

# SCHOOL

## Lehman-Jackson honor roll

Charles C. James, Principal, Lehman-Jackson Elementary School announces that the following 6th grade students have achieved the Honor Roll for the 4th Marking Period:

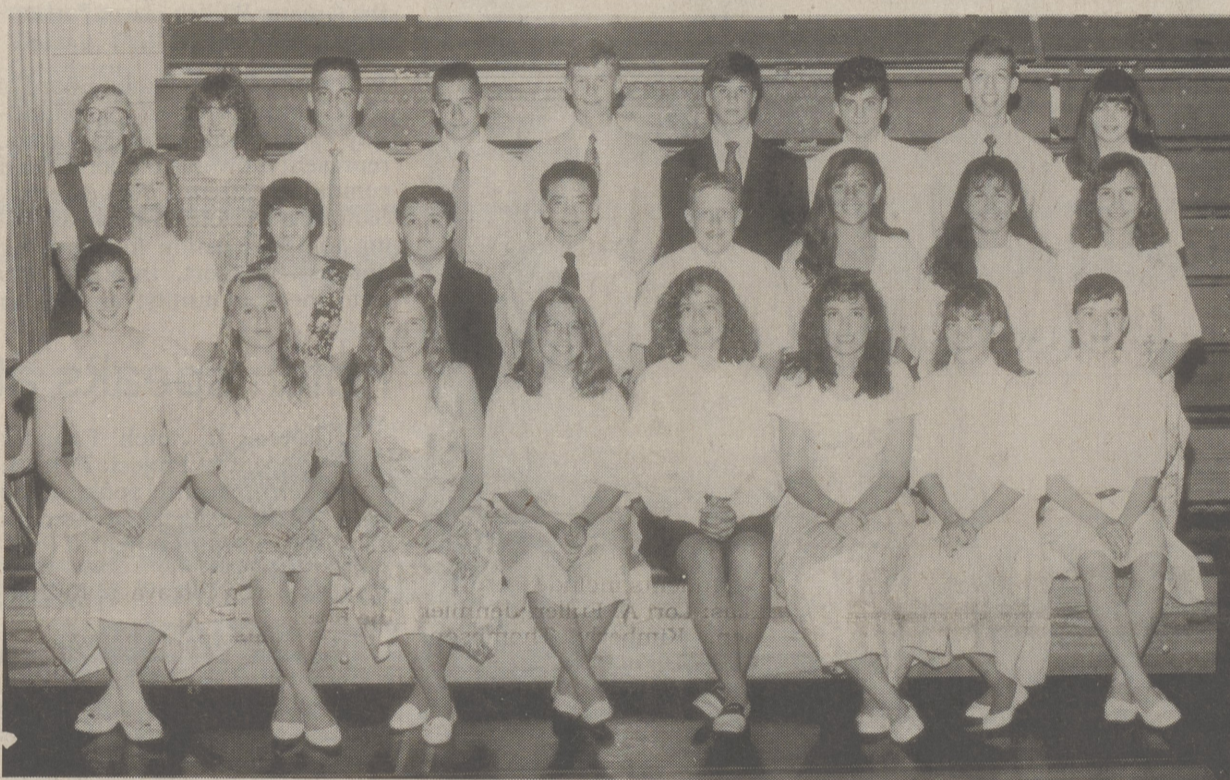
Megan Belles, Melissa Boltz, Nicole Bouthot, Robert Campbell, January Cook, Nicole Cornell, Mark Coslett, Mindy Devens, Bradley Dieffenbacher, Theresa Doty, Jeffrey Ehret, Christina Farrell, Jennifer Fela, Kimberly Gaylord, Chenoa Harris, Ryan Hartz, Amy Hartzell, Stephen Hoprich, Keith Johnson, Claire Kordowski, Tanya Kosakowski, Nova Lamela, Mollie Lewis, Matthew Link, Elizabeth Lockvich, Andrew Loughney, Cheryl Love, Shaun Love.

Also, Marie Manzoni, Jennifer Archakitus, David Milunic, Adrienne Miroslaw, Amy Nulton, Douglas Oldham, Danielle Pall, Leeann Parson, Jarret Perlis, Phyllis Piatt, Amber Posatko, Geana Powell, Christopher Price, Sarah Roberts, Marc Ronczka, Winter Rusiloski, Amanda Shission, Joseph Skibitsky, Timnae Skopic, Kristopher Smith, Amelia Snyder, Kristi Snyder, Jeanette Thrash, Tanya Verbyla, Kevin Whipple, Brandee Whitesell, Elizabeth Yeager, Eric Yench.



## Dallas Kindergarten Class of '79 is now graduating as Class of '91

Special congratulations are extended to those students of this class who are now Dallas High School Graduates. These include the following: Melinda English, Tiffany Owens, Rebecca Holthaus, Alexandra Perfetti, Amy Yanalunas, Melanie Langdon, Karyn Chiarucci, Mark Drumin, and Christopher Ruth. First row, from left: Melinda English, Tiffany Owens, Shannon Boylan, Melissa Billington, Debbie Bevan, Merrily Collins, Rebecca Holthaus. Second row, Alessandra Perfetti, Amy Yanalunas, Melanie Langdon, Diana Kenealy, Anna Repko, Lori VanEtten. Third row, Judy Roan, Kevin Mulligan, Greg Stahovec, Joey Rakos, Eoin Ennis, Karyn Chiarucci. Fourth row, Walter Prokopchak, principal, Andy Wilk, Jon Pomrinke, Mark Drumin, Chris Ruth, Eric Pieczynski, Jim Krishock, Lucille Callahan, teacher.



## Junior Honor Society inductees

The following seventh and eighth grade students were recently inducted into the National Junior Honor Society at the Dallas Middle School. Row 1: Laura Seidel, Kelly West, Becky Mathers, Susan Benedetti, Natalee Felten, Alisa Merolli, Holly Baseski, Melanie Love. Row 2: Lori Barrett, Lisa Tomaine, Robert Humphrey, David Demko, Griffin Bicking, Gail Morris, Vanessa Wysocki, Sarah Wysocki. Row 3: Kristy Woolbert, Shannon Newell, Joseph Cosgrove, J. Michael Vozniak, Jeffrey Kunkle, Richard Klick, Nicholas Sabatini, Bruce Sobocinski, Lisa Lynch.

## Stevens sisters graduated with Dallas High Class of 1991

Sylvia and Loretta Stevens graduated together with the Dallas High School class of 1991. They are the daughters of Sylvia M. Stevens Sr., of Trucksville and Russell Stevens of Wilkes-Barre.

Sylvia is a life long resident of Trucksville. She attended Trucksville Elementary School, Dallas Junior High and Dallas Senior High, where she was active in track and graduated June 11, 1991.

Loretta transferred from Bishop Hoban in the 11th grade. She was a member of chorus at Dallas High School.

Sylvia plans to attend college and major in Hotel Management. Loretta plans to major in psychology at Penn State.

## Back Mountain students earn degrees at Wilkes

Dr. Christopher N. Breiseth, President of Wilkes University, recently awarded 376 undergraduate and 78 graduate degrees, during its 44th annual spring commencement exercises, held Saturday, May 25, in the Arnaud C. Marts Sports and Conference Center.

Local graduates include: Dallas: James J. Luksh, Master of Business Administration; Kelly Ann Brown, BS, unknown; Colleen C. Corbett, BS, Nursing; Dale E. Fitch, BS, Business Administration; Kirk C. Givens, BS, Business Administration; Heather L. Hand, BA, Communications; Robert S. Miller, BA Psychology; Jill Ann Hiscox, BA Economics; Nancy M. Houtz, BA, Political Science;

ence; Charles A. Krivenko, Master of Health Administration; David Carl Repshas, Master of Health Administration; John F. Weaver, Jr., BS, Accounting; Kimberly A. Weidner, BA, Psychology.

Falls: Alan Deutsch, BA, History. Harveys Lake, Janene A. Karsarda, BA, Art.

Shavertown: James G. Kemmerer, Jr., Master of Business Administration; Seyed A. Sadjadi, Master of Health Administration; Adam Tillman, BA, Communications; Edward John Kwak, BA, Business Administration; Heather M. Pitcavage, BA, English; Scott James Schultz, BS, Business Administration.

## Lower School graduates 40

Wyoming Seminary Lower School, Forty Fort, graduated 40 eighth grade students on Tuesday, May 28.

Numerous prizes and academic awards were presented to students at the ceremony. Dr. William Summerhill, chaplain of Wyoming Seminary, offered invocation. Donald Svatko, II, Pittston, a member of the class, delivered the graduation address. The presentation of certificates and awards was made by H. Jeremy Packard, President of Wyoming Seminary, by Thomas E. Meseck, dean of the Lower School and by D. Allan Woodard, assistant dean.

Among members of the Wyoming Seminary 8th grade class of 1991 are: Brad Barket, Dallas; Benjamin Brown, Dallas; Eric Emanski, Shavertown; Kristen Klank, Dallas; Gabrielle Liss, Dallas; Nicholas Mahler, Dallas; Carolyn McLaughlin, Dallas; Mark Samii, Shavertown; Jennifer Sav-

age, Harveys Lake; Randolph Slaff Jr., Dallas; Matthew Sordoni, Harveys Lake; James Urisko, Jr., Shavertown; Charles Wasserott V. Shavertown.

Wyoming Seminary Lower School Award Winners were: Meredith Flanagan, Shavertown, The Marjorie Harveys Smith Award-Blue Team.

Stephanie Jose, Shavertown, The Marjorie Harveys Smith Award-White Team.

Carly Mendelssohn, Dallas, The John G. Ruggles, III, Memorial Prize.

Jennifer Savage, Harveys Lake, The Marjorie Harvey Smith Award-Blue Team; The Bessie G. Atwood English Award; The Dr. Sheldon H. Kluger Memorial Award; The Margaret M. Stack Memorial Award; The Irma Meyer Award; the William M. Powell Prize.

Kevin Shah, Shavertown, The Marjorie Harveys Smith Award-Blue Team

## Seminary announces dean's list

David L. Davies, Dean of Wyoming Seminary College Preparatory School, Kingston, announced the Dean's List High Honors and Dean's List for the Spring Trimester, 1991.

**Dean's List High Honors:** David Choi, Dallas; Melanie Evans, Trucksville; Janelle Kellman, Shavertown; Sonia Kimm, Shavertown; Stephen Kimm, Shavertown; Jane


Oh, Dallas; Jeana Oh, Dallas; Matt Shea, Dallas; Janice Shynn, Shavertown; Raymond Shynn, Shavertown.

**Dean's List:** Amy Brown, Dallas; Vincent DiGiovanni, Shavertown; Barrett Feldman, Shavertown; Tudor Jones, Dallas; Brian Koo, Dallas; Ashish Patel, Shavertown; Durelle Scott, Dallas.

## Krupa earns journalism award

Eight Luzerne County residents, all 1991 graduates of the University of Scranton, received awards for academic excellence and service. The awards were presented at the annual Class Night ceremony during commencement weekend.

Among them was Todd Charles Krupa, Shavertown, who received the J. Harold Brislin Memorial Award for Excellence in Journalism.



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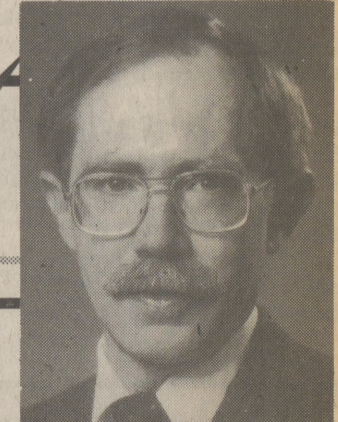
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DR. ROBERT GREENHALGH PRESENTS

# TO YOUR HEALTH



## The 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.

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