

A Case for Conservation



Alene N. Case

On our living room wall is a poster of a small boy standing in the middle of a forest of large trees. The inscription reads: "No dreamer is ever too small; no dream is ever too big." Norman Vaughan would paraphrase the first part - "No dreamer is ever too old." Remember Norman Vaughan? He was the man I wrote about last year when he wanted to spend his 88th birthday on top of his namesake mountain in Antarctica. Due to accidents and bad weather, the expedition was abandoned. But, guess what? This year he succeeded — at age 89!

Let me refresh your memory. Norman Vaughan was a dog-handler for a year and a half on Admiral Richard Byrd's scientific expedition to Antarctica which began in 1928. In honor of his work, Byrd named a 10,300 foot high mountain after Vaughan. Although Vaughan had been an adventurer all his life, he had not climbed mountains, including his own. As far as he could determine, no one else had ever scaled Mount Vaughan either. So, he and his wife (much younger - age 50) decided that he should spend his 88th birthday atop that mountain.

They wanted to involve as many school children as possible in this adventure. While they gathered crew and dogs and gear for the expedition, they linked up with the Center for Global Environmental Education which linked them with hundreds of teachers and their students. These classes

SCORE small business seminar set for March 15

The Small Business Association (SBA) and The Service Corps of Retired Executives (SCORE) will conduct a workshop "Starting and Managing a Small Business" on March 15 from 9 a.m. to 4 p.m., at Genetti & Convention Center, 77 E. Market St., Wilkes-Barre.

This all-day workshop is for people that are thinking of going into business or have done so recently and need assistance. It will cover legal aspects, taxes and records, organizational structure, insurance, licenses and financing available.

The cost of the workshop is \$25 and includes instructional materials, refreshments and lunch.

The Service Corps of Retired Executives (SCORE) is a resource of individuals who want to start a small business or for an existing business in need of assistance. Score members are volunteer retired or professional people with experience that can be of a great help in solving business problems. This service is free and sponsored by The Small Business Administration.

For more information contact the Service Corps of Retired Executives (SCORE) of SBA, 20 North Pennsylvania Ave., Wilkes-Barre, PA 18701-3589. Telephone 826-6502.

Named to Franklin & Marshall Dean's List

Diana Barbara Emery of Dallas, a sophomore at Franklin & Marshall College, was named to the Dean's List for the Fall 1994 semester.

A student earns Dean's List recognition for achieving a 3.0 or better grade point average on a 4.0 scale.

Emery is a 1993 graduate of Lake-Lehman High School. She is the daughter of Barbara and Robert Emery, Dallas.

Graduates from Philadelphia College

Annette Sitar of Dallas, recently received a Bachelor of Science in fashion design from Philadelphia College of Textiles and Science.

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89-year-old adventurer proves dreams don't age

studied a wide variety of subjects related to Antarctica: glaciers, weather, biology, literature, creative writing, mathematics, gerontology, etc. After the forced abandonment of last year's attempt, these students continued to receive updates on electronic mail from the Mount Vaughan Antarctic Expedition. This fall, some of them tried to pack 66 pounds of indispensable gear into a backpack. That corresponds to the amount Mr. Vaughan carried on his trek up the mountain. And, the Vaughans took great strength from the students' intense interest in their adventure.

As mid-December came and went with no news of this year's expedition, I began to wonder if it had been abandoned also. But, on January 7, 1995, Weekend Edition - Saturday on NPR carried an interview with Norman Vaughan. I listened to his deep voice in amazement. His dream had been realized. He had scaled his mountain with one artificial knee, had viewed two major glaciers simultaneously, had gazed upon at least 85 other peaks from the top of Mount Vaughan, and had returned safely. What an 89th birthday celebration!

His one regret was that he could not take sled dogs with him this time. The Antarctic Treaty has banned all non-native animals from the continent for the protection of native species. But, since

environmental protection was one of his major goals, that regret could not dampen his enthusiasm. In fact, he read a statement when he reached the summit which included the following paragraph: "I will miss the dogs of the Antarctic. Good-by you wonderful huskies. May your memory live forever in our hearts. You always did what was asked of you no matter how tough it was and often sacrificed your lives for man's quest at the bottom of the world. I salute you and I toast a new era of world-wide scientific cooperation for the next 50 years here in the Antarctic. May it always stay pristine and become the World's Greatest Park!"

National Geographic was one of the sponsors of this expedition and they will air a documentary on the TBS Explorer series on Sunday, April 2 at 9:00 PM (EST). Put that on your calendar and let the kids stay up a little bit later than usual that night. You will meet a most interesting couple and see a place few have ever seen.

Norman Vaughan is an inspiration to people of any age. As Jay Hammond, the former Governor of Alaska, says: "Whether we're talking sinew or spirit, Norman Vaughan is second to no one. For his enduring generosity and zest for life I am both grateful and envious. In fact when I grow up, I hope I am just like him." Me, too.

As I was saying



Jack Hilsher

You may not have read the complete story behind a recent cancellation (no pun intended) of a planned 1995 U.S. stamp commemorating the use of an atomic bomb in World War II. Much of the sparse media attention was disjointed and hardly ever hit on the real reason the U.S. Postal Service rejected this stamp. Heck, it was simple - pressure from the White House!

The whole sad story is worth your attention. It was an unprecedented happening which should not have happened. While much criticism erupted, and probably was accurately reported, it should have also been reported that the stamp itself did not stand alone and should have been placed in its true context as only one part of a series depicting significant historical events in WWII.

Based on a painting by William Bond of Arlington the controversial stamp design shows a mushroom cloud over this inscription: "Atomic bombs hasten war's end, August, 1945." Just before then, on July 27, even Japan sensed

Atomic bomb stamp fizzles

that it was losing the war, yet an ultimatum calling for it to surrender was rejected.

This year on November 17, it was announced this stamp and nine others would appear in 1995. On December 2 an Associated Press story by Kozo Mioguchi in Tokyo reported Japanese anti-nuclear activists and survivors of the bomb were "furious." A director of the 30,000 member Survivors Organization said, "It makes our blood boil with anger." He called the stamp "outrageous" and other critics said there were more humane ways to make Japan surrender.

Then a few days later, on December 8, the WASHINGTON POST reported that Chief of Staff Leon Panetta phoned Postmaster General Marvin Runyon to "convey the administration's concern." That did it, Runyon said, "We are changing the design because of the importance of U.S.-Japan relations at this critical time in U.S. foreign policy, and because President Clinton conveyed his views that it was appropriate to do so."

And our then press secretary Dee Dee Myers (who seemed to me had been named after a stripper) said, "We agree that the atomic bomb helped speed the end of the war. But...there could have been more appropriate ways to depict that event."

Dee Dee did not say there were other ways to end the war, such as the invasion of the Japanese home island with casualties to exceed half-a-million U.S. troops.

Estimates of Japanese casualties were several million in an operation expected to take six months or more and end with a battle for Tokyo. Russian requests to be involved were also expected.

Surrender did not even come with the first bomb, which was the reason for dropping the second on Nagasaki. One wonders how Truman's decision to use those weapons compares with Clinton's decision to kill the stamp, to protect the sensibilities of a nation which was the first to invade another country, which invented something called "The Death March" and in its mad desire to enlarge its empire brought about its own downfall.

One also may speculate on our reaction to that nation should it attempt to issue a stamp commemorating the sneak attack planes which killed innocent civilians at Pearl Harbor. Would they cancel such a stamp if we complained? (What would Dee Dee say then?)

Columnist Fred Bauman, writing in Linn's Stamp News, has this great closing comment: "If the atomic bomb stamp had to go, it is fitting that a stamp depicting Truman replace it. The momentous decision to use the bomb was Truman's alone - and it was the right decision."

But I'm sorry the current president felt the need to erase an important piece of history from a United States stamp so that Japan can continue its national policy of denial concerning WWII."

WYOMING VALLEY HEALTH CARE SYSTEM

For the Month of March Health and Wellness Programs

"Women and Addictions" Especially for Women

WEDNESDAY, MARCH 15
TPS Medical Pavilion Auditorium
7:00 P.M.

Featuring: Ann Williams, Ed.D., Psychologist
Dean of Administrative Affairs
Luzerne County Community College
Joy Armillay, Ed.D., R.D.
Director of Health Awareness/
Staff Enhancement
Wyoming Valley Health Care System

Dr. Williams will address both the psychological affects of addictions and coping strategies to help manage addictions.

Dr. Armillay will discuss compulsive eating, and communicate methods and techniques to help control this disorder.

PLUS! "Children's Corner: Being a Safe Pedestrian with Watchful Willie." While you attend the "Women and Addictions" program, Health Awareness staff will instruct children, ages 3 to 10, on the importance of being a safe pedestrian.

Our March lineup of programs reflects our ongoing commitment to providing the people of Northeastern and Central Pennsylvania opportunities for achieving better health and wellness.

"Freedom From Smoking"
(American Lung Association program)

Consecutive MONDAYS, MARCH 13 - APRIL 24
and WEDNESDAY, APRIL 5
TPS Medical Pavilion
Health Enhancement Classroom
All sessions 7:00 - 9:00 P.M.

Learn how you can stop smoking and stay off cigarettes and other tobacco products. You'll participate in stimulating discussions and learn specific techniques that will help make your Freedom From Smoking experience positive and successful.

Fee: \$75.00.

"Controlled Ovarian Stimulation and Intrauterine Insemination"

MONDAY, MARCH 13
TPS Medical Pavilion Auditorium
7:00 P.M.

Featuring: John W. Frye, M.D.
Obstetrician/Gynecologist
OB GYN Associates
A division of
General Medical Services Corporation

Dr. John Frye will discuss an exciting alternative to assisted reproductive technologies, to be followed by comments and questions from the audience.

This program is presented in conjunction with Hope Through Options, the infertility support group of Wyoming Valley Health Care System.

"Women and Chronic Fatigue Syndrome" Especially for Women

WEDNESDAY, MARCH 22
TPS Medical Pavilion Auditorium
7:00 P.M.

Featuring: Judy Gober
Director, American Chronic Pain Association,
Northeastern Pennsylvania Chapter

Ms. Judy Gober, coordinator of the Chronic Pain Support Group at John Heinz Institute of Rehabilitation Medicine, will help program participants identify the signs and relieve the symptoms of chronic fatigue.

PLUS! "Children's Corner: What is a Poison?" While you attend the "Women and Chronic Fatigue Syndrome" program, Health Awareness staff will introduce children ages 3 to 10 to the importance of poison prevention in the household. Children will also receive "Mr. Yuk" stickers. The theme of the program coincides with National Poison Prevention Week.

"Childbirth Education"

START DATES FOR SIX-WEEK SERIES
SUNDAY, MARCH 5 - 2:00 P.M.
WEDNESDAY, MARCH 8 - 10:00 A.M.
THURSDAY, MARCH 9 - 7:00 P.M.

REFRESHER CLASS
WEDNESDAY, MARCH 15 - 6:30 P.M.
Nesbitt Medical Arts Building Auditorium
534 Wyoming Avenue, Kingston

Classes feature exercise and breathing techniques, educational videos and guest speakers. Refresher includes updates on changes which may have occurred since previous pregnancy, VBAC (Vaginal Birth After Caesarean), and more.

Registration is requested and refreshments will be served.

To register for any of these presentations, or to obtain information on our new variety of childbirth education programs and support groups, please call 1-800-838-WELL. For details on our STAR Fitness and Nutrition programs, please call 283-4550.

TPS Medical Pavilion, 468 Northampton Street, Edwardsville