

SCHOOL

Honors and graduates

Kimberly Sorber on Clarion Dean's List

Kimberly Ann Sorber of Box 14, Harveys Lake, has been named to the Dean's List at Clarion University of Pennsylvania for the first semester of the 1989-90 academic year.

Dean's List students must have earned a 3.5 quality point average or higher (on a 4.0 scale) during the semester.

Samuel Barbose gets education degree

Samuel M. Barbose, of East Center Street, Shavertown, graduated from College Misericordia in December, one of 36 men and women receiving undergraduate and graduate degrees.

Misericordia awarded Barbose a bachelor of science degree in elementary education. During his college career, he was a member of the flag football team, the weight lifting club, the intermural softball team, and the student newspaper.

A graduate of Dallas High School, Barbose is the son of Samuel and Marcia Barbose, Shavertown.

Douglas Turner graduates from Bucknell

Douglas Turner, Shavertown, graduated magna cum laude with a bachelor of science degree in chemistry from Bucknell University in January.

Turner is the son of Carol and John Turner, 84 Mary Street, he is a 1986 graduate of Wyoming Seminary.

A dean's list student, Turner served as treasurer and president of the Bucknell student chapter of the American Chemical Society.

Phillip Brown graduates from Mansfield

A total of 133 degrees were awarded during Mansfield University's 125th commencement ceremonies on Saturday, Dec. 16 in Straughn Hall.

Phillip L. Brown, Jr. 156 E. Center St., Shavertown, received a degree in Elementary Education.

Benza gains studio art degree

Wayne M. Benza, 82 East Meadow, Shavertown, has graduated from Kutztown University, Kutztown, PA with a degree in Studio Art.

Perrego earns Dean's List at Mansfield

Alan E. Perrego, Lehman, has been named to the fall semester Dean's List at Mansfield University. To be eligible, students must maintain a 3.50 or higher average.

Aston, O'Donnell on Dean's List

John Aston, Trucksville and Robert O'Donnell, Dallas have been named to the Dean's List at Shippensburg University for the fall semester. To be eligible, students must have an average of 3.3 or higher on a 4.0 scale.

Area students earn Misericordia degrees

College Misericordia recently awarded bachelor and master degrees to the following students who completed their studies in December: Christopher Patrick Michael, Dallas, English.

Mary Freid Klein, Harveys Lake, Accounting.

David W. Morris, Trucksville, Marian Gildea Rossi, Dallas, and Thomas Kevin Williams, Shavertown, Business Administration.

Samuel Michael Barbose, Shavertown, Elementary Education.

Wayne Alan Burke, Shavertown; Twila Dawn Scott, Harveys Lake, General Studies.

Misericordia announces Dean's List

Dr. Mary Glennon, academic dean, announced that the following students have been named to the College Misericordia Dean's List for the fall semester:

Carrie Lynn Arnold, Dallas; Samuel Barbose, Shavertown; Christina Bulford, Shavertown; Paul Campbell, Shavertown; Christine Casey, Dallas; Cheryl Cavalari, Trucksville; Kathleen Farrell, Dallas; Mary Herbert, Dallas; Marlo Lukas, Shavertown; Chris Riedlinger, Dallas; Anne Ryan, Dallas; Wendy Anderson Schwartz, Harveys Lake and Judith Silver, Harveys Lake.

Tracy Kurtinitis on Dean's List

Back Mountain political science student Tracy M. Kurtinitis, RD 3, Dallas, was named to the Dean's List of Kutztown University for the fall semester of the 1989-90 school year.

Mary White accepted at Penn

Mary E. White, Harveys Lake, has been accepted into the class of 1994 at the University of Pennsylvania.

She was among 116 outstanding high school seniors from Pennsylvania to gain admission through the Early Decision Program.

Maureen Wisnieski on Temple Dean's List

Maureen Wisnieski of Shavertown has been named to the Dean's List for the fall semester at Temple University School of Pharmacy. Maureen is in her first year of pharmacy study after completing two years of pre-pharmacy at Penn State University, Main Campus. She is a 1987 graduate of Dallas High School where she was a member of the varsity field hockey and track teams.



INTERNSHIPS- C.S.C., president of King's; Thomas Visgilio, associate professor and director of the honors program at King's; Enrico Nardone; Renee Mattei, Daniel Hudzik and Paul Gastonguay, associate academic dean at Stonehill College.

King's students receive London internships

For the first time ever, three King's College students will spend the spring semester completing internships in London, England. Two of the three are Back Mountain residents.

The London internship program was designed last year at King's in cooperation with Stonehill College, North Easton, MA., and Daniel Hudzik, Enrico Nardone and Renee Mattei were chosen this fall as the first three King's students to receive the internship.

To be eligible, participants must be endorsed by their major department; carry a minimum cumulative grade point average of 3.0 by the end of the semester immediately prior to the internship; demonstrate above average professionalism, motivation, reliability and communication skills; and receive approval from the office of the academic dean.

The three students will work five days a week, and have the option of renting a flat or residing with a local family. In addition to the hands-on work, the students will be required to maintain and produce a research paper on the experience in order to complete the 15-credit internship.

Hudzik, Sweet Valley, is a marketing major and a finance minor. A member of the National Guard, he is the recipient of the U.S. Army Achievement Medal, and an academic grant from King's. He will intern in the marketing department of British Petroleum Ltd.

Nardone, Trucksville, is majoring in biology and is in the pre-medical program at King's. He is vice president of the junior class, a member of the honors board, a tutor, and a biology laboratory student aid at the college. He will intern in the social work department at the Queen Elizabeth Hospital.

Affiliated with Education Programs Abroad (a London-based agency), the internships are coordinated through the honors program at King's.

Mattei, Dallas, is a member of the Dean's List for the fall semester. He will intern in the marketing department of British Petroleum Ltd.

Shavertown: Walter J. Lasecki, Matthew Reinert, Stephen Parsons, Holly Pitcavage.

Trucksville: Melissa Margis, David W. Morris.

Noxen: Robert Midgett.

School menus

DALLAS SCHOOLS

Feb. 1 - 7

THURSDAY - Fish nuggets w/ sauce, roll-butter, garden sweet peas, chilled fruit mix, choice of milk.

FRIDAY - Homemade pepperoni pizza, steamed broccoli, no bake cookie, choice of milk.

MONDAY - Breakfast for lunch - Egg and cheese on English Muffin, apple juice, tator wedge, choice of milk.

TUESDAY - Spiral macaroni w/ meat or cheese sauce, tossed salad, garlic bread, ice juicy, choice of milk.

WEDNESDAY - Mrs. T's pierogies w/butter sauce, buttered broccoli, pineapple chunks, choice of milk.

LAKE-LEHMAN SCHOOLS

Feb. 1 - 7

THURSDAY - Apple juice, hoagie (sliced meat-cheese-lettuce-tomato), chocolate cake w/peanut butter frosting, milk.

FRIDAY - Fish nuggets-tartar sauce, macaroni-cheese, stewed tomatoes, roll-butter, fruit cup, milk.

MONDAY - Hamburg on bun, buttered elbow macaroni, seasoned broccoli, peaches, milk.

TUESDAY - Veal parmesan, seasoned rice, garden peas, roll-butter, fruit cup, milk.

WEDNESDAY - Hamburg bar-b-q on bun (whimpie), potato puffs, baked beans, butterscotch pudding, milk.

WEST SIDE TECH

Feb. 1 - 7

THURSDAY - Toast w/butter-jelly, cereal, chilled fruit, juice, milk.

FRIDAY - Coffee cake, cereal, apple juice, milk.

MONDAY - Raisin bars, cereal assortment, chilled juice, fruit, milk.

TUESDAY - Banana/blueberry muffin, cereal, milk.

WEDNESDAY - Ham and egg croissant, juice, milk.

THURSDAY - Beef bar-b-que on seeded bun, potato puffs, fresh fruit, vanilla cake, milk.

FRIDAY - French bread pizza, relish cup/dip, apricots, raisin bars, milk.

MONDAY - Chicken patty on seeded bun, crisp hash browns, apricots, cookies, milk.

TUESDAY - Hoagie w/trimmings, Italian dressing, tomato soup-crackers, pumpkin spice bars, milk.

WEDNESDAY - Hamburg on bun w/relish-onions, French fries, spiced applesauce, cake, milk.

Misericordia open house February 10

College Misericordia invites all college-bound students and their families to attend an Open House on Saturday, Feb. 10. All visitors will be encouraged to tour the campus, talk with college students, and meet the admissions staff.

The day's program includes registration and tours beginning at 10 a.m., discussions on financial aid, student services and activities and student government, lunch, and optional interviews with admissions counselors. T-shirts will be given to all student guests. Because reservations are limited, visitors are encouraged to sign up for the activities one week in advance. Call the Admissions office at 675-4449 during business hours.

College Misericordia is a four-year, coeducational Catholic college located on a 100-acre campus in Dallas. Founded in 1924 by the Religious Sisters of Mercy, Misericordia has established a 65-year

tradition of excellence in education. The College is known for its commitment to the liberal arts, professional career training, and superior career placement record for Misericordia students.

Approximately 1,300 students attend Misericordia, pursuing 17 bachelor and four master degrees on a full and part-time basis.

Area students reach Dean's List at Wilkes University

Wilkes University Vice President for Academic Affairs, George Waldner announces the following students have been named to the Dean's List for the Fall '89 semester. In order to be named to the Wilkes University Dean's List, a student must earn a grade point average of 3.4 or higher on a 4.0 scale.

The students include:
Dallas: Kimberly Thompson,

Dwin E. Campbell, Ann Marie E. Danna, Dale E. Fitch, Richard James, David Orehtsky, Joel Rosenthal, Gregg Steuben, Kimberly Weidner.

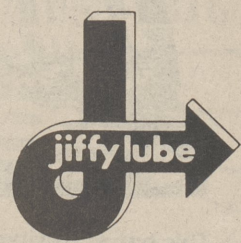
Shavertown: Walter J. Lasecki, Matthew Reinert, Stephen Parsons, Holly Pitcavage.

Trucksville: Melissa Margis, David W. Morris.

Noxen: Robert Midgett.

Drive into Our KINGSTON LOCATION

Drive Away with Great Savings



It's time for the Jiffy Lube® J-team® to help get your car ready for winter — in only minutes. You never need an appointment!

57 S. Wyoming Ave., Kingston

(Across from the United Penn Shopping Center)

Hours: Monday - Friday 8 a.m. - 6 p.m. Saturday 8 a.m. - 5 p.m.

In 10 Minutes and with no appointment, the J-team® will:

1. Give you a Free Soft Cloth Car Wash
2. Change Oil With Penzoi (Up to 5 qts.)
3. Replace Oil Filter
4. Lubricate Chassis
5. Check Air Filter
6. Check Wiper Blades
7. Inflate Tires
8. Vacuum Interior
9. Check & Fill Transmission Fluid
10. Check & Fill Differential/Transaxle Fluid
11. Check & Fill Brake Fluid
12. Check & Fill Power Steering Fluid
13. Check & Fill Window Wash Fluid
14. Check & Fill Battery Fluid

14-POINT SPECIAL



Cash redemption value 0/100 cents. Bring this coupon to any participating Jiffy Lube location and receive \$3 off a complete 14-point Jiffy Lube service.

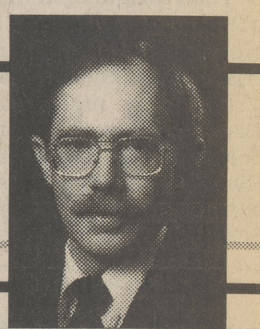
Save \$3



World Class Protection

Coupon Expires 2/28/90

DR. ROBERT GREENHALGH PRESENTS TO YOUR HEALTH



Nutritional advantages of breast milk

Why is breast milk better than formula for babies?

There are many good reasons why pediatricians recommend that babies be breast-fed rather than formula-fed, if possible, until they are six months to a year old. Chief among those reasons is that breast-feeding requires physical closeness and fosters a special bond between you and your baby. Other reasons are that breast milk is purer and more convenient because there are no bottles to sterilize and no formula to measure, and that breast-feeding lets your baby control his own intake.

In addition to these obvious advantages are those revealed under a microscope. We now have a better, more scientific understanding of the composition of breast milk and its unique suitability for infants. That's why formula labels say, "Breast milk is the preferred food for infants and should be used as long as possible during infancy." Although formula is a vast improvement over cow's milk, it can never be the real McCoy.

Only human milk contains the ideal amount of protein for babies—far less than cow's milk and still less than formula. And its composition is different. The protein in human milk is 60 percent lactalbumin (whey) and 40 percent casein (curd). The protein in cow's milk, conversely, is 80 percent casein, which forms a hard curd in the stomach and is more difficult for babies to digest.

The whey in human milk contains lactoferrin, a protein that aids iron absorption and is absent from cow's milk and formula. So iron, although low in all milk, is better absorbed from human milk. Certain amino acids thought to be responsible for the development of allergies are present in cow's milk and formula

and absent in human milk.

Cow's milk contains more saturated fat than human milk. Even though modern formulas replace the butter fat with vegetable fat, the fats in human milk are better absorbed and make it easier for babies to absorb fat-soluble vitamins. Cow's milk and formula contain more calcium and phosphorus than human milk, but the calcium is better absorbed from human milk.

Only human milk contains disease-fighting agents called immunoglobulins that help prevent viruses and bacteria from invading the baby's gastrointestinal tract. Lysozymes, enzymes that destroy bacteria, are also present in human milk. Human milk has as many infection-fighting white blood cells as blood does.

All of these chemical properties in human milk mean that breast-fed babies are less likely to become fat, to become ill, to develop allergies, and to become constipated. However, breast milk clearly offers no advantage over formula if the mother is malnourished. Its quality depends on the quality of the mother's diet. If you decide to breast-feed your baby, you must follow the same diet that was recommended during pregnancy.

Many working women choose to breast-feed their babies and continue to do so after they return to work. Some are able to pump their breasts at work and save the milk for their babies; others nurse their babies twice a day and arrange for formula feedings in between.

While commercial formula is not as good as breast milk, pediatricians emphasize that it is an acceptable alternative for mothers and babies who cannot breast feed. Modern processing has made formula a vast improvement over cow's milk, and manufacturers continue to bring its composition closer to that of human milk.

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.

Robert Greenhalgh, M.D. • Family Practice • Mercy Medical Offices • 199 Lake Street • Dallas, PA • 675-4995