

EDITORIALS

Student recognition program's a winner with us

Congratulations are in order for the fledgling Parent-Teacher-Student Association at Dallas High School. The organization, which brings together the most important segments in student life, is off to an impressive start. The PTSA's most visible contribution thus far is the Student of the Month award program, which honors outstanding performers in four areas: Student Achiever, School Spirit, Creative Student and Citizen Student. Each month's recipients are presented at an assembly, and each receives a \$50 Savings Bond as tangible recognition of the value of their superior effort and attitude.

It is important to formally recognize achievement, both to reward deserving individuals and to clearly communicate to the student body the value of excellence in all areas of life. Historically, athletics have received the bulk of public attention in high schools, giving the community a distorted view of our schools' priorities. This program and others like it can help change the perception that young people are more interested in music, drugs and sports than in scholarship and service.

Publishing as many items as we do about youthful achievers, we already know that perception is usually wrong, but we always welcome new opportunities to spread good news about deserving young people.



Fresh from the farm, and hanging high. Photo by Charlotte Bartizek.

Publisher's notebook

Ron Bartizek



The campaign financing mess in Washington makes me think we should revert to the Founding Fathers intention for national government — a part-time citizen Legislature. Many states still hold to this notion, with sessions held only part of the year, or on a biennial schedule. But I'd go one step further, and cut back the President's hours as well, since it's obvious we're paying him to go around soliciting political donations instead of running the Executive branch. It seems hardly a week goes by that we don't read about Clinton and/or Gore attending two or three fundraising dinners. This is going on even as more revelations surface that suggest the bulk of our elected officials' time is spent groveling before millionaires and corporations, offering vague pledges to take their concerns into consideration while scheming to pass laws that offend as few potential donors as possible.

Enough is enough! The time has come to rise up and demand that if the President and Congresspersons won't cut their own schedules and salaries, they must offer equal opportunity for us to profit from a corrupt system. Let them buy our votes, using all that cash they've taken under false pretenses. We could set up a system under which votes for the House, Senate and President would be valued on a sliding scale, say \$25, \$50 and \$1000 respectively. That should roughly mirror the relationship between the cost of the campaigns for those offices. Since we'd get the same amount from each candidate, there would be no incentive to vote for someone just for the money, and instead of having a federal government that's in the pocket of big contributors, it would be beholden to everyone whose vote led to election.

We might even save money this way. I read a few years ago that it would cost less to give every welfare recipient \$10,000 a year than it does to run all the government programs serving the poor. Maybe the same idea would hold true for elections.

The only saving grace with the present administration is that Bill Clinton is so untrustworthy we probably don't have to worry that his decision making is influenced by contributions. He's an equal-opportunity ingrate, from everything I've seen, but who knows if future occupants of the office will be so evenhanded.

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Dallas Borough, Dallas Township except for the north voting district, and Kingston Township.

Food 'n' fun

Jim Phillips



Should you bake fresh muffins this morning or just skip on down to the local grocery store for your breakfast? Somehow the thought of freshly baked muffins coming out of the oven on a chilly October morning does something for me.

On one hand the thought of mixing, pouring, baking and worst of all cleaning up at 7 or 8 in the morning does not appeal to me! On the other, warm muffins, melted butter and cup of steaming coffee certainly outweigh the effort you'll have to put in for a most memorable breakfast.

Muffins are classified as Quick Breads, any bread leavened with

Making marvelous muffins

baking powder, baking soda, air or steam rather than yeast. They are "Quick" to make because they require no rising period. Quick Breads rely on chemical leavening agents as opposed to yeast which requires time for the yeast to multiply and ferment. The baking soda or baking powder releases gas through chemical reactions in the muffin mixture. These gases form bubbles or air pockets throughout the batter. As the product bakes, the batter sets around these air pockets thus giving the Quick Bread its rise and texture.

The ideal muffin should be light, tender and flavorful. Textural interest is achieved through the addition of fruits, nuts and even vegetables. Some of you may recall that several years ago the classic muffin was somewhat small in stature. But in the spirit of overabundance, muffins have outgrown their pans (literally). It is not uncommon to find muffins

weighing in at 8 or even 10 oz. each. Truly a meal in itself!

The standards for good quality muffins include: well proportioned shape and size, no peaks, no tunnels (large holes inside the muffin) and of course good flavor. In order to achieve good quality muffins be sure to measure your ingredients carefully. Don't overmix the batter and be certain to follow the baking procedure correctly.

Basic Muffin Recipe

- Yield 12 muffins
- 8 oz. all purpose flour
- 5 oz. sugar
- 2 t. baking powder
- 1/4 t. salt
- 1 egg
- 2 oz. unsalted butter-melted
- 1 t. vanilla

Method

- 1) Sift the dry ingredients together.

2) Mix liquid ingredients including the melted butter.

3) Stir the liquid mixture into the dry ingredients. Do not overmix. The batter will be lumpy.

4) Portion into paper lined muffin cups and bake at 350°F until light brown and set in the center. Approximately 18 minutes.

5) Cool the muffins in the pan for several minutes before removing from pan.

Variations:
Berry Muffins - Add 6-7 oz. of your favorite berry after you have combined the liquid and dry ingredients.
Dried Fruit Muffins - Add 1/2 lb. cup chopped dry fruit to the dry ingredients - continue with recipe.

Jim Phillips is a registered dietitian and assistant professor, food production/hotel & restaurant management at Luzerne County Community College.



60 Years Ago - Oct. 22, 1937

B. BULFORD BORN IN RAILROAD STATION

B. Frank Bulford was born 82 years ago in the farm house which occupied the site of the present Lehigh Valley Railroad station. Bulford's father, John owned the farm which has become Dallas' business section. When promoters built the railroad to tap the rich lumbering area about Dallas they cut directly across the Bulford farm.

The first step toward determining the football championship of the Back Mountain Scholastic Conference will be taken this afternoon when a determined Three-Ring Circus which is being sponsored by the Shrine at Kingston.

You could get - Turkeys, 59¢ lb.; Hams, 59¢ lb.; Sweet potatoes, 4 lbs. 23¢; Boscul Coffee, 52¢ lb.; Sterling Salt, 9¢.

**40 Years - Oct. 25, 1957
DALLAS CLOSES SCHOOLS DUE TO INFECTION**

Dallas Area Schools closed at lunch hour Monday due not only to widespread respiratory infection among the students but to absence of ten teachers and four janitors. Dallas Township and Beaumont were hard hit. Lehman-Jackson and Ross schools opened again Monday after closing the preceding Thursday and Friday.

Mrs. Clarence Boston, 39, first home economics instructor at Lehman schools and wife of a former Lehman High School principal died Wednesday following surgery at Grant Memorial Hospital, Columbus, Ohio. She was the former Eleanor Trethaway, sister of Donald Trethaway, Dallas Township.

Recently constructed addition to Sweet Valley Christian Church will be dedicated Sunday afternoon. Services will be conducted

by Rev. Albert Hughes of Canada. The addition of tile to match the exterior of the church was conducted by Whitesell Brothers, nephews of William Whitesell who put up the edifice which replaced the original building destroyed by fire in 1926.

**30 Years - Oct. 19, 1967
FIREMEN SAVED SINGER PLANT FROM FIRE**

Prompt action by local firemen saved the Singer Plant from destruction early Sunday morning when the Hillside Mfg. Co. was consumed by flames. No estimate of damages has been received but the machine shop which produced weapons for World War II appears to be demolished.

The hiring of a third police officer for Kingston Township became a distinct possibility Wednesday afternoon with all members in accord on the suggestion of Supervisor LaRoy Ziegler. Board member John Funke said it has been under consideration for some time to have someone answer all calls at the municipality building and he felt a better pro-

gram can be had by the addition to the force.

20 Years - Oct. 20, 1977

STONEHEDGE RESIDENTS CONCERN FOR ROAD

A large group of Stonehedge residents attended the Dallas Borough Council meeting Tuesday to express their concern over road conditions in their area following the installation of sewer lines in August. John Maguire said residents were concerned about the \$27,000 grant which the borough was to receive for paving the roads. He also asked what was going to happen to Stonehedge this winter. Councilmen assured residents that the road problem would be solved at least for the winter before the next meeting.

Steven R. Kafrissen, M.D. president of Rural Health Corp. of Northeast PA announced that ribbon cutting ceremonies and open house of Monroe-Noxen Center will be held Oct. 23. Located on Route 29 one half mile south of intersections of Routes 309 and 29, the new facility replaces the center which has operated in Noxen since 1971.

Library news



Nancy Kozemchak

The construction of the children's wing at the Back Mountain Memorial Library is progressing on schedule. The entire contents of the children's room was removed by volunteers, board members included, and packed in a 40 foot trailer which will be parked on the premises until completion of construction. The 12,000 books, furniture and fur-

In 52nd year, expansion continues

nishings from the children's room are packed in the trailer.

On Monday, October 13, the brick work will begin on the exterior and the temporary partition between the new construction and the existing building will be removed in order to begin alteration work in the existing children's room and the circulation area. A temporary dust partition will be in place between the areas being worked on and the areas still open. The furniture of the circulation area will be shifted to a temporary area, due to the changes. The library will continue to function as near normal as possible.

The October meeting of the library Book Club will meet on Monday, Oct. 20 at 1:30 in the

Community Room. Discussion of recent new books will take place, as purchased by the book club donations. Members of the community are invited to attend the meeting. Refreshments will be served.

October 12, 1997 will mark 52 years since the Back Mountain Memorial Library opened its doors on Main Street in Dallas. The library has come a long way!

New books: "The End of the Novel of Love" by Vivian Gornio is a new book of collected critical essays, turning the searching intelligence and honesty of insight marking her memoirs on the work and lives of writers. The book is in memory of Alberta Oliver presented by medical Oncology Assoc.

"Required Reading" by Andrew Delbanco is a work of gratitude and urgency and it is the responsibility of the critic to incite others to read these books by American writers in an age of uncertainty over what our common heritage is. The book is in memory of Daniel H. Evans by Wilkes-Barre School District Employees.

"The Seven Habits of Highly Effective Families" by Stephen R. Covey is written with the same profound insight, simplicity, and practical wisdom that gave it worldwide acclaim. It now focuses on the primary concern of society today - the family.

All families face challenges from members and the outside world.

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Q. Where can you find the most Back Mountain news?

A. In The Dallas Post every week