

Imaginary Christmas gifts for area residents

(EDITOR'S NOTE: Following are some imaginary Christmas gifts for some of our friends. These "gifts" are meant only in fun to add to the Christmas spirit and, in most cases, should be taken lightly. They are in no way meant to poke fun at or ridicule anyone.)

NELSON AT THE TOWN HOUSE - A new sweater to replace the one with a hole in it.
"MR. AMAZING" - A long vacation.
RITA MUNDY - A striped jogging suit.
TERRI RUTKOSKI - Another Cagney fan.
DON WALUTES - A supply of

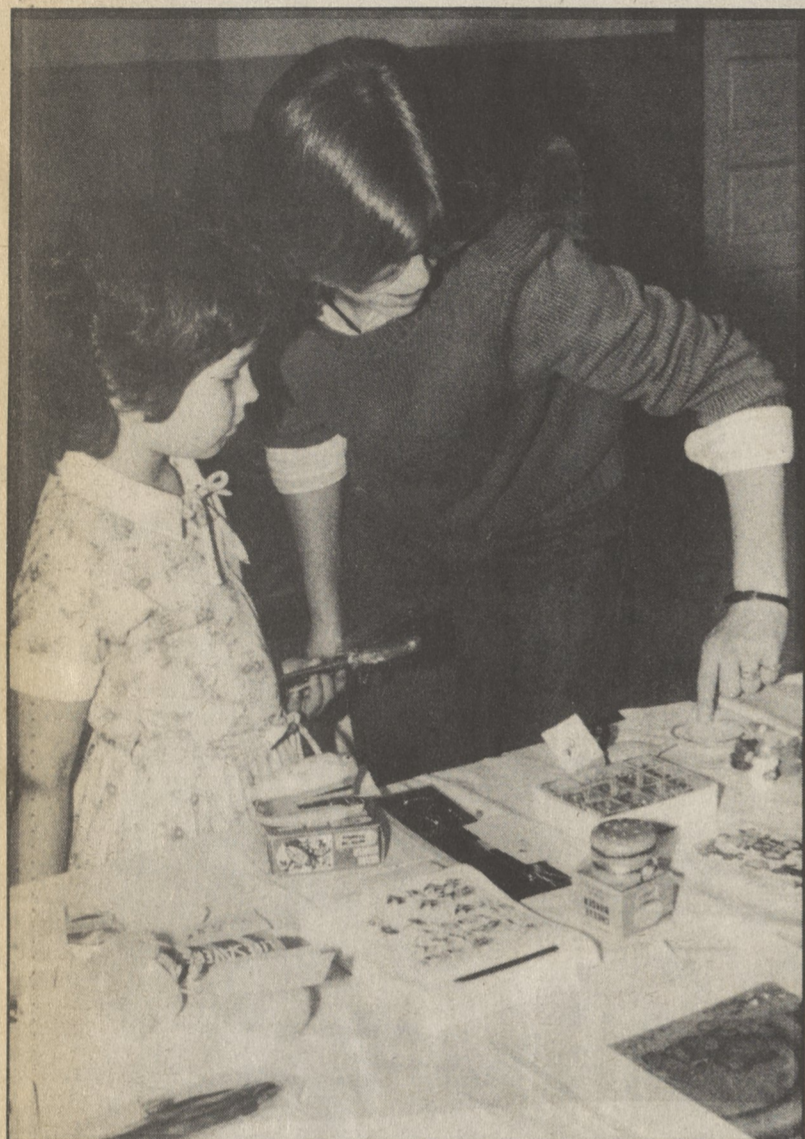
carrots
MRS. JOHN GILGALLON - A secretary.
NANCY GARVEY - A field trip to Tahiti.
JOAN SHOLTIS - A chance to organize the World's Fair.
DENNIS SKIRO - More blasting caps.
FRAN HOOVER - Another "rabbit" cake.
BARBARA HOOVER - Her very own newspaper.
ELEANOR FLEMING - Shuttle bus service between schools.
DIANE WOJCIECHOWSKI - Opportunity to direct the Vienna Boys Choir.
DIANE MALONIS - A few more

volunteer jobs.
BARBARA HAGEN - An appearance with Chef Tell.
LORRAINE HAWKE - A 1986 Porsche.
MARIE BIGUS - NCAA cheer-leading squad.
FRAN WALLO - An award-winning costume for next Halloween.
ABE SIMON - A clone for extracurricular activities.
LEO RUTKOSKI - A video of "Lady Blue"
SAL FERRARO - A canary-yellow limousine.
DEBBEY WYSOCKI - A seat in the audience when Sharon Gless receives an Emmy for her role in "Cagney & Lacey."
POLLY HARTEIS - A gourmet basket.

WILL CONYNGHAM - More notoriety for his Ice Cream Parlor.
MIKE THE AD REP - A reliable car.
JOSH BRYANT - A road or path around Harveys Lake for bicycles.
KG'S RESTAURANT - A boomba shortage.
AL ROBERTS - A newel crown to wear at his Castle.
JOE PAGLIANITE - More pizza.
JIM DAVIS - A jacuzzi.
RUTH CRAWFORD - A volume of beauty tips.
PATTY GINOCCHETTI - An Olympic gold medal for her swimming talents.
JACK KUGLER - Another vacation in the sun.
DIANE BRYANT - A solid booking at the health club.
MIKE DANOWSKI - A gas can.
BACK MOUNTAIN VIDEO - A

run on their "specials."
STEVE YANCHEK - A big job on television.
HOWARD SAMUELS - His own big ashtray.
LAURA SAMUELS - Good health.
SWEETPEA - A big bone.
ANNA KALNA - A pizza party at least once a month.
WILLIAM DAUKSIS - More ice to eat.
DAVE CONNER - A fur hat for Dave Conner.
LEONARD DELEUR - A free ad on the front page of The Dallas Post.
NELSON AT LEWIS-DUNCAN - Sixth inches of snow and at least two days off.
MIKE KOZICK - More Atlantic City excursions.
RENEE MINTZ - Health and happiness.
JOE MROZOSKI - A continuation of success in the automobile business.

PAUL OF DALLAS AUTO PARTS - Health and happiness.
ADELE OF CASUAL MAN - A nice vacation.
MRS. MCDONALD OF NUMBER 9 SHOP - Health and happiness.
JIM BECCARRIS - A better season at Pocono Downs.
MAUREEN BANKS - A husband who listens to her ideas.
JEFF BANKS - A wife who doesn't have any ideas.
DOLORES JAMES - Good health.
UNITED PENN BANK CASHIERS - Health and happiness.
JANET METZGER - A whole store full of you-know-what-kind-of videos.
PAUL BANKOVICH - A liquor license.
LIZ REICH - A less hectic schedule.
PAT JONES - Her photo in The Dallas Post.
HERB - A Burger King certificate.
PEGGY POYNTON - Finger-less gloves.
JEAN BRUTKO - Her very own koala bear.
ED CAMPBELL - A boss with terminal laryngitis.
DAVID MARTIN - A wife who doesn't know how to bake goodies.
WANDA HARKER - Better luck at the foot doctor's office.
FRED AND JEANETTE SPACE - More travelling time.
CORNELIA DAVIS - A year-round maintenance man.
MILDRED BACHMAN - More nights out with her friends.
JENNIE SIMKO - More bingo parties.
MICHAEL SIMKO - Another good year for Pensee Medical.
CONNIE FROM KASARDA'S - A run on flowers.
MARY MINOTTI - A continuation of the sub craze.
GEORGE POYNTON - A successful year for the Back Mountain Little League Organization.
BOB GRAVER - More public relations duties.
JOHN BAUR SR. - More Jim Beam Club meetings.
JOHN BAUR JR. - Someone to take the ice-cream business off his hands.
SPORT - Her very own waterbed.
SUSAN DADURKA - Clothes that fit.
TOM RUSS - A fleet of BMWs.



Shopping around
 Sandy Miller, right, a volunteer, assists first-grader Amy Jury in making her gift selections during Santa's Shopping Days held last week at the Dallas Township Elementary School. Amy and other students at the school were given an opportunity to make some Christmas gift purchases right at the school.

Rec. Commission seeks individuals

The Township of Kingston is currently seeking individuals to serve on the Kingston Township Recreation Commission. The Township is also looking for individuals to be placed on a list of alternates for the commission.
 The Kingston Township Recreation Commission is responsible for the development and direction of the various Township Recreation Programs. The commission consists of five members. One member of the Board of Supervisors, Supervi-

sor Daniel Wisniewski, serves as liaison to the commission.
 The commission meets on the last Friday of each month at 7 p.m. in the Kingston Township Municipal Building. Recreation Commission members receive no compensation.
 Individuals interested in serving on the Recreation Commission should contact Fred A. Potzer, Kingston Township Manager, at 696-3809, Monday through Friday between the hours of 8:30 a.m. and 4:30 p.m.

Really, fat is not bad!

Despite what you might have heard, fat is not bad. In fact, the body needs fat. According to Dairy, Food and Nutrition Council, it is one of the essential nutrients. However, scientists recommend that people adjust the fat in their diets to a level appropriate for their caloric needs.

Fats are a highly concentrated source of calories (energy). Each gram of fat—whether from butter, margarine, vegetable oil or meats—supplies nine calories. Eating too

much fat can add extra calories which may lead to a gain in weight.
 We all know that steak and bacon have fat because it is visible. However, other foods such as mayonnaise, apple pie, avocados and roasted cashew nuts also have fat.
 Cutting back on the amount of fat you eat is one way to reduce your caloric intake. The first place to eliminate is from foods in the "others" category (fats, sweets, alcohol). These are foods high in fat and high in calories, but low in nutrients.

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 Sandy Sheehan, production mgr.
 All photos appearing in The Dallas Post that have been taken by a Dallas Post photographer are for purchase.

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 Call 675-5211
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