

## EDITORIALS

Elections are coming,  
but not with many choices

It's nearly time for the November general elections, which means we'll soon be reading articles about abysmal turnouts and columns lamenting the lack of participation in our democracy. Add our voice to that chorus, especially when it's an "off year" like this one, with no national offices at stake. What a shame. This year's elections for school board and mayor, township supervisor and auditor, will mean less than Halloween to most people, despite the fact these offices have as much influence on our daily lives as that of a scandal-ridden President or stubborn Congressmen.

Of all the choices to be made this November, the election of school directors is the most important. The men and women who sit on school boards set the tone for the institutions that shape young people into the leaders, earners and taxpayers of the future. In more immediate terms, school directors also determine how to allocate budgets that account for the largest chunk of local taxes. They may decide to build new facilities or stretch a few more years out of existing ones, to grant reasonable raises to teachers or to hold out for concessions, to invest in new books and other learning tools or stick with the ones that have been used for years. Once elected, it will be only their choices — not ours — that will matter, since there is no mechanism for the public to determine outcomes once board members are seated.

But, as so often happens, the election was decided in May for all but one seat, Region 3 in the Lake-Lehman School District. There are two reasons for this: First, a dearth of candidates for many offices, and the ridiculous "cross filing" that allows a candidate to appear on both the Republican and Democrat primary ballots, and to win both nominations. One may argue that this system merely reflects the will of the people, but that position is hollow, since the turnout in primaries is even lower than for the general election. Instead of a lively race between two eager competitors, we are given a list, to vote for if we choose, with no alternative other than acquiescence. Even worse, we are deprived of the ideas that might come out of a real race for elective office, and the interest those ideas could stir both in the electoral process and in the subsequent actions of the winners.

Perhaps it's time to investigate the constitutional status of a state electoral system that stifles rather than stimulates political discourse and community progress. That may not have been the intention when this dangerous plan was created, but it has been the result.

## Publisher's notebook

Ron Bartizek



Like many Americans, I like to think I'm pretty health-conscious, and make at least feeble attempts to eat right, exercise and avoid unhealthy behavior. And, I would guess like most Americans, I'm getting more than a little confused by the information that pours out of medical texts, "serious" magazines and the *Weekly World News* like a flood down the Mississippi. Here are a couple of items that have appeared recently:

- If I drink a glass of orange juice every day, my risk of stroke will be reduced by 25 percent.
- If I drink a couple of cups of tea a day, I'll have 46 percent less chance of developing heart disease.

Now, I already knew that by eating a low-fat diet, getting regular exercise and owning a cat my risk for heart disease or stroke has been reduced by about half. So, I guess this means if I just add some juice and tea, a little ginseng, some vitamin E and meditation to my routine, I'll never have a heart attack or stroke. So much for that worry.

Next stop, cancer. Here's another place that miracle cure glass of o.j. comes in handy. You may have noticed the labels on juice containers touting orange juice's role in reducing cancers. They say "Fight cancer," then "Fight Harder," implying that if you drink more you'll have less chance of getting cancer. I figured if some was good, a lot more was better, but when I got to a gallon a day my hair started to turn orange and my skin was getting these little bumps all over the place.

Wait! There's a news flash coming in - according to an ad in *Better Homes and Gardens* magazine, and who could ask for a better source, grape juice has more than three times the antioxidants of other popular, but unnamed, juices. And, in preliminary medical research (I guess we don't have to wait for confirmation any more, yippee!!) grape juice was found to provide significant anti-clotting effects on blood, just like aspirin. So, if I look a little purple around the gills next time we meet, you'll know it's not the result of an all-night binge, at least not with alcohol.

Anyway, by my calculations, if I follow all the advice I see in ads, my lifespan should be about 423 years. By then, science should allow me to completely replace myself anyway.

You can send items to the Post by  
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Walk this way, squawk this way. Photo by Monica Marzani.

## Book notes



Mary Lou Swingle

Hi Fellow Bookworms!  
What are your reading pleasures today?

The Slightly Read Bookshop at the Back Mountain Memorial Library is featuring espionage and action thrillers this month. The authors are Clancy, Deighton, Follett, Forsythe, LeCarre, Ludlum, MacClean and McInness. They have a special deal where you buy the first book at regular

## Guest column



Debra A. Serfass Ph.D.

As Registrar for the Girl Scouts in the Back Mountain for the last five years, I've noticed an increase in the number of girls who have chosen to join our active organization.

It's exhilarating to see such enthusiasm and spunk as the girls get involved in a program that develops strong values, great self-esteem and life skills. Our program activities are directed and coordinated by adult volunteers who have decided to make a difference in the lives of their daughters and other girls in their communities. Now more than ever, these young girls need Leaders who are willing to share their experiences and knowledge about life and help them become better citizens, better individuals, better women.

Many people find it hard to believe that I have been a Girl Scout for 34 years. I chose Girl Scouting because of all the activi-

## Action thrillers featured

price and get the others of equal or lesser value for half price.

We have many new cookbooks and also some "coffee table" books on travel and sightseeing in the USA and the world.

Janette Oke books, stories of the Canadian West, which are collectible and inspirational are also available.

We can use more books especially hardcover adult fiction, non-fiction, classic literature and military books. These are always in demand.

Our young children's books (preschool) were all sold at the auction and we need more books to replenish the supply.

We cannot use magazines, National Geographic, Readers Digest Condensed Books, individual

volumes or sets of encyclopedias. They just don't sell.

Gift Certificates are available in any amount. The purchaser receives merchandise equal to 10% of the value of the certificate.

The latest cookbooks we've been given are placed on a separate table for easier access. There are many of various topics in excellent condition.

You are welcome to come in and browse whenever we are open. Hours are Monday and Wednesday from 1 to 8 p.m. and Saturday from 10 a.m. to 5 p.m.

Volunteers are always needed. If you can help just stop by and leave your name and telephone number at the bookshop or the main desk of the library.

Hope to see you soon.

Girl Scout Leaders  
make a difference

ties and opportunities it gave me to experience the world around me. Because I cherish such wonderful memories, it was only natural for me to take the next step and volunteer to become a Leader.

I want my daughters to experience the fun times with their friends that I had with mine when I was a young Girl Scout. Even now, my mother serves as a sounding board and source of ideas for troop meetings and trips. This year, my sister is a new Leader for her daughter's Daisy Girl Scout troop.

I chose to be a Girl Scout Leader because I want to share those memories of singing songs around the campfire, hiking around the lake at Camp Louise and finding fossils in the woods.

I chose to be a Girl Scout Leader because it is a way to enlighten girls about all different kinds of careers including science and technology. Where else can you camp overnight at the Franklin Institute and the Museum of Natural History?

I chose to be a Girl Scout Leader because it helps girls learn the value of community service; visit-

ing senior citizen centers, decorating hospice centers, creating baskets of supplies for needy children, and making mobiles for children in the hospital.

I chose to be a Girl Scout Leader because it lets me serve as a role model for girls in my community. It shows them what a woman can be many things at once, mother, wife, scientist, teacher, sister, daughter and friend. I volunteer because I want to make a difference.

The Girl Scout program helps build the leaders of the future. But we need Leaders in order to lead. There are many ways to be involved in Girl Scouting. Adults can volunteer to serve on committees, teach songs or games, coordinate events and outdoor activities, organize troops and day camps, help with troop meetings or share information about your career, talents, or experiences. Decide to make a difference in a young girl's life and volunteer your time and talents with the Girl Scouts, where girls grow strong.

Debra A. Serfass is a leader with Girl Scout Junior Troop 675, Dallas

ONLY  
YESTERDAY



70 Years Ago - Oct. 19, 1929

CAUSE OF NOXEN TRAIN  
WRECK REMAINS MYSTERY

Investigation by Lehigh Valley officials into the cause of the passenger train wreck at Noxen on Saturday evening has failed to reveal who left the switch open that caused the derailment of the train and the destruction of a freight car. Only luck prevented a more serious wreck and the loss of life.

Now playing at Himmler Theatre: "Where East is East" with Lon Chaney.

60 Years Ago - Oct. 20, 1939

LAING FIRE CO. RECEIVES  
FINANCIAL CONTRIBUTIONS

About 200 new names have been added to the membership rolls of Dr. Henry M. Laing Fire Co. of Dallas during its current drive for public support, according to James F. Besecker, sec. First returns were made at the meeting last Friday when three unusually fire contributions were reported, \$50 from Commonwealth Telephone; \$50 from Harveys Lake Light Co. and \$50 from Stegmair's Brewing Co.

Justice of the Peace Harold Lloyd of Shavertown who has been given the task of collecting a large amount of delinquent taxes owed to Dallas School District.

50 Years Ago - Oct. 21, 1949

## OHLMAN RECEIVES AWARD

The Frank L. Hemelright award for community service was presented last night to Harry L. Ohlman at a joint meeting of Dallas Rotary and Kiwanis Clubs at Irem Temple Country Club. In announcing the selection of Mr. Ohlman the committee pointed to his work in helping to establish Back Mountain Memorial Library, his activity in Dr. Henry M. Laing Fire Co. and his enthusiastic support of all community services.

Two thousand persons attended open house at First National Bank Saturday and viewed the many changes made to the quarters of their community bank during the summer months. Everybody was interested in the Drive-In deposit window, the night depository, the vault with rows of gleaming safe deposit boxes and the pleasing decor of the main banking room.

40 Years Ago - Oct. 22, 1959

SQUIRE REPRESENTS NEPA  
AT NATIONAL CONVENTION

Lester B. Squire is one of three school administrators chosen at a recent meeting of Northeast Pennsylvania PSEA to represent administration from the entire Northeast tier of counties at a national convention in Los Angeles, June 26 - July 1 next summer. He has been administrator at Lehman since 1948, first of Lehman Schools, then Lehman-Jackson, the Lehman-Jackson-Ross and more recently the five way Lehman jointure.

You could get - Legs 'o lamb, 59¢ lb.; sliced bacon, 39¢ lb.; Delicious apples, 4-lb. bag, 29¢; California carrots, 2 cello bags, 19¢; Campbell's Soups, 6 - 10 1/2 oz. cans \$1; raisin bread, loaf, 29¢.

30 Years Ago - Oct. 23 1969

HICKS RETIRES AFTER 30  
YEARS AS POST EDITOR

A grand old lady of journalism after 30 years to Dallas Post has stepped down from her editorship. Mrs. T.M.V. Hicks, 77, known to followers throughout Pennsylvania and the nation affectionately as Hix, became editor emeritus of The Post last week owner and publisher Henry Null 4th announced. Becoming active as a regular contributor to The Post in 1939, Mrs. Hicks is the oldest working newspaper woman in Pennsylvania.

20 Years Ago - Oct. 18, 1979

MEADOWS PROJECT FACES  
OPPOSITION

Ecumenical Enterprises Inc. planners of the proposed high rise for the elderly "The Meadows" have met with more than one obstacle in Dallas Township. Not only are they having difficulties with obtaining funding for sufficient water but now residents of College Manor are objecting to a possible 6-story complex near their homes. Some residents said they feel it would effect the rural atmosphere of their neighborhood and make it seem commercial.

## Do you agree? Disagree?

Editorials are the opinion of the management of The Dallas Post, and are written by the editor unless otherwise indicated. We welcome your opinion on contemporary issues in the form of letters to the editor. If you don't write, the community may never hear a contrasting point of view. Send or bring letters to: The Dallas Post, 607 Main Rd., Dallas PA 18612. Please include your name, address and a daytime phone number so that we may verify authenticity. We do not publish anonymous letters, but will consider withholding the name in exceptional circumstances. We reserve the right to edit for length and grammar.