

Kathleen McCarthy named DHS assistant principal

By GRACE R. DOVE
Post Staff

DALLAS - Mrs. Kathleen McCarthy was appointed assistant senior high school principal March 4, to succeed David Bieri, who accepted a similar position with the Crestwood school district in September.

McCarthy's basic philosophy is that education's job is "to empower students and teachers to be the best they can possibly be."

"Education is mainly about people," she said. "It's a team process, involving students, teachers and parents. With the guidance of adults, the students must learn to take responsibility for their education."

A graduate of Molloy College on Long Island, N.Y., with a bachelor's degree in history, McCarthy earned her master's in history from St. John's University in New York City. She also graduated from Marywood College's school leadership program.

Her varied teaching experience includes Harborfields High School in Greenlawn, N.Y., Our Lady of Mercy in East Greenwich, RI and Gate of Heaven School in Dallas. She also has substitute taught in area high schools.

Appointed in September as a long-term substitute while Dallas Elementary principal Ruth



KATHLEEN MCCARTHY

Tetschner was on sabbatical leave. McCarthy has already begun her duties at the high school.

"I fell in love with Dallas Elementary," she said, her face lighting up and her hazel eyes sparkling. "The teachers are very dedicated and skilled and the parents are extremely cooperative. And, of course, the children are a joy."

Aside from getting up early enough to be at school at 7 a.m., McCarthy believes her greatest challenge at the high school will be to get to know the students and the teachers. "That's what education is all about," she said.

The mother of three children, McCarthy lives in Kingston.



Organizers of The Clothesline Project are, seated from left, student organizers Megan Oberdoester and Michelle Miller. Standing are, from left, Lynne DeWilde, Domestic Violence Service Center; Jackie Ghormoz, counselor, College Misericordia; Fr. Michael Bryant, director of Campus Ministry, College Misericordia; Michelle Fitzsimmons, Victims Resource Center; and Kris Graham, Domestic Violence Service Center.

Clothesline Project returning to Misericordia

The Clothesline Project at College Misericordia will present a special weekend program on March 16 and 17 for survivors of abuse against women and for others who want to understand what abuse against women is about.

The Clothesline Project is a display of tee shirts decorated by survivors of abuse or rape, or by someone close to a victim who was killed. The weekend program includes a keynote speaker and workshops on the topics of rape, physical abuse, incest, and attacks because of sexual orientation, in addition to the Clothes-

line display.

College Misericordia has invited women in northeast Pennsylvania to create shirts for the Clothesline, which will hang in the College's Anderson Sports-Health Center during the program. Participants and visitors are invited to make shirts to tell their own stories. The tee shirts become a permanent part of the Clothesline, and will be displayed at other events and places in the future.

The program runs from noon until 6 p.m. on Saturday, March 16. The keynote address will take place at 1 p.m. Concurrent work-

shops will be presented at 2 p.m. and 3 p.m. by the Victims Resource Center, New Legacies and the Domestic Violence Service Center. A reception and closing ritual will be held at 4:30 p.m.

On Sunday, the Clothesline display will be open from 8 a.m. until noon, and supplies will be available for making tee shirts.

Because of the intense emotional nature of the project, especially for survivors of abuse, "safe space" and counselors will be available throughout the program.

The public is invited, and there is no charge for the event.

Mailboxes Etc. aids retarded kids' group

Mail Boxes Etc. in the Dallas Shopping Center is celebrating March as National Mental Retardation Month by donating part of the proceeds from every package shipped at the center to the Association for Retarded Citizens (ARC) of Luzerne County.

According to Neela Patel, owner, the month long program is a way to recognize the important contribution the ARC provides to improve the quality of life for those with mental retardation and a way to say thanks to a very worthwhile organization.

Throughout the month, ARC sponsors a series of events designed to educate the community on quality services and best practices for individuals with mental retardation. Among the services the ARC provides are creative arts programs, individual and service system advocacy, public awareness and quality enhancement programs, transportation services, parent to parent support groups, and societal/legislative advocacy, assuring the rights of people with mental retardation are upheld and that needed services are provided.

The Dallas MBE center opened in December, 1994 and serves customers in Luzerne and Wyoming counties.

ASK AN EXPERT

ADULT DAY CARE

Q: What is Adult Day Care?

A: Adult day care is a unique, community-based service for persons who cannot function independently. Riverside Adult Day Care Center offers a treatment program for functionally dependent adults designed to:

1. Stabilize medical conditions
2. Improve the quality of life for participants and caregivers.
3. Increase self-esteem and dignity of participants.
4. Improve nutritional intake.
5. Improve behavior and mood.
6. Provide opportunities for friendship and decrease isolation and loneliness.
7. Improve or stabilize cognitive functioning.

RIVERSIDE...Adult Day Care Center
220 South River St.
Plains, PA 18705
823-5161

BANKING

Q: DOES YOUR BANK HAVE A FIRST TIME HOMEBUYER PROGRAM?

A: Yes. Franklin offers the "HELPING HAND" First Time Homebuyer Program to assist first time homebuyers in their quest to buy a home. Benefits include discounts in both rates and points, lower document preparation fees and more liberal income and downpayment requirements. For complete details, please call me or stop by the office. Also, watch for Franklin First at the upcoming Builders Shows.

FRANKLIN FIRST

Rt. 309 and Upper Demunds Rd., Dallas, PA 18612
675-3621 or 800-262-1210

CHIROPRACTOR

Q: What can I do for my bad back?

A: Lower back pain accounts for 93 million workdays lost each year in the U.S., according to the Department of Health and Human Services.

The staggering cost of medical treatment for people with back disorders is over \$5 billion a year. Add sick pay, plus the dollar cost of time away from the job, and the Department estimates the cost would be more than double. Back problems are responsible for more absenteeism than the common cold and are the second most common cause of doctor visits in this country.

Chiropractors are the experts of choice for proper care of the spine. They are trained in spinal biomechanics. A chiropractor examination may test you for muscle balance, muscle strength, as well as nerve testing and range of motion of the spine to determine the point of nerve irritation. Through painless and precise manipulation of the vertebrae involved, pressure is taken off the nerves and the condition gradually corrected.

Why suffer any longer than you have to for backache? Try chiropractic today. You'll be glad you did!

Dr. John D. Wanyo
68 Main St., Luzerne PA 18709
288-0629

COUNSELING

Q: What can I do when I feel overwhelmed by the stress in my life?

A: If stress gets out of control for you, it may be time to visit your family physician or a specialist in mental health. Signs of stress include: tightness around the head or chest, rapid heartbeat, stomach in knots, trembling limbs, dry mouth, sleeplessness, numbness or weakness, and diarrhea, nausea, dizziness or faintness. Exercise, good nutrition, and relaxation techniques can all help you deal with the stress in your life. To learn more about stress management register for our free training program, May 9th at 6:00 p.m. at First Hospital, Wilkes-Barre. To register call 823-2155

Community Counseling Services of N.E. PA
110 S. Pennsylvania Ave., Wilkes-Barre
99 Bridge St., Tunkhannock
823-2155 or 836-3118

Mary Ann Yenason
Licensed Psychologist

EYE CARE

Q: My mother is wheelchair bound and cannot be moved easily. She needs an eye exam - is there any way she can get a thorough eye examination without being moved from her wheelchair?

A: As a matter of fact our office recently installed a special glide which allows our patients that are confined to a wheelchair to not have to have compromised care. We are able to provide a comprehensive eye examination without moving those who cannot easily get out of their wheelchair.

Evans and Russo
121 S. Memorial Highway,
Shavertown, PA 18708
696-2000

Patricia Russo, O.D.

FAMILY PRACTICE

Q: Are the over-the-counter heartburn medications effective?

A: Heartburn is chest pain caused by stomach acid that splashes up into the swallowing tube in the chest. It can often be relieved by reducing the size of meals, eliminating coffee and alcohol, and weight loss. If you get heartburn, you should not lay down for at least 2 hours after eating. You may also benefit from elevating the head of the bed several inches on cinder blocks.

If these measures fail and heartburn is infrequent, the over-the-counter medications are effective. Prescription medication is necessary for heartburn occurring daily.

Be aware that these medications can interact with other prescription medicines - be certain to let your doctor know if you're taking them.

Dallas Family Practice
100 Upper Demunds Rd., Dallas
675-2111

Diane A. Lowe, M.D.

HEALTH & FITNESS

Fat-Watching Made Easy

Want the lowdown on fats in your kitchen cupboard? Here's a quick reference guide to common dietary fats.

Fat	Bill Ranieri		
	Saturated (%)	Monounsaturated (%)	Polyunsaturated (%)
Butter	68	24	4
Canola Oil	7	60	30
Coconut oil	86	6	2
Corn oil	13	24	59
Olive oil	14	72	9
Peanut oil	19	46	30
Safflower oil	99	12	74
Sesame oil	15	40	40
Soybean oil	15	23	58
Sunflower oil	11	21	68

One-to-One Fitness
417 Memorial Highway, Dallas
675-6554

INSURANCE

Q: Can you have a deductible IRA?

A: Yes, if you meet the criteria described below. You may also have a non-deductible IRA without meeting the below criteria and your money would still grow tax-deferred, however, your contribution is non-deductible.

How The Tax Law Affects Your IRA Contributions

- If you (and if married, your spouse) are not covered by a company retirement plan, your IRA contribution is fully deductible.
- If you (and if married, your spouse) are covered by a company retirement plan, you may be able to deduct your IRA contribution, depending on your adjusted gross income. (see chart below)

Married (Filing Jointly)	Single	Your IRA Contribution Is:
Under \$40,000	Under \$25,000	Fully deductible and earns tax-deferred income.
\$40,000-\$50,000	\$25,000-\$35,000	Partially deductible** and earns tax-deferred income.
Over \$50,000	Over \$35,000	Not deductible, but earns tax-deferred income.

* Adjusted gross income, which is total income less certain adjustments.
** For example, for every \$1,000 of your adjusted gross income over the minimum limits (\$40,000 for married or \$25,000 for single), your IRA deduction will decrease by \$200 per person.

NATIONWIDE INSURANCE
Gordon Business Center, Suite 1,
194 N. Memorial Hwy,
Shavertown, PA 18708
675-5234

William T. Huck
Associate Agent

INVESTING

Q: What is a Mutual Fund?

A: A Mutual Fund is a company that takes your money and invests into a group of stocks and bonds for you. A Mutual Fund is run by a Manager who actively manages the funds' investments on a daily basis. At any one given time, a Mutual Fund can have its cash invested into as many as fifty individual companies as well as bonds from many different issuers. This way, you as an investor, can achieve total diversification by investing in just one Mutual Fund.

Mutual Funds are an excellent way for individuals to achieve above average growth of their money to achieve some long-term financial goal.

Today, there are more than 8,000 different Mutual Funds from which to choose. You must do some research to be sure that you select the Mutual Fund that is right for you. This is where an experienced Financial Consultant will guide you, making sure that the investments you make, are appropriate for you.

Call for a free, no obligation review of your current investment holdings.

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Ross G. Macarty
Financial Consultant

JEWELER

Q: Why does Gold come in different colors?

A: Gold is different colors because of the alloy that is mixed with 10kt-14kt and 18kt gold.

For Example:
Rose gold is extremely high in copper alloy.
Green gold is extremely high in silver content.
White gold is extremely high in nickel content.
14kt yellow gold is a combination of silver, copper & zinc.

TOVON & CO.
Diamond Importers
Dallas Shopping Center, Dallas
675-4444

Tommy

PODIATRIST

Q: What is Podiatry and what is a podiatrist qualified to do?

A: Podiatric medicine focuses on diagnosing, treating, and preventing foot and ankle problems. A podiatrist is a medical specialist that is highly trained through obtaining a bachelor's degree followed by four years of podiatric medical school. Podiatric residencies can be performed after obtaining a medical degree. Residency lasts from one to four years and specialize in a variety of fields concerning the foot. A podiatrist is qualified to take care of your feet both medically (including providing medications, physical therapy, fabrication of custom devices, injections and other care) as well as surgically.

Kelly Yurko, D.P.M.
550 Memorial Highway, Dallas, PA
675-9540

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.