

## Got milk? Locals celebrate World Breastfeeding Week

Register Staff

About 150 people gathered in Fuller Park on Aug. 7 to participate in a Family Fun Day and Breastfeeding Awareness Walk hosted by the Napa Valley Breastfeeding Coalition. They walked the half-mile perimeter of the park to raise awareness in the Napa community about the importance of breastfeeding, then participated in activities that focused on healthy nutrition and a reading hour.

Eleven other states and at least 29 other California cities hosted walks in support of breastfeeding, medically recognized as a key health strategy for preventing many acute and chronic diseases, including childhood obesity.

A position paper from the American Academy of Family Physicians recommends that “all babies, with rare exceptions, be breast-fed and/or receive expressed human milk exclusively for about the first six months of life. Breastfeeding beyond the first year offers considerable benefits to both mother and child, and should continue as long as mutually desired.”

Breastfeeding provides optimal nutrition at no cost. Recent studies have also shown that both breast cancer and postpartum stress are reduced among mothers who breast-feed.

Local advocates include WIC, Queen of the Valley Medical Center, La Leche League, Healthy Moms and Babies, Kaiser and Cope Family Center.

AAUW awardees

The Napa Branch of the American Association of University Women chose six local middle school girls to attend Tech Trek, a week of science study at Mills College in Oakland, and the students have returned with enthusiasm for the program and their experience. The girls, all entering eighth grade this fall, were nominated by their public school teachers, and then applied, wrote essays and were interviewed for the honor. They are: Mariana Delacruz, Silverado Middle School; Nathalia Esparaza, Harvest Middle School; Raniza Cui, Redwood Middle School; Valerie DeHaro, American Canyon Middle School; Magali Garcia, Robert Louis Stevenson Middle School; Nicole Rowley, River School.

Guidelines for selection include interest and potential in mathematics or science, less access to similar programs, and an ability to work with others in a group mode. The students chosen should have developed

good academic habits including an interest in learning new things, direction following, participation in class discussions and persistence in task completion.

The Napa Branch of AAUW is pleased to offer this opportunity to students in Napa County so that students will be encouraged to continue their study of mathematics and science during their high school years. Studying on a college campus also encourages the girls to continue their education beyond high school. This project is funded by the local AAUW Scholarship Foundation through a fundraising gala for local scholarships. The AAUW Scholarship Committee thanks all who contributed to this effort and congratulates the girls who were chosen to attend.

North Napa Rotary officers

The Rotary Club of North Napa installed its club officers for 2007-2008 on June 26, during its annual kick-out dinner meeting.

The 2007-2008 club officers are:

President: Kathi Metro

Vice-President: Paul Menzel

Secretary: Tony Giaccio

Treasurer: Jack Monroe

Board of Directors: Paul Anderson, Ross Macky, Carl Mianecke, Bill Bresciani.

Immediate Past President: Sally O'Sullivan

The Rotary Club of North Napa has several community projects in Napa, including Sponsor-A-Highway program on Highway 29, maintenance of the bike rest stop on Solano Ave., maintenance of the orchard grove under the First Street overpass and projects in the NEWS shelter.