

Dallas Borough curbside yard waste collection

The Dallas Borough Public Works Department will pick up yard waste at curbside each week through the summer months, with collections on Tuesdays and Wednesdays. There will be no curbside collection the week of Spring Cleanup, May 3-8.

Following are guidelines for the curbside yard waste collection program:

- 1) The Public Works Department will collect a maximum of two green recycling containers (or equivalent) per household.
- 2) All yard waste must be placed in containers. No loose items will be collected and will be left curbside if not placed in a container.
- 3) Branches placed curbside for collection must be bundled in lengths not to exceed six feet.
- 4) Each container should weigh 30 lbs. or less to prevent injury to the road personnel.
- 5) The curbside yard waste program is designed to collect grass clippings, trimmings and small amounts of yard debris. Whole trees or amounts that exceed the two-container limit listed above will not be accepted.

The Dallas Area Municipal Authority (D.A.M.A.) will accept dropoff of any yard waste during regular business hours at the D.A.M.A. facility in Kingston Township. Call D.A.M.A. at 696-1133 for hours of operation and dropoff policies.

Vendor spaces for Meadows Market

Vendor spaces are available for the annual "Market on the Pond" at the Meadows Nursing Center in Dallas. The auxiliary fundraiser that benefits residents can accommodate 100 vendors and will be held Saturday, June 19, from 9 a.m. to 3 p.m. Rain date is June 26. Spaces are \$20 each and may be reserved by calling 675-8600, ext. 195.

Send your news to **The Post** by e-mail: thepost@leader.net

Digital photos welcome, too!

RESEARCH MATTERS

by Dr. David J. Madeira



"What do May Flowers bring? Allergies!"

Recent thundershowers have brought welcome relief to high pollen counts.

But while seasonal allergy sufferers wait for the next good hard downpour, there's a dietary change they can make that may bring some relief.

Researchers in Heidelberg, Germany analyzed possible links between hay fever and the intake of fatty acids and antioxidants. Two years of dietary information was collected on more than 330 adults with hay fever and compared with the same information on about 1,330 adults without hay fever.

The Heidelberg team found the following associations:

- A high intake of oleic acid (found in baked goods, candy, ice cream, sodas, chocolate, red meat, olive oil) was associated with increased risk of hay fever
- A high intake of beta-carotene (Vit. A) was associated with increased risk of hay fever
- A high intake of eicosapentaenoic acid (EPA - an omega 3 fatty acid found in fish and flax seeds) was associated with reduced risk of hay fever
- A high intake of vitamin E was associated with a reduced risk of hay fever.

Previous studies on the association of nutrition and hay fever have shown that diets high in omega-6 fatty acids and low in omega-3 fatty acids are generally associated with a higher risk of hay fever symptoms.

Dr. Madeira has 14 years experience helping allergy sufferers find non-drug solutions to allergy symptoms. Call for an appointment today or you may spend the next several weeks praying for rain.



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Committee members pictured above with the featured speaker, from left, seated: Pamela Rothenberger, Claudia Stevens, cochairperson, Melanie Maslow Lumia, Claudia Malleson, cochairperson, Nancy Brown. Standing: Iris Levy, Georgia Cornell, Joanne Bittner, Jill Kryston, president, Vi Gommer, Carolyn Johnson, Joanne Runner, Beth Rosenthal, Vivian Bednarz. Other committee members are: Ruth Ann Logue, Mary Lou Grant, Pam Allardyce, Debby Kirkwood, Sandy Peoples, publicity chairperson.

Friends of the library host luncheon

More than 150 people attended the Luncheon with a Special Author, held April 29 at the Appletree Terrace at Newberry Estate in Dallas. Editor Melanie Maslow Lumia, of Dallas, was the featured speaker. She collected poems from local authors and edited an anthology titled "Got Verse."

The luncheon program also

featured two new events. A poetry contest produced nine winners who were awarded cash prizes for their work, and a raffle netted more than \$700 to benefit the library.

The poetry contest was underwritten by: Age of Innocence, Shavertown; Arts at Hayfield, Penn State Wilkes-Barre; Penn Millers Insurance

Company and Wachovia Bank. Prizes for the raffle were donated by: Valentine's Jewelry, Senator Charles Lemmond, Aja Salon and Day Spa, Diane Pilosi, J&J Deli and Catering, Hilbert's, The Tractor Store, and The House of Nutrition.

The luncheon is one way the library says thank you to the community for its support.

Balavage leads police chiefs

The Luzerne County Chiefs of Police Association recently installed officers elected by the membership to serve for 2004 - 2005. District Justice James Tupper administered the oaths of office to Kingston Township Police Chief, James Balavage, President of the Association and others elected to serve the association.

From left, seated: Chief Robert Jolley, Dallas Township, Secretary; Chief David Cerski, Ashley, First Vice President; Chief James Balavage, Second Vice President.

Standing: Carl Palsha, D&H Railroad, retired, Sergeant at Arms; Rich Zeglin, Altria, retired, Membership Secretary; Paul Sabol, Kingston Township, retired, Financial Secretary; District Justice James Tupper.



New books added at library

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

EXPRESS LOAN

- "The Shifting Tide" by Anne Perry
- "Rumpole and the Primrose Path" by John Mortimer
- "Therapy" by Jonathan Kellerman
- "The Body of David Hayes" by Ridley Pearson
- "The Paid Companion" by Amanda Quick
- "The Jane Austen Book Club" by Karen Joy Fowler

FICTION

- "The Shifting Tide" by Anne Perry
- "Firestorm" by Iris Johansen
- "Sleeping Beauty" by Phillip Margolin
- "Words of Silk" by Sandra Brown
- "Guardian of the Horizon" by Elizabeth Peters
- "Out of Reach" by Patricia Lewin
- "Therapy" by Jonathan Kellerman
- "The Road to Ruin" by Donald E. Westlake
- "The Ocean between Us" by Susan Wiggs
- "Flashpoint" by Suzanne Brockmann
- "A Loving Scoundrel" by Johanna Lindsey
- "The Private Life of the Cat Who—: tales of Koko and Yum Yum from the journals of James Mackintosh Qwilleran" by Lillian Jackson Braun
- "The Goodbye Summer" by Patricia Gaffney
- "The Paid Companion" by Amanda Quick
- "Hidden Prey" by John Sandford
- "The Jane Austen Book Club" by Karen Joy Fowler
- "Islands" by Anne Rivers Siddons
- "The Narrows" by Michael Connelly
- "The Right Choice" by Carly Phillips
- "Elusive" by Kay Hooper
- "After Glow" by Jayne Castle
- "Folly and Glory" by Larry McMurtry

"Now is the Time to Open Your Heart" by Alice Walker
"Eventide" by Kent Haruf
"Live Bait" by P.J. Tracy

SCIENCE FICTION

"King of Foxes" by Raymond E. Feist

NONFICTION

- "Deliver Us from Evil" by Sean Hannity
- "Plan of Attack" by Bob Woodward
- "Wisdom in the Waiting" by Phyllis Tickle
- "Triathlon Training" by Michael Finch

MYSTERY

- "The Full Cupboard of Life" by Alexander McCall Smith
- "Doctored Evidence" by Donna Leon
- "The Game" by Laurie R. King
- "The Prisoner of Vandal Street" by Kinky Friedman

STORY COLLECTION

"Sweet Land Stories" by E.L. Doctorow

LARGE PRINT FICTION

- "Bad Business" by Robert B. Parker
- "Truth or Dare" by Jayne Ann Krentz
- "God Save the Mark" by Donald E. Westlake

BIOGRAPHY

- "Three Weeks with My Brother" by Nicholas Sparks and Micah Sparks
- "Napoleon: a political biography" by Steven Englund

REFERENCE

"U.S. National Debate Topic, 2004-2005: the United Nations" edited by Cullen Thomas

BOOKS ON CD

- "Red Rabbit" by Tom Clancy
- "To the Nines" by Janet Evanovich
- "Blood Orchid" by Stuart Woods


AUDIOTAPES

- "A Hole in Texas" by Herman Wouk
- "Full Blast" by Janet Evanovich

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