

SCHOOL

Local students graduate from College Misericordia

College Misericordia recently bestowed bachelors and masters degrees upon 37 Misericordia students, following completion of their academic requirements in December. The Back Mountain graduates are:

Bachelor of Science, Business Administration: Michael Christopher Smith, Dallas; Diana Lynn

Tabbit, Trucksville.
 General Studies: Rosemary Hosey, Dallas, Special Education: Paul L. Campbell, Shavertown.
 Masters of Science, Organizational Management: Laura Borchetta, Shavertown; Michael Eugene Dennen, Shavertown; M. Terry Bonsavage, Dallas; Joseph A. Tarity, Shavertown.

West Side Vo-Tech honor roll

Elizabeth J. Ellis, Principal, West Side Area Vocational-Technical School has announced the names of those students that were placed on the honor roll for the second marking period.

GRADE 9 - HONORS: Chad Faldowski, Patricia Henninger, Kelly Reese, James Tanner, Timothy Zalewski.

GRADE 10 - HIGH HONORS: Rebecca Royer.

GRADE 10 - HONORS: Nicole Chamberlain, Karen Grandinette, Danette Hoyt, Shannon Smith.

GRADE 11 - HIGH HONORS: Chris Sebolka.

GRADE 11 - HONORS: Debra Calvey, Deborah Magoon, Connie Norton.

GRADE 12 - HIGHEST HONORS: Bridget Broody, Heidi Erickson, Richard Kutz, Heather Lewis, Frank Silsby.

GRADE 12 - HONORS: Edward Allen, Rhonda Bantell, Anthony Bomenka, Justina Brown, Melissa Dellarte, Dale Everts, Robert Jugus, Walter Machcinski, Larry Mazurek, George Monigas, Michelle Olexy, Ronald Pointek, Tracey Polak, Brandy Roberts, Joseph Scheff, Glenn Siglin, James Vencloski, Joseph Vencloski.



GOING TO LEADERSHIP SEMINAR - Margaret Gilgallon is pictured above with Mrs. Jeanne Francis, Director of Guidance at Bishop O'Reilly.

Gilgallon chosen to attend student leadership seminar

Margaret Gilgallon, a sophomore at Bishop O'Reilly High School, Kingston, has been chosen to attend 1991's Central Pennsylvania Leadership Seminar to be held May 16, 17, 18, 19 at Millersville University, Millersville, PA. This local competition was open to all high school sophomores. The criteria for selection consisted of evidence of emerging leadership ability, cooperation with fellow human beings, sensitivity to the needs of others, ability to relate to new pursuits and acquaintances, and the desire to learn and share knowledge and experiences with others.

The Central Pennsylvania Leadership Seminar is sponsored by the Hugh O'Brien Youth Foundation. The goals of the seminar are (1) to provide a setting for young people to interact with recognized leaders in business, education, the arts, government, and the professions; (2) to present a better understanding of America's system, and (3) to allow appreciation of the business world.

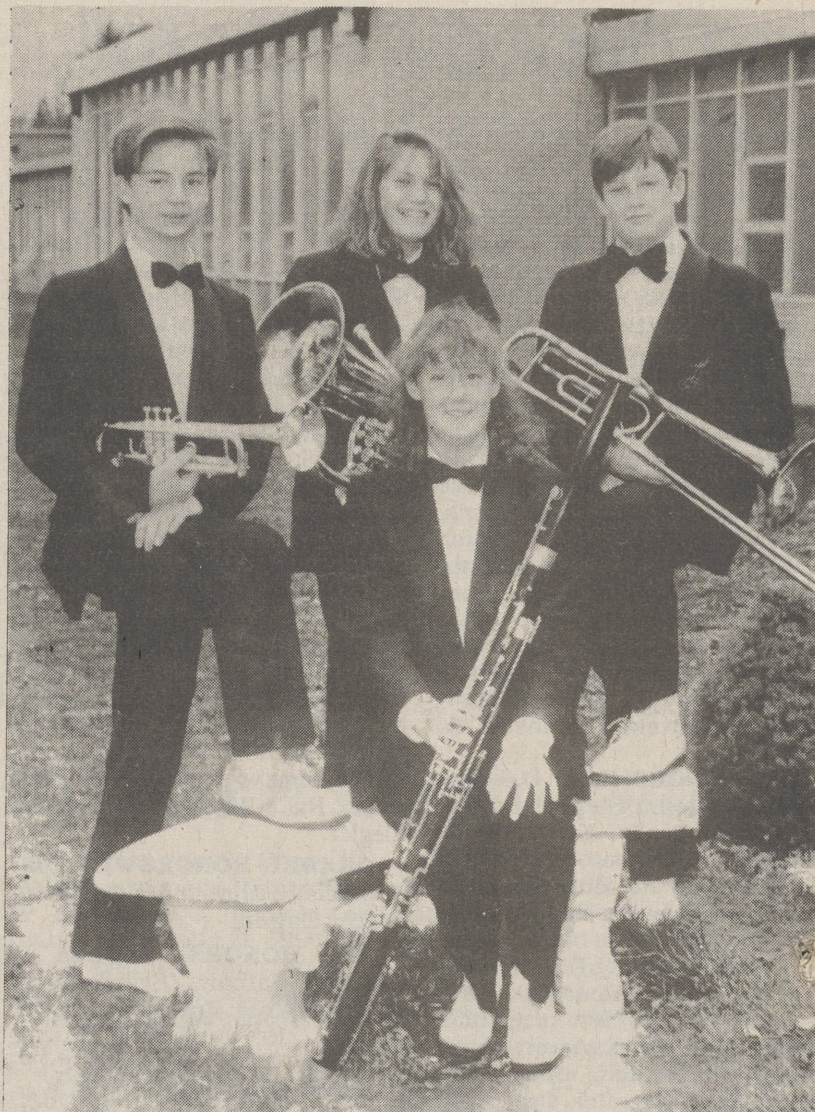
The daughter of Mr. and Mrs. John Gilgallon of Shavertown, Margaret is an honor student and has received an NEDT certificate. She is a member of Bishop O'Reilly's Glee Club, as well as the Upward Bound program at Wilkes University.



Three Merit finalists announced at Seminary

David L. Davies, Academic Dean at Wyoming Seminary College Preparatory School, Kingston, announced recently that three students have been named National Merit Finalists. Honored are Jane Oh, daughter of Dr. and Mrs. Dong Oh, Dallas, Matthew Shea, son of Mr. and Mrs. Charles Shea, III, Dallas and Thomas Lawrence, son of Dr. Judith Lawrence, Riverside.

Last fall the three students were among the 15,000 semi-finalists named in the scholastic competition. With their recent notification they received a Certificate of Merit and a letter of commendation. Pictured are from left, Tom Lawrence, Jane Oh, Matthew Shea; second row, H. Jeremy Packard, President; Bryan Rutledge, Director of College Guidance; David L. Davies, Academic Dean.



Lehman students attend Honors Band

Four students from the Lake-Lehman School District recently attended Jr. High Honors Band which was held at Marywood College in Scranton.

The Honors Band is comprised of 7th, 8th and 9th grade students from a five county area. The students are chosen by recommendations from their band director and a quota system. The band rehearsed under the direction of Mr. William Weber who is the wind ensemble conductor at Marywood. After practicing for two days the band presented a public concert on Saturday evening. Students who attended are: seated, Christy Jo Welter; standing, from left, J.C. Link, Julie Demidovich, Jason Poplaski.

Back Mountain students named to King's dean's list

Dr. Donald Farmer, vice president and dean for academic affairs at King's College, recently announced that 378 of the college's students have qualified for the fall 1990 semester dean's list, signifying a grade point average of 3.4 or higher. Among those who received recognition were:

Maura Mundy, Dallas; Michael Farrell, Shavertown; Steven Bogdan, Dallas; Edmund Pish, Dallas; Kathy Downs, Dallas; Donna Hanson, Harveys Lake; Marla Parente, Harveys Lake; Christine Stone, Trucksville; Stephen Yench, Shavertown; Suzanne Nardone, Trucksville; Erin Keefer, Shavertown; and Jason Yench, Shavertown.

School menus

DALLAS SCHOOLS

Feb. 21 - 27
THURSDAY - Juicy chicken nuggets w/dipping sauce, buttered rice, green beans, mixed fruit, choice of milk.

FRIDAY - Pizza, tossed salad w/dressing, chilled fruit, choice of milk.

MONDAY - Hot dog on bun w/chili sauce, baked beans, fruited jello, choice of milk.

TUESDAY - 2 Mexican tacos w/lettuce-tomato-cheese, buttered corn, no bake cookie, choice of milk.

WEDNESDAY - Breakfast for lunch. French toast sticks, w/syrup, chilled fruit juice, applesauce, choice of milk.

GATE OF HEAVEN SCHOOL

Feb. 21 - 27
THURSDAY - Hamburg w/bun, French fries, pears, cookie, milk.

FRIDAY - Pizza, salad, fruit cocktail, milk.

MONDAY - Waffles, sausage, syrup, carrot-celery, applesauce, cookie, milk.

TUESDAY - Ham patty w/bun-cheese, French fries, peaches, milk.

WEDNESDAY - Hot dogs w/bun, potato chips, pickles, pears, cookie, milk.

LAKE-LEHMAN SCHOOLS

Feb. 21 - 27

THURSDAY - Hamburg on bun, pickle chips, French fries, garden peas, gelatin, milk.

FRIDAY - French bread pizza, tossed salad w/dressing, potato chips, applesauce, cookie, milk.

MONDAY - Hot dog on bun, mashed potatoes, steamed sauerkraut, peaches, milk.

TUESDAY - Pierogies w/onions-butter, seasoned green beans, roll-butter, pears, milk.

WEDNESDAY - Salisbury steak, mashed potatoes w/gravy, garden peas, roll-butter, ice cream cup, milk.

WEST SIDE TECH

Feb. 21 - 27

Breakfast

THURSDAY - Pancakes/syrup, pastry, orange juice, milk.

FRIDAY - Cereal, coffee cake, fruit, juice, milk.

MONDAY - Blueberry muffin, cereal, orange juice, milk.

TUESDAY - Toast and eggs, cereal, pastry, fruit cup, milk.

WEDNESDAY - Banana bread, cereal, juice, fruit, milk.

Lunch

THURSDAY - Baked chicken, mashed potatoes, vegetables, pears, milk.

FRIDAY - Pizza twins, relish cup/dip, pineapple, cinnamon crumb cake, milk.

MONDAY - Chicken patty w/lettuce, tomato soup, macaroni salad, pears, jello, milk.

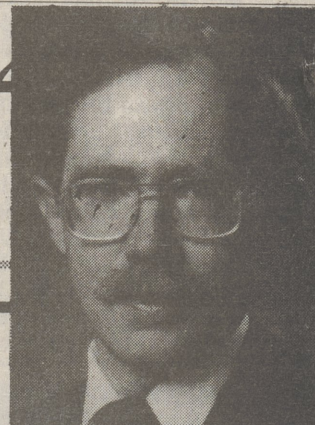
TUESDAY - Beef a roni, cheese, salad, roll-butter, cherry short-cake, milk.

WEDNESDAY - Hamburg w/ relish-onions, corn, noodles, fresh fruit, milk.

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DR. ROBERT GREENHALGH PRESENTS

TO YOUR HEALTH



Dreams

A dream is an order of ideas, thoughts, emotions, images or memories, often repressed from consciousness, which passes through our minds during the rapid eye movements (REM) stage of sleep. REM sleep is the fifth stage of sleep, occurring after the stages of moderate and deep sleep, which alternate with each other. REM sleep is characterized by heart and breathing patterns similar to those during the first awake stage of sleep. Nightmares also occur during REM sleep, but night terrors occur in the third and fourth sleep stages.

Through a process known as dream analysis, people can gain access to their unconscious minds by examining the contents of their dreams. Some psychotherapists consider dream content to be an important factor in therapy. They and other persons who specialize in dream analysis may help people to unlock important thoughts and feelings expressed in dreams by using free association and other techniques.

Dreams are thought to be made up of our own unfinished business in daily life. Intense dreams tend to represent deeply felt conflicts or events. Some of us dream in color, and others do not. Some people dream very little or not at all, and some of us rarely remember our dreams.

Scientists who study dreams say that many dream images are universal within a specific culture. For example, doors tend to represent passage ways to

some kind of change. Dreaming of several people sometimes is a way of looking at several aspects of our own personalities--all the people may be various side of ourselves. Dreams of animals may represent certain sides of our personalities also; a cuddly animal which turns into a ferocious monster may be a way of showing ourselves we are filled with unexpressed anger about some conflict. Dreams may represent unfulfilled wishes, too.

The less pleasant side of dreaming is the nightmare or night terror. The difference in the two, besides their occurrence at different stages of sleep, is that nightmares have storylines that the person can remember the next day. Night terrors usually consist of one terrifying image that causes the sleeper to suddenly wake, sometimes screaming in fear. This fearful state may last many minutes, and yet the person may go back to sleep and remember nothing of the entire episode the next morning.

Night terrors appear to occur even in infancy and are not uncommon in children. They usually disappear as the child grows up. Night terrors in adults, however, are often related to a significant problem. Whether child or adult, anyone with a history of disturbing nightmares or night terrors should seek help at a sleep disorder center or from a therapist.

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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