

SCHOOL

Lehman-Jackson honor students are announced

Charles C. James, Principal, Lehman-Jackson Elementary School, announces that the following 6th grade students have achieved the Honor Roll for the 1st Marking Period:

Lindsay Amyx, Nathan Bendik, Brian Bogdon, Michelle Boltz, Fawn Caines, Laura Castellano, Matthew Chipeco, Nicholas Coslett, Jennifer Crispell, Theresa DeCesaris, Patrick DeRemer, Christine Dinger, Daniel Dulebohn, Jessica Elston,

Jeffrey Eyet, Nicole Fallon, John Fielding, Jarrett Frankevich, John Hardisky, Erica Holub, Laura Jones, Sara Kasper, Chris Keen, Karen Kiwak, Jennifer Klaips, Jillian Krywicki, Ryan Mahle, Vicki Manka, Jason Perlis, James Pitcavage, Brooke Posatko, Carrie Race, Kevin Richards, Michael Rosencrans, Jack Schneider, Megan Scott, Nicole Scott, Walter Shaver, Susan Walters, Erika Williams, Darby Wolfe, Jeff Wylam, Nicole Yoblonski, Alissa Zim.

Lake-Noxen Elementary honor students are named

Robert S. Kunkle, Principal of Lake-Noxen Elementary School announces the following sixth grade students have achieved the Honor Roll for the first marking period.

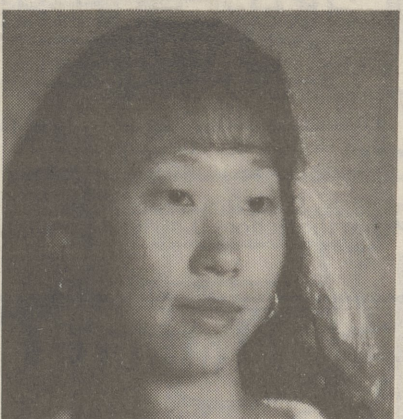
Michael Albee, Drew Baer, Melissa Birt, Jonathan Bradbury, Andrea Bryant, Michael Casey, Kelly Cave, Chavon Croman, Val-

erie Fiore, Katie Finch, Amanda Goble, Kimberly Halowich, Tara Haughney, Micah Hendershott, Michael Hollos, Mandy Kehler, Eric Nygren, Kristina O'Kane, John Olenik, Megan Rowlands, Lindsey Schraeder, Amy Sorber, Mark Steele, Shelby Wandel, James Weber, Joanne White, Katie Wilson, Matthew Wysowski.

Ziolkowski awarded at the University of Pittsburgh

Natalie Ziolkowski, daughter of Mr. and Mrs. Leonard W. Ziolkowski of 411 Elmcrest Drive, Dallas, was awarded The Alison Bentley Kephart Award given to the highest ranking female freshman student at the University of Pittsburgh. The award is for outstanding accomplishments in one of the biological sciences. The award was presented to her from the Department of Biological Sciences by the faculty of Arts and Sciences.

Currently a sophomore, Natalie was also awarded an Upper-class Merit Scholarship. Her future plans are to major in physical therapy.



NATALIE ZIOLKOWSKI

Lynn Baluh wins Clarion scholarship

Lynn Baluh has received a \$650 Foundation Honor Scholarship from Clarion University for 1991-92. Baluh, a freshman, is the daughter of Francis and Helen Baluh, 17 Circle Drive, Dallas, and is a 1991 graduate of Dallas High School.



LYNN BALUH

Foundation Honors Scholarships are presented to academically talented students who participate in the Honors Program. The recipients are selected on the basis of academic achievement and evidence of leadership and motivation. The scholarships are available for four years, providing the students maintain the academic standards required by the program.



Penn State students chosen for leadership conference

Eight Penn State Wilkes-Barre students were chosen to participate in a university-wide Leadership Conference held recently in Harrisburg. Representatives from each of the Commonwealth campuses were invited to participate in the annual three-day conference, which include workshops such as: Program Planning and Promotion, Student Governance, and Conflict Management. Students are chosen on the basis of past and future involvement in clubs, organizations and the Student Government Association.

The students from Penn State Wilkes-Barre are, first row, from left, Matt Wech, Stillwater; Bill Huslander, Harveys Lake; Susan Dagger, Tiona; Tamara Cope, Dallas. Second row, from left, Nancy Barber, Dallas; Jeff Nash, Factorville; Noel Indgunji, Wilkes-Barre and Becky Perks, Pittston.

School menus

DALLAS SCHOOLS Nov. 21 - 27

THURSDAY - Hot turkey w/ gravy, roll-butter, mashed potatoes, tender peas, ice cream treats, choice of milk.

FRIDAY - Creamy tomato soup, grilled cheese sandwich, saltine crackers, cherry jubilee, choice of milk.

MONDAY - Chicken nuggets w/ B.B.Q. sauce, buttered rice, corn, pineapple tidbits, choice of milk.

TUESDAY - Spaghetti w/meat sauce, garlic bread, garden salad w/dressing, chilled fruit, choice of milk.

WEDNESDAY - Hot pizza, tossed salad w/dressing, assorted desserts, choice of milk.

GATE OF HEAVEN Nov. 21 - 27

THURSDAY - Turkey/stuffing, mashed potatoes/gravy, corn, cranberry sauce, milk.

FRIDAY - Tuna w/lettuce on roll, chips, pickles, jello, milk.

MONDAY - Hamburg on bun, tator tots, peaches, milk.

TUESDAY - Chicken noodle soup, peanut butter-jelly sandwich, saltines, mixed fruit, milk.

WEDNESDAY - Ravioli, salad, pudding, milk.

LAKE-LEHMAN SCHOOLS Nov. 21 - 27

THURSDAY - Hamburg bar-b-q on bun, vegetable soup-crackers, peaches, milk.

FRIDAY - Tuna or peanut butter-jelly hoagie, oval hash brown, pineapple tidbits, homestyle oatmeal raisin cookie, milk.

MONDAY - Beef ravioli w/sauce, seasoned green beans, roll-butter, pears, milk.

TUESDAY - Hamburg on bun, pickle chips, French fries, mixed garden vegetables, fruit cup, milk.

WEDNESDAY - Pizza or peanut butter jelly sandwich, stuffed celery, potato chips, peaches, milk.

WEST SIDE TECH Nov. 21 - 27

Breakfast

THURSDAY - Pancakes/syrup, cereal, pastry, apple juice, milk.

FRIDAY - Apple nut muffin, cereal, chilled orange juice, milk.

MONDAY - Blueberry muffin, cereal, orange juice, milk.

TUESDAY - Ham-cheese croissant, cereal, juice, pastry, milk.

WEDNESDAY - Cinnamon crumb cake, cereal, fruit, juice, milk.

Lunch

THURSDAY - Turkey breast, potatoes/gravy, carrots-peas, cranberry sauce, harvest cake, milk.

FRIDAY - Pizza twins, relish cup, veggie dip, pears, milk.

MONDAY - Chicken patty on soft bun, w/lettuce-tomato, homemade vegetable soup, pudding, milk.

TUESDAY - Minute steak/cheese on soft bun, salad, seasoned noodles, peas, cinnamon crumb cake, milk.

WEDNESDAY - Hamburg or cheeseburger w/lettuce-tomato, French fries, milk.

Lehman preschool prep program continues

The Lake-Lehman School District will continue its pre-school program for parents and four-year-old children on December 10, 11 and 12. Featured on these dates will be "Math Readiness: Activities and Strategies for Parents and Children" presented by Mr. David Smith, a math teacher at Lake-Noxen Elementary School. The presentations will take place at the Ross Elementary School on December 10 from 10 a.m. to 11:30 a.m.; at the Lake-Noxen Elementary School on December 11 from 9 a.m. to 10:30 a.m.; and at the Lehman-Jackson Elementary School on December 12 from 9 a.m. to 10:30 a.m.

Registration is requested by calling 477-5050 or 256-7897 for the Ross School, 639-1129 for the Lake-Noxen School, and 675-2165 for the Lehman-Jackson School. Activities will include storytelling, games, crafts and a snack. The program is only intended for four-year old children and their parents.

Exchange program seeks volunteers

Spanish Heritage (SHE), a not-for-profit student exchange organization dedicated to promoting Spanish language and Hispanic culture in North America, is seeking enthusiastic volunteers to be Area Representatives for its program in your community. Area Representatives serve as liaisons for high schools; host families, students and SHE Offices as well as recruit qualified North American teenagers to go abroad. Volunteers are reimbursed for their expenses.

If you feel this is an ideal way to learn about Spanish and Latin American culture while sharing your local area with eager high school teenage students, please call 1-800-888-9040 for more information.

Jordan Versari begins studies at Penn State

Jordan Versari, son of John and Sharon Versari of Trucksville, is in his freshman year at Penn State Wilkes-Barre.

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Dr. Curtis Goodwin
Optometrist

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Glaucoma is the leading cause of blindness in the U.S., accounting for 11% of all cases. Further, it is estimated that between 1 and 2 million Americans have some degree of glaucoma.

Glaucoma is often called the "sneak thief of sight" because in its early stages, there are few noticeable symptoms. Many people have early glaucoma without knowing it. By the time they seek medical help, irreversible damage to the eye may have already occurred. So deceptive are the early symptoms that a person with glaucoma may be able to "pass" an eye chart screening with 20 / 20 vision.

An oversimplified explanation of glaucoma is an increased pressure of the fluid within the eyeball. If the pressure is not reduced, it destroys delicate structures within the eye.

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