

Lackawanna Junior College still offers students education in business skills

If one were to determine the number of students educated in business skills at Lackawanna Junior College from the time of its inception in 1894, it would indicate that the college has provided this region with the "best in business education" for 91 years.

The student population at LJC is drawn almost entirely from Northeast Pennsylvania. Because of the college's educational reputation, numerous employers seek LJC graduates for available positions. The majority of Lackawanna's alumni remain in this area to contribute their talents for the benefit of this community.

Presently the secretarial department of the college is supplied with seven word processors to fulfill the needs of the students eager to learn operational skills.

LJC's Computer Center, which qualifies as one of the most fully-equipped data processing centers in the area, has two main computers, numerous micro computers, 30 plus display terminals, 10 printing terminals and three line printers. The data processing major, computer information systems, is now the most popular major at Lackawanna.

Other major programs include: accounting, banking, business, criminal justice, secretarial science, liberal arts, medical and legal secretarial science, marketing and retailing.

In addition to two-year associate degrees, one-year certificates are also available.

One of the leading considerations in the selection of a college is the expense in obtaining a quality education. Lackawanna Junior College's tuition is one of the lowest of any private college in

Northeast Pennsylvania.

Additionally, the college provides a variety of ways to help a student offset the expense of his or her studies. Approximately 90 percent of LJC's students benefit from some form of financial aid — grants, loans and workstudy.

One of the most significant attributes of Lackawanna Junior College, according to

its students, is the friendliness in existence there. They refer to the teacher-pupil ratio which permits individualized instruction.

The college's administrators have felt if potential students could not come to the Scranton campus because of the distance, the college should go to them. During a two-year period, LJC has established

centers in Wilkes Barre, Hazleton and Honesdale.

Although Lackawanna is one of the "senior citizens" of educational institutions in this area, it still isn't slowing down. It continues to update programs, increase operational equipment and maintain its reputation as a college which provides "the best in business education."

Mercy Wellness offers health programs

Smoke Stoppers, Be Trim, and Personal Stress Management are the three major health and lifestyle programs now being offered by the Mercy Wellness Center, Mercy Hospital, Scranton, to interested individuals, family members and the corporate community.

Mercy Hospital introduced the wellness concept to the Greater Scranton Area in early 1984 as an idea whose time had come. With a major expansion of this program soon to be announced, it is evident that the Mercy Wellness Center programs are here to stay in the community.

The person charged with taking wellness to individuals and corporations in the Scranton area is Thomas P. Comerford Jr., director of Health Promotion at Mercy Hospital and director of the Mercy Wellness Center. Comerford has been busy talking with business leaders during the last year regarding the benefits wellness can have for employers of area workers.

Assisting Comerford at the Wellness Center with both individual and corporate offerings are Emilie Tierney, Fran Garvey, Lindsay Leventhal and Dr. Mary Denny. More than 600 persons have completed the Smoke Stoppers, Be Trim and Personal Stress Management programs since they began at Mercy last year.

SMOKE STOPPERS is a copyrighted nationally-recognized eight session plan that was developed by a team of psychologists to help individuals totally rid themselves of the smoking behavior. The American Medical Association, Blue Cross-Blue Shield and other leading health care organizations have selected the Smoke Stoppers Program for their employees. Regional physicians also are referring their patients to this program in growing numbers.

BE TRIM is a copyrighted lifestyle program that shows participants how to control their weight. Participants learn about both the psychology and the physiology of eating so that they can make positive choices about their eating behavior.

PERSONAL STRESS MANAGEMENT also is a copyrighted nationally-recognized program which shows participants how to recognize, minimize, control, and constructively channel the stress forces that affect their lives. The program is geared to making stress a productive ally, not a problem, by discovering how to transform stress energy into positive energy.

The Mercy Wellness Center is located at the Mercy Hospital Complex on the first floor of the McAuley Building. Additional information on all three programs can be obtained by calling 348-7074.

Leaders in Business '85

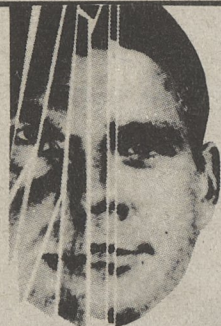
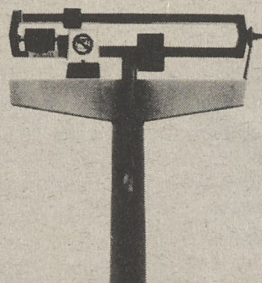


Smoke Stoppers

An eight-session program that neutralizes your craving for nicotine...no ifs, ands, or butts.

Be Trim!

A six-week program for you to learn how to manage your eating behavior so that you can tip the scale in your favor.



Personal Stress Management

Learn to stop courting burn out and turn stress into productive energy. Eight sessions.

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Mercy Hospital, 746 Jefferson Ave., Scranton, Penna. 18501