

Parade caps celebration



Ben Chopka was one of the Cub Scouts who attended the library anniversary celebration, and watched as veterans raised flags to mark the 50th year of the institution that is dedicated to veterans of all wars.



Millie Zarambo, left, and Jane McMichael took advantage of a lift.

The Back Mountain Memorial Library marked its golden anniversary last week, with special events capped by a parade that replicated the opening celebration in 1945.

The festivities began Wed., Oct. 11 with a well-attended session titled "Reading Popular Fiction." Dr. Sally Mitchell of the PA Humanities Council spoke how to get the most from the numerous books that are often dismissed as light reading, at best.

The library's new community room was dedicated Thursday evening. Named in honor of Glen W. Eyet, Jr., the room will be used as a meeting room for groups such as the Book Club. It is also available on a limited basis to community groups and organizations.

Glen Eyet was a member of the library's board of directors for 18 years, and was treasurer of the board for 11 years. He also served as chairman of the annual auction's finance committee. He died unexpectedly in 1991. His daughter, Barbara, spoke warmly at the dedication of his association with

the library and the influence his commitment had on his family.

A special children's story hour was held Friday, Oct. 13, for children ages 3 to 7. The theme was "Scarecrows."

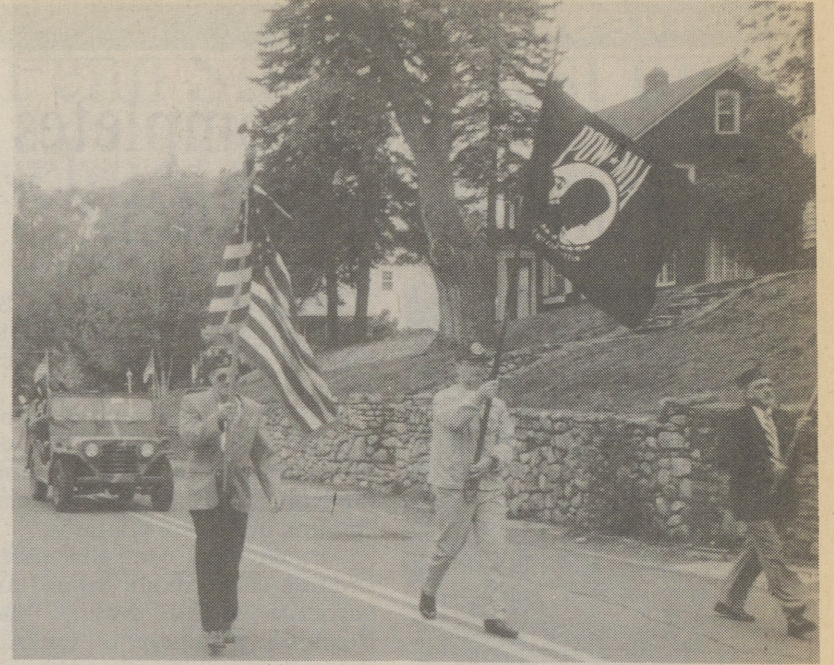
Sunday's parade was held under mostly cloudy but dry skies, with a brisk breeze chilling the marchers, but not diminishing the celebration. As in 1945, a contingent of veterans led the parade, which included the Dallas and Lake-Lehman high school bands, boy and girl scout troops, dignitaries, the library staff and others. The parade wound its way down Church Street and across to Lake Street, then through the center of Dallas before turning up Huntsville Road to the library.

State Senator Charles Lemmond gave the keynote speech, with other words from State Rep. Phyllis Mundy and anniversary chairperson Beth Rosenthal. Cynthia Eckman handed out prizes to the winners of a bookmark design contest which was conducted in Back Mountain elementary schools.

Photos by Charlotte Bartizek



State Sen. Charles Lemmond delivered the keynote speech at the ceremony marking the library's 50th anniversary. Bruce Rosenthal, who acted as master of ceremonies, listened intently as some of the scouts who marched looked on.



As they did in 1945, veterans led the parade marking the 50th anniversary of the Back Mountain Memorial Library. From left, Chet Kunigonis, Bob Martin, and Walter Galka.



Barbara Eyet, left, and Mrs. Glen Eyet were honored guests at the dedication ceremony for the new library community room Oct. 12. Absent from the photo was Glen Eyet III, Barbara's brother.

Health & Fitness

Get the facts about breast cancer

By GEORGE D. WILBANKS, M.D.

The many conflicting studies on breast cancer sometimes make it difficult to understand your true risks for this disease.

Let's clarify the statistic that "1 in 8 women" will develop breast cancer during her lifetime. This figure refers to women who live to age 95. The risk of breast cancer increases with age: at age 30, women have a 1 in 2,525 chance of developing the disease; by age 50 the rate jumps to 1 in 50.

Although women often overestimate their risk of breast cancer, all women should consider themselves at some risk for this disease, since 80 percent of breast cancer patients have no family history of the disease.

We do not know exactly what causes breast cancer. Factors that can increase your risks, in

addition to advancing age, include a family history of breast cancer (particularly in a mother or sister), early menstruation or late menopause, having a first child after age 30, and never being pregnant.

There is no research to support the myth that breast-feeding or a blow to the breast can cause cancer. Most studies find no connection between oral contraceptives and breast cancer. One recent study found a modest increase in the risk of breast cancer for women under 35 who have used birth control pills, but more studies are needed to confirm such a link.

The same is true for estrogen replacement therapy (ERT): most evidence suggests that ERT does not increase the risk of breast cancer, although one recent study reported an increased risk. A

large national study, the Women's Health Initiative, will shed more light on this issue, but those results are several years away.

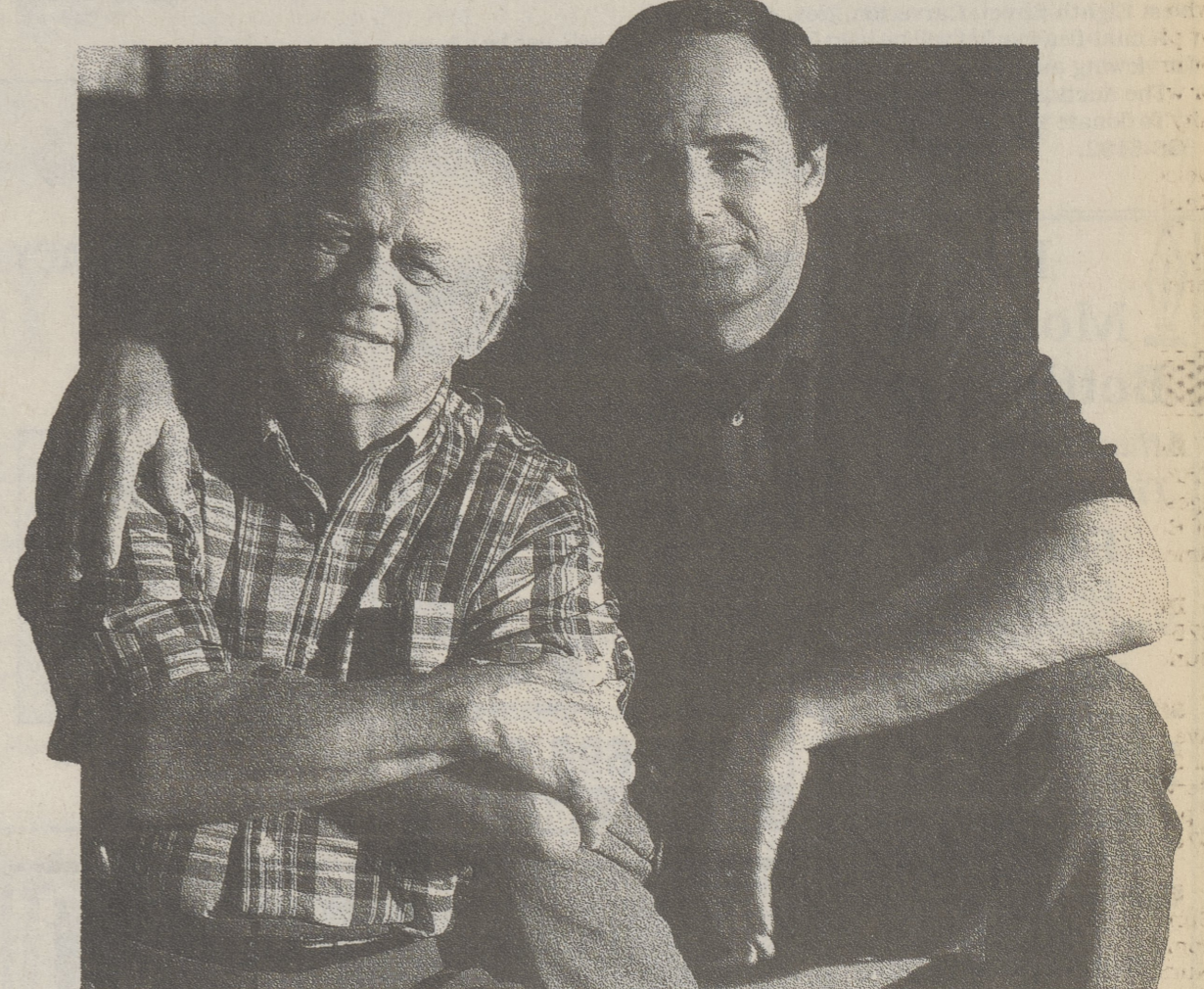
In assessing risks, remember that oral contraceptives actually protect against ovarian and endometrial cancer, and ERT can protect against osteoporosis and heart disease—which in older women accounts for 10 times as many deaths as breast cancer.

Reports linking high levels of dietary fat and alcohol consumption with increased risks are still inconclusive. (For health reasons, you should always cut down on the amount of fat and alcohol in your diet.) More data is needed on the effect of exercise in preventing breast cancer, but one recent study found that moderate but regular exercise appeared to reduce the risk in premenopausal women.

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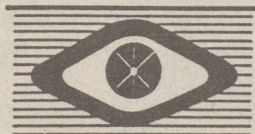


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