

New books are on library's shelves

The Back Mountain Memorial Library, 96 Huntsville Road, Dallas, announces the addition of the following books to their collection.

NON-FICTION
 The American Way of Birth by Jessica Mitford
 The Autobiography of Malcom X Building Fences of Wood, Stone, Metal, & Plants by John Vivian
 Christmas Tales: Celebrated Authors on the Magic of the Season
 The Crystal Desert by David G. Campbell
 Easy-to-Make Cloth Dolls & All the Trimmings by Jodie Davis.

Easy-to-Make Gifts for the Baby by Cindy Higgins
 Easy-to-Make Teddy Bears & All the Trimmings by Jodie Davis
 Free at Last: A Documentary History of Slavery, Freedom and the Civil War edited by Ira Berlin
 Henry James: The Imagination of Genius by Fred Kaplan (Biography)
 I Can't Believe I said That! by Kathie Lee Gifford (Biography)
 Inside the CIA by Ronald Kessler
 More Parents Are Teachers, Too by Claudia Jones
 1991 Handbook of United States

Coins (Reference)
 Parents Are Teachers, Too, by Claudia Jones
 The Poetry of Robert Frost edited by Edward Connery Lathem
 Retirement Careers by Deloss L. Marsh
 Taking the Waters by Alev Lytle Crotier

FICTION
 Folly by Susan Minot
 Inadmissible Evidence by Philip Friedman
 Santa Fe Rules by Stuart Woods
 Terminal by Robin Cook

Cable TV

(continued from page 1)

In other business, the council approved the 1993 budget, which will hold taxes at 16 mills.

Lutsey announced that the state has given the borough permission to keep leftover money from the \$30,000 grant obtained to demolish the former Hearthstone Pub building and to use it to improve

the borough's equipment storage barn.

The council authorized Lutsey and Police Chief Jack Fowler to apply for a Highway Safety Project Grant for \$9,034 for safety enforcement projects on Routes 309 and 415.

Council accepted the resignation of patrolman Michael J. Krzywicki, Jr., effective January 1,

1993. William Peiffer was appointed to the borough's Civil Service Commission, replacing council president Don Cooper.

Dana C. Moran was appointed as a road worker, to be on call for snowplowing.

Cooper complimented the council for its work in making 1992 a "very productive year."

Dallas Twp.

(continued from page 1)

to \$50,000 due to anticipated equipment purchases.

Police officers' salaries have increased by an overall 14 percent, from a total of \$182,000 spent in 1992 to \$207,800 anticipated next year. All but two officers were awarded five percent increases, with patrolmen Wayman Miers and Doug Higgins receiving 8.9

and 16 percent raises, respectively. Spending for special police is expected to decrease from \$12,900 to \$10,000.

Social security tax and health insurance premiums increased by 20 percent, while workman's compensation insurance costs grew by 16.6 percent.

The township increased its

contributions to the fire companies serving its residents by 20 percent, from a total of \$10,000 to \$12,000.

Contributions to the Back Mountain Memorial Library (\$2,000), the SPCA (\$1,000), visiting nurses (\$1,000) and other special services (\$1,000) will remain the same.

A. Case for Conservation

Natural nursing benefits moms and babies

By ALENE N. CASE

If you were offered a continuous source of free food that had all the nutrition you needed, would you refuse it? Of course not, especially if it were always served at the proper temperature, tasted good, and generally kept you from getting sick. But, many mothers are still choosing not to breastfeed their infants and are thus denying themselves and their babies the benefits of this free food. It is up to all of us to encourage mothers of all ages and economic means to breastfeed. Let me explain.

There are so many advantages of natural nursing that I could never figure out why anyone would choose bottle-feeding. The most obvious advantages are the practical and economic ones. Except for special bras and perhaps some cotton handkerchiefs to use as bra pads, there is nothing to buy. Way back in 1976, bottle feeding led to a world-wide loss of \$6 billion. Think what that figure must be in 1992!

Human milk is always available. There are no bottles to sterilize or heat; no formula to mix. There are no worries about unsterile conditions or lack of refrigeration when one is traveling. One needs to purchase or prepare less babyfood since breastfeeding satisfies all of an infant's nutritional needs during the first 4-6 months and 3/4ths of its needs up to one year. All of this saves energy and time. And the baby will be able to depend on its hunger being satisfied immediately instead of later.

Not only is breastfeeding a source of free food, it is also excellent health insurance. It is no myth that babies who nurse are

generally healthier than those who take formula. If you need to be convinced of that, please read The Womanly Art of Breastfeeding, fourth edition (1987). In addition to antibodies to various childhood diseases that the mother may have had, her milk contains active white cells like those in the blood which fight infection from a wide variety of bacteria and viruses. It also contains enzymes and proteins that prevent diarrhea, promote brain and nervous system development, and aid in the adsorption of minerals such as calcium and iron.

Dr. Herbert Ratner rather drily comments that human breast milk "has had the longest clinical trial of any food ever made for the young." Or, as J. Ross Snyder wrote more humorously in the Journal of the American Medical Association in 1908, "The deft manipulation of cow's milk to duplicate breast milk is not unlike the claim that by clipping its tail and ears one can so modify a calf that it can be substituted for a baby."

There are also advantages to the health of the mother. Suckling the baby within the first hour after delivery causes the uterus to contract, preventing excessive bleeding in most women. Prolactin, the so-called "mothering" hormone, tends to help nursing mothers remain calm and cope with the difficulties of parenting a new-born. Frequent nursing also postpones ovulation and thereby provides natural child spacing by preventing early pregnancy for most women. And, there is considerable evidence that nursing for a year or more provides substantial protection against breast cancer.

Why then do some women still opt for the bottle? I think it has a

great deal to do with encouragement. Some husbands feel threatened by or jealous of the attention the baby is getting, although there is nothing sexual about the act of nursing. Others feel that there is nothing for them to do if they cannot help feed the baby. Some grandmothers or well-meaning friends advise against it for a variety of reasons. I am told that some nurses and doctors are still as ill-informed as they were in the early 70's when we were sharing our family. The La Leche League was begun in the 1950's to help mothers breastfeed in spite of such discouragement. Their book (mentioned above) has provided countless couples with the information necessary to give their children the best start in life.

American women are the role models for the rest of the world. If we use bottles and formulas, third world mothers will try to do likewise. This tendency has had tragic consequences over the past forty years. The most troublesome problem is the lack of good water with which to mix formula. This, combined with the lack of preventive agents in the artificial milk, has made severe diarrhea a common cause of death among the young. It has also meant closer spacing of children leading, in turn, to overpopulation and deterioration in the health of the world's women.

So, let us avail ourselves of nature's best. In doing so, we will not only be excellent parents but also stewards of earth's bounty. If you or someone you know needs more information on breastfeeding, contact the local La Leche League or leave a message for me at The Dallas Post and I will contact you as soon as possible.

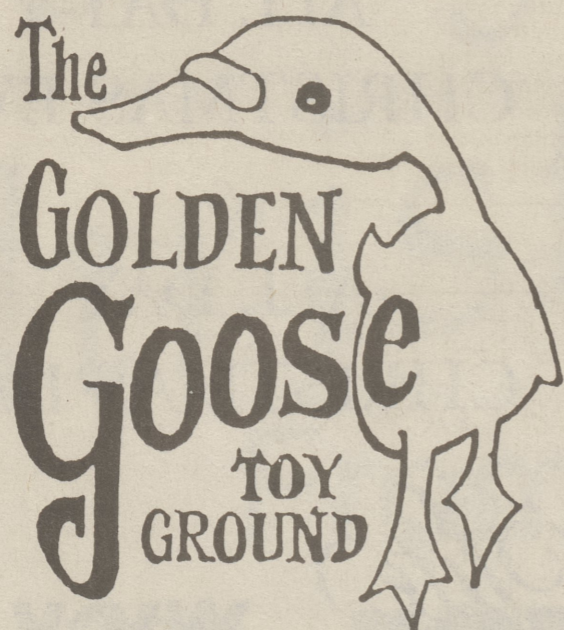


Library Story Hour Christmas party

Years come and go but the spirit of Christmas lives on in the lives of children forever. In our photo of days gone by Santa visits the story hour at the Back Mountain Memorial Library Story Hour Christmas party. This was a surprise visit by Santa, but that's all we know from the info on the back of the photo. Do you know the year it was taken? Are any of these children yours? Or you? Call us and ID the children. We'll print the names after the holidays. Merry Christmas!

We would like to wish everyone a very happy Holiday Season and our best for your New Year!

from



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Merry Christmas and a Healthy, Happy New Year



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 117th Legislative
 District
 542-7345 474-2276
 477-3752 287-7505

Rep. George C. Hasay, daughter Rachel, and Nancy