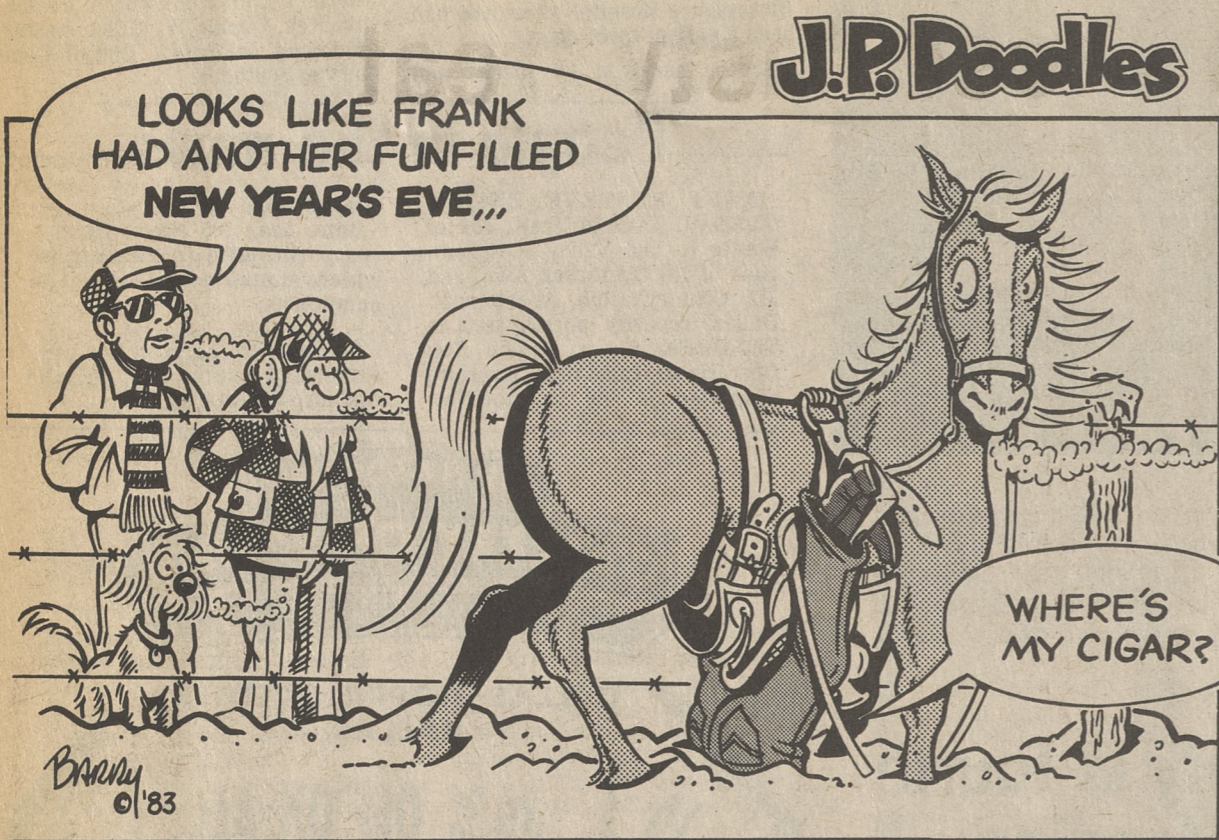


Perspective



The day after!

Hope this isn't you on the first day of the new year. New Year's Eve parties can be fun, but they also can be dangerous when the party-goer doesn't know when to quit partying. While celebrating this weekend, think of those who love you and need you - and hold your drinks to a moderate level.

Only yesterday

Mercury falls to zero after warm Christmas

50 YEARS AGO - DECEMBER 29, 1933c
Following a spring-like Christmas Day, the mercury zoomed to zero following a five inch snowfall.

Plans were made by Dr. Henry M. Laing Fire Company to present the musical comedy "Heads Up". Mrs. Arlene Rood of Dallas directed the production.

Rev. and Mrs. John L. Thomas, Mt. Greenwood Road, Trucksville were married 50 years.
You could get - Tomatoes, 2 No. 2 cans 15c; white pea beans 3 lb. 10c; best pink salmon 2 tall cans 21c; chocolates 5 lb. box 98c; rolled oats 2 pkg. 11c; sardines 2 oval cans 15c; pork loins 11c lb.; leg of lamb 17c lb.

40 YEARS AGO - DECEMBER 31, 1943
Two local boys, Pfc. Donald H. Grose and Pfc. Frederick M. Johnson graduated from Keesler Field technical school as airplane mechanics in the maintenance of big B-24 Liberator bombers.

Alan Kistler, former Post printer, sent a letter to Editor and Mrs. Howard Risley describing the life of a soldier in New Guinea. Kistler was the husband of the former Ruth Lewis of Dallas and son of Mr. and Mrs. Alan Kistler, Harveys Lake.

Married - Elizabeth Palace to Tech. Sergeant Raymond Hozempa; Elda Dymond to Luther Hontz.
Deaths - William Weaver, Idetown; Mary Belavage, Trucksville; Edward Travis, Elizabethtown; Prof. C.H. Albert, Bloomsburg; Mary Gwynne Whitby Hill, Shavertown.

You could get - Pork loins 25c lb.; smoked hams 33c lb.; large shrimp 37c lb.; oranges 31c doz.; spinach 2 lb. 19c; salad dressing 22c pt.; Farmdale evaporated milk 3 tall cans 26c; tomato soup 8c can.

20 YEARS AGO - DECEMBER 30, 1963
Despite drive-in movies, mass communication and rock 'n roll the Kunkle Farmer Dance remained the oldest formidable public social event in the Bk. Mountain. Attendance at this affair guaranteed a good time. The dances averaged 200 patrons.
Girl Scout Troop 648 took cheer baskets to Carpenter

Nursing Home for each patient, entertained with Christmas Carols and made a favor for each guest. Dianne Johns, June Belles, Paula Smith, Yvonne Smith, Linda Evans, Linda Weaver, Clare Clark, Gail Space, Dorothy Luketic, Marie Blizzard, Judy Lee and Millie Traver participated in this project.

Engaged - Catherine Geiger to Ronald B. Morgan.
Married - Jean Williams to A. Joseph Sekera; Harold Hess to Mary Wiley.

Deaths - Harriet Rogers, Lehman; Kaziah Jones, Dallas; John Fetsko, Dallas; Richard Lengel, Shavertown.

You could get - Chickens 25c lb.; pork sausage 3 lb. 79c; jumbo shrimp 97c lb.; lobster tails \$1.69 lb.; bananas 10c lb.; pears 2 lb. 35c; onions 5 lb. 29c; sauerkraut 2 lb. bag 39c; horseradish 5 oz. jar 21c.

10 YEARS AGO - DECEMBER 27, 1973
The second major snowfall of the season blanketed the region causing numerous auto accidents and forcing schools and businesses to close early.

Ten area students graduated from Bloomsburg State College. They were Virginia Platt, Mark Vivian, Grace Fries, James Brace, Barbara Dorish, Rita Fedor, Ruth McCloskey, Joan M. Woolbert, Gloria Blessing and Janet Nossal.

Following the appearance of the obituary of Catherine Miller in a local paper, vandals entered her home and ransacked it. Police Chief Paul urged Kingston Township residents to report any unfamiliar parked cars, activities or individuals to the police immediately. Many acts of vandalism had occurred in Kingston Twp. during the past weeks.

Married - Linda Yakubowski to Edward Steltz.
Deaths - Eleanor Fisher, Trucksville; William Roberts, Sutton Road; Catherine Miller, Pioneer Ave.

You could get - Pork roast 88c lb.; Delmonico steak \$1.98 lb.; skinned franks 99c lb.; oranges 10 for 79c; Emperor grapes 39c lb.; lemons 3-29c; 8 oz. can Snow's minced clams 39c; 2-lb. can Maxwell House coffee \$1.85.

Library news

Stop wishing and do something

By NANCY KOZEMCHAK
Staff Correspondent

As we get ready to begin the new year, the Back Mountain Memorial Library Board of Directors and staff members would like to express our appreciation to the community

for its support during 1983.

The people who use the library facilities as well as those who support it financially are very special people to us. Our wish for 1984 to our patrons and the world at large is a year of peaceful existence, happy days and tolerant understanding of each other.

"Many of us spend half our time wishing for things we could have if we didn't spend half our time wishing." We don't know who said it, but whoever he was, he summed up an awful lot of wisdom in one sentence.

Take this matter of reading, for instance. Fifteen minutes a day, a substitute for wishing, would allow you to read up to two dozen books in a year. The library can help you translate wishes into reality. Get the "library habit!"

New books at the library: "One Brief Shining Moment" by William Manchester is a celebration of John F. Kennedy's triumph in life. Culling incidents from a friendship that spanned almost two decades, the author recalls boisterous family gatherings, grueling campaign trips and quiet evenings. A unique tribute to an extraordinary man and leader.

"Trinity's Child" by William Prochnau is a novel of the Third World War, the most chillingly authentic nuclear holocaust novel since "On the Beach". The world is plunged into its worst nightmare - and you are caught up in an edge-of-your-chair global thriller.

"Rubicon One" by Dennis Jones is the last resort scenario. The CIA's giant computer at Langley has been forecasting world affairs with chilling accuracy. When the printouts read Armageddon, the chiefs decide to launch the most secret of all secret operations.

"Sassafras" by Jack Matthew is a spirited, adventurous, picaresque novel about some things that might have happened on the frontier in the 1840's. Thad Burke is a young phenologist who gives lectures and reads heads. A natural commentator on the human species.

"Delta Force" by Col. Charlie Beckwith and Donald Knox is the story of the U.S. counter-terrorist unit and the Iran hostage rescue mission.

Opinion

Remember: Don't mix on New Year's Eve

At the risk of sounding like someone standing on a soap box waving their arms and jamming an idea down your throat, we'd like to remind our readers that New Year's Eve celebrations can be some of the most dangerous times of the year.

Celebrating is fun - especially when you have enjoyed a good year and are anxiously looking forward to the upcoming year. New Year's Eve celebrations are a time to get together with friends, rehash all that has happened during the last 365 days and plan for the coming 12 months.

Don't let your New Year come to an abrupt and tragic halt. Be careful when celebrating. Too many times we view tragedy as something that happens only to others and couldn't possibly enter our lives. Every one of us, however, is susceptible to tragedy and tragedy strikes faster than you or I can blink an eyelash.

This New Year's Eve, while celebrating, remember those who love you, those who need you and those whose mere existence depends on you. Remember



A toast

A toast to 1984 for a happy, peaceful and prosperous New Year.

to celebrate in moderation and don't allow the New Year's toasts to become so powerful they overtake your good sense.

This New Year's, remember to leave the driving to someone who isn't drinking -

or the drinking to someone who isn't driving.

On behalf of the staff and management of The Dallas Post, I'd like to wish you and yours a very peaceful New Year.

— DOTTY MARTIN

Who is the real Donald Jones?

I wonder if anyone else living in the Back Mountain has as much trouble keeping track of all the Donald Joneses as I do? If Donald J. Jones from the Lake-Lehman School Board and Donald R. Jones from the Dallas School Board are upset with me, I can certainly understand that. In announcing the fact that Donald J. Jones was recently honored for 10 years of service to the Lake-Lehman School Board, we published a picture of Donald R. Jones from the Dallas School Board instead. Subsequently, the wife of Donald J. Jones phoned our

office the following day and informed us she is not married to the man whose picture was in the paper. Seems Mrs. Donald J. Jones was taking an awful ribbing from her fellow employees that morning and wanted to get the whole thing off her chest.

Donald R. Jones called the next day. Fortunately, his voice was laughing and he was not upset at all. Come to find out, Donald J. Jones recently attended a conference as a school board member. Shortly thereafter, an innocent party stopped Donald R. Jones and inquired as to how he

enjoyed the conference. Donald R. Jones hadn't even been sworn in as a school board member yet.

Looks like I'm not the only one who is having a problem keeping the two men straight. Fortunately, they aren't both serving on the same school board. Can you imagine the chaotic situation we'd have then?

Anyway, I hope Donald R. Jones and Donald J. Jones will accept this public apology for my confusion and will continue to be as kind about bringing the difference of the two to our attention.

— DOTTY MARTIN

Singing the blues? Change your tune!

For the eight million Americans who are severely afflicted with depression, therapy and medication may be the best route. But for those of us who hit an occasional down-draft of mild or moderate depression, there are a number of self-help remedies that can give a substantial boost.

Joan Heilman, writing in the December Reader's Digest, outlines mood-elevating steps that you can take yourself - "uppers," in effect, without the drugs.

Exercise - The very fact that you're taking action instead of just

sitting there helps, but exercise actually changes the level of hormones in the blood.

Nutrition - Some authorities believe that even a single nutritional deficiency can cause depression in susceptible people. Vitamin therapy, when taken in accordance with a physician's instruction, is harmless and can quickly have an effect.

Think positive - Depressed people view life darkly. Be aware that your dark feelings originate in your head and may not jibe with reality. Work on converting your negative thoughts into more realistic alter-

natives.

Socialize - The very fact that you feel isolated and lonely is an early warning signal of oncoming depression. Make a point of seeing friends and keeping in touch with associates.

Check your medications - Many prescription drugs, Heilman warns, can cause depression as a side effect. Check with your doctor if you're taking medication. If you frequently feel down in the dumps, your doctor or a mental-health professional can help you. Depression can be successfully treated.

Believe it or not, ulcer sufferers better off today than ever before

"Drink milk" is the earliest recorded advice to ulcer sufferers, dating back to the fifth decade A.D. and the Roman scholar Gaius Pliny. His advice lived on through the centuries, as medical science progressed from simple observation of symptoms to a knowledge of anatomy and organ function.

Eighteen hundred years later, Cruveilhier of France not only renewed the admonition to drink milk, but also distinguished between stomach ulcers and gastric cancer.

Most of the attention to ulcer disease continued to focus on stomach ulcers, until John Abercrombie of Edinburgh described duodenal ulcers - those occurring in the first portion of the small intestine - and noted the tell-tale symptom: "Pain begins about the time when the food is passing out of the stomach, or two to four hours after a meal."

In the 19th century, several famous physicians studied the nature and function of the digestive

juices and their role in ulcer disease. Patients were kept in bed for a month or two, starved the first few days and then placed on complicated diets, developed around milk, which were aimed at countering the assault of the digestive juices. Antacids began to be used, along with other pharmaceutical agents. Unfortunately, then as now, ulcers healed, but usually came back later on.

In the 20th century, when X-rays led to better understanding of the digestive organs and allowed visual diagnosis of ulcers, physicians offered resorted to surgery to "cure" ulcer diseases.

An American physician, Bernard Sippy, laid the foundation for modern ulcer treatment around 1915. He developed basic diagnostic techniques and limited the indications for surgery. Instead, he stressed medical management, based on frequent milk/cream feedings and acid neutralization with

various chemical substances.

Today, ulcer patients are much better off than in days gone by. Milk is no longer recommended, because sophisticated measuring techniques have shown it to be a potent acid stimulator. Patients may eat balanced meals, avoiding only those foods which prove to be irritating.

In addition to the histamine blockers, which reduce acid production, sucralfate is now available. This drug is not absorbed into the bloodstream, but goes direct to the ulcer, where it forms a protective barrier, that allows the ulcer to heal. Antacids taken in large doses are also effective, but more inconvenient.

As Dr. Sippy observed some 70 years ago, "The general tendency for peptic ulcer is to heal, if nature is aided but slightly."

Therefore, physicians today rely on medical management, saving surgery as a last resort for the more complicated ulcer cases.

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