

School

School menus

Following are cafeteria menus for area school districts for the following week:

WEST SIDE TECH Jan. 23 - 27

MONDAY - Wafer steak on seeded roll, lettuce-tomato, buttered peas, pudding, milk.

TUESDAY - Wimpie, buttered green beans, spiced applesauce,

snickers doodle cookies, milk.

WEDNESDAY - Grilled cheese, salad-dressing, chicken noodle soup-crackers, pickles, vanilla cake-chocolate frosting, milk.

THURSDAY - Relish cup, baked chicken, buttered rice, corn, roll-butter, vanilla cake-chocolate frosting, milk.

FRIDAY - Pizza, tossed salad, choice of dressing, variety of fruit, sugar cookies, milk.

LAKE-LEHMAN SCHOOLS Jan. 23 - 27

Junior High & Elementary Schools
MONDAY - Hamburg on bun, pickle chips, buttered corn, peaches, donut, milk.

TUESDAY - Early Dismissal - Ham patti on bun, potato puffs, green beans, frosted cake, milk.

WEDNESDAY - Sausage links, buttered waffles w-maple syrup, applesauce, orange wedges, milk.

THURSDAY - Spaghetti w-Italian meat sauce, lettuce w-dressing, Parker House roll-butter, fruited jello, milk.

FRIDAY - Batter dipped fish on bun, tartar sauce, French fries, cabbage salad, pineapple tidbits, milk.

Senior High School

MONDAY - Toasted cheese or bologna-cheese sandwich, pickle chips, tomato soup-saltines, pears, milk.

TUESDAY - Early dismissal - Jamaican turnover w-gravy, peas, Parker House roll-butter, pineapple tidbits, milk.

WEDNESDAY - Tacos or hamburger w-trimmings, Mexicali corn, ice cream, milk.

THURSDAY - Batter dipped fish or hot dog on bun, macaroni-cheese, stewed tomatoes, peaches, milk.

FRIDAY - Hamburg bar-b-q on bun, French fries, fruit cocktail, frosted cake, milk.

DALLAS SCHOOLS Jan. 23 - 27

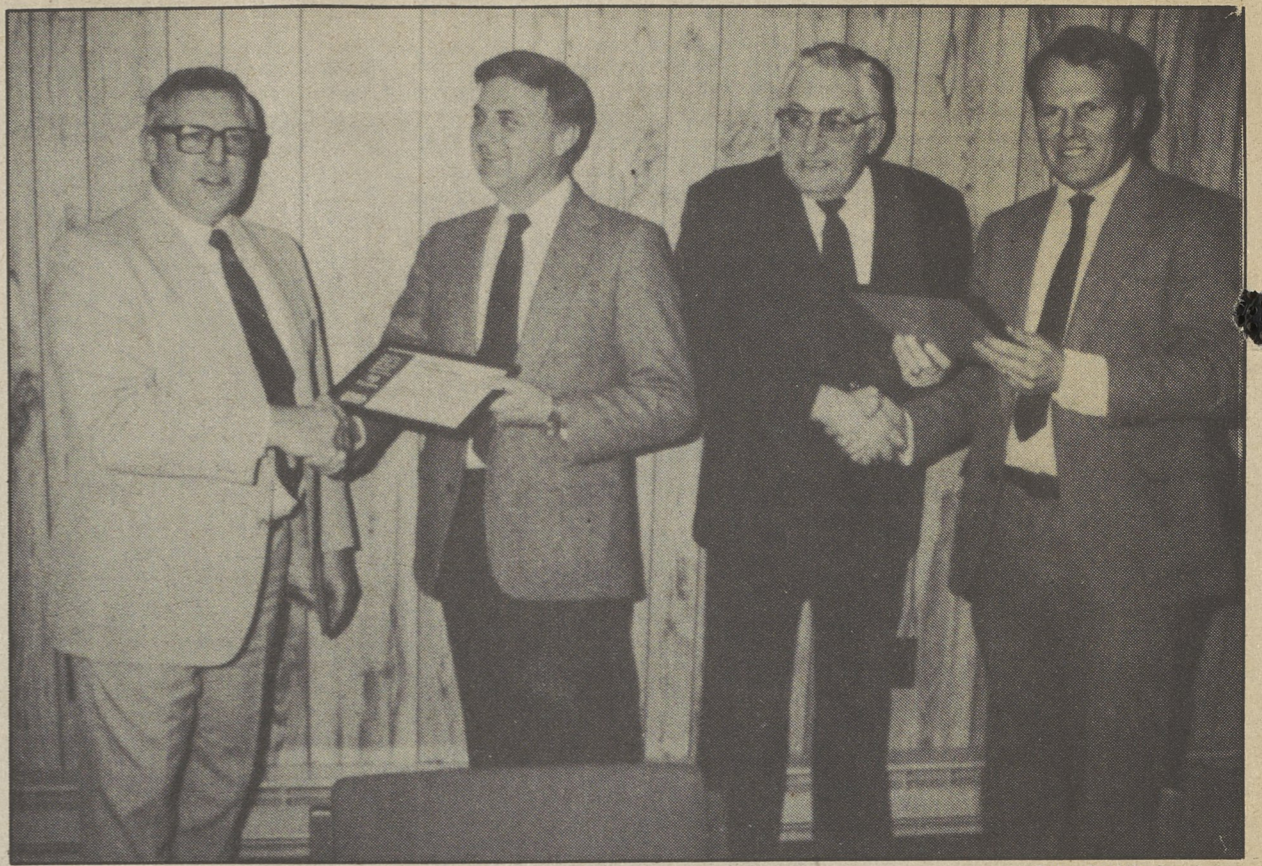
MONDAY - Turkey bar b-que w-relish on enriched bun w-celery stick or wimpie sandwich on roll, honey glazed carrots, choice of milk-juice. Bonus: Orange snowball creamsicle.

TUESDAY - Hearty chili w-fresh buttered cornbread muffin or toasted cheese sandwich w-fresh carrot stick, fresh orange smiles, choice of milk-juice. Bonus: Vanilla pudding w-whipped topping. Early dismissal.

WEDNESDAY - Oven baked chicken or bunwich (hot ham-cheese sandwich), buttered whipped potatoes w- gravy, fresh red apple, choice of milk-juice.

THURSDAY - spaghetti and meatball w-Italian bread-butter, garlic bread in Jr. and Sr., or cold meat hoagie w-lettuce, fresh mix green salad w-dressing, choice of milk-juice. Bonus: Freshly baked peanut butter cookie.

FRIDAY - Oven baked pizza (2 slices) or baked fish on roll, creamy cole slaw, cinnamon applesauce, choice of milk-juice.



Dallas Post/Ed Campbell

Retirees honored

The Dallas School Board recently honored retiring members of its School Board. Shown here are, from left, Dr. Richard Shipe, superintendent, presenting a certificate of appreciation to C. Russell Havey; Harry Lefko, receiving a certificate from Joseph O'Donnell, school board president. Absent at the time of the photo were Pat Gregory and Shawn Murphy both retiring members. In a separate ceremony, the Pennsylvania School Boards Association presented certificates to Ernest Ashbridge, Pat Gregory and Harry Lefko recognizing them for their leadership to the school district. Ashbridge served for 12 years as a school board member, Gregory served for 11 years and Lefko was a school board member for 16 years.

JOINS STAFF



Dr. Ira Charles Krafchin has joined Dr. Thomas J. Nauss, Dr. C. K. Chung and Dr. George F. Speace II, for the practice of Plastic and Reconstructive Surgery at 1010 East Mountain Drive, Wilkes-Barre, Pennsylvania, and 802 Jefferson Avenue, Scranton, Pennsylvania.

Dr. Krafchin received his undergraduate degree at State University of New York at Buffalo, where he graduated Cum Laude with a BA in Biology. He is a graduate of State University at Down State Medical College, Krokody, New York. He completed his general surgery training at Maimonides Medical Center, Brooklyn, New York, and Coney Island Hospital. While at Coney Island Hospital, he received the John E. Hammet Award, which is given to the Outstanding Chief Resident of surgical services. He obtained training in cosmetic, microvascular, hand and burn surgery during his residency in Plastic and Reconstructive Surgery at Nassau County Medical Center, East Meadow, New York. He is board eligible.

His special interests include cosmetic, burn care, micro-vascular surgery and cleft lip-dent palate reconstruction.

He is a member of the following hospital staffs: NPW, Wilkes-Barre General, Wilkes-Barre Mercy, Nesbitt Memorial, Scranton Mercy, Community Medical Center and Moses Taylor.

Dr. Krafchin is also a member of the Luzerne County Medical Society, the AMA and the PSMS. He holds office hours at the NPW Valley Medical Building, 1010 East Mountain Drive in Wilkes-Barre, Pa., 823-7888, and at 802 Jefferson Avenue in Scranton, Pa., 346-8791. Office hours are by appointment.

He resides in Clarks Summit with his wife, Denise, and their three children, Elizabeth, Jeremy and Rebecca.

Help children settle disputes

One of the major obstacles to harmonious relationships among siblings is the constant arguing, bickering and fighting that goes on between them.

You probably won't be able to eliminate all such interaction, but you can help your children learn to settle their disputes in constructive ways. This will help them understand and feel better about each other so they'll be less apt to fight when they disagree (perhaps even when you are not around as well).

Following are some guidelines from Growing Child, the monthly child development newsletter, to help you help your children settle their disputes more amicably and with respect for each other.

When your children argue or fight over something, try to get the whole story of what caused the problem before jumping to conclusions and blaming or punishing anyone. Even in a situation where a child seems

to hurt a younger sibling who can't tell his side of the story, give the child a chance to tell hers.

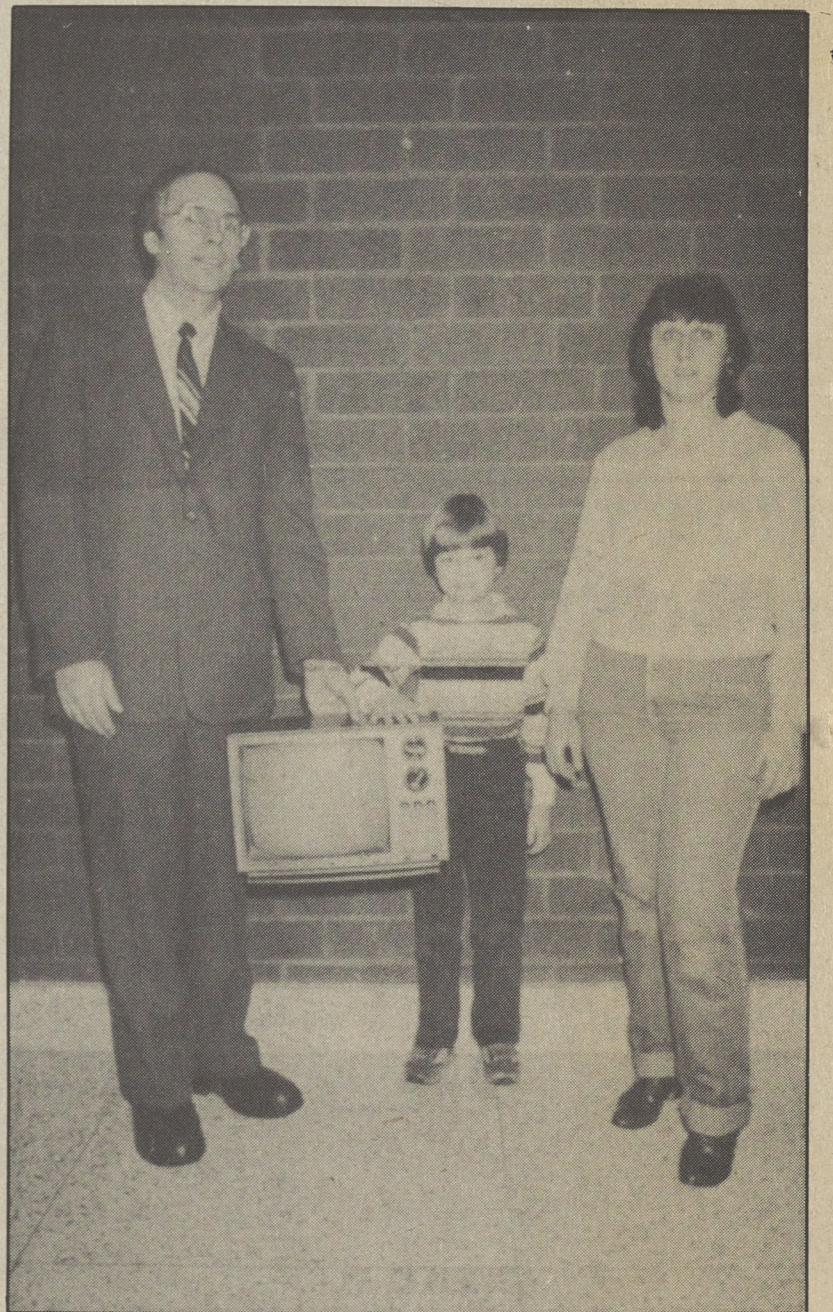
For example, say to her, "You must really have been mad at the baby to hit him," and then let her explain. Let her know her angry feelings are acceptable but that you can't let her hit him.

In an argument between two children who can both talk, give each a chance to tell her point of view. You can help this process by describing the situation rather than judging it: "It looks like you two can't agree on which television program to watch. You both seem pretty upset. Want to tell me about it? Laurie, you go first. Then Joey, I want to hear your side of the story." This kind of approach will save a lot of hurt feelings and resentment between your children, and it will help them learn to settle disputes themselves without fighting.

After each child has had a chance to tell her or his point of view in a dispute, help each also see the other's side of the situation. If you try to convince a child (or an adult) that the other person is right, she will resist you because you're saying at the same time that she is wrong. On the other hand, if you can show each child that you understand and accept her side, then she'll be more willing to also listen to the other's side.

At this point, with your continuing help in translating each child's feelings to the other as needed, they should be able to work out some sort of compromise. You've helped them over this particular conflict and shown them a model they can learn to use to settle differences in the future, both with each other and with others.

The Growing Child newsletter follows a child's development month-by-month. For more information and a free sample newsletter, write to Growing Child, P.O. Box 620, Lafayette, Indiana 47902. Include child's birthdate when writing.



Dallas Post/Ed Campbell

Prize winner

The Lake-Noxen Elementary PTA announces the conclusion of its fund raiser. Top seller, J.C. Link, second grade student was presented his choice of awards, a black and white television. Pictured above, from left, Ralph Flowers, representative of Haney Fund Raisers; J.C. Link, top prize winner; and Michelle DeLeur, Budget and Finance. According to the Budget and Finance Chairman, the sale was a huge success. The proceeds from the sale will be used for programs, assemblies and other activities to take place during the 1984 school year.

Put toys in right places

Toys should be kept in a place that is easy for a child to reach. Open shelves are best, according to Growing Child, the monthly child development newsletter.

Toys on an open shelf are inviting. A child can reach them without help, and can put them away (maybe with a little help!).

Don't use a toy chest. It may keep the toys out of sight and make the room look neat, but toys will get jumbled inside, parts will get lost, and worst of all, there is danger of the lid falling on the child's head or hands.

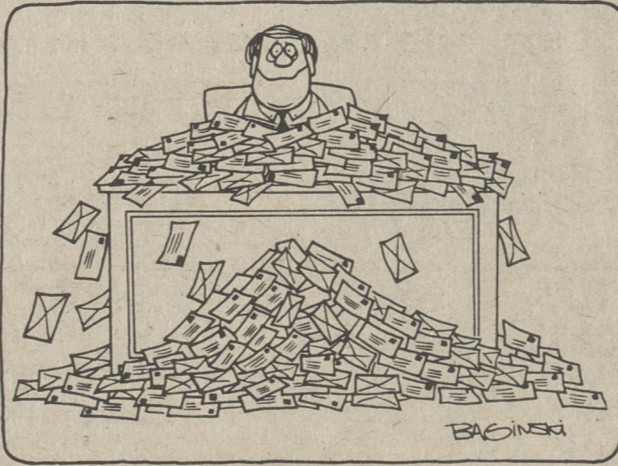
Open toy shelves can be used to teach a child many things. You and

the child can decide where each new toy will "belong." In this way you can help a child understand categories: blocks go here; cars, trains and trucks nearby. Balls and outdoor toys go here; books and records there.

Later on, whenever a new toy is received, the child can figure out its category and where it should go. This kind of orderly thinking is helpful in learning mathematics and reading.

To help a child remember where each toy goes, you can put a picture of it in the right place—either directly on the shelf or on the wall behind.

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LCCC delays nursing class

Due to a delay in the start of the popular, six-week training program for geriatric nursing assistants offered by the Office of Continuing Education at Luzerne County Community College, registrations are still being accepted for the program.

The course will begin on Tuesday, Feb. 14, and run through Monday, March 26, and will include both classroom instruction and clinical experience in a local nursing home.

In response to the increasing need for long-term care facilities such as nursing homes and boarding homes, the program was developed to upgrade the quality of care provided to geriatric patients in nursing homes, boarding homes and in

private dwellings. The program is open to anyone 18 years of age or older. All students must have a high school diploma or General Education Diploma (GED). No prior experience in a health care facility is necessary.

Students who successfully complete the program will receive, in addition to a nursing assistant certificate, 15 continuing education units from Luzerne County Community College.

For further information on the geriatric nursing assistant training program, or to register to attend, contact the Office of Continuing Education at Luzerne County Community College, 829-7482.

Elementary cage results

Lake-Noxen Elementary PTA basketball results from Thursday evening, Jan. 5.

In the first game, Billy Vigorito contributed eight points in the first half and David Rittenhouse added four more in the second, as the Hawks moved into first place in the eastern division with a 14-9 victory over the Knicks.

Todd Dwyer was high man for the Knicks with six points.

In the second game, the Sonics stayed in a first place tie with the Warriors in the western division with a 32-20 victory over the Bucks.

Mike Leahy had 16 points and Mike Simonson 14 for the winners. Benji Haughney was high scorer for the Bucks with eight points.

Read the Classifieds