

SCHOOL

Wilkes not just a college anymore

Wilkes President Christopher Breiseth and Academic Vice President George Waldner have announced the inauguration of a new academic structure, with the birth of Wilkes University. Effective January 2, the new university will consist of three academic units, the School of Business, Society and Public Policy; the School of Liberal Arts and Human Sciences and the School of Science and Engineering.

"We are confident now is the time for Wilkes to go forward to complete the creation of a school-based academic structure. Many faculty members and administrators have contributed ideas and insights to the restructuring initiative. With the help and enthusiasm of the faculty, the new academic structure at Wilkes University will enable us to contribute even more meaningfully as the

region's leading teaching, research and public service institution," Breiseth said.

The School of Business, Society and Public Policy will focus on policy, group-individual interface and conflict resolution in corporate, governmental, health care and social institutions. The school, under the direction of Dean Theodore Engel, will include the Accounting, Business and Economics, Health Care Administration, Political Science/Public Administration, and Sociology/Anthropology departments.

The School of Liberal Arts and Human Sciences is intended to spotlight the individual in terms of human thought, history, literary and artistic expression, language and behavior as well as human needs for education and nursing care. Dean James Rodechko will guide the school which includes

the Art, Communications, Education, History, Languages and Literature, Music, Theatre and Dance, Nursing, Philosophy, Physical Education, and Psychology departments.

The School of Science and Engineering will focus on objective reality—the description, explanation, discovery, elaboration and use of the principles of Nature, including mathematical principles. This school, under the guidance of Dean Umid Nejib, will include the Aerospace Studies, Biology, Chemistry, Earth/Environmental Sciences, Engineering, Mathematics/Computer Science and Physics departments.

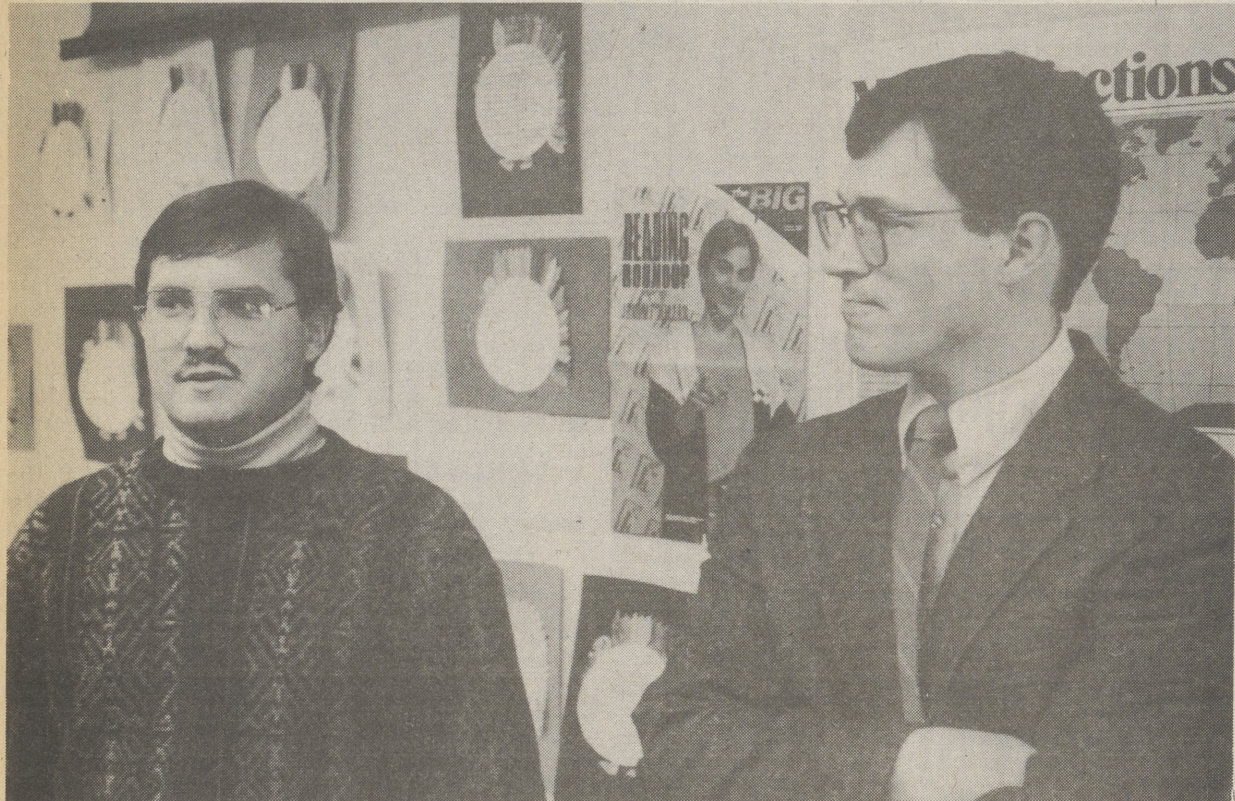
Each new academic unit will concentrate first on formulating a distinctive and ambitious mission statement and then focus efforts on integrating fully its goals, purposes and programs.



Misericordia students to serve internships

Eight College Misericordia accounting students will begin internships with area certified public accounting firms in January, said Fred Croop, director of Misericordia's accounting program. This program, one of several internship programs within the College's Business Division, places the accounting students in full-time internships during the spring semester. Misericordia enjoys a 100 percent placement rate in internship programs, Croop added.

Seen participating in Misericordia's accounting internship program are, sitting from left: Marlene Sickler, Meshoppen; Daniel Kenia Co., Tunkhannock; Karen Zambetti, Yatesville; Albert B. Melone Co., Pittston; Darlene Pisano, Avoca; Parente, Randolph, Orlando, Carey and Assoc., Wilkes-Barre; Eleanor Emmert, Shavertown; Cavalori, McHale, Matlowski & Co., Wilkes-Barre. Standing, Mary Ann Thompson, secretary, Division of Business; Arnie Garinger, Director, Career Placement; Gale Rand, chair, Division of Business; Fred Croop, Director, Accounting Program; Tammy Spudis, Tunkhannock; Parente, Randolph, Orlando, Carey & Assoc., Wilkes-Barre; Rosemarie Strubinger, Jim Thorpe, Hall Mihalos & Co., Wilkes-Barre; Kelly Thompson, Shavertown; JH Williams & Co., Kingston; and Sherry Neidigh, Dallas, Carver and Co., Wyoming.



CAREER DAY SPEAKER - Thomas Williams, right, a teacher in the Lake-Lehman School District, is shown with William Lavelle of Payne Printery during a recent career day program at Lehman-Jackson Elementary School.

Lehman-Jackson students hear career options

Mr. Thomas Williams, teacher in Lake-Lehman School District, introduced Mr. William Lavelle of Payne Printery, a presenter at the Annual Career Day for 5th and 6th grade students of Lehman-Jackson Elementary School.

The Career Day was developed by Mr. Williams to foster an under-

standing by students of what people do in their jobs and what educational background is required for a job.

In addition to Mr. Lavelle, the following people were also presenters: Rev. Michael Shambora, Lehman United Methodist Church; Barry "Trip" Tennenbaum, Ten-

nenbaum Travel.

Also, Bob Cannon and James Harvey, Kingston Fire Department; Johanna Miller, Johanna's Beauty Shop; Trooper Izbitski, Pennsylvania State Police, Wyoming Barracks; and Debbie Roberts, Nursing and Health Professions.

School menus

LAKE-LEHMAN SCHOOLS Jan. 4 - 10

THURSDAY - Hamburg on bun, French fries, tossed salad w/dressing, pears, milk.

FRIDAY - Veal parmesan, seasoned rice, garden peas, roll-butter, pineapple tidbits, milk.

MONDAY - Steak hoagie, onion rings, seasoned green beans, fruit cup, milk.

TUESDAY - Chicken nuggets w/honey dip, French fries, mixed garden vegetables, roll-butter, pudding, milk.

WEDNESDAY - Hamburg bar-b-q on bun (whimpe), potato chips, baked beans, peach half, milk.

WEST SIDE TECH Jan. 4 - 10

Breakfast

THURSDAY - Ham & egg croissant, juice, milk or cereal, juice, pastry, milk.

FRIDAY - Choice of cereal, toast-butter, jelly, orange juice, milk.

MONDAY - Banana nut muffin, choice of cereal, orange juice, fruit, milk.

TUESDAY - Coffee cake, cereal, peaches, juice, milk.

WEDNESDAY - Pancakes w/syrup, juice, pastry, milk or cereal, juice, milk.

Lunch

THURSDAY - Chicken patty on bun w/lettuce-tomato, macaroni salad, apricots, oatmeal cookies, milk.

FRIDAY - French bread pizza, tossed salad/dressing, fresh fruit, tandy cake, milk.

MONDAY - Hot dog on roll w/onions-relish, hash browns, chocolate chip cookies, milk.

TUESDAY - Taco's w/trimmings, sharp cheese, tangy sauce, corn, banana nut cake, milk.

WEDNESDAY - Salisbury steak, mashed potatoes/gravy, beans, roll-butter, raisin bars, milk.

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Publication date: January 31

Ad Deadline: Thursday, January 25

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Overweight Children

I am concerned about my child's weight. He has always been a bit chubby, but now he's in elementary school and other children are making fun of his size. What can I do to help him lose weight?

Childhood and adolescent obesity are increasing rapidly in this country. Obesity increased by about 40 percent in both children and adolescents between 1971 and 1985, according to a recent medical study. Unfortunately, that's not the end of the bad news. The same study also found that an estimated 80 percent of obese adolescents become obese adults. Shaking off an early start as an overweight child is not easy, and too often obesity becomes a life-long issue.

When a child's weight is above his or her ideal body weight by more than 20 percent, the risk of complications associated with being overweight increases dramatically. At 100 percent or 100 pounds (whichever comes first) over ideal body weight the condition is called morbid obesity. Doctors consider this situation of extreme excess weight to be dangerous and requires immediate attention and treatment.

Why some children become excessively overweight is the subject of a number of studies including several recent efforts to understand the hereditary contribution. There are as yet no definitive answers to that question.

Television is blamed as a heavy contributor to the problem. Statistics show that the average child spends more time in front of the television than in the classroom. Not only does that mean sitting idly and watching for many hours, but experts contend that eating "junk" food is part of the routine. One study, in fact, discovered that the time spent watching television is the single most important predictor in determining whether a child would

go on to become an obese adolescent.

Strict diets are not necessarily the proper way to approach weight loss programs for your child. A very low calorie weight-control plan can retard growth and development, including sexual maturity. A positive and beneficial approach for both child and parent is to reform the child's eating habits. Best results can be realized if the entire family is involved. Set a good example by taking up healthy eating and exercise habits yourself.

A weight-loss program will undoubtedly mean that your child will eat fewer calories, but the reductions are modest, to around 1,500 calories per day. Emphasis should be placed on making good food choices. Include raw and cooked vegetables, fish, less red meat and less fatty and fried foods and less butter and sugar. You should not force the child to eat everything on his plate. Serve smaller portions and no seconds; substitute fresh fruits and low-calorie frozen fruit bars for ice cream and sweets. Encourage your child to eat only at prescribed meal times with no snacking in between. This can be accomplished by leaving those tempting, but fattening, snacks off the grocery list.

Build a supportive group of family members, including grandparents, and the child's school teacher as well. Provide your child with opportunities to participate in athletic activities that are fun but not overwhelming or difficult for a child who is overweight.

Being overweight or obese is a serious problem that can last a lifetime and even decrease a person's life expectancy and quality of life. Solving the problem takes determination from you and your child. Approach the problem rationally and with care. Draw up a plan (with your doctor's guidance) with reasonable goals and enough time to attain them.

This health awareness is brought to you as a service to the Back Mountain community by Robert Greenhalgh, M.D. Dr. Greenhalgh is a Back Mountain physician who offers general pediatric, gynecology, and geriatric medical care, on a personal basis. Board-Certified in Family Practice, he is on staff at Mercy, Nesbitt, and Wilkes Barre General Hospital.

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