

Memorial Day

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cant engagements in the Battle of the Bulge. "It's about time," he said of the new memorial that immortalizes the service and sacrifice of World War II vets.

Perhaps because so many men and women are serving in harm's way in Iraq and Afghanistan, the parade was especially well-attended. It was also rain-free, an unusual circumstance in recent years. Antique and classic cars carried veterans who were unable to walk the parade route, and the Dallas High School band played a medley of military selections that touched all branches of service.

The brief ceremony at the

honor roll was highlighted by a moving presentation on the history of Taps, given by Marion Kunigonis, president of the Legion's Ladies Auxiliary. She closed her remarks by singing three verses to a rapt audience.

Susan Traver of Lehman came to watch her father, Herb Dreher, a veteran of Korea, march in the parade, as he has done for more than 40 years. She has attended "ever since I was a child," and brought the next generation, Christopher, age 2 1/2, who sat in a carriage decorated with red, white and blue balloons.

Russ Havey served for three years in the late 1950s, at the height of the Cold War. A

tanker pilot, "I got all over the world," including a flight to the North Pole. As he has for several years, Havey stood along the roadside near his grandchildren, each waving an American flag.

At Woodlawn Cemetery, where the marchers and crowd proceeded from the honor roll, State Sen. Charles D. Lemmond Jr. quoted Gen. George S. Patton on the tone these observances should have. "It is foolish and wrong to mourn the men who died. Rather we should thank God that such men lived."

Lemmond also recalled the years he marched in the parade as a Cub Scout. "This is part of our tradition," he said, reminding listeners that everyone has something for which to thank veterans.

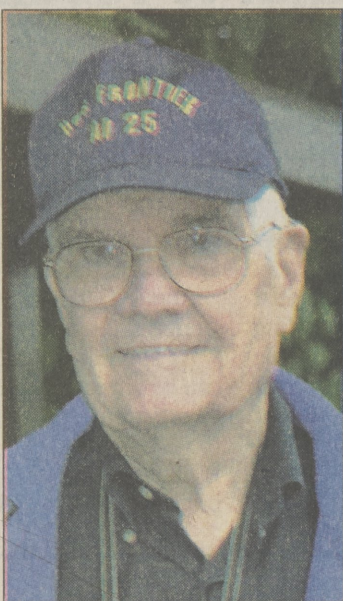
The Dallas Legion Post has 168 World War II veterans as members, Lemmond said, but they are all now near or past age 80. "Talk to them while you still can," he urged, pointing out that more than 1,000 WWII vets die every day.

"We're eternally grateful for all that they've done," Lemmond said, just before an honor guard fired a 21-gun salute in honor of fallen heroes.



POST PHOTO/RON BARTIZEK

Brianna Cannell, 5, of West Pittston, waited for her turn at the podium during a rally to support members of the 109th Field Artillery deployed in Iraq. The rally, held May 29 at Twin Stacks Center in Dallas, was sponsored by Chestnut Ridge Communication Services and the Dallas American Legion Auxiliary. Little Brianna, whose father Ray is in Iraq with the 109th, sang "God Bless America" for the assemblage.



Ed Johnson got a seat early for the Dallas American Legion Memorial Day Parade, the 67th annual.



Memorial Day scenes, clockwise from top photo: Kaitlyn Palmer, Stephanie and Meghan Lyons, Chelsea English, Kori McGhee, Allison and Nicki Rismondo, all piled into the fire truck for a ride to the parade; State Sen. Charles Lemmond addressed the gathering at Woodlawn Cemetery; Joe Szweczyk, Lehman, sets the flag on his car before the parade; American Legion Post 672 members stood at the Dallas Honor Roll, from left, Herb Dreher, Ted Dymond, Craig Pollick (Sons of the American Legion) and Chet Kunigonis.

FOR THE POST/CHARLOTTE BARTIZEK



RESEARCH MATTERS

by Dr. David J. Madeira



Nutrition and Breathing

Anyone who experiences the symptoms associated with COPD (Chronic Obstructive Pulmonary Disease -- things like asthma, emphysema and chronic bronchitis) might benefit from eating more Vitamin C and magnesium-rich foods and supplements.

Studies have shown that lung function deteriorates for all of us as we age, making us more susceptible to predatory viruses that cause pneumonia and other respiratory complications like dyspnoea (difficulty with breathing or catching your breath). Fortunately, there are dietary nutrients that support healthy lung function.

A 1991 study that surveyed more than 2,500 subjects to assess the relationship between diet and COPD. Nine years later half of the original group participated in a follow-up survey.

Researchers reached two important conclusions:

- 1) Subjects who consumed higher amounts of Vitamin C had better lung function;
- 2) Higher Vitamin C and magnesium significantly improved lung function in COPD.

The researchers didn't offer a recommendation about the dosage level of vitamin C and magnesium required to reap the protective benefits, but the study indicates that the average participant in the survey was not supplementing with megadoses.

So make sure to eat 5 servings of Vitamin C rich foods such as citrus fruits, berries, kiwi, melons, green peppers, broccoli, kale and cauliflower everyday. For magnesium try nuts, legumes, meats, dark green vegetables and dairy. A whole food vitamin supplement will fill in for the days you don't get your "5-a-day." For more natural strategies for dealing with your symptoms, please call for an appointment.



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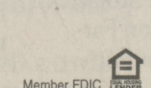
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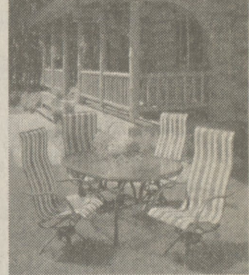
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