

## This Week...

### The algae scare

Our tongue-in-cheek treatment of the "pollution" at Harveys Lake last week (wherein we were slightly critical of the waste of time, equipment, and manpower by the newshounds who flocked there) requires a closer look. Not at what in reality was more a media event than an actual happening, but its implications.

It appears that many people who rely upon tourist trade at the lake, are suffering the consequences of what we still suspect was nothing but a scare. While it is better to be wary than sorry, we think it was handled most hazily by the local branch of the Department of Environmental Resources.

What needs to be questioned is the impact of the 'story' and reporter Tom Mooney has done so. His findings are on Page One of this issue...

### Lots of talent

We are pleased this week with the results of a request made to Post summer staffer Ed Chesnovitch, who returns this fall to the University of Pittsburgh where he is studying art. During a lull in his duties of designing ads, we asked him to take the Dallas Post logo and re-design it to his own specifications. In about a hour's time, he came forth with what is now gracing the front page, a scene of cool, mountain majesty we feel reflects the vision of living here.

A 1980 graduate of Lake-Lehman, Ed serves to point up the talent that abounds here in the Back Mountain. For a look at another talented 19 year old, see the story on Paul Eckert, Page Two...

### Oh, for the pony express

Postal Strike? In Monday morning's mail we received notice that Leonard Grozalis, Lt. Gov. of Division 15, Back Mountain Kiwanis, "will be swimming to help the Red Cross July 21"...The letter from Wilkes-Barre was dated the 15th and was cancelled by the post office in Wilkes-Barre the same day. We received it on the 21st. Did the strike take place while we were sleeping...

### 'Talk Back!'

Realizing how difficult, time consuming and even costly, writing letters can be, the Dallas Post this week is initiating a new service for its readers, "TALK BACK!"

For those of you who feel the need to "get it off your chest," all you now have to do is pick up the phone and dial 675-5211, and tell our "listening machine" what's on your mind. Be nice, though. Don't be slanderous or libelous, or even petty. Be constructive. Criticize with the goal of changing things for the better, not to just bellyache. We would appreciate you identifying yourself since it shows you are not afraid to "Talk Back" and shows that you believe strongly in what you are saying. We will withhold your name if you desire. What with a postal strike looming, "Talk Back!" is an easy economical way to get your message across...

### A Day With Debbie

by Debbie Z.

What am I thinking about this moment. Besides a mess, my feet have the center of attention. I was standing on them all afternoon and am thinking about how they'll feel tonight. One good thing is that I was wearing a neat new pair of sandals I got at Gino's. They were on sale and I got to see a friend of mine, Libby. She told me it was the fastest and easiest sale she ever made since I took one look, they fit and I paid. Although if you wish to browse around Libby will let you do that too.

Zowie! (A colleague named Tom gave me that word) Peking Chef will be open this Thursday. Yes in just a few days the Back Mountain will receive its second Chinese Restaurant. I'll probably be hanging out in there so I can give you a first hand scoop next week. Because, the following week I will be in Wildwood. I've decided in advance (This is rare, because I like split-second decisions) that while in Wildwood I'll write down and send in the exciting occurrences down there, and I will enlighten you with what the vacationers of that week are doing.

You'll never guess where Jane is this week? Arizona. Scottsdale to be exact, and she says the heat is unbearable. However, the experiences she's had on her trip so far were fabulous and she wouldn't trade them in a million years. (You think she'd invite me for a vacation.)

Do you know who I haven't mentioned at all yet and it's a place I visit almost every day? Daring's. Yes, I know most of the people there and I visit regularly. I hope you've got your name in the box for the weekly drawing. Explanation, in details, is in their ad this week and every week and besides Mr. Daring offers friendly service. If I'm not eating you'll probably find me buying food in Daring's.

Did you give your blood the other day? I did. Or should I say another colleague Shelia helped me give. Shelia's husband is a Red Cross person and Shelia helps him get recruits. So when the Blood Mobile was in Dallas, Shelia had me there. I lived to tell about it so it really

wasn't as bad as everyone makes it out to be. And now I'll be expecting to see you at the next drive when it comes to Dallas.

I'm not sure if I can give details yet, but next week there is a big, big contest going on in the Post and everyone better participate or else, cause when you send in your entry I'll see your name and like Santa Claus I'll know who was naughty and who was nice.

Do you want to hear the biggest bumper of the day. (Tough if you don't) My muffler came loose while driving down the highway. I'll just look at it as another event in my everyday life. However, I guess you really don't care, but that's your opinion. It's my excuse for petty conversation with strangers (besides the weather) (Don't forget—don't talk to strangers.)

Do bugs bug you? Agway has all kinds of trips and as a matter of fact, in this week's ad is some sort of bug trap, check it out. It could be just what you need.

This week's "Hi" goes to my Uncle Steve, Aunt Bonnie, Kathy, Michael and Michelle—my relatives. My uncle helps keep me and the Limo on the road and all of them read the Post. They also beep and wave to me when I see them on the road (I love people who beep and wave) so this week this "Hi" is for you guys.

You'll never guess what I saw on the Dallas-Harveys Lake Highway by the Dallas Golf Range (that's the hangout)? A state cop in a brand new rust colored Z28. I almost stopped to ask him where I sign up. A little reminder for all you speeders, there is a 15 mph change in the speed limit from Jack's Arco to the lake, and unless you want to donate your money to the Z28 fund, I'd suggest a little less pressure on the peddle.

Did you see the neat glasses Kevin Covert has for sports enthusiasts yet? Boy, are they neat. He even has others in his shop but if you take a peek at this week's ad you'll get more details.

Well, here's wishing myself a good time in Wildwood, and I don't think I'll be thinking of the Back Mountain to much while I'm gone. Catch me on the next wave.

### ONLY YESTERDAY

50 years ago-July 10, 1931

A parade headed by Civil War veterans, followed by Veterans of Foreign Wars kicked off Noxen Fourth of July Celebration. Athletic contests, patriotic addresses by Rev. W. S. York and Rev. Harold Delsher and patriotic selections played by the Ruggles Pioneer Band added to the festivities. A brilliant fireworks display completed the day.

Married-Marjorie E. Schoonover and Fred C. Dixon; Anna Miller and Leslie E. Lamoreaux; Lucy Hoover and Robert Traver.

Anniversaries-Mr. and Mrs. Charles Gossart, Shavertown, 50 years.

Deaths-Elizabeth Powell, Beaumont; Frank L. Brown,

Trucksville; Mrs. B.F. Coop, Hunlock's Creek; Dr. L.N. Boston, Philadelphia.

You could get- evaporated milk 4 tall cans 25c; Alaska pink salmon 2 tall cans 19c; sugar 10 lb. 49c; onions 4 lb. 15c; bread 7c loaf.

40 years ago-July 11, 1941

The National Defense Program hit home with a drive for aluminum contributions from area housewives. Aluminum was needed to supplement the short supply needed to manufacture defense supplies.

Engaged-Jessie Ritchie and Willard Lauderbach; Doris Howell and Ralph Edward Shone.

Married-Esther Rogers and Francis McDonald; Kathlyn Parkinson and George Lewis; Lois

Chapman and Lewis Harvey; Elsie Ritts and Stanley J. Harmon.

Deaths-Fred Mosier, Kunkle; C.P. Rosengrant, Shavertown; Rev. Thomas Harwood, Montrose; Wallace Kocher, Outlet; George Miers, Kunkle.

Anniversaries-Mr. and Mrs. John Lee, Idetown, 52 years.

You could get-chuck roast 19c lb; pork chops 27c lb; haddock or sliced cod 17c lb; peaches 5 c lb; coffee 2 lb. 31 c.

30 years ago-July 1951

The fifth Annual Library Auction surpassed all others earnings \$9,600 to support the library.

Construction was off to a good start at Lehman High School. In addition to a new gymnasium, locker and shower rooms were

by John Allen

Some jobs are naturally tougher than others. Maybe that's a law of physics. But when, in a rather round about manner I volunteered to do an article on breastfeeding, I had no idea of the reams of material that needed to be ploughed through. Nor the remotest idea of how I, a male, could deal with such a feminine subject.

The solution came easily though. Among the material handed me by the three mothers seated around the kitchen table at Jill Holcomb's home in Sweet Valley two weeks ago, was a four page reprint of an article by David Stewart of Marble Hill, Missouri.

Dave Stewart is a father, and he knows through experience that "fatherhood is the ultimate of manhood." "Take pride in it," he says, "and apologize to no one for giving your time and first consideration to your family, sometimes putting your job second."

But this is a story about motherhood, and about La Leche League International, so a little more about Dave Stewart further on.

La Leche League International (La Leche is Spanish for "the milk") is women like Jill Holcomb, Chris Fedor, Mary Jo Johnson, and others of more than 4,000 LLL groups around the world. They all have one goal; the "Womanly Art of Breastfeeding."

Why would anyone have to organize around the world to promote something that seems so natural?

"Because the normal act of breastfeeding is considered a taboo," the mothers say.

In the ten years between 1946 and 1956, the number of American mothers who breastfed their newborn babies dropped by nearly half. Part of the reason is this quote from the Nutrition Committee of the American Academy of pediatrics: "It is a curious commentary on our society that we tolerate all degrees of explicitness in our literature and mass media as regards sex and violence, but the normal act of breastfeeding is taboo."

Another reason is it is nearly a lost art. Says Mary Jo Johnson, mother of three: "The family as a unit has been broken up. The new mother who might want to breastfeed has no one to talk with unless her own mother breastfed her babies. And she might also be meeting resistance from her husband, who doesn't feel that it would be 'nice' to publicly nurse."

"LLL is also here to keep the professional community updated with all of the recent breastfeeding information provided by our medical advisory board, which is made up of doctors and nurses from all over the country," Jill said.

She said there are two La Leche groupings in the Back Mountain area, East and West, and that mothers and pregnant women—or any interested persons—are welcome to contact leaders about problems they might be having. One way to get information on leaders and groups is by calling HELPLINE.

Mrs. Holcomb said that listing the numbers of leaders has sometimes resulted in crank calls. She said that the recent World Health Organization vote that would restrict baby-

formula advertising aimed at predominantly third-world mothers, should be considered a victory for breastfeeding.

The fact that the United States was the only nation of more than 100 which voted against the restrictions, prompted a petition from La Leche League International to President Reagan expressing its dismay.

But there are many factors involved with the decline of breastfeeding, although that decline may have been reversed world-wide with the advent of La Leche leagues. The decline of breastfeeding, at least in industrialized countries, began about 50 years ago. Technology had a lot to do with it and so did changing economic patterns, particularly since World War II when women went to work in full force. The technologic progress and nutritional discoveries in the past 20 or 30 years resulted in the development of infant formulas. These formulas provided an alternative to breastfeeding, which, at least in the Western world, is often considered incompatible with modern life-styles or with work outside the home.

Now, however, largely through the efforts of La Leche League International, the act of breastfeeding is again becoming the natural way to feed infants. And is at this point that the three Back Mountain mothers express their total agreement with many studies supporting their claim that "human milk is best fitted for human babies."

"Breastfed babies are healthier," says Chris Fedor. "Studies have shown that breastfeeding definitely provides a natural immunity to many children's diseases. It has been found that there were twice as many infections in bottle-fed babies as breastfed."

Dr. Paul Gyorgy, writing on the uniqueness of human milk in the American Journal of Clinical Nutrition, says: "Human milk should be considered superior to cow's milk as the initial physiological food for the human infant...human milk is for the human infant, cow's milk is for the calf; breastfeeding reduces both morbidity and mortality rates, especially the latter."

Both the Nutrition Committee of the Canadian Pediatric Society and the Committee on Nutrition of the American Academy of Pediatrics feel that breastfeeding is a must: "It is recommended that countries adopt legislation to enable new mothers to obtain three to four months of leave after delivery to care for their infants."

The committee also recommends that education about breastfeeding be provided in schools for all children, and, along with infant nutrition, should be provided in the curriculum of physicians and nurses.

Economics plays an important part in the care an infant receives. "A real bonus is that mothers can save enough money by not having to buy infant formula that in six months or so the family can buy a new appliance or take a vacation," Mary Jo said. "But even more important is the great psychological effect that breastfeeding has on the mother as well as the baby."

Selma Fraiberg, professor of child psychoanalysis, University of Michigan Medical School: "In many busy households or nurseries, the baby is fed by means of a propped up bottle and is deprived of one of the vital nutrients of love. Alone in his crib he will not learn to associate feeding with body intimacy and the face of his mother...the bottle gives the mother far more mobility than the breast, which is one of the reasons for its growing popularity during the past two decades. And a baby today experiences many more separations from his mother."

Professor Fraiberg adds that "...something goes on between an ordinary baby and ordinary mothers and fathers that creates and ensures the capacity for love in infancy and in later life."

Perhaps that sums up why seven American mothers just 25 years ago were able to turn their concern into an organization of 4,397 La Leche League Groups in 43 countries, with 12,416 certified leaders.

And that brings me back to David Stewart, "You'll never have to get up for midnight bottles."



MOTHERS AND CHILDREN—are always welcome at the Back Mountain meetings of La Leche League International, the world-wide movement to restore the art of breastfeeding. At last Friday's meeting, Melissa Vrabel, Connie Stroud, Chris Fedor, Ruth Moase,

Marianne Mahle, Jill Holcomb, Paula Triebeneck, Barbara Tomczak, Sherrie Fulmer and Kathy McDade discuss plans for the Aug. 6 bake sale at Public Square, Wilkes-Barre. (Mark Moran Photo)

You'll be able to travel with your wife and baby without inhibition, even go camping if you want. Baby's food will always be there in exactly the right amount, formula, time and temperature. It's also cheaper...your baby will smell better. No spitting up indigestible cow's curd, and bowel movements will be less stinky...your baby will also have a better chance to be healthy and will probably have fewer allergies. This means savings to you on doctor bills...

**Irem concert**  
**Sunday**

Weber Concert Orchestra will appear at the pavilion of Irem Country Club on July 26 at 8 p.m. as part of the Sunday Evening schedule of free entertainment.

William Weber is director of this, one of the oldest in Northeast Pennsylvania. It was organized by the late Edward Venzel in 1945 and upon his death in 1976, Weber was chosen to direct. Weber is asst. professor of music at Marywood College and was formerly at Wilkes College. His service connections were with the U.S. Air Force and U.S. Marine Bands and he performed throughout the United States, Europe, North Africa and the near and far east.

The featured vocalist is Darice Swaboda, an alumna of Wilkes College where she majored in piano and voice. Ms. Swaboda will sing a medley of songs from "Oklahoma." The orchestra will give a varied program of light classical music from Viennese waltzes to Sousa marches and Broadway melodies from "Annie" and others.

A vesper service will prelude the concert and will be led by Rev. Edmund L. John, minister of the Wyoming Avenue Christian Church.

**Stress seminar**

A one-day Stress Management Seminar will be conducted July 22, by Monte C. Sahline, a community mental health specialist and family counselor, at the Seventh-Day Adventist Mission, 127 S. Market St., Nanticoke, with registration at 9:30 a.m.

Henry Thomas Mastalski; Elizabeth Joy Pillarella and William John Faerber.

Anniversaries-Mr. and Mrs. Lynn G. Johnson, St. Lehman, 25 years Mr. and Mrs. Thomas Templin, Overbrook Avenue, Dallas, 25 years; Mr. and Mrs. William B. Motyka, Oak Hill, 25 years.

Deaths-Anthony Gromada, Sweet Valley; John Muller, Sr., Loyalville; Alec E. Silic, Shavertown; Mary Meier, Harveys Lake; William Petro, Luzerne-Dallas Highway; Robert Partington, Truckville.

You could get-Eye round roasts \$1.45; round roasts \$1.19 lb; chicken legs 49c; sliced bacon 49c lb; peanut butter, 18 oz. jar 55c; Bing cherries 49c lb; fresh peaches 4 lb. 89c.

was already in progress. A \$500 gift from the 1961 graduating class was used for a special landscaping project.

Married-Beverly Anne Crispell and Ray Wandel.

Deaths-Joseph Lusky, Hunlock Creek; Olive Whitesell, Lehman; Edward King, Shickshinny; Bruce Spencer, Fairmont Township.

You could get-ground beef 2 lb. 97c; fryers 29c lb; frozen leaf spinach 6 pkg. \$1; strawberries 1/4 lb. bag 65c.

10 years ago-July 15, 1971

With a profit of \$28,000, the annual Back Mountain Memorial Library Auction was a definite success.

Dr. Marvin J. LaHood of Kenmore, N.Y. was named academic dean of College Misericordia.

Married-Sharon Lee Serio and

### Gypsy moth

(Editor's Note: In a continuing effort to organize the citizenry to do something themselves about the gypsy moth, The Dallas Post herewith passes on some of the latest methods suggested by its readers.)

Edgar May, a resident of Kingston who has spent the past 50 years at his Harveys Lake property in the summers, has been waging war against the destructive pests. He is using rope, duct tape, creosote and kerosene, and an ingenious device called the moth trap.

Mr. May and his son had been using a special sticky tape sold for the purpose of controlling the caterpillar as it climbed trees but found that ordinary duct tape did as well and was cheaper. He said the commercial tape cost about \$6 a roll and only covered two or three trees, whereas duct tape cost \$4 and could cover 15 to 20.

A couple from Trucksville also expressed a desire to help control the moths but refused to have their names used because they fear vandals. "Who knows what the kids of today will do," the woman said, adding that some people see a name or address and might call on problems. However, she suggested that the government could "pay a bounty for the darn things...50 cents or even a dollar a quart. It would give the kids something to do besides riding around aimlessly on their bikes."

Her husband said that he went into the woods last week and the moths were swarming around by the thousands. "They were flying right into my face. And right now there are about eight of them outside banging against the window."

The woman suggested that a chemical company should make a creosote spray in an aerosol can, as bulk creosote is messy and burns the skin and ruins clothing.

Mr. May said that if the moth is not stopped, owners of fruit trees could be in for some hard economic losses, noting that the pest has started eating at fruit trees. "They have also been attacking hemlock and pine, and once they do they kill those kind of trees. They are not like the broad-leaf trees which can come back," he said.

Bob Dickinson, Park Avenue, Dallas, claims the broom is very effective, in his "personal vendetta" against the moth. "I take an ordinary house broom and brush them off the trees and step on them," says Mr. Dickinson. "I suppose I have killed thousands of them so far. Spraying, in my opinion, is just a waste of time." He said the broom allows its user to reach higher into the trees than most weapons. Mr. Dickinson also told of a man who lived in Dallas years ago who was employed by the federal government in a program to eradicate the gypsy moth. "If they would have kept that program going we may not have the problem we have now," he said.