

## College accounting students will offer free tax assistance

Accounting students at College Misericordia will offer free tax assistance to elderly, low income and handicapped people through the IRS-sponsored Volunteer Income Tax Assistance (VITA) program.

The program dates are February 12, 14, 28 and March 5, Monday evenings and Saturday mornings through March 5, with the exception of spring break.

Service by appointment will be available from March 5 to April 15.

Assistance will be available on the fourth floor of the Administration Building Mondays, from 6-8 p.m. and Saturday mornings, 9

a.m.-12 noon. There will be no assistance available February 19 or 21.

Appointments are available for those who cannot take part in the program during its scheduled hours.

Taxpayers who visit the VITA site at Misericordia should bring their 1993 tax package, wage and earning statements, (W-2s for the year) from all employers, interest and dividend statements (1099s), a copy of their 1992 tax return and any other relevant information.

For more information or to schedule an appointment, contact Fred Croop at 674-6327.

## Open House at Misericordia Feb. 12

High school seniors and juniors and their families are invited to attend a free Open House at College Misericordia on Saturday, Feb. 12, from 9:30 a.m. to 2:45 p.m.

The program will include tours of the campus, overview of the academic programs, sessions with faculty, lunch and informational sessions about student services, athletics, student government and financial aid.

For more information or to register for Misericordia's February Open House, call the Admissions Office at 1-800-852-7675.

## Tech reschedules Open House for Feb. 17

The West Side Area Vocational-Technical School's Open House has been re-scheduled for Thursday, Feb. 17, from 6:30 p.m. to 9 p.m.

Various demonstrations will be held in both vocational shops and academic areas from 7-8:30 p.m.

Refreshments will be served in the cafeteria.

The public is invited to tour all areas of the school.

## Lake-Lehman to host health fair Feb. 11

A Health Fair featuring community agencies and facilities will be held February 11, from 9 to noon, at the Lake-Lehman High School for students and the community, featuring education and prevention on health-related topics and letting people know where help is available.

For more information, call Lisa McGee, Prevention Specialist, Lake-Lehman High School, 675-2165 or Chris Stutton, Drug Free Schools and Community Coalition, 829-6231.

## Bank donates to Cultural Diversity Institute

First Eastern Bank recently presented a check for \$1,500 to the new Cultural Diversity Institute at College Misericordia.

A non-profit organization, the Cultural Diversity Institute was organized to bring community members together to work toward eliminating unjust discrimination by fostering a climate of multicultural understanding and appreciation.



**OUTSTANDING MUSICIANS** - The eight Dallas High School students selected for District Band were, from left, standing: Joy Holeman, Becki Roan, Diane Sabulski, Amy Beardsworth, Kristen Myers and Greg Riley; sitting: Rich Sylvia and Bill Appel.

## Dallas students participate in District 9 Band Festival

Eight students from the Dallas Senior High School Band recently participated in the Pennsylvania Music Educators Association State District 9 Band Festival held at West Scranton High School.

One hundred sixty seven students from 34 school districts were selected following auditions.

The guest conductor was Henry Neubert, professor of music at Ithaca College in New York.

Of these eight students, Bill Appel, Amy Beardsworth, Joy Holeman, Becki Roan and Diane Sabulski qualified and will participate in the PMEA State Region IV Band Festival to be held at Meyers High School on March 9-

12. A region is made up of two districts, the other being District 8. Students from this festival will be selected to participate in the PMEA All State Band to be held in Hershey, PA this spring.

Dallas will also have five student musicians participating in the PMEA State District 9 Orchestra Festival, February 9-12 at Pittston High School. They are Bill Appel, Amy Beardsworth, Becki Roan, Diane Sabulski, and Melissa Tyira. Participants will have the opportunity to qualify for the PMEA Region IV Orchestra Festival to be held in late march of 1994.

Dallas Band is under the direction of band leader Todd L. Hunter.

## School menus

The following school lunch menus are for the week of February 10 - 16. All lunches include milk.

### DALLAS SCHOOLS

**THURSDAY** - Foot long hot dog w/chili sauce or Sloppy Joe/bun, French fries, chilled mixed fruit.

**FRIDAY** - Home style pizza or Sloppy Joe/bun, tossed salad w/dressing, orange smiles.

**MONDAY** - Chicken patty/bun or hot ham-cheese/bun, vegetable soup/crackers, applesauce.

**TUESDAY** - Grotto pizza or hot ham-cheese/bun, celery sticks w/peanut butter, pineapple tidbits.

**WEDNESDAY** - BBQ chicken or hot ham-cheese/bun, mashed potatoes/gravy, roll/butter, tender peas, Little Deb Cake.

### GATE OF HEAVEN SCHOOL

**THURSDAY** - Waffles and sausage, carrot-celery stix, applesauce, cookie.

**FRIDAY** - Tuna/bun, cheese sticks, pickles, chips, peaches.

**MONDAY** - Hot dog, baked beans, potato rounds, pears, cookie.

**TUESDAY** - Baked rotini, salad, roll, peaches.

**WEDNESDAY** - Macaroni-cheese, green beans, roll, pears, cookie.

### LAKE-LEHMAN SCHOOLS

**THURSDAY** - American hoagie (sliced meat-cheese-lettuce-tomato), French fries, fruit cup.

### WEST SIDE TECH

Breakfast  
**THURSDAY** - Spice muffin, choice of cereal, fruit juice.

**FRIDAY** - In-service

**MONDAY** - President's Day.

**TUESDAY** - French toast sticks/syrup or cereal, juice, pastry.

**WEDNESDAY** - Banana bread, cereal, chilled fruit.

Lunch  
**THURSDAY** - Tuna hoagie w/lettuce-tomato or pierogies/onions, mini chef salad, peanut butter squares.

**FRIDAY** - In-service.

**MONDAY** - President's Day.

**TUESDAY** - Hamburg-bun w/lettuce-tomato, vegetable beef soup, spiced applesauce, oatmeal cookies.

**WEDNESDAY** - Ash Wednesday - Fish on bun w/tartar sauce or tuna hoagie, seasoned corn, salad, jello/whip cream.

**FRIDAY** - French bread pizza, tossed salad w/dressing, potato chips, pineapple tidbits.

**MONDAY** - Toasted cheese sandwich, pickle chips, tomato soup, Goldfish cheese crackers, peaches.

**TUESDAY** - Chicken salad w/lettuce or peanut butter-jelly on sesame seed bun, French fries, fruit cup.

**WEDNESDAY** - Ash Wednesday - Fish on bun w/tartar sauce, macaroni-cheese, stewed tomatoes, applesauce.



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## Scholarships are available for Wyo. Seminary students

Wyoming Seminary College Preparatory School, Kingston announces that the Kingswood Scholarship and the Alumni Scholarship are available for the 1994-95 academic year.

Applications are being accepted until mid-March for Wyoming Seminary's Alumni Scholarship, open to children and grandchildren of the school's alumni. Students must be entering their freshman, sophomore or junior year. The student must qualify for admission, and submit necessary financial aid forms.

The Kingswood Scholarship is open to Methodist students who are entering the ninth, 10th or 11th grades and not currently enrolled in Wyoming Seminary. The application form, recommendations from current teachers and the candidate's pastor and a school transcript must be submitted by May 16.

Applications for all scholarships are available in the Wyoming Seminary Admission Office, 201 North Sprague Avenue, Kingston. For more information, 283-6060.

## Graduate from Shippensburg

Two Back Mountain students recently received degrees during the fall commencement ceremony at Shippensburg University.

Dallas resident James O'Donnell earned a mathematics degree, while Shavertown resident Lisa Marie Hite earned a marketing degree.

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**FLU SEASON & CHIROPRACTIC?**

It's that time of the year when countless people rush out to get their annual flu shots. Most people are anxious to go, get the needle, and get back to their busy lifestyles. They go through this yearly ritual without even pausing to think about what they are doing or why. The theory behind a flu shot is to inject a weakened flu virus INTO YOUR BODY to allow the body to begin producing antibodies against the virus itself. Therefore, when it comes time for the "flu bug" to hit your town, your body will already have enough antibodies to combat the disease. From a chiropractic standpoint, this does not make sense.

If your body is functioning at its optimum level, it should be able to fight off disease. Viruses and bacteria are ALWAYS present in our everyday society. More often than not, our body's resistance (the immune system) is strong enough to fight off the disease. It is ONLY when our immune system is deficient or in a weakened state, that we are more susceptible to a virus or bacteria. A body which is SUBLUXATION-free (no structural problems causing nerve interference) should be strong enough and healthy enough to fight off a flu virus. This properly functioning body will be able to beat the flu bug even WITHOUT any outside intervention. Don't misunderstand me, there is not a "flu bone" that can be adjusted by a chiropractor and your virus will go away. Chiropractic does NOT claim to CURE the flu. It is a preventative measure, something that can be done in advance to prepare the body for what may lie ahead. Sounds pretty similar to the shot, doesn't it?

Regular chiropractic adjustments should make MORE sense than injecting your body with a virus. These specific spinal adjustments are administered to the body of nerve interference, which can aid in many ailments, not just the flu. Unfortunately, many people think chiropractors only help patients with bad backs. You've got to understand that chiropractic was designed to return your body to the highest level of function, not to just treat a symptom like a back pain, headaches, or the flu. Which would you rather have? Call your local chiropractor and find out more about this health profession. Isn't it time that you get RESULTS...naturally?

**Scranton Preparatory School**  
A Catholic High School in the Jesuit Tradition

**ANNOUNCES ITS ENTRANCE EXAMINATION**  
**SATURDAY, FEBRUARY 12, 1994**  
9:00 A.M. AT Scranton Prep School 1000 Wyoming Avenue

TEN HONORARY SCHOLARSHIPS will be awarded for outstanding performance on the Entrance Examination. The awards are valued at \$200 each, for four years. Honorary scholarship holders will also be eligible for financial aid, if needed.

FINANCIAL AID will be awarded on the basis of performance in the exam and financial need as determined by the scholarship grant application process.

**PLEASE NOTE:**

- All scholarships are for four years.
- The entrance examination is for 8th grade students only.
- The examination covers English and Arithmetic.
- A registration fee of five dollars will be collected on examination day.

For further information, contact Scranton Prep School: 941-PRPE  
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