

SCHOOL

School lunch menus

LAKE-LEHMAN SCHOOLS Sept. 28 - Oct. 4

WEDNESDAY - Early Dismissal - Deli hoagie, pickle chips, vegetable soup-crackers, peaches, milk.

THURSDAY - Macaroni beef casserole, green beans, roll-butter, fruited jello, milk.

FRIDAY - Pizza or peanut butter-jelly sandwich, potato chips, stuffed celery, pears, milk.

MONDAY - Veal parmesan, seasoned rice, peas, roll-butter, peaches, milk.

TUESDAY - Hamburg on bun, pasta salad, pickle chips, fresh apple, milk.

WEST SIDE TECH SEPT. 28 - 30 Breakfast

Wednesday - Pancakes-syrup-butter, juice, or cereal, juice, pastry, milk.

THURSDAY - Donut, orange slices, cereal assortment, milk.

FRIDAY - Breakfast cake, variety of cereal, chilled juice or fruit, milk.

Lunch

WEDNESDAY - Open face turkey sandwich-gravy, mashed potatoes, cranberry sauce, strawberry jello squares, milk.

THURSDAY - Beef-a-roni, grated cheese, garden salad-dressing, roll-butter, Tandy cake, milk.

FRIDAY - Tuna on seeded bun w-lettuce-tomato or peanut butter-jelly sandwich, vegetable soup-crackers, chilled peaches, chocolate chip cookies, milk.

DALLAS SCHOOLS Sept. 28 - 30

WEDNESDAY - Hot pepperoni pizza, buttered garden peas, chilled petite banana, choice of milk.

THURSDAY - Oven roast turkey w-gravy, glazed sweet potatoes, buttered corn, chilled peach slices, choice of milk.

FRIDAY - Tender pierogies in butter sauce, mixed veg. medley, fruited gelatin w-topping, choice of milk.



Coping with college

Shown during a break in the session are, from left, seated, Walter E. Boyson, Exeter; Kathy Zuba, Dallas; Tammy Lewis, Dallas; and Shawn Flanagan, Larksville. Standing, Ann Aderika, Wilkes-Barre, LCCC tutorial coordinator; and Anna Mary McHugh, Ashley, LCCC instructional assistant.

Students learn how to get most from college with special course at LCCC

Learning to "cope" with college may be a little easier for nearly 110 students planning to attend Luzerne County Community College this Fall through tips they learned at a two-day College Orientation and Preparatory Experience (COPE) Program offered recently at the college's Educational Confer-

ence Center. The program, which was conducted by the college's Institute for Developmental Educational Activities (IDEA), was designed for incoming freshman students who are participants of the college's Special Projects Programs and was designed to prepare students for the

college experience through various seminars.

Among the topics of discussion during the program were Mastering Your First Days, Improving College Reading Skills, Listening and Notetaking Skills, Preparing for Tests, Taking Tests, and Managing Your Time.

Series of personal computer workshops offered at Penn State

There is something for everyone in the full series of workshops on microcomputer use and software programs that have been set by the Penn State Wilkes-Barre Continuing Education Department. The workshops began September 26.

All are hands-on workshops and will be held at the Penn State Wilkes-Barre campus computer center. Registration can be made by mail or by contacting Donna Todd, at 675-9210 or 1-800-426-2358.

"Introduction to MS-DOS," a

workshop to introduce MS-DOS commands, will be held November 1, 9 a.m. to 4 p.m. Topics include commands for preparing diskettes, making copies and printing disk contents selectively.

The third workshop, "Introduction to Data Base Management with dBase III Plus" will be held from 6 p.m. to 9:15 p.m., October 17 and 20 and is another two-night workshop designed for those with little or no data base management experience. Hands-on instruction will

include file creation, editing data, listing data, data summarization and report printing.

Advanced dBase procedures will be covered in the following two evening sessions "Advanced Data Base Management Using dBase III Plus," November 7 and 10, from 6-9:15 p.m. More in-depth coverage of dBase III Plus will include how to sub-total and report with various files, and how to automate file manipulations. For more information, contact 675-9210 or 1-800-426-2358.

College Misericordia hosts Hospital Job Fair

College Misericordia will host a Hospital Job Fair on Wednesday, Oct. 5, from 8-10 p.m. All area college students interested in jobs in the health care industry and health care professionals interested in career changes are invited to attend.

Over 80 hospitals and health-care agencies will distribute information on employment opportunities.

At the fair students from College Misericordia, the University of Scranton, Marywood, King's, Wilkes and Luzerne County Community Colleges will have exposure to hospitals and other agencies from as

close as Wilkes-Barre and Tunkhannock, and as far away as Florida and Connecticut.

Specific occupations in high demand are occupational therapists, physical therapists, radiologists, social workers, nurses, medical technologists, physicians assistants and hospital administrators.

Admission is free with no reservations required. College Misericordia is located in Dallas, just off Route 309, north of Wilkes-Barre.

For more information, contact Misericordia's Careers and Placement Office at (717) 675-2181 ext. 273.

New Deadlines for Copy

The Dallas Post has new deadlines for contributed copy. All copy submitted for the calendar page must be in by no later than Friday at 5:00 p.m. Meeting announcements, community events, and other copy will still be accepted until Monday at 5:00 p.m., but will appear elsewhere in the paper. Thank you for your cooperation.

THE DALLAS POST CLASSIFIED

REAL ESTATE

NANTICOKE, house for sale by owner. Large lot & garage. Asking \$45,000 when completed. BUY now, and save thousands. 639-2581. 34-6-P

LOST & FOUND

LOST, Sept. 5, female golden retriever, friendly and loving. Reward. Call 639-2579. 36-4-P

INSTRUCTION

MUSIC LESSONS. Experienced professional music instruction. Lessons on guitar, bass, mandolin, violin, banjo, piano & organ. Beginners to advanced. Call 675-1796 or 693-0119. 26-16-P

WANTED TO RENT

WANTED TO RENT unfurnished apartment for elderly man with puppy. Reasonable priced. Call 824-0166. 37-3-P

WORK WANTED

WILL BABYSIT in my home. Days, reasonable rates. References. Call 287-6489. 37-4-P

HOLIDAY & FALL CLEANING DONE. Also weekly, sprucing up. For free estimates. Call 333-5968 or 654-3807. 37-4-P

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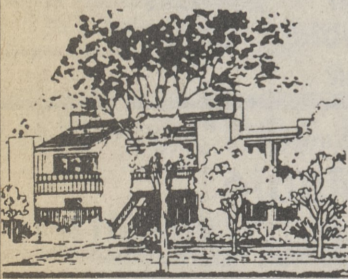
Sell It Through A Friend

THE DALLAS POST CLASSIFIED

Buying? Renting? Looking? Check out The Post's Classifieds for merchandise, autos, houses, jobs and more. And if you need service or repair be sure to look at the Service Directory.

Selling? Hiring? Renting? Your ad in The Post reaches the Back Mountain as only a local newspaper can. And right now, we have special rates available to meet your needs.

Real Estate for Rent?



Rent it through a friend

SPECIAL RATE FOR REAL ESTATE RENTALS
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4 WEEKS

\$7 Prepaid

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Deadline: Monday 5 P.M.

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\$10 Prepaid

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FREE ADS

Available to individuals...only in these categories:

- Merchandise For Sale
- Work Wanted
- Lost and Found

Up to 25 words description
Limit \$100 price per item - Prices must be listed

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Absolutely Free!

Please cancel if items sell

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20 Words

4 WEEKS

\$7 Prepaid

Add \$1.00 For Billing

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