

SCHOOL

Lake-Lehman kindergarten registration

Lake-Lehman Elementary School Principals, Charles C. James and Robert S. Kunkle have announced that kindergarten registration will be held in the Lake-Lehman Elementary Schools according to the following schedule:

Lehman-Jackson Elementary, Monday, April 23, 8:30-11:30 (A thru I); 1:00-2:30 (J thru M); Tuesday, April 24, 8:30-11:30 (N thru S); 1:00-2:30 (T thru Z).

Lake-Noxen Elementary, Wednesday, April 25, 8:30-11:30 (A thru I); 1:00-2:30 (J thru M); Thursday, April 26, 8:30-11:30 (N thru S); 1:00-2:30 (T thru Z).

Ross Elementary, Friday, April 27, 9:30-11:30 (A thru O); 1:30-2:30 (P thru Z).

Children must be five years of age on or before September 30, 1990 to be eligible to enroll.

Parents must bring their child's birth certificate and immunization records on registration day.

Vision, hearing and speech screenings will be conducted on each registrant.

Gate of Heaven teachers join Dallas training program

Faculty members of Gate of Heaven School, Dallas, are participating in a program entitled "Experiencing the Concepts of Essential Elements of Instruction for Development of Staff" or Project EXCEEDS.

This program enables the professional to enrich their teaching abilities at all grade or content levels. Both teachers and administrators work toward the common goal of improvement of the educational delivery system. Up-to-date research on teaching strategies are shared among the educators.

Mr. Eugene Howanitz, who has been through extensive training, is facilitator of the project.

Sister M. Davida Morgan, RSM, is principal of Gate of Heaven School. Gate of Heaven faculty attending are Janet Furman, Mary Grace Walkowiak, Teresa Rutkoski, Nedda Cashore and Diane Wojciechowski.

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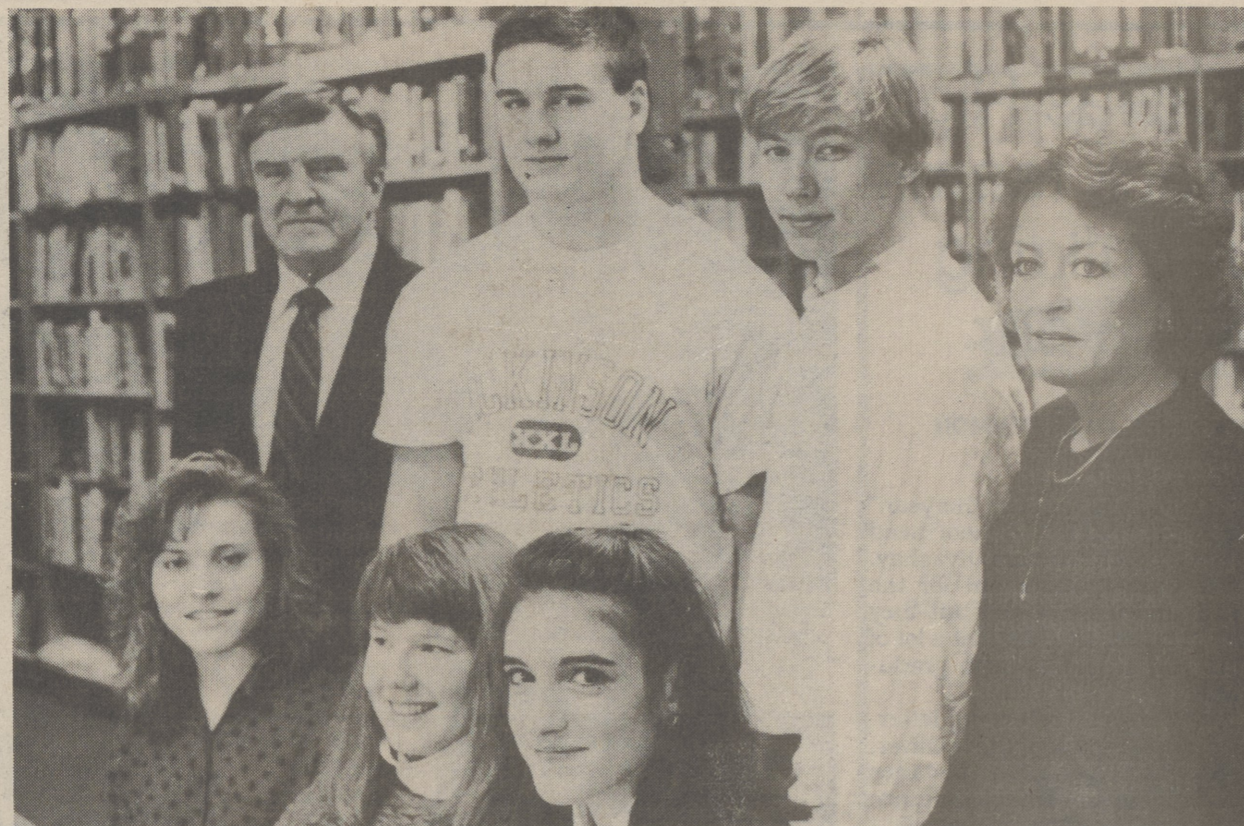
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Lake-Lehman High School Student Council raises \$2100 for library

The Lake-Lehman School Student Council raised \$2,100 this school year which it donated to the high school library. The money was used to purchase books of modern critical views and writing materials. The purchased books of modern views will be marked "In Memory of Robert Reese, English Department." Books of Writing Materials will be marked "In Memory of Joseph Price, English Department." Mr. Reese and Mr. Price are recently deceased teachers. The Student Council felt that the donated books would represent a permanent memorial to their efforts as English teachers. Shown in the photo, seated, from left, Molly White, Heather Harris, Nicole Gardner. Standing, Mr. John Zaleskas, Principal; Ed Kelly, Ray Hall, Mrs. Cathy Wolfe, Student Council Advisor.



Lake-Lehman students use computers in writing lab

Writing is the cornerstone of communication. For many high school students, a writing assignment is a major chore. The Lake-Lehman High School Writing Lab has helped many students overcome their fear of writing.

The Writing Lab used Macintosh Plus Word Processing System as a means to help students learn the writing process. When students first encounter the Writing Lab they are fearful of using computers and of writing. According to Mrs. Cathy Wolfe, a teacher in the Lake-Lehman High School English Department, students learn within a short time to work with the computer.

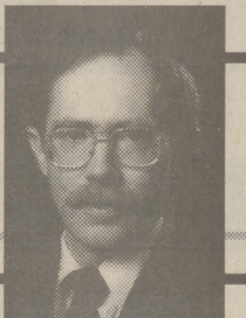
The Word Processing System permits students to compose, edit and correct grammar and spelling mistakes quickly. Students have become confident in communicating their thoughts in writing.

Students in Mrs. Wolfe's classes complete at least two writing assignments per week. The Macintosh Plus Computers were attained through a State Grant from The Pennsylvania Higher Education Agency.

Pictured from left, Nicole Harned, Mrs. Cathy Wolfe, Joe Dwinchick.

DR. ROBERT GREENHALGH PRESENTS

TO YOUR HEALTH



Anxiety - we all feel it

How can I control the anxiety that I often feel before speaking to a group or seeing the boss about a raise? Tranquilizers are not my style.

You don't need to automatically reach for a tranquilizer every time you're anxious. In fact, there are some easy ways to control anxiety, even in stressful situations.

First of all, everyone experiences anxiety at one time or another. It's hard not to worry about people who are important to us, or to feel apprehensive about an upcoming engagement, especially when the spotlight is on you. In fact, anxiety can be of benefit in these situations; it adds the extra stimulus to take useful action and to perform better. However, too much anxiety often restricts or interferes with daily functioning.

While the causes of anxiety are numerous, the symptoms are well defined. They include a fast or pounding heartbeat, trembling, dry mouth, sweating, difficulty in breathing, dizziness, nausea, sweaty palms, loss of appetite, fatigue, and loss of sexual interest.

Although anxiety is often caused by fear and apprehension brought on in stressful situations, there are organic causes of anxiety too, and some of these can be eliminated by making a few changes in your lifestyle. Caffeine, for example, is a major cause of organically-de-

rived anxiety. Caffeine is the stimulant of choice for coping with the morning rush, but after several cups, your heart often beats harder than it would without the caffeine. Cutting back on coffee (and chocolate, which contains a chemically-related form of caffeine) helps reduce some of the feelings associated with anxiety.

Sometimes anxiousness manifests itself as a physical illness. Psychosomatic illness can carry with it all the classic symptoms of a real disease and can be very difficult for a doctor to diagnose. Recognizing that anxiety is the cause of the underlying trouble is a first, and major, step toward identifying and treating the real cause of the anxiety itself.

What can you do to decrease anxiety? One of the first steps should be to learn how to reduce stress. Relaxation techniques and exercise are often helpful. Working around the house can help some people take their minds off especially disconcerting events of the day.

Medications, such as tranquilizers, do have a limited place in helping people cope with anxiety; however, they are not a cure-all. Psychiatrists sometimes prescribe mild medications as an aid to psychotherapy, but only on a temporary basis. It is often helpful to talk to a professional therapist about being anxious and for help in identifying the cause behind those feelings.

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

Notes from school

Melissa Noderer graduates

Melissa Ann Noderer, Dallas, has graduated from Youngstown State University in Youngstown, Ohio.

Area residents graduate from King's

Dr. Donald Farmer, vice president and dean for academic affairs at King's College recently announced that 62 students fulfilled requirements for graduation following the fall 1989 semester.

Among those that graduated were: Donna Moser, Dallas, bachelor of science, marketing; Karen Cutter, Dallas, associate of science, accounting; Catherine Clamar, Shavertown, bachelor of arts, psychology; and Geri Botyrius, summa cum laude, bachelor of arts, psychology and Spanish.

Students from area named to Dean's List

Johnson & Wales University has announced these students from the Back Mountain have been named to the Dean's List for academic achievement during the winter trimester. To receive Dean's List commendation, students must earn a cumulative point average of 3.40 or above.

Jerry Davies, Dallas, majoring in Culinary Arts; Joyce Oravitz, Dallas, majoring in Hotel-Restaurant Management; John Wilson, Dallas, majoring in Hotel-Restaurant-Institution Management.

School menus

DALLAS SCHOOLS

April 5 - 11

THURSDAY - Hot ham-cheese sandwich, French fries, fruited jello, choice of milk.

FRIDAY - Pizza, tossed salad, assorted desserts, choice of milk.

MONDAY - Cheeseburger, French fries, chilled pineapple, choice of milk.

TUESDAY - Two tangy taco's w/lettuce-cheese, taco sauce, buttered corn, jello, choice of milk.

WEDNESDAY - Sloppy Joe on bun, potato rounds, mixed veggies, assorted fruit, choice of milk.

FRIDAY - Batter dipped fish on bun w/tartar sauce, French fries, fruit cup, milk.

MONDAY - Hamburg on bun, potato puffs, garden peas, vanilla pudding, milk.

TUESDAY - Chopped ham-sliced cheese sandwich, minestrone soup-crackers, pears, milk.

WEDNESDAY - Spiral macaroni w/Italian meat sauce, tossed salad w/dressing, roll-butter, apple crisp, milk.

WEST SIDE TECH

April 5 - 11

Breakfast

THURSDAY - Cupcake, cereal, orange juice, milk.

FRIDAY - Pastry, cereal, fruit or juice, milk.

MONDAY - Muffin-butter, cereal, fruit, juice, milk.

TUESDAY - Ham-egg-cheese croissant, juice, milk, cereal, juice.

WEDNESDAY - Coffee cake, cereal, orange juice, milk.

Lunch

THURSDAY - Chipped ham-lettuce, pasta salad, soup-crackers, shortcake, milk.

FRIDAY - French bread pizza, tossed salad/dressing, fruit, cupcake, milk.

MONDAY - Chicken patty w/lettuce on bun, macaroni salad, pears, cookies, milk.

TUESDAY - Italian meatballs w/sauce, hard roll, salad/dressing, cake, milk.

WEDNESDAY - Salisbury steak, potatoes/gravy, vegetables, roll, cupcake, milk.

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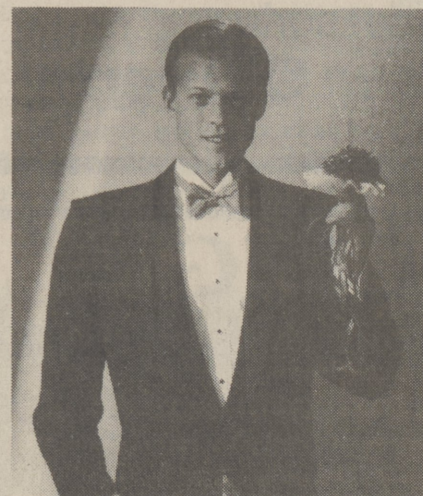
Consignment Shop

Granny's other name is Wanda Maurer



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