

# Perspective

## Opinion

### Democrats Can Sure Talk A Lot

Now that the Democrats have had their convention, have done their shouting and have decided on their presidential candidate, it's time to look at some of the claims they made during their four days of meetings last week.

Their major claim was that things are great for the rich, and lousy for the poor, and that all those in between have to struggle to get by. Then they told us that they will provide us with the answers to all our questions, because they are the party of the common folk.

Well, what else is new? This same sorry claim has been made every four years and isn't it about time somebody realizes that our country can't be divided simply by an economic class system anymore? Why do we have to try to make everything a rich versus poor argument? It's not that way in the U.S.A., and those of us with common sense know that.

Since when is it written that to be a Republican, or a conservative, or a patriotic American with good moral values, or a supporter of President Reagan, one has to be rich, privileged and unconcerned with the plight of the poor and downtrodden?

Why don't the Democrats stop painting all Americans who fit into any or all of the categories we just mentioned as robber barons wanting to destroy the environment and to rob poor kids of their school lunches? Why don't they ask the farmer out in Franklin Twp. why he's a Republican?

Why don't they ask the executive of a small Wilkes-Barre company — whom they might incorrectly and unfairly place in the same category as a million-dollar-a-year corporate executive — about how he too has to make sacrifices at times to give his family a good life and why he still is a conservative?

Why don't they ask the people of the Back Mountain who support the idea of country, family and good moral values why they feel that way, instead of inviting those with no moral values, and the chronic protesters, into their fold?

Why don't they ask those who support life for all human beings, those who believe and, through their own experience in one or more wars, know that this nation must be strong, and those who know that this is the greatest nation on earth why they support President Reagan?

Someday, we may all learn why those of us who believe in the values that have made our country what it is are often forced to listen without defense to those who would see those values ruined and crushed. Free speech is the cornerstone of democracy, and a dissenting minority must always be allowed — in fact, encouraged — speak its mind.

However, when that minority's collective mind is filled with half-truths, when that minority refuses to see that its beliefs are not necessarily those of the people it purports to represent, it invariably dooms itself to remaining a minority.

In this case, in 1984, that may be just what we need.

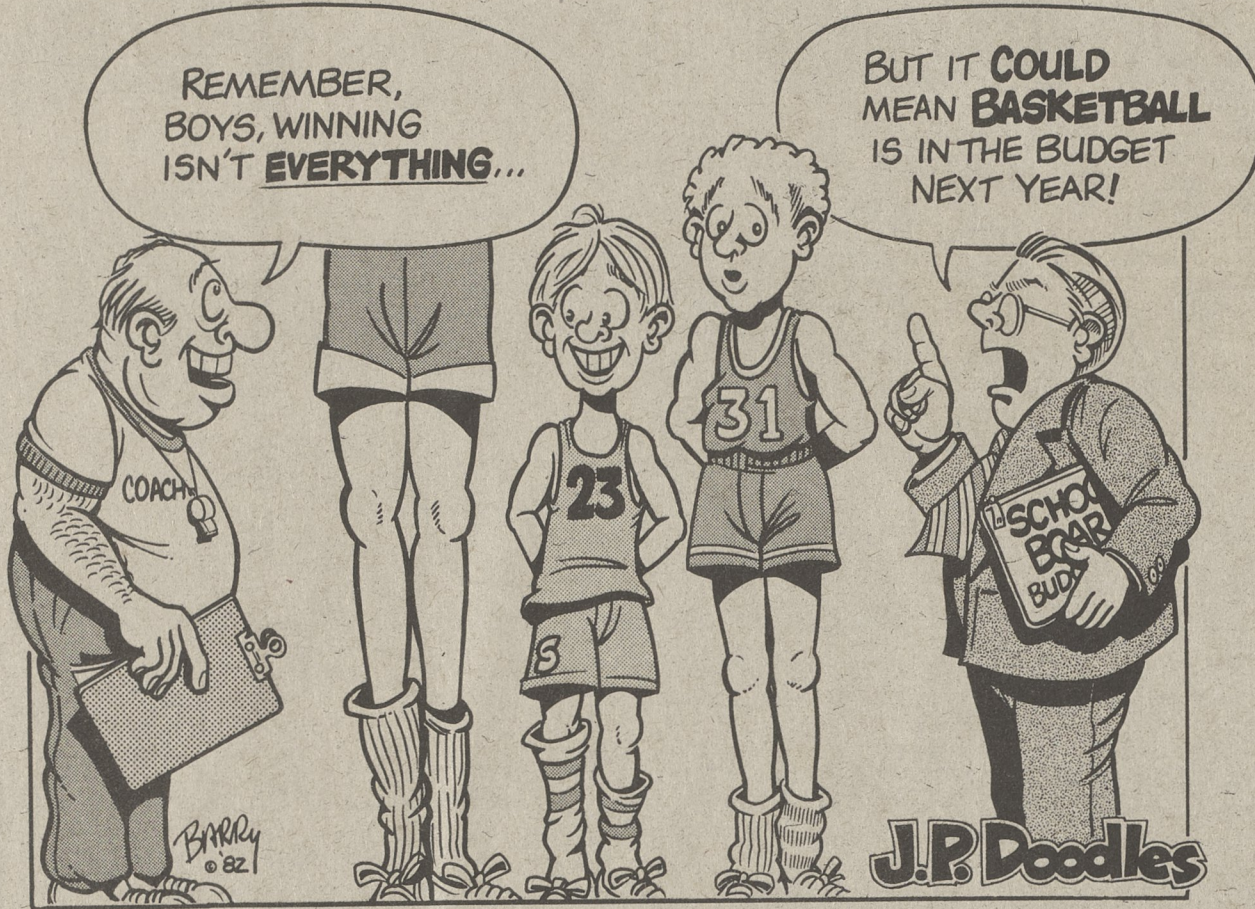
—Bill Savage  
—Managing Editor

### Filling Project Explained

Details have been released for a back filling project for the Stanton Shaft in Wilkes-Barre near Wilkes-Barre Twp. border.

The first step is a geologic and hydrologic evaluation of the mine shaft and mine pool. "That will be,

followed by the preparation of plans and specifications for bidding—currently with that step, rights of entry will be obtained," Luzerne County representative George Hasay said.



Only Yesterday

## Fire Companies Busy With Summer Activities

50 Years Ago - July 27, 1934

Rain helped firemen to win a 7-day battle with a fire at Harveys Lake. About 175 firemen worked continuously to fight the fire which burned 500 acres of young timber. Loss was estimated at \$3,000. Careless berry-pickers were believed to have started the blaze.

Shavertown volunteer firemen planned their fourth annual field day with the women of the community planning a roast beef supper as an additional feature. Cortez Jennings was selected chairman. George Prater, secretary and Ralph Bertram, treasurer.

Married—Caroline Phoebe Morris to Howard Rupert Caperon.

You could get—Leg of lamb 21c lb.; chickens 19c lb.; boneless rolled veal 2 lb. 35c; cheese 19c lb.; White House evaporated milk 4 tall cans 23c; Eight O'Clock Coffee 2 lbs. 35c; potatoes 15 lb. 17c.

40 Years Ago - July 28, 1944

Lt. Herbert C. Culp, 23, of Huntsville was listed as missing in action. He was a son of Mr. and Mrs. Stanley Culp, Huntsville.

Helen Anderson, Dallas Borough elementary school teacher for 15 years, resigned her post as third grade teacher.

A Dallas Woman's Club war bond sale at the Shaver Theater realized over \$9,000 for the War effort.

Married—Ethel Everleth to Joseph Clouser. You could get—Pork butts 35c lb.; cod fillets 35c lb.; Lava soap 3 bars 17c; peaches 3 lb. 29c; cabbage 3c lb.; cucumbers 7c lb.; potatoes 10 lb. 45c; jelly roll each 23c; peanut butter pt. jar 25c; tea 1 lb. 19c.

30 Years Ago - July 30, 1954

Plans were made by members of Daddow Isaacs Post American Legion to rebuild their post home which was destroyed by fire. Property on Memorial Highway at Center Hill Road was a probably choice.

In an attempt to raise money to purchase a new fire engine, Women's Auxiliary of Daniel C. Roberts Fire Company sponsored The Lienthall Players, a mobile stock company directed by Franklin Lienthall, in a series of one act plays. A native of the area, Lienthall, a teacher at the American Academy of Dramatic Arts, New York City, was brother of Harveys Lake policeman Walbridge E. Lienthall.

Engaged—Charlotte Peeke to Donald Perrego; Margaret Ann Webster to Carl Edward Johnson.

Married—Lois Wood to Harrison Cook.

Anniversaries—Mr. and Ms. George Dendler, Ruggles, 50 years.

Deaths—Benjamin Hightower, Shavertown. You could get—Long Island duckling 59c lb.; rib

roast 53c lb.; frying chickens 45c lb.; Maine sardines 12 cans \$1; iceberg lettuce 2 hds. 19c; seedless grapes 19c lb.; instant pudding 3 pkg. 25c.

20 Years Ago - July 30, 1964

The following boys were named to the Back Mountain Little League All-Star team for 1964: Dale Sponseller, Jimmy Miller, Gary McDade, Bob Sherry, Jay Galletly, Dave Belles, Wayne Harrison, Mark Rogers, Ricard Morgan, Scott Lefko, Lewis Ruckno, Dave Hoffman, Todd Lozo, Dave Newhart, Bill Sponseller and Bill Roberts were team managers.

Harveys Lake was found to be filled with sewage runoff. Area businessmen met to discuss possible solutions including installation of sewers throughout the community.

Married—Carol Anne Thomas to Joseph Carlon; Frances A. Wheatcroft to Donald B. Leslie; Marsha Getty to Ellis Lohr.

Anniversaries—Mr. and Mrs. Orval Ferrell, Idetown, 34 years; Mr. and Mrs. George Dendler, Ruggles, 60 years; Mr. and Mrs. Joseph Noon, Fenbrook, 29 years.

Deaths—Maude Scovell, Beaumont; Mrs. John D. Brewster, Dallas; Ellie Mehm, Shavertown; Maude L. Busch, Dallas; Fred Covert, Ceasetown; John Gregory, Dallas native.

You could get—Semi-boneless ham 59c lb.; pork loins 79c lb.; chicken breasts 49c lb.; cantaloupes 4 for 89c; peaches 4 lb. 49c; seedless white grapes 25c lb.; sweet corn 45c doz.; celery 2 lg. bunches 25c.

10 Years Ago - August 1, 1974

Residents of Trucksville Gardens were suffering severe water problems daily. A water commission meeting chaired by Elwood Swingle, chairman of Kingston Township Water Commission, was held to allow consumers to register their complaints.

Four Dallas students returned following a six-day hike along the Appalachian Trail. The group backpacked more than 100 miles. Those enjoying this experience were Chuck Riegel, Ed Williams, Frank Hazeltine and Charles Eckman.

Engaged—Bernadine Sherman to Peter Schwarz.

Married—Jacelyn Strunk and Raymond O'Donnell; Susan C. Polachek and Patrick J. Casey; Maureen E. Lavelle and Edward M. Whalen, Jr.

Deaths—Thomas Kane, Dallas; Paul Israel, Point Breeze, Harveys Lake; Frederick Wimmer, Haddonfield Hills, Dallas; Grace Althea Ide, Lehman.

You could get—Pork sausage 99c lb.; pork chops \$1.09 lb.; Skippy peanut butter, 18 oz. jar 79c; lettuce 35c head; bananas 2 lb. 25c; Betty Crocker brownie mix 69c; Fab detergent 84 oz. pkg. \$1.49.

### Heinz On Aging

## Elderly Susceptible To Broken Bones

For bones, aging means becoming more brittle, more fragile, more susceptible to hard impacts and falls than the skeletal structure of younger individuals.

For as many as 20 million of our older citizens, brittle bones are more than just a factor of "normal" aging; they may be the result of osteoporosis.

Osteoporosis is one of a group of diseases which causes a reduction in the bone mass to a point below that necessary for normal functioning. A fall, blow or lifting action that would not bruise or strain the average person can easily cause one or more bones to break in persons with severe osteoporosis. In fact, about 1.3 million fractures each year are attributable to osteoporosis. And the cost of the disease in the United States is about \$3.8 billion annually.

All of us reach our "peak" bone mass at about age 35. After reaching this peak, the bone mass declines throughout the remaining years of life. In women, bone mass decreases rapidly for 3 to 7 years after menopause. Given that women have less bone mass than men to begin with, this natural decrease means they are at a higher risk than men of developing osteoporosis. White women are a much higher risk than black women; underweight women have osteoporosis more than overweight women; and women who smoke may have an additional risk factor.

Unfortunately, there are no laboratory tests for determining an individual's potential for developing osteoporosis, nor for diagnosing the disease in its early stages. Too often it takes a fall and a fracture for a diagnosis.

There are certain preventative steps you can take to reduce the risk and retard or halt the progress of osteoporosis before irreversible structural defects occur. The mainstays of prevention and management are estrogen and calcium, with exercise and nutrition as important additional factors.

ESTROGEN. Estrogen replacement is highly effective for preventing osteoporosis in women. Even when started as late as six years after menopause, estrogen prevents further loss of bone mass but does not restore it to premenopausal levels. Discuss this with your doctor.

CALCIUM. The usual daily intake of calcium among Americans is only about 500 mg—one-third of the 1,500 mg recommended dietary allowance (RDA) for older men and women. For those unable to take the recommended level of calcium by diet, calcium tablets are available. Again, check with your doctor before taking calcium supplements—there are some potential adverse side effects. Normal

exposure to sunlight provides a natural source of Vitamin D, an aid to the body's calcium absorption capability.

EXERCISE. Bones which are not used regularly, appear to "give up" their calcium to other apparently needier or at least more active areas of the body. Even modest exercise, like walking, can help maintain bone density. You shouldn't live in fear of falling. All too often, those who have suffered a fracture or who have a friend who has broken a bone become recluses, afraid to go out for fear of injury. Sensible caution combined with moderate exercise is the best approach.

DIET. Caffeine and excessive protein in your diet can accelerate bone loss. On the positive side, dairy products are high in calcium. One cup of skim milk has 302 mg; 8 ounces of yogurt or Swiss cheese has about 274. Almonds and Brazil nuts have a high calcium content, as do fresh salmon, shrimp, soy and herring.

### Letters

## Ham 'n Yegg Total Goes Over \$3,000

DEAR EDITOR:

This will be the last Ham 'n Yegg listing for 1984. The total for the '84 season is \$3,045, just \$35 short of the 1983 season.

I would like to take this opportunity to thank all Ham 'n Yegggers who responded to the call for help. I only wish there were more of you!

Mr. and Mrs. John M. Liput, Mr. and Mrs. Gerald B. Taylor, Mr. and Mrs. Stephen J. Tillman, Mr. and Mrs. Lloyd A. Warneka, Mr. and Mrs. William H. Baker, Mr. and Mrs. Anees B. Barakat, Jr., Mr. and

## Library News

### Youngsters Working At Area Library

BY NANCY KOZEMCHAK

We have three temporary summertime employees at the library, thanks to the SYETP program.

SYETP stands for the Summer Youth Employment Training Program which is a special program funded by the Federal Government and operated by your local government to provide young people with jobs during the summer. Each youth who is offered a SYETP job must meet special qualifications.

First, the program is available to 16 through 21 year olds and second, each youth must meet certain income qualifications. We have Chris Hons, who is working with our custodian, Ed Lyons, on the buildings and grounds and Louise Weiss and Rebecca Stryjewski who are working as pages doing clerical work at the main library and the new children's department on Huntsville Road. They will be with us nine weeks and work six hours a day with one hour for lunch, and five days a week. Ron Casper is their counselor and William Frederick, our librarian, is their supervisor.

There are certain rules to be followed and the counselor informs the youths of the working conditions and benefits and the daily work hours. The employees will be evaluated at the end of the program.

There is a new way to help the financial department of your library. We have had an ongoing section of memory books, which is a beautiful way to remember someone who has passed on. The new service is a book in honor of someone. We have had some books through the years donated this way. A volunteer of the library recently asked us to place an honor book in the library in respect to a couple celebrating 50 years of marriage. This we have done and it is a living tribute to that couple and their life together. Contact the library if there is someone you would like to honor in this way.

Read now—travel later! That's the advice of your library. Whether you're touring our own state or about to sail the seven seas, the more you read about it beforehand the more interesting your trip will be. Now is the time to pore over the travel books and pick up information on things to do and see. Plan your trip with the help of books at the library!

New books at the library: "American Spirit" by Lawrence M. Miller answers a clarion call for a new philosophy in American management and examines the very spirit and soul of the corporation. He reminds us that our country need not look abroad for examples of excellence and includes visions of a new corporate culture.

"Waltz in Marathon" by Charles Dickinson is a novel that introduces an outstandingly gifted new writer, with a strong, wise, often funny story telling how a man of principle and established ways responds to a sudden shifting of the sands. A very eventful story.

## THE DALLAS POST

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