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, NY, 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, NY, 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. Micahel 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.

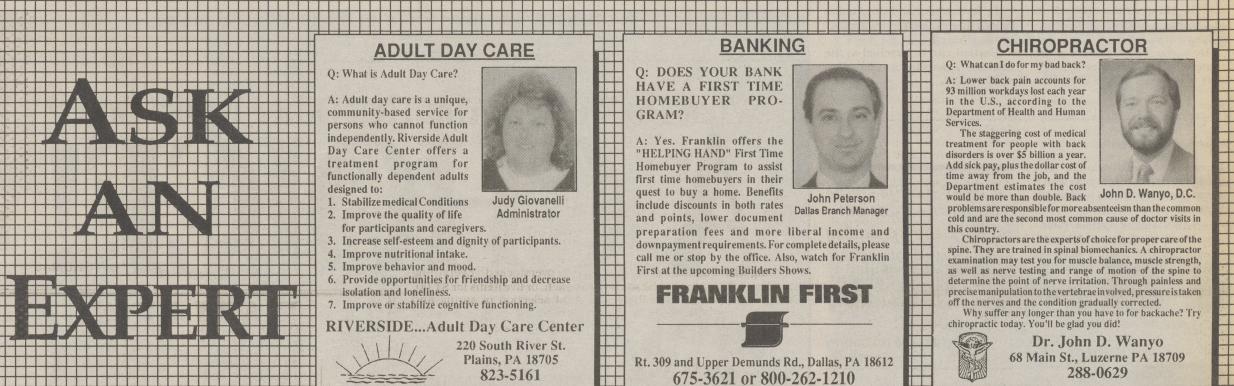
Mailboxes Etc. aids retarded kids' group

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.



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, Mary Ann Yenason stomach in knots, trembling Licensed Psychologist 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

> 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

• If you (and if married, your spouse) are not covered by a company retirement plan, your IRA contribution is fully deductible.

IXA contribution is fully deductible. - If you (and if married, your spouse) are covered by a company retirement plan, you may beable to deduct your IRA contribution, depending on your adjusted gross income.* (see chart, below).

Married (Filing Jointly) Under \$40,000 Single Under \$25,000 \$40.000-\$50.000

Over \$50,000

• Adjusted gross income, which is total income less certain adjustments. • 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.

ATIONWIDE Gordon Business Center, INSURANCE 194 N. Memorial Hwy,

tax-deferred income \$25,000-\$35,000 Partially deductible** and earns tax-deferred income. Not deductible, but earns tax-Over \$35,000

Your IRA Contribution Is: Fully deductible and earns

William T. Huck

Associate Agent

Shavertown, PA 18708 675-5234

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 thorough eve examination without being moved from her

a

Patricia Russo, O.D.

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 evaluation without moving those who cannot easily get out of their wheelchair.

> **Evans and Russo** 121 S. Memorial Highway,

Shavertown, PA 18708 696-2000

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 Ross G. Macarty **Financial Consultant** 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

🖓 Merrill Lynch 600 Baltimore Drive, Wilkes-Barre, PA 18702

(717) 829-8048 • 1-800-275-1885

FAMILY PRACTICE

O: 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 Diane A. Lowe, M.D. 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

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

Tommy 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

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

HEALTH & FITNESS

Fat-Watching Made Easy

Bill Ranieri Fat Saturated Monounsaturated Polyunsaturated (%) (%) (%) Butter 24 68 Canola Oil Coconut oil 86 59 13 Corn oil Olive oil Peanut oil Safflower oil 19 46 30 12 Sesame oil 15 40 40 Soybean oil Sunflower oil 15 11 23

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

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

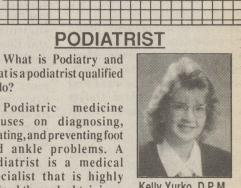
Kelly Yurko, D.P.M.

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.







wheelchair?