

**Financial aid night at Penn State Jan. 12**

Penn State Wilkes-Barre will hold a special free Financial Aid Information Night for the public, Wednesday, Jan. 12.

**Help available from Financial Aid Hotline**

Parents and students filling out financial aid forms for the coming academic year can get help from financial aid experts by calling the "Financial Aid Hotline," a toll-free service open Jan. 24 through 28 between 5 p.m. and 9 p.m. according to Sen. Charles D. Lemmond (R-20).

The service is provided each year by the Pennsylvania Association of Student Financial Aid Administrators, a group of professional financial aid counselors who staff the hotline to help college students and their parents during the peak application period in January.

The number for residents of Eastern Pennsylvania is 1-800-285-4854.

**O'Reilly 'Nite at the Races' set for Jan. 22**

The parents and staff of Bishop O'Reilly High School will sponsor a "Nite at the Races" on Saturday, Jan. 22 in the school gym, Maple Avenue, Kingston. Doors open at 7:30 p.m. with post time at 8 p.m.

In addition to the races, Instant Bingo and Chinese Auction will also be offered. Information about the evening, including purchasing a horse, can be obtained by calling the school at 288-1404.



**Successful food drive**

The Dallas Middle School Student Council recently completed its annual food and fund drive for the benefit of the Back Mountain Food Bank. The campaign was highly successful, with 35 large boxes of food and a cash donation being given to the organization. Student council members included: Jennifer Vodzak, Erika Knappman, Larry Lettie, Anne Bishop, Jennifer Moran, president; and Vivian Riley.

**Apply now for cultural exchange programs**

Nacel Cultural Exchanges is now accepting applications for summer and academic year abroad programs in France, Spain, Germany, Mexico, Russia, Ivory Coast and Ireland.

Students must be between the ages of 13 and 18 to participate in the programs.

Summer sessions begin in early and late July. Students may participate in a three-week or four-

week program in the summer or a one or two semester program during the academic school year.

The family homestay programs are intended to give the students the opportunity to live the culture and speak the language every day by becoming a member of a foreign family. Optional sight-seeing tours are also available.

Nacel Cultural Exchanges also offers summer study programs in

Ireland, France and Russia. These programs feature morning classes, afternoon field trips, and weekend sightseeing excursions.

Families interested in hosting a French, Spanish, German, Mexican, or Italian student for one month or for the academic school year should also contact the coordinators.

For more information, call 1-800-622-3553.

**LCCC to offer career preparation course**

Luzerne County Community College will offer a credit-free "Cruise Counselor Career Preparation" course on Mondays, from 6:30 - 8:30 p.m. beginning January 24.

The course is designed to build an understanding of the skills and responsibilities involved in performing the complicated, technical functions required of a professional cruise counselor.

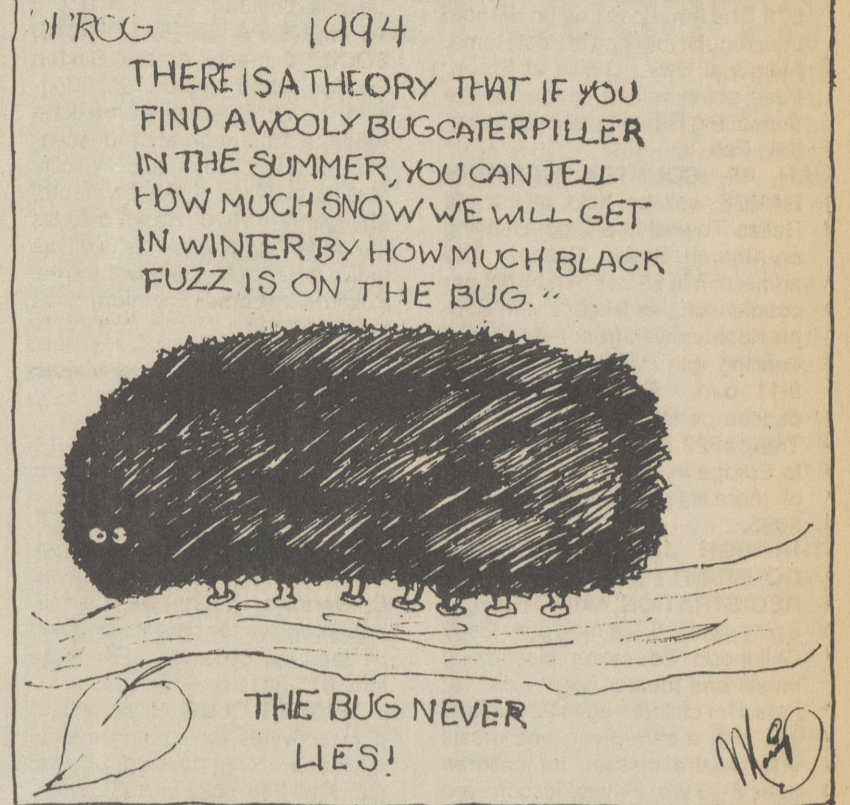
The instructor for the course will be Barry "Trip" Enenbaum, of Dallas, owner of Tenenbaum's Travel Services, Inc.

For more information or to register, call Richard Tokar at LCCC at 829-7489.

**College students help AIDS patients**

Warm thoughts turned into warm blankets recently when Campus Ministry students from College Misericordia gathered to create blankets for AIDS patients.

Members of Campus Ministry's Salt and Light group, a ministry group which focuses on peace and justice, met to crochet squares and sewed them into blankets which will be donated to an AIDS organization.



**Senior menus**

The following school lunch menus are for the week of January 13 - 19. All lunches include milk.

**DALLAS SCHOOLS**

**THURSDAY** - Toasted cheese sandwich or wimple on a bun, tomato soup/crackers, fruited jello.

**FRIDAY** - French bread pizza or wimple on bun, tossed salad w/dressing peanutty apple.

**MONDAY** - Breakfast for lunch, French toast stick or cheese steak on bun, 2 sausage patties, rosey applesauce, fruit juice.

**TUESDAY** - Grotto pizza or cheese steak on bun, celery sticks w/peanut butter, chilled pineapple.

**WEDNESDAY** - Spiral macaroni w/meat sauce or cheese steak/bun, garlic bread, tossed salad w/dressing, fruited jello.

**GATE OF HEAVEN SCHOOL**

**THURSDAY** - Tacos, Mexican beans, pineapple.

**FRIDAY** - Pizza, salad, fruit cocktail, Tastykake.

**MONDAY** - No lunch, early dismissal, 12:30 p.m.

**TUESDAY** - Waffles/sausage, carrot/celery stix, cookie.

**WEDNESDAY** - Chicken noodle soup/saltines, peanut butter-jelly sandwich, pears, donut.

**LAKE-LEHMAN SCHOOLS**

**THURSDAY** - Tacos w/cheese-lettuce-tomato-taco sauce, lightly buttered corn, ice cream sandwich.

**FRIDAY** - Pizza or peanut

butter-jelly sandwich, stuffed celery, potato chips, pineapple tidbits.

**MONDAY** - Chicken patti/bun-lettuce, minestrone soup/crackers, peaches.

**TUESDAY** - Early dismissal. Meatball or peanut butter-jelly hoagie, seasoned green beans, pears.

**WEDNESDAY** - Ham patti/bun, oval hash brown, garden peas, Trail Mix, cinnamon applesauce.

**WEST SIDE TECH**

**THURSDAY** - French toast/syrup, cereal, juice, pastry.

**FRIDAY** - Peanut butter cookies, cereal, juice, fruit.

**MONDAY** - Raisin muffin, cereal, orange juice.

**TUESDAY** - Sausage-cheese/bun, cereal, juice, pastry.

**WEDNESDAY** - Banana loaf, cereal, fruit, juice.

**Lunch**

**THURSDAY** - Chicken patty on bun w/lettuce-tomato, green beans, brownie.

**FRIDAY** - French bread pizza, tossed salad/dressing, fruited jello.

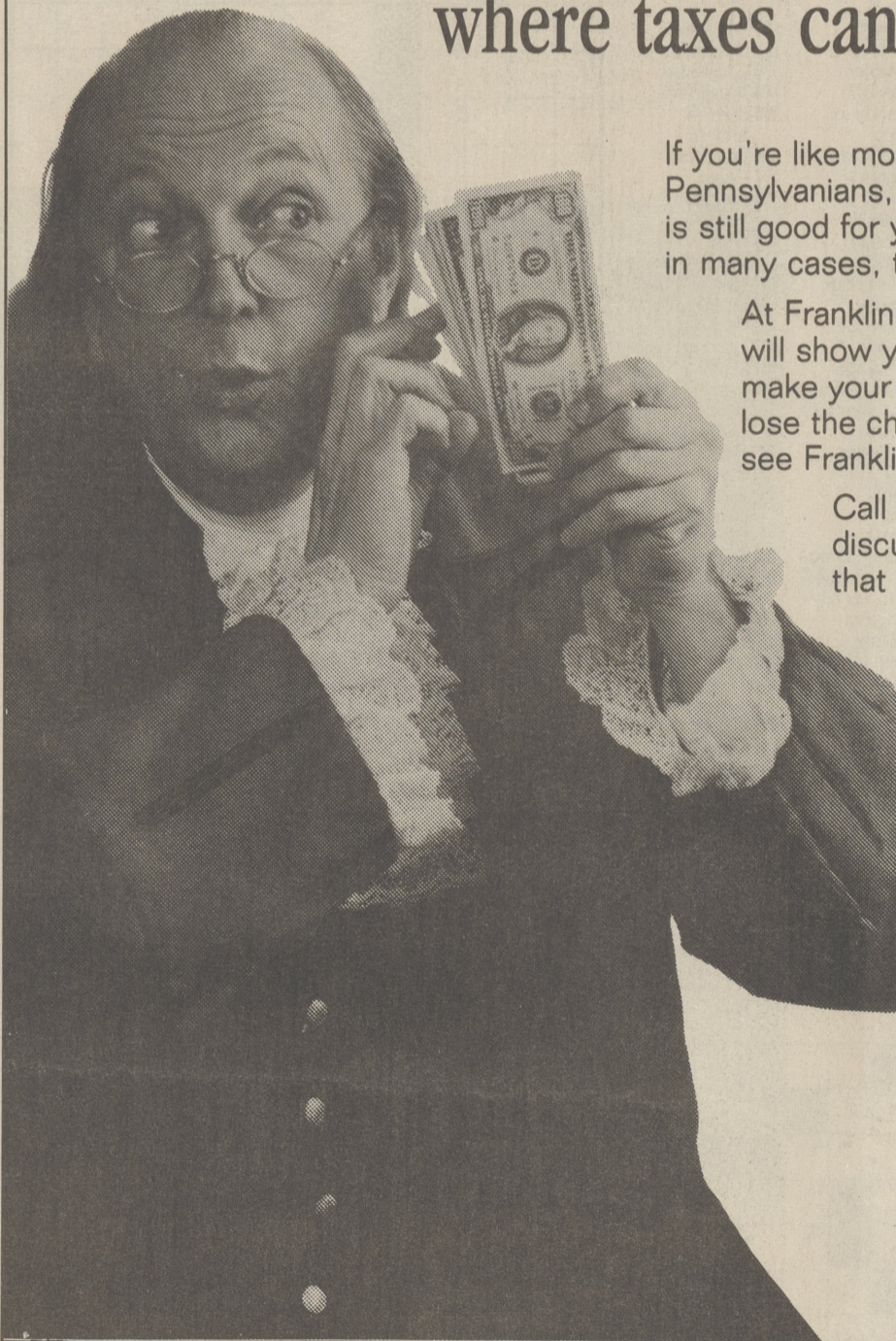
**MONDAY** - Cheese steak hoagie, baked beans, vegetable beef soup, spiced applesauce, chocolate chip cookies.

**TUESDAY** - Chicken patty on soft bun w/lettuce-tomato, steamed peas-carrots, assorted fruit.

**WEDNESDAY** - Rotini w/meat sauce-grated cheese, tossed salad/dressing, roll, jello cake.

**Send the IRS a little less**

April 15th is looming. Quick! Lock up some cash at a high rate in a place where taxes can't touch it.



If you're like most hard-working Northeastern Pennsylvanians, the Individual Retirement Account (IRA) is still good for you. IRA interest is still tax deferred, and, in many cases, tax-deductible.

At Franklin First, our retirement-income experts will show you how good financial planning can help make your golden years a lot richer. So before you lose the chance to lighten your 1993 tax burden... see Franklin First!

Call or visit one of our nearby offices to discuss this and many of our other products that are available.

Remember, don't put off 'til tomorrow...

**IRA** FIVE YEAR CERTIFICATE

**5.00%**

Interest Rate

**5.09%**

\$500 minimum deposit

Annual Percentage Yield

APY accurate as of date of publication. Early withdrawal penalty may exist.

**Earns degree from Millersville**

Gerald S. Ogurkis, Overbrook Road, Dallas, was among the 422 students who received degrees during Millersville University's winter commencement ceremonies on Dec. 19. Ogurkis received a bachelor of arts degree in psychology.

**The Spinal Column**

By Dr. John Alaimo



**What Is Chiropractic Care?**

There is nothing mysterious about Chiropractic. It is a natural method of health care that treats the causes of physical problems rather than just the symptoms.

Chiropractic is based on a simple but powerful premise: With a normally functioning spine and a healthy lifestyle, your body is better able to heal itself. That's because the spinal cord, which is protected by the spine, is the main pathway

of your nervous system. It controls feeling, movement and function throughout your body. When one or more of the bones of your spine become misaligned to such an extent that pressure is put on the spinal nerve roots, a condition known as vertebral subluxation, this can cause pain or may interfere with normal body functions without noticeable symptoms. It may be years before damage from chronic vertebral subluxations becomes evident.

A Chiropractor's job is to locate, analyze and correct vertebral subluxations. Chiropractors are the only health care professionals trained exclusively to locate, analyze and correct vertebral subluxations. Through a manually applied gentle force, these subluxated vertebrae are adjusted back into position. This allows your nervous system to function at a higher level of efficiency and invariably leads to an increased expression of health.

**Shavertown Chiropractic Center**  
121 South Memorial Highway  
Shavertown (next to Yesterdays)  
696-3766

**See... FRANKLIN FIRST**



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