

THE DALLAS POST

Food Director Prepares More Than Menus

BY JOAN KINGSBURY
Getting school children to read the cafeteria menu is one goal attained by Mary Reistetter, ARA

food service director, this year. Mary has done this by offering a series of bonus items - cake, a cookie, a

small amount of potato chips - that attract the children, getting them to look the rest of the menu over.

By placing these items on the menu in small amounts, the children get a taste of the foods they love, without spoiling their appetites. This month's projects include: bring in a homemade shamrock and get a shamrock cookie and bring in a homemade Easter Basket for an Easter surprise.

In an attempt to introduce the children, particularly on the elementary level, to international cuisine, this week the cafeteria is offering foods from German, Spain and France. On German day a lunch of German wiener or Bologna and cheese sandwich is offered with sauerkraut, hearty

mashed potatoes and German chocolate cake. On Spanish day, the menu offers either crispy baked chicken or a taco with a side dish of Spanish rice.

French day includes a Parisian Burger, French fries, French-style green beans and French apple cake. On these days, the menu will be written in the appropriate language on the menu boards in the junior and senior high schools.

Mary thinks that children feel more comfortable with the cafeteria atmosphere if they receive incentives to purchase their lunch. Bonus items are obtained by making something at

home to bring in to school. These are offered to all children, whether or not they buy their lunch.

For the older students, Mary has also instituted some special lunch-time activities. The senior high salad bar is very popular. Also, the buffet, which was held for Valentine's Day at the senior high and will be offered at the junior high for Easter, is a favorite among the students. Last year, a barbecue featuring chicken, foot-long hot dogs and hamburgers was held at both the senior high school and the intermediate school with watermelon and popcorn for an added treat.

Not only does Mary plan

special cafeteria happenings, but she provides nutritional education upon request. Recently, Mary spoke to second graders at the Dallas School about the importance of nutritious snacks. Explaining to the children the need for healthy snacking, Mary suggested snacks like peanut butter spread on celery, cheese cubes, banana milkshakes and even an oatmeal cookie. Using the basic four food groups, Mary explained why some foods placed on the menu - peas for example, are necessary for good health.

In the near future, first and fourth grade students from Westmoreland Elementary School will

visit the senior high cafeteria for a tour. While there, they will view the movie "Winnie the Pooh, Nutrition and You," as well as tour the kitchen to see the equipment used in food preparation.

Mary also speaks for PTO meetings and has presented programs at schools throughout the district.

Very happy with the way things are going, Mary reports that she has heard good comments about the program, and despite the state of the economy, said lunch sales remain consistent. Mary commends her fine staff for helping to pep up the cafeteria routine with these additions.



SHE DOES MORE THAN JUST PREPARE MENUS--Mary Reistetter, ARA food services director at Dallas takes time out to talk to students at the Dallas Borough Elementary School about nutrition. Visiting the elementary schools is only one of many things Mary does to add a personal touch to her job.

Dallas Council Veteran Seeks Eighth Term

BY JAYNE BRADBURY
With the primary elections a few weeks away, a veteran Dallas councilman recently told the Post what keeps him in the race for public office.

In other words, why would a man decide to put himself in the public eye, for little or no pay, answering complaints and

"fairly easy work." Aside from calls about running dogs and snow-removal complaints, he said, "There are no major complaints about being on the town's council." He did recall one trying situation with the town's drainage a few years ago. "But since the sewer lines were put in, the water problems have stopped,"

Asked about the rewards of his job, Brobst replied, "The rewards are small, except for the feeling of knowing you're doing something for your town; just the satisfaction of getting a job done."

A self-employed electrician for 37 years, Brobst called Dallas "the old stomping grounds."



RELAXING AT HOME: Harold and Doris Brobst enjoy a quiet evening in their Dallas home. (Jayne Bradbury Photo)

taking whatever heat is dished out in a community?

From the age of 29, Harold Brobst has been serving Dallas Borough as a councilman. In the upcoming elections, he hopes to be voted to council for the eighth time.

Brobst believes being a Dallas councilman is

said Brobst, who was on council when the ground-work was started for that project.

When he first started on council in 1955, two of his colleagues were Ray Heddon and Warden Kunkle, the latter of whom served the borough for close to three decades, (which is believed to be a record for length of service).

He was born and raised just down the street from his present Pinecrest Avenue home. Although he has moved away a few times, he has returned here to settle.

He and his wife, Doris, have three children, Bonnie Jean Valentine, Harold Lee Brobst and Patt Ann Razawich. Doris is employed at United Penn Bank in Dallas.

You Didn't Miss the Daffodils

You're not too late! Through a reporter's error, the Dallas Post incorrectly reported the Daffodil Sale by the Wyoming Valley Chapter of the American Cancer Society was being held last weekend. Actually,

the sale begins tomorrow, Thursday, March 17 and will run through Saturday, March 19.

So, you see, you're not too late to purchase some lovely yellow flowers to brighten your home or give to a loved one. In the

Back Mountain, flowers can be purchased at the United Penn Bank, Dallas; Wyoming National Bank, Shavertown; Old River Road Bakery and Back Mountain Lumber Company.

Selfish Reasons to House a Student

1. A unique experience your entire family can share.
2. A way to increase communication with your own children.
3. A learning resource for yourself and your children.
4. A way of sharing your love with a young person.
5. A chance for personal growth.
6. An opportunity to make new friends around the world and in your town.
7. A chance to form a lasting relationship with a family abroad.

8. An exploration at home of rich cultural differences.
9. A chance to know a young person from abroad. And that people around the world are basically the same.
10. An opportunity to see your family and community through the eyes of someone else.

For more information contact the Dallas Chapter of AFS, Mrs. Jackie Sheehan, president at 675-0675.

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REMEMBER! SALE ENDS MONDAY, MARCH 21st



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