

# School Lunch Program Aims for Healthy Eating Habits

By KAREN KNIGHT

Court House - Children who love chicken nuggets, pizza, or breakfast for lunch aren't alone.

Those are among the favorite lunch foods served at area schools, where efforts to ensure children eat "healthy" get similar reactions to any parent who's tried to get their children to eat more fruits, vegetables and grains, and less sodium and trans fats.

"It seems we have less participation (in lunch) the healthier it is," said Marianne Linnington, food service director, Cape May City Elementary School. The school has about 150 students in pre-kindergarten through sixth grades. About one-third, or 36%, receives free or reduced-price lunches.

"Monthly, we have special tastings of food to try and get the students to try different foods, like butternut squash," she added, noting children tend to like what they get at home. "We also have a vegetable section every day, where there's no limit. We hope they'll try some and like it."

### NSLP Calls Shots

Cape May City Elementary School, like most schools in the county, participates in the National School Lunch Program (NSLP), a federally assisted meal program operating



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- Marianne Linnington, food service director, Cape May City Elementary School

in public and non-profit private schools and residential childcare institutions.

It provides nutritionally balanced, low-cost or no-cost lunches to children each school day. The program was established under the Richard B. Russell National School Lunch Act, signed into law by President Harry Truman in 1946.

Participating school districts and independent schools receive cash subsidies and U.S. Department of Agriculture (USDA) foods for each reimbursable meal they serve. In exchange, participating institutions must serve lunches that meet federal meal pattern requirements and offer the lunches at a free or reduced-price to eligible children. School food authorities can also be reimbursed for snacks served to children who participate in an approved after-school program, including an educational or enrichment activity.

While the nutritional guidelines have been updated since those early days, current meal standards ensure students are offered both fruits and vegetables every day of the week, substantially increased offerings of whole grain-rich foods and low-fat milk or fat-free milk varieties, limited calories based on the age of children being served to ensure proper portion size, and reduced amounts of saturated fat, trans fats and sodium, according to a fact

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## OC Plans to Create Drainage Team by End of '19

### New Approaches, Big Money Put Toward Keeping Streets Dry

By BILL BARLOW

OCEAN CITY - Rising water and sinking land are a tough combination for New Jersey's barrier islands. In Ocean City, officials have put big money into drainage improvements, and plan to continue those efforts in the coming years.

Projects include an increased reliance on pumping stations to move water off the streets, even when tides are high. City officials announced plans Oct. 19 to appoint a team dedicated to drainage issues, and to oversee the maintenance of those pumping

stations. That team is expected to be named before the end of the year.

That work is expected to include now-familiar efforts, like installing pumping stations and valves aimed at keeping tidewater out and more quickly draining rainwater from streets. Recently, the city started raising the level of the streets to reduce flooding.

New efforts could include building walls in some neighborhoods, with options under consideration in the city's south end and the Merion Park neighborhood, according to a recent city presentation.

Federal reports project an increase in coastal flooding, including on sunny days when the moon is right and the tide is exceptionally high. Ocean City recently saw an example of that - one that made headlines in a Philadelphia newspaper, but did not seem unusual to many year-round residents.

Projections from the National Oceanic and Atmospheric Administration (NOAA) indicate rising

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Bill Barlow

Like other barrier islands, Ocean City often sees flooding from high tides and heavy rain, as seen in this file photo. Faced with rising seas and subsiding land, the city plans to take aggressive steps to keep the water out, and to move flood waters off the streets more quickly.

## Marking a Century

### Army Vet to Turn 100 Nov. 11

By ERIC CONKLIN

STONE HARBOR - Four strokes, including one that claimed his speech clarity, hasn't kept Stone Harbor resident Frank D'Elia from the pews of St. Paul's Church, less than a mile from his home.

Tucked away on Charles Street, D'Elia resides with son-in-law Elmer (EJ) Tate and daughter Pauline Tate.

Originally from Philadelphia, D'Elia is a World War II veteran who turns 100 years old this Veterans Day. He served in the Army as a tank mechanic and tank commander, and fought in numerous battles, including the infamous June 6, 1944 battle on Normandy Beach.

D'Elia wasn't a stranger to Stone Harbor when he and his wife became residents in 1977. He took frequent summer trips since 1920, staying at his father's summer home on 81st Street until the house was destroyed by the Ash Wednesday Storm of 1962.

Evidence of a noble military man is scattered throughout D'Elia's home and garage, including

numerous photo collages with photos of him in his military uniform. He also has other photo collages of friends, family, and his wife, Pauline, who died in 2003.

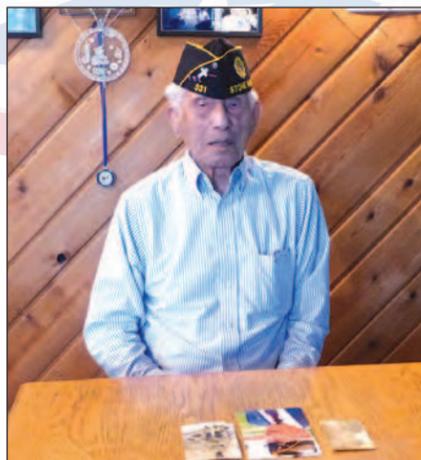
With those collages are numerous awards for his service, including a Distinguished Service Medal and a Good Conduct Medal. D'Elia was also honored by former Gov. Chris Christie and Pope Benedict. He also became Sir Francis D'Elia after he became a knight of St. Gregory.

To residents of Stone Harbor, D'Elia is best known for his dedication to St. Paul's Church. According to his son-in-law, he helped build the church and made modifications to it, earning him the unofficial title of "cardinal of St. Paul's Church."

He is also a 63-year member of the Knights of Columbus, a member of American Legion Post 331 in Stone Harbor, and a member of the Stone Harbor Board of Health.

"Since he's done so much work and stuff over his life, he has a lot of points with the man upstairs," said EJ Tate.

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Eric Conklin

Frank D'Elia, 99, of Stone Harbor spent a portion of the afternoon Oct. 3 looking at photos in his military uniform. He also found the hat that he wears on Veterans Day each year.

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