

SCHOOL MENUS

The following school lunch menus are for the week of May 9 - 15. All lunches include milk.

DALLAS SCHOOLS

THURSDAY - Chicken patty/bun or turkey nuggets/roll, homemade vegetable soup/crackers, chilled pineapple.
FRIDAY - Nachos w/meat-cheese or turkey nuggets, rice, tossed salad, assorted fruit.
MONDAY - Chicken nuggets or cheese steak/bun, buttered noodles, green beans, chilled peaches.
TUESDAY - Hot ham-cheese or cheese steak/bun, homemade vegetable soup/crackers, assorted fruit.
WEDNESDAY - B.B.Q. chicken w/roll or cheese steak/bun, mashed potatoes/gravy, tender peas, brownie.

LAKE-LEHMAN SCHOOLS

THURSDAY - Hamburg gravy, mashed potatoes, honey glazed carrot coins, dinner roll, cinnamon sprinkle cake.
FRIDAY - 5" round cheese pizza or peanut butter/jelly sandwich, stuffed celery, pretzels, applesauce.
MONDAY - Cheese steak hoagie, onion rings, seasoned green beans, peaches.
TUESDAY - Chicken nuggets w/bbq dip, mashed potatoes, garden peas, dinner roll, butterscotch pudding.
WEDNESDAY - Spaghetti w/Italian meat sauce, tossed salad/dressing, fruited jello.

WEST SIDE TECH

Breakfast
THURSDAY - Pancakes w/ syrup or cereal, juice.
FRIDAY - Coffee cake, cereal, apple juice, pastry.
MONDAY - Banana bread, cereal, orange juice.
TUESDAY - Hot ham/cheese, cereal, juice, pastry.
WEDNESDAY - Pumpkin bars, cereal, juice, fruit.

Lunch
THURSDAY - Grilled ham-cheese, vegetable soup/crackers, chilled fruit.
FRIDAY - Pizza, fresh veggies/dip, fresh fruit.
MONDAY - Chicken patty/bun w/lettuce, seasoned vegetables, blueberry muffins.
TUESDAY - Italian meatball/roll w/sauce, seasoned vegetables, jello.
WEDNESDAY - Open face turkey sandwich, mashed potatoes, peas-carrots, fresh fruit.

GATE OF HEAVEN SCHOOL

THURSDAY - Chicken croquettes, mashed potatoes, gravy, roll, carrots, peaches.
FRIDAY - Fish stix, potatoes, roll, corn, fruit cocktail.
MONDAY - Tacos, Mexican beans, pineapple.
TUESDAY - Hot ham-cheese w/bun, hash browns, wax beans, peaches.
WEDNESDAY - Steak-cheese w/bun, onion rings, carrot/celery stix, fruit cocktail.

O'Reilly lists honor roll

Bishop O'Reilly High School has released the Honor Roll for the third quarter marking period. Back Mountain students are:
Distinguished Honors: Katie Chimock, Kelly Cybuck, Krista Greger, Christopher O'Brien, John Reap, Brian Regan, David Suhocki, Candice Valenta, Scott VanEtten, Augusta Malpass, Erin Stair, Alma DeRojas, Matthew Koch, Amanda Manganiello, Kathleen O'Brien, Jillian Obuhosky, Maureen Paley, Robyn Considine, Maryagnes Lupien, Nicole Pascoe, Melissa Stevens.
First Honors: Ryan Doughton, Angelo Finarelli, Meighan Garvey, Jada Kozick, Cheryl Smith, Rebecca Barna, Ellen Charnick, Christopher Lohin, Nicholas Perrotto, Jane Wisniewski, James

Wozniak, Samantha Abod, Catherine Finch, Kathleen Harkins, Catherine Herman, William Kingsbury, Christopher Malonis, Susan Tomchak, Carol Herman, Bruce Kunkle, Jennifer Wozniak.
Second Honors: Ellen Bednarek, Edward Gieda, William Jenkins, Amy Kuniskas, Steven Lohin, Melissa Slaby, Jenelle Gialanella, Brianna Herron, Christine Kane, F. Hunter McOwen, Kristen Bednarek, Robert Harvey, Christopher Suhocki, Frank Terescavage, Christa Chmarney, Timothy Flanagan, Meghan Gallagher, Theresa Guntli, Tiffany Humko, John Mitchell, Kara O'Brien, Jared O'Donnell, Ivor Stoodley.

WS Tech releases honor roll

Elizabeth J. Ellis, Principal, West Side Area Vocational-Technical School has announced the names of Back Mountain students placed on the honor roll for the third marking period.
Grade 9 - Honors: Christina Baldo, Marla DeAngelo, Jamie Stanislawski.

Grade 10 - Honors: Melissa Murphy, Samantha Newell, Jamie Spears.
Grade 11 - Honors: Theresa Derhammer, Kimberly Quare.
Grade 12 - Highest Honors: Shane Hunter.
Grade 12 - Honors: Shannon Harvey, Karen Lapallo.

Pugliese completes King's internship

Mary Pugliese, Shavertown, is among the 29 King's College accounting majors placed in training positions through the college's Office of Career Planning and Placement this spring. Pugliese interned with Slamon and Co. King's averages 25 to 30 accounting internships placements annually, with approximately 70% of its eligible accounting majors receiving internships with firms of all sizes.

Mozart Club offers music scholarships

The Mozart Club of Wilkes-Barre, a member of the State and National Federations of Music Clubs will offer three scholarships which will be awarded to student musicians this year. Candidates must be graduating high school seniors.
 Scholarships are as follows: the annual Mozart Club award, the Catherine Purta Memorial Scholarship and a third Scholarship in memory of Marion Munsun. Catherine Purta and Marion Munsun were active members of the club.
 Jonathan and Linda Pineno are in charge of auditions. Any student interested in these awards may obtain information by calling 675-2985.

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ASK AN EXPERT

ADULT DAY CARE


Q: How to provide purposeful activities for your loved one afflicted with Alzheimer's and/or dementia

A: Purposeful activities are especially rewarding to many individuals. Feeling that they are contributing in some way adds a needed dimension of increased self esteem and usefulness to the memory impaired or home bound individual. Let the individual who is capable (without increased frustration) help with simple tasks around the home.

AT HOME SUGGESTIONS:

- 1) folding towels, napkins, socks, etc.
- 2) stacking magazines
- 3) winding a skein of yarn
- 4) sorting simple objects into color, shape, sizes, etc.
- 5) tapes of old radio shows such as "The Jack Benny Show"
- 6) Music of the individual's taste.
- 7) Simple yard work such as gardening tasks (watering, raking, sweeping).

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



Gloria Rupert
 Activites Director

BANKING


Q: What should I look for when I am looking for a bank to do my mortgage?

A: One very important element is to ask your banker or mortgage broker if there is any prepayment penalty on your proposed mortgage. Some institutions carry a prepayment penalty clause in their mortgages. As a mortgage holder, it is key to try and save money by paying against your principle balance. By doing this, you save money on interest that you would have paid to your local bank. Some banks could penalize you for doing this; if you were to pay your loan off prior to its maturity, you can possibly be penalized six months interest. This amount would be added on to your final payoff balance. Make sure you deal with a bank that offers no prepayment penalty. Remember, your goal should be to pay off your loan as soon as reasonably possible.

FRANKLIN FIRST



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




John Peterson
 Dallas Branch Manager

CHIROPRACTOR

Q: Doctor, I've been diagnosed with whiplash. What should I do?

A: People involved in all auto accidents, particularly if they have been of the rear-end variety, are urged to contact a chiropractor for a complete examination.
 Symptoms of whiplash may be: neck pain on turning or bending the neck; fatigue or spasm on looking down for extended periods of time; sore throat three to four days after the injury (from tearing of the esophagus). Many people suffer with moderate and severe numbness and tingling down the arms. Sometimes there is pain in the upper and lower back. It is critical to realign the spine and restore normal mobility to the vertebrae after a whiplash. Without expert Chiropractic care too many people suffer with years of neck pain, stiffness, headache and disability. Don't wait until permanent damage develops.

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




COUNSELING

Q: What are the major kinds of anxiety disorders?

A: There are several major types of anxiety disorders, each with its own characteristics. People with generalized anxiety disorder have recurring fears or worries, such as about health or finances, and they often have a persistent sense that something bad is just about to happen. Panic disorder involves sudden, intense and unprovoked feelings of terror and dread. People who suffer from this disorder generally develop strong fears about when and where their next panic attack will occur. A related disorder involves phobias, or intense fears, about certain objects or situations. Specific phobias may involve things such as encountering certain animals or flying in airplanes. Obsessive-compulsive disorder is characterized by uncontrollable and unwanted feeling or thoughts. Examples include: excessive hand washing or checking over something repeatedly for errors. If left untreated, anxiety disorders can have severe consequences. Many people who suffer from an untreated anxiety disorder are prone to other disorders, such as depression, and have a greater tendency to abuse alcohol and other drugs. If you experience any of these symptoms it would be important to have a complete evaluation by a mental health professional to determine your treatment needs.

Advanced Psychological Associates
 Upper Demunds Road, Dallas, PA
 674-7944




Mary Ann Yenason
 Licensed Psychologist

EYE CARE

Q: I am required to wear safety glasses at work and have always worn safety lenses made of glass. Is there another type of lens I could get that isn't so heavy?

A: Polycarbonate lenses are the lens of choice when safety is an issue. These lenses, made of a higher index than glass, make polycarbonate lenses much lighter (approximately half the weight of glass). This type of lens is the most shatter-resistant material in the industry. It's use is of great importance with children, industries requiring employees to wear safety glasses and recreational sports such as racquetball, basketball, baseball and soccer. Call Evans and Russo Eye Associates to discuss your safety eyewear needs.

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




Patricia Russo, O.D.

FAMILY PRACTICE

Q: What are the signs of bee sting allergy?

A: Bee and wasp stings produce a small, sore bump of the skin in everyone. Depending on the person, the amount of venom injected and the location of the sting, this bump can be quite large and inflamed. First aid treatment for this consists of ice, elevation of the body part that has been stung and oral Benadryl.
 An allergy is present if symptoms distant from the site of the sting are present. These symptoms could be hives, wheezing or swelling about the face and mouth. These symptoms - especially if occurring very rapidly after the sting - should be evaluated promptly by your doctor or the emergency room staff.

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



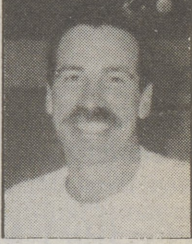
Diane A. Lowe, M.D.

HEALTH & FITNESS

Q: Bill, what is the best method for pain relief due to injury or joint inflammation?

A: Thick muscle mass will protect your joints from serious injury and it will also help you protect your joints from doing too much work. Excellent after your injury. Rehab exercise is an excellent means to accomplish the increase of muscle mass.
 I personally believe the method chosen for temporary pain relief should be administered so that permanent pain relief can be achieved. Building muscle, flexibility and implementing lifestyle eating changes is the road to permanent pain relief.

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



Bill Ranieri

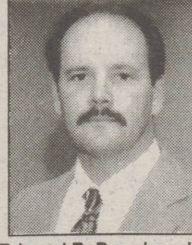
INSURANCE

Q: With the ever increasing amount of larger civil suits being awarded, how can the average person protect themselves from the possibility of financial disaster?

A: In addition to your underlying liability coverages declared in your auto, home, tenants or commercial business policy, one should consider protecting their assets by adding an additional Personal Umbrella policy to their insurance protection. Insurers generally require higher limits on your existing policies to qualify for the extended coverage. This type of coverage usually increases liability limit above 1 million dollars, depending on the clients needs. The additional cost of this policy is minimal and could be the difference between adequate protection and financial turmoil.

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Gordon Business Center, Suite 1,
 194 N. Memorial Hwy,
 Shavertown, PA 18708




Edward R. Donahue Jr.
 Associate Agent

INVESTING

Q: What is an IRA?

A: IRA stands for Individual Retirement Account. Any person is allowed to have an IRA account, regardless of whether or not you already have a retirement plan with your employer (such as a 401-K plan, or similar type of pension plan). You are allowed to contribute up to \$2,000 per year into your IRA account; that translates into \$166 per month. Then, let the miracle of compounding go to work for you!
 If you invest \$2,000 every year for ten years into an investment that returns a rate of just 8% annually, your account will grow to \$31,291. If you continue to invest at this same rate for 20 years, your account will grow to \$98,846!
 It is never too late to start your own IRA. For those of you who are 40 years old, if you invest \$2,000 per year at 8%, you will have just under \$100,000 by the time you are 60 years old.
 Feel free to call me for a no obligation evaluation of your investment needs. I will be happy to share our thoughts with you on how to better prepare for your own retirement. Whatever your investment interests are, whether insured Certificates of Deposit or mutual funds, Merrill Lynch has the right choices for you.

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Ross G. Macarty
 Financial Consultant


JEWELER

Q: How many grades are there in grading the clarity of a diamond?

A: The scale for grading diamonds includes eleven grades as defined below

FLAWLESS/INTERNALLY FLAWLESS
 FL Nothing seen at 10X or with IF a 30X microscope.
VERY VERY SLIGHT INCLUSIONS
 VVS Imperfections seen only with a VVS, 30X microscope
VERY SLIGHT INCLUSIONS
 VS Imperfections very very difficult to locate with a 10X VS, eye loupe.
SLIGHT INCLUSIONS
 SI Imperfections somewhat easy to locate under a 10X eye SI, loupe.
IMPERFECT
 I Imperfections easy to locate under 10X; perhaps even with the naked eye.
 In our opinion to the untrained eye, these are the best guidelines to use.

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




Tommy

PODIATRIST

Q: As a diabetic, do I need to see a podiatrist?

A: Yes, as a diabetic your feet need special care. Diabetes can cause decreased circulation, feeling, and immunity that can cause serious complications in the feet. Maintaining healthy feet, by going to a podiatrist, can help in preventing serious trouble. Also, a podiatrist can provide education to a diabetic about proper foot care at home and signs to watch for that could mean there is a problem. Most insurances, including Medicare, pay for a diabetic to have their feet taken care of by a podiatrist.

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.