was a teenager. He still has a very unique heartbeat, but he's doing well today! My younger sister was born with a heart defect and had surgery at just two weeks old. Now she's in her 20s and doing well! The steps to preventing heart disease coincide with an overall healthy lifestyle. The more we promote a healthy heart, the more we promote healthy women. It's a win-win!



Mindi Ramsey in Amelia's Suite. Attire Provided by Place 1, Scranton & Wilkes-Barre

Tid Bits

Favorite Part of NEPA: Scenery & seasons

AHA Involvement: Heart Walk 2008. "I gave speeches on how my heart problems affected my life and how I turned a negative aspect of my life into a positive one."

Greatest Accomplishment: She made it to one of the last rounds of elimination on "America's Next Top Model."

Lesson Learned: "You can make something negative into something that can positively affect your life, just as with my situation. I am going to college to expand my knowledge of these problems to hopefully help others in the future."

Little-known Fact: Despite her contribution to this issue and her dream to be on "America's Next Top Model," she actually does not like getting her photo taken!

Goals: To become a pediatric cardiologist

Christina Dennis

King's College Sophomore and Starbucks Barista

Pet: Cuddles (cat)

Resides: Shavertown

Interests: Camping, driving aimlessly, working, running

Age: 19

Education: Current sophomore at King's College double major in Biology and Environmental Science

I found out I had heart problems when I was 11. All through middle school and high school I had to wear heart monitors, which made me really self-conscious. Kids would always ask what was wrong with me, and I hated explaining to them why I had to wear it. I had to stop eating foods I love, and I had to quit playing sports. I have been to the doctor more times than I can count.

However, from those doctor visits, I have learned so much about the heart and its functions, and it interests me greatly. I am currently attending King's College and will hopefully one day make it to medical school. I am hoping to become a pediatric cardiologist to help children who have heart problems just like mine.



Christina Dennis in the grand staircase. Attire provided by Suburban Casuals, Scranton

A.J.

Program Director/Afternoons Show Host, 97 BHT/Citadel Broadcasting Company

Pet: C.J. (cat)

Resides: Wilkes-Barre

Interests: Music, entertainment, fitness

Age: 31

Education: King's College

Career Notes: Began radio career at 15. Served as show host, program director and music director.

My grandfather had his first heart attack when he was 33 and then passed away when he was 39 of a major heart attack. My other grandfather experienced congestive heart failure at the age of 61. My father had a triple by-pass surgery at age 43.

I take the severe history of heart problems in my family very seriously and do my best to remain in great physical shape and maintain a healthy diet. I workout three to four times a week. My father smoked for over 25 years. When I saw what he went through at such a young age, I vowed that I would try to prevent anything like that from happening to me.

Tid Bits.....

Favorite Thing about NEPA: Proximity to family, professional opportunities and growth

AHA Involvement: WBHT's promotion of Heart Walks

Community Involvement: Children's Miracle Network, American Red Cross, Wyoming Valley AIDS Council, SPCA of Luzerne County and Humane Society of Lackawanna County

Greatest Accomplishment: "Staying true to family, work, friends and the community without any compromise."

Lesson Learned: "Make goals that are realistic; don't sell yourself short, and don't set yourself up for failure."

Goals: "I've always been an overachiever. I often aim higher than is humanly possible, and I can be my own worst critic."



A.J. in the Gentlemen's Parlor.
Attire provided by Sarno & Son
Formal Wear, Scranton

A NIGHT AT THE OSCARS



2009 INAUGURAL
NORTHEASTERN PENNSYLVANIA

Heart Ball

— help • heal • hope —



American Heart Association | American Stroke Association
Learn and Live.

Saturday, February 7, 2009 • 6:30 p.m.

Wachovia Arena at Casey Plaza

Silent & Live Auction

Dinner

Dancing with music by

"Picture Perfect"

Honoree: *Mrs. Ellen Casey*

BLACK TIE OPTIONAL. A TOUCH OF RED PREFERRED.

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George C. Thomas in the Gentlemen's Parlor. Attire provided by Sarno & Son Formal Wear, Scranton

WVIA's *Call the Doctor* covers heart health: Feb. 10, 7 p.m.
On the Panel: heart doctors who have heart disease

George C. Thomas

Vice President of Membership & Moderator of *Call the Doctor*, WVIA

Family: Wife Colleen; Sons Christopher (8), Collin (7)

Resides: Alden

Interests: Golfing with my wife, my kids, scouting, theology

Age: 44

Education: Wilkes University, Ambassador University

Career Notes: "Working at WVIA has been an unexpected dream come true. It is a place where you can work hard with motivated colleagues in an atmosphere that welcomes the entrepreneurial spirit."

My father had a heart attack and bypass surgery in 1990 which brought me back to the area to help out during his recovery. My great uncle, for whom I was named, died suddenly of a heart attack in 1979. Because of that history, I talk to my doctor about it all the time. I exercise and watch my weight, blood pressure and cholesterol. I make sure I treat my body right.

Moderating WVIA's "Call the Doctor" and doing the research necessary to do an hour-long live call-in show on heart disease further opened my eyes. I opened an episode of WVIA's "Call the Doctor" on heart disease by reading a quote that women still don't know heart disease is their number one killer. Go Red For Women is beginning to change that.

Tid Bits.....

Greatest Accomplishment: "Being the best father, husband and Christian I possibly can."

Lesson Learned: "Stay in the arena and fight the struggles you have. Be dogged, determined never to give in... even though at times you may. It is the struggles in life that define us. But it is God who gives us the victory." - learned from his father

Little-known Fact: He convinced his high school principal to let him take speech class one year early, in eleventh grade.

Goals: "Many of them I am living now... There's more to accomplish at WVIA, and I want to teach Speech 101 to instill in the students the passion and secrets I've learned for presenting and speech making."

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Join your friends at the **SIXTH ANNUAL "GO RED" FASHION SHOW, LUNCHEON & HEART-HEALTHY PRESENTATION.**

See the latest in everyday fashions and have fun – all while you learn more about the importance of heart health in women.

SATURDAY, FEBRUARY 21 • NOON
Woodlands Inn and Resort

Noon – Cardiac & Stroke Risk Assessments, Waist/Hip Ratios & Distribution of Heart Health Information
12:45 PM – Luncheon & Presentation
1:45 PM – Heart Healthy Dessert & Fashion Show
2:30 PM – Prize Drawing

Cost: \$25 per person.

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Style with a Heart

6th Annual Fashion & Health Event

Fashion trends and health advice collide at the 6th Annual Go Red Fashion Show & Heart Health Presentation hosted by the Heart and Vascular Institute at Wilkes-Barre General Hospital. The show supports the American Heart Association's campaign to heighten awareness among women regarding heart disease. Guests can benefit from heart and stroke risk assessments, body fat analysis, informational booths and more.

Guests will also enjoy a luncheon and fashion show.

Live Your Best

The show will begin with a presentation by Theresa Kovacs, Psy.D. on The Psychological Aspects of Heart Disease and Stroke.

Look Your Best

Guests will see the latest in fashion trends with an emphasis on red, of course! Patients and caregivers will take to the runway wearing everyday apparel from local retailers.



Photo: Stan Warunek • Atire: Place 1

Kimberley Kindler, event chairperson, poses at the Stegmaier Mansion.

Last year, over 500 women attended this heart-healthy and fun event. The show is February 21 at noon at the Woodlands Inn and Resort in Wilkes-Barre. Tickets are \$25. For more, call 570- 552-7408. ■ —Erika A. Bruckner



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