



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 like them are becoming more dor.'t always make healthful prevalent as schools try to adchoices," said Linda Burd, a dress the issue of childhood obesschool nurse for the Dallas and ity. Wycallis elementary schools. "The Great Apple Crunch is a fore, but this generation of chilway for us to promote better nu- dren could be the first to not outtrition." schools were encouraged to add to obesity. Like diabetes, which is more fruits and vegetables to on the rise in children." their diet. The district's food services provider, Metz & Associ- only be measuring the height and ates, made apple crisp for the weight of the student in kinderlunch desert and students were garten through fourth grade, she encouraged to try it. Brace's Or- will use the information to deterchards of Dallas also donated ap- mine their body mass index. ples that were made available to students in both schools. doing is to lobby for more phys- Those numbers are used to deterical education in the Pennsylva- mine percentiles for a healthy nia's schools," said Karen Ar- weight. A BMI of 0 to 5 percent naud, a health and wellness means a child is underweight; six teacher at Wycallis Elementary. to 85 percent represents a normal "They are pushing for some type weight; while 86 to 95 percent of physical education every day. means the child is at risk of being 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

"I'm sure you've heard this be-

Haunted Library offers thrills, chills for all ages



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

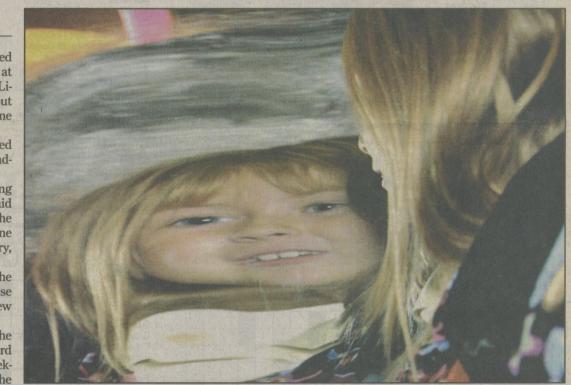
A treat for boys and ghouls

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



live their parents," said Burd. Students throughout the "Many health issues are related

This school year, Burd will not

"Each parent will get a letter explaining what their child's BMI "The other thing that PANA is is and what that means," she said.

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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.

in, Samantha Ziminski, IU, 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-weekend event - which uses the theme "Dallas After Dark" - con-

cludes Sunday, Oct. 30. The Monica Morrison, Sweet Valley, finds looking in the mirror at the haunted library very unusual.

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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



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

OR THE POST/CHARLOTTE BARTIZEK

FOR THE POST/JONATHAN J. JUKA

ney right after the Civil War," he

Before Owens began his pre- man's Creek Extension was tween Wilkes-Barre and Bernice. sentation, he passed out actual started in 1886 and its origin pur- Each passenger car carried aprail line tickets to each of the ob- pose was the logging of 40,000 proximately 70 people, Owens acres of timber throughout the said.

Passenger cars were added by See RAILROAD, Page 12



show that depicted the railroad. said. Construction of the Bow- 1893 to allow people to travel be-

servers. "You are about to go on a jour- region.