

THE POST

50¢

SERVING THE COMMUNITIES OF THE DALLAS AND LAKE-LEHMAN SCHOOL DISTRICTS



Some of the Dallas Elementary School students who participated in the Great Apple Crunch Day program, from left, first row are Olivia Thomas and Brielle Brace. Second row: Isabella DelPriore, Talia Szatkowski, Cody Long, Logan Brace, James Flores, Katie Conrad and Megan Mancinelli.

Elementary students get to core of program

By M.B. GILLIGAN
Post Correspondent

DALLAS TWP. - Elementary school students in the Dallas School District recently participated in the statewide Great Apple Crunch program. The second annual event was sponsored by the Pennsylvania Advocates for Nutrition and Activity.

The program works with schools and communities to promote healthy eating and physical activity as a means of addressing the state's childhood obesity problem.

"Our country is such a rich country and we have so many foods to choose from that we don't always make healthful choices," said Linda Burd, a school nurse for the Dallas and Wycallis elementary schools. "The Great Apple Crunch is a way for us to promote better nutrition."

Students throughout the schools were encouraged to add more fruits and vegetables to their diet. The district's food services provider, Metz & Associates, made apple crisp for the lunch desert and students were encouraged to try it. Brace's Orchards of Dallas also donated apples that were made available to students in both schools.

"The other thing that PANA is doing is to lobby for more physical education in the Pennsylvania's schools," said Karen Arnaud, a health and wellness teacher at Wycallis Elementary. "They are pushing for some type of physical education every day. We're fortunate in this district to

at least have separate teachers for health and wellness, and our students have wellness classes once a week."

Wycallis students also participated in the International Walk to School Day earlier this month.

"Obviously, with our location, we didn't have the students actually walk to school but they all had to walk at least one mile in their gym classes," said Arnaud. "We incorporated some mathematics into it. I told them each lap was a quarter of a mile and they had to figure out how far they walked. Some of them walked up to two miles."

These programs and others like them are becoming more prevalent as schools try to address the issue of childhood obesity.

"I'm sure you've heard this before, but this generation of children could be the first to not outlive their parents," said Burd. "Many health issues are related to obesity. Like diabetes, which is on the rise in children."

This school year, Burd will not only be measuring the height and weight of the student in kindergarten through fourth grade, she will use the information to determine their body mass index.

"Each parent will get a letter explaining what their child's BMI is and what that means," she said. Those numbers are used to determine percentiles for a healthy weight. A BMI of 0 to 5 percent means a child is underweight; six to 85 percent represents a normal weight; while 86 to 95 percent means the child is at risk of being

See APPLE, Page 12



Some of the third graders at Wycallis Elementary School who took part in the Great Apple Crunch program, from left, first row are Abigail Downs, Alexandra Milligan, Dylan DeArmitt, and Sarah Boyd. Second row: Cody Karasinski and Jacob Bozentka. Third row: Marissa Rollman, Mariah Clarke, Caroline Price, Madalyn Bozinski, Gregory Navestad and Kelsey Monahan.

Haunted Library offers thrills, chills for all ages



FOR THE POST/CHARLOTTE BARTIZEK

Barbara Kohler enjoys her time at the Haunted Library, a fund-raiser for the Back Mountain Memorial Library.

A treat for boys and ghouls

By GENELLE HOBAN
Post Correspondent

DALLAS - As they walked through the Haunted Library at the Back Mountain Memorial Library, the girls of Girl Scout Troop 2535 clenched onto one another tightly.

However, before they entered the haunted scene, only one admitted to being afraid.

"I'm a little bit scared of going in," Samantha Ziminski, 10, said as she painted her ghost at the arts and crafts table. "Everyone else is telling me not to worry, though."

Kaitlyn Palmer, 9, said she wasn't afraid of going in because she went in last year, so she knew what to expect.

The library is holding the Haunted Library for the third consecutive year. The two-week-end event - which uses the theme "Dallas After Dark" - concludes Sunday, Oct. 30. The



FOR THE POST/CHARLOTTE BARTIZEK

Monica Morrison, Sweet Valley, finds looking in the mirror at the haunted library very unusual.

See LIBRARY, Page 8

History enthusiasts take a ride down memory lane

A former railroad line is focus of Back Mt. Historical Association meeting

By WARD PRICE
For The Post

DALLAS - A record number of people were in attendance Wednesday evening to display interest in the Back Mountain Historical Society's presentation about a railroad line that no longer runs through our area.

The Bowman's Creek Branch - a line of the Lehigh Valley Railroad - was the center of attention during the meeting. Approximately 170 people attended the event, which took place at the Banks Student Center on the campus of College Misericordia.

Harry D. Owens of Mechanicsburg was the guest speaker in front of the standing-room-only crowd while displaying a slide



FOR THE POST/JONATHAN J. JUKA

Harry Owens shows slides of the Lehigh Valley Railroad during a meeting of the Back Mountain Historical Association on Wednesday night at College Misericordia.

show that depicted the railroad. Before Owens began his presentation, he passed out actual rail line tickets to each of the observers.

"You are about to go on a journey right after the Civil War," he

said. Construction of the Bowman's Creek Extension was started in 1886 and its origin purpose was the logging of 40,000 acres of timber throughout the region.

Passenger cars were added by

1893 to allow people to travel between Wilkes-Barre and Bernice. Each passenger car carried approximately 70 people, Owens said.

See RAILROAD, Page 12

How To Reach Us

News: 675-5211
thepost@leader.net
15 N. Main St.
Wilkes-Barre PA 18711

Subscriptions
and Delivery: 829-5000

Dallas, Lake-Lehman ready to battle for Old Shoe trophy

9



Library adds books to its collection

4

Looking for something to do?

12

Inside The Post

12 Pages, 1 Section
Calendar12
Church2&7
Civic news5
Only Yesterday4
Sports9-11