

### Two are named to O'Reilly's prom court

Bishop O'Reilly High School in Kingston recently held its junior-senior prom at the Ramada Hotel in Wilkes-Barre. David Suchocki of Dallas was selected junior prom king. Shavertown resident Amy Jones was selected senior prom queen.

### Three present chemistry projects

Three area College Misericordia science majors who recently made seminar presentations as part of their biochemistry literature research project are Ray Klemunes of Hunlock Creek, "The Toxins of Cyanobacterial"; Robert Rowlands of Dallas, "Diabetes: Advances from Tissue Engineering" and James Reynolds of Trucksville, "Stroke Therapy."



CLAIRE DARLING

### Honored for success at Keystone

Dallas resident Claire Darling was one of the 100 Keystone College students recognized by the Student and Faculty Senate and the college administration for academic excellence or as student teachers. Darling was honored for outstanding academic achievement in the ACT 101 program, a state-funded program designed to give qualifying students services in the areas of counseling and tutoring.

The ACT 101 sponsors various cultural activities for students. Darling is a 1976 graduate of Tunkhannock High School and the wife of Willard Darling.

### School menus

The following school lunch menus are for the week of May 25 - 31. All lunches include milk.

#### DALLAS SCHOOLS

**THURSDAY** - Spiral macaroni w/meat sauce or Deli Sub, tossed salad, fruited jello.

**FRIDAY** - Chicken patty/bun or French bread pizza, mixed vegetables, assorted fruit.

**MONDAY** - No school.  
**TUESDAY** - Chicken nuggets or turkey-cheese sandwich, buttered rice, steamed peas, orange wedge.

**WEDNESDAY** - Breakfast for lunch. French toast sticks or bologna-cheese sandwich, fruit juice, applesauce.

#### GATE OF HEAVEN SCHOOL

**THURSDAY** - Pizza hut, salad, pineapple.

**FRIDAY** - Early dismissal. No lunch.

**MONDAY** - No school.

**TUESDAY** - Chicken fries, pasta salad, roll, peaches.

**WEDNESDAY** - Waffles/sausage, carrot/celery stix, applesauce, cookie.

#### LAKE-LEHMAN SCHOOLS

**THURSDAY** - Cheeseburg or hamburger on bun, pickle chips, macaroni salad, baked beans, applesauce.

**FRIDAY** - Early dismissal. Tuna or peanut butter-jelly hoagie, French fries, pineapple tidbits.

**MONDAY** - No school.

**TUESDAY & WEDNESDAY** - Menus for remaining student days will be posted in each building.

#### WEST SIDE TECH

Breakfast

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

**FRIDAY** - Raisin bars, fruit, cereal, OJ.

**MONDAY** - No school.

**TUESDAY** - Coffee cake, fruit, juice, cereal.

**WEDNESDAY** - Sausage or cereal, fruit or juice, pastry.

Lunch

**THURSDAY** - Deli hoagie/trimmings, pasta salad, applesauce, brownie.

**FRIDAY** - Pizza, fresh vegetables/dip, fruit.

**MONDAY** - No school.

**TUESDAY** - Chicken nuggets/salsa, vegetable beef soup, fruit.

**WEDNESDAY** - Cheesburger/soft bun, seasoned vegetables, fruit.



**KIDS HELPING KIDS** - Lake-Lehman students who donated books to the Nesbitt pediatrics department were, standing from left: Adrienne Harris, Aron Carmen, Jason Harris, teacher Mary Ann Belles, Lucy Dunham, David Wolfe, John Savakinis, James Brennan, Rhonda Shotwell, Rhonda Forester, Vicky Trindle, Shane White and teacher Kathy Finnerty; seated from left, Charles Adams, Marge Floryshak, R.N., holding James Carl Romanelli and Rhonda Yaple.

### Students donate books to hospital

Students from Mrs. Finnerty's and Mrs. Belles' classes of the Lake-Lehman Middle School recently presented an assortment of children's books to the pediatrics department at the Nesbitt Memorial Hospital campus of

Wyoming Valley Health Care System.

The students read and gave reports about the books they presented as part of their reading curriculum. The books were donated to the school by Walden-

books, West Side Mall, and Offset Paperback of Dallas.

The Lehman students were given a tour of the emergency services and pediatrics department, and participated in a step aerobics class.

### Back Mountain Penn State Worthington campus grads

The Penn State Worthington Scranton Campus recognized academic achievement and presented diplomas to its 1995 graduates in ceremonies May 12, at the Dunmore campus.

The following Back Mountain students received recognition for outstanding academic achievement:

Associate degree student Philip Martin Winter, Dallas, graduated with highest distinction with an academic average of 4.00. A computer science major, Winter

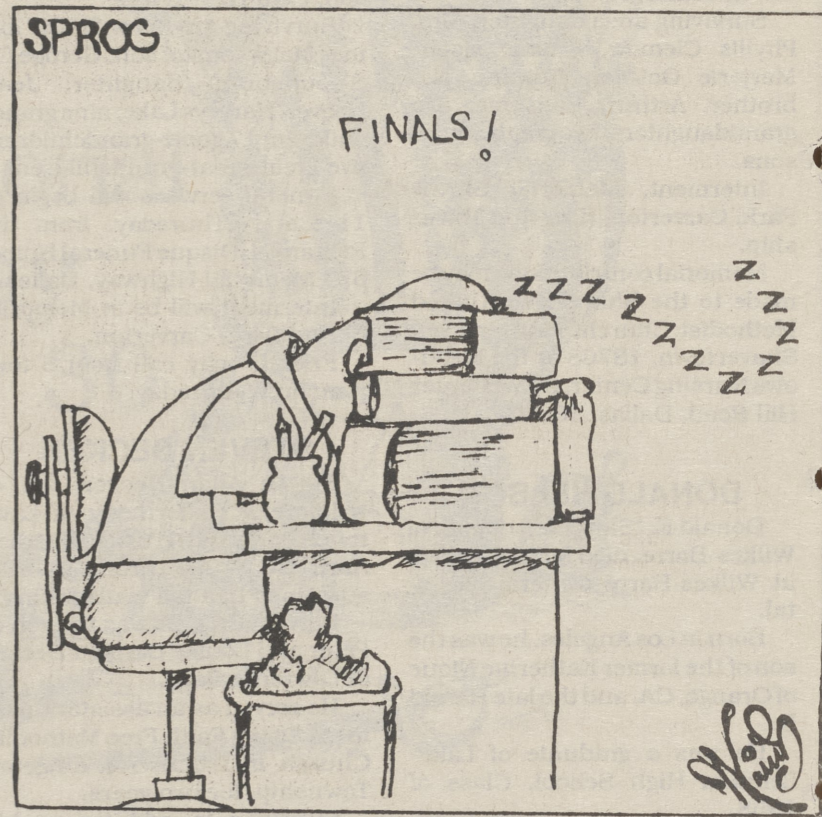
earned the honor of student commencement marshal.

Graduating with high distinction, an academic average of 3.85 to 3.97 was Philip Thomas Burns, West Wyoming, computer science.

Graduates and degrees granted were as follows:

**Associate Degree in Business Administration:** Deanna Lacomis, Wyoming.

**Associate Degree in Computer Science:** Philip Thomas Burns, West Wyoming; Philip Martin Winter, Dallas.



# Do you have questions? We have answers!

## ASK AN EXPERT

The professionals and specialists on this page have studied and worked to become expert in their fields. They are ready to serve you with their knowledge.

<p><b>ATTORNEYS</b></p> <p>Q: "I can't believe that my lawyer is charging me \$100 an hour for a simple divorce. Is this normal?"</p> <p>A: "It's not that simple. A lawyer's fee is based on the complexity of the case, the amount of time spent, and the lawyer's experience. In a divorce, the lawyer must review all assets, liabilities, and legal documents. If you have a simple divorce with no children and no assets, the fee should be around \$1,000 to \$2,000. If you have a complex divorce with children, assets, and liabilities, the fee can be much higher. It's important to discuss the fee structure with your lawyer before hiring them."</p> <p><b>PIONEER AMERICAN</b> 15 South Franklin St., Wilkes-Barre, PA 18711-0875 826-5219</p>	<p><b>BANKING</b></p> <p>Q: "I'm not sure if my bank is offering the best rates on a new savings account. How can I compare them?"</p> <p>A: "To compare bank rates, look at the Annual Percentage Yield (APY) for the account you're interested in. Also, consider the bank's reputation, customer service, and any fees associated with the account. You can use online tools or call the banks directly to get more information."</p> <p><b>Klein Chiropractic</b> N. Memorial Hwy., Dallas, PA 18612 675-3833</p>	<p><b>COMPUTERS</b></p> <p>Q: "I'm having trouble with my computer. It keeps crashing and I can't get any work done. What should I do?"</p> <p>A: "There are several things you can try to fix a crashing computer. First, check if there are any updates for your operating system and software. Next, run a virus scan to make sure you're not infected. You can also try to free up space on your hard drive and check if your computer is overheating. If the problem persists, you may need to contact a professional technician."</p> <p><b>Northeast Micro Computer Systems</b> 212 Wilkes-Barre Township Boulevard, Wilkes-Barre, PA 18712 (717) 826-7060</p>
<p><b>COUNSELING</b></p> <p>Q: "I'm feeling overwhelmed and stressed. I don't know how to handle my work and personal life. Can you help?"</p> <p>A: "Counseling can help you manage stress and improve your coping strategies. A counselor can provide a safe space for you to express your feelings and work with you to develop a plan for handling your stressors. There are many resources available, including individual counseling, group therapy, and self-help books."</p> <p><b>David H. Spring D.M.D.</b> Community Counseling Services of N.E. PA 118 S. Penna. Blvd., Wilkes-Barre 90 Bridge St., Tunkhannock 825-2115 or 836-3118</p>	<p><b>CHIROPRACTIC</b></p> <p>Q: "I've been having back pain for a while now. It's getting worse and it's affecting my daily life. What can I do to get it better?"</p> <p>A: "Chiropractic care can be very effective for treating back pain. A chiropractor will perform a physical examination and use manual adjustments to help align your spine and reduce pressure on your nerves. Other treatments may include massage, heat, and exercise. It's important to see a qualified chiropractor for a proper diagnosis and treatment plan."</p> <p><b>Chiropractic</b> N. Memorial Hwy., Dallas, PA 18612 675-3833</p>	<p><b>EYE CARE</b></p> <p>Q: "I've been wearing glasses for years, but I'm starting to have trouble seeing. Should I get a new pair of glasses?"</p> <p>A: "If you're having trouble seeing, it's a good idea to get an eye exam. An optometrist or ophthalmologist can check your vision and determine if you need a new prescription. They can also check for any eye conditions that may be causing your vision problems. Wearing the right glasses can help improve your vision and reduce eye strain."</p> <p><b>Back Mountain Eye Care Center</b> 178 N. Memorial Highway, Shavertown, PA 675-5072</p>
<p><b>GENEALOGIST</b></p> <p>Q: "I'm interested in learning more about my family history. How can I get started?"</p> <p>A: "Genealogy is a fascinating hobby that can help you learn more about your roots. You can start by looking at old family photos, letters, and documents. There are also many online resources and websites that can help you find your family tree. You can also consider hiring a professional genealogist if you're having trouble finding information on your own."</p> <p><b>Bartholomew</b> 111 S. Main St., Wilkes-Barre • 825-7111</p>	<p><b>GOURMET COOKING</b></p> <p>Q: "I'm looking for a chef to help me with my wedding reception. I want something special and unique. Can you help?"</p> <p>A: "A gourmet chef can provide a unique and delicious dining experience for your wedding reception. They can work with you to create a menu that fits your budget and preferences. They can also help with the logistics of the reception, such as setting up the kitchen and serving the food. It's important to hire a chef who has experience with large events and can provide excellent customer service."</p> <p><b>D.H. Oliver</b> 550 Memorial Hwy., Dallas 675-0790</p>	<p><b>HEALTH &amp; FITNESS</b></p> <p>Q: "I want to start a fitness routine but I don't know where to start. Can you recommend a gym or a personal trainer?"</p> <p>A: "There are many options for getting started with fitness. You can join a gym, hire a personal trainer, or start a home workout routine. It's important to choose an option that you enjoy and that fits your budget. A personal trainer can provide guidance and motivation, while a gym can provide a variety of equipment and classes. Start with a simple routine and gradually increase the intensity as you get used to it."</p> <p><b>One-to-One Fitness</b> 417 Memorial Highway, Dallas 675-6554</p>
<p><b>INVESTMENT</b></p> <p>Q: "I have some money that I want to invest. What are some good options for a beginner?"</p> <p>A: "There are many investment options for beginners, including stocks, bonds, mutual funds, and real estate. It's important to do your research and understand the risks involved in each option. You can also consider consulting with a financial advisor who can help you create an investment plan based on your goals and risk tolerance. Start with a diversified portfolio and avoid making impulsive decisions based on market fluctuations."</p> <p><b>Gager &amp; Associates</b> Box 11, Westfield from Dallas, PA 18612 (717) 675-7206</p>	<p><b>PLUMBING &amp; HEATING</b></p> <p>Q: "I have a leak in my kitchen sink and I need a plumber to fix it. How can I find a reliable plumber?"</p> <p>A: "To find a reliable plumber, you can ask for recommendations from friends and family, check online reviews, or call a local plumbing association. It's important to get quotes from several plumbers and to check their credentials and experience. A reliable plumber should be able to provide a clear estimate and complete the job on time and within budget. Make sure they are licensed and insured before hiring them."</p> <p><b>Parker Fuel Co.</b> 1010 Lower Remondy Road Dallas, PA 18612 675-9909 or 675-1155</p>	<p><b>REAL ESTATE</b></p> <p>Q: "I'm looking to buy a house in the Dallas area. What are some good neighborhoods to consider?"</p> <p>A: "The Dallas area has many great neighborhoods to choose from, depending on your budget and preferences. Some popular neighborhoods include Uptown, Deep Ellum, and the Arts District. It's important to research the area and visit the neighborhoods in person to get a feel for the community. You can also work with a real estate agent who can help you find a house that meets your needs and budget. Make sure you understand the local market and the value of the property before making a purchase."</p> <p><b>Century 21</b> Jean Tomarino, Realtor Marie Farrell 1111 S. Main St., Wilkes-Barre (717) 675-2159</p>
<p><b>INSURANCE</b></p> <p>Q: "I need to get life insurance. What are the different types of life insurance and how do I choose the right one?"</p> <p>A: "There are two main types of life insurance: term life insurance and permanent life insurance. Term life insurance provides coverage for a specific period of time, while permanent life insurance provides coverage for your entire life. The cost of life insurance depends on factors such as your age, health, and the amount of coverage you want. It's important to shop around and compare quotes from different insurance companies to find the best deal for your needs and budget. Consider consulting with a financial advisor for more information."</p> <p><b>NATIONWIDE INSURANCE</b> 101 S. Memorial Highway, Shavertown, PA 18708 675-5234</p>		
<p><b>SUBSTANCE ABUSE</b></p> <p>Q: "I'm struggling with a substance abuse problem. I need help and support. Where can I go for help?"</p> <p>A: "Substance abuse is a serious problem that can have long-term effects on your health and relationships. There are many resources available for people struggling with substance abuse, including support groups, counseling, and medical treatment. It's important to seek help as soon as possible and to be honest about your problem. There is no shame in asking for help, and many people have successfully overcome their substance abuse problems with the right support and treatment. Consider reaching out to a professional or a support group for help and encouragement."</p> <p><b>Bartholomew</b> 111 S. Main St., Wilkes-Barre • 825-7111</p>		

Have a Question? Ask an expert to answer it. Send your questions to the Expert on your choice.  
c/o The Dallas Post, P.O. Box 300, Dallas, PA 18612. Deadline for questions is the 20th of each month.

## ASK AN EXPERT

The second Wednesday of each month, 16 experts in fields from banking to real estate answer some of the most-frequently-asked questions they receive. And you can ask the questions! Just send in your question for any of these experts:

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- Chiropractic
- Computers
- Counseling
- Dentist
- Eye Care
- Family Medicine
- Gems & Jewelry
- Gourmet Cooking
- Health & Fitness
- Insurance
- Investments
- Plumbing/Heating
- Real Estate
- Substance Abuse

Send your questions to:  
**ASK AN EXPERT**  
c/o The Dallas Post  
45 Main Road  
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# LOCAL PROS

Every week, **LOCAL PROS** lists the most services for the home, yard and business to be found in the Back Mountain. Looking for animal care? A drapery specialist? Landscaping service? Or maybe tree service? You'll find them all and more in each week's **LOCAL PROS** listings.

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