

SCHOOL

Wyoming Seminary honor students

D. Allan Woodard, Dean of Wyoming Seminary Lower School, Forty Fort, recently announced the Academic High Honor Roll and the Honor Roll the first trimester of the school year for grades 5 through 8. **ACADEMIC HIGH HONOR ROLL:**

Grade 5: David Chiampi, Dallas; Nathan Davis, Lehman; Tripp Graham, Dallas; Stephanie Pollock, Shavertown; Timothy Reddy, Shavertown; Omar Zalaito, Dallas.

Grade 6: Janessa Bernstein, Harveys Lake; Bruce Gover, Lehman; Cara Katuna, Shavertown; Bonnie Mendelssohn, Dallas; Kevin Shah, Shavertown; Jaron Stern, Shavertown; Aria Vaida, Shavertown.

Grade 7: JeYun Choi, Dallas; Stephanie Jose, Shavertown; Allison Savage, Harveys Lake.

Grade 8: Kristy Kozlek, Shavertown; Sarah Richards, Dallas; Carlo Santarelli, Wyoming.

ACADEMIC HONOR ROLL

Grade 5: Beth Ann Akers, Dallas; Catherine Conyngham, Dallas; Micahel Ferraro, Wyoming; Leigh Ann Kennedy, Harveys Lake; Bryan Maculloch, Dallas; Margaret Sordoni, Harveys Lake; Jardena Stern, Shavertown.

Grade 6: Charlene Aquilina, Shavertown; Rebecca Janerich, Shavertown; Jessica Moseman, Shavertown; Kristen Van Scoy, Shavertown; Christian Wielage, Dallas.

Grade 7: Tina Aquilina, Shavertown; Margaret Buonsante, Shavertown; Jennifer Janerich, Shavertown; Adam Richards, Dallas; Emily Slaff, Dallas; Anjali Udoshi, Dallas; Tiffany Van Scoy, Shavertown; Courtney Williams, Dallas; Mike Zalaito, Dallas.

Grade 8: Carolyn Anzalone, Shavertown; Mihir Bhatt, Dallas; Robert Claruffoli, Shavertown; Claire Hedden, Dallas; Carly Mendelssohn, Dallas; Bobbi Lynne Roberts, Wyoming; Sarah Sordoni, Dallas; Daniz Zalaito, Dallas.



West Side Vo-Tech adds health technology program

The new Health Related Technology program has recently opened at West Side Area Vocational-Technical School. This is a cluster program designed for those students whose career objective is one within the technical allied health field. The program permits graduates to earn while learning. Careers such as nurses aides, medical secretaries, receptionists in doctor's offices, nurses, mental health technicians or dental assistants are just a few of the options available to students in this program.

According to Mr. Ken Kirk, State Department of Education Representative, the planning for the new program has been a lengthy process which has finally been completed through the cooperation of the sending district school boards and state and federal funding.

The new facility has a hospital like atmosphere including beds, medical equipment, a nurses station and even a computer lab.

Pictured above are, Ken Kirk, Steve Stahl, Director of WSAVTS; Peter Halesy, Supervisor of Vocational Education; and Jeanne Kravitz, Registered Nurse and Instructor of the Health Related Technology Program.

School menus

DALLAS SCHOOLS

Dec. 12 - 18

THURSDAY - Three Mrs. T's pierogies/butter sauce, choice of onions, mixed veggies, creamy pudding, choice of milk.

FRIDAY - Toast cheese sandwich, tomato soup w/saltines, chilled fruit, choice of milk.

MONDAY - Chicken nuggets w/ sauce, buttered noodles, peas, chilled fruit, choice of milk.

TUESDAY - Ham, corn, mashed potatoes w/gravy, Christmas tree cake, icy milk.

WEDNESDAY - Cheeseburger on bun w/lettuce-tomato, pickles, sliced apples w/cinnamon sugar, choice of milk.

GATE OF HEAVEN SCHOOL

Dec. 12 - 18

THURSDAY - Chicken noodle soup/saltines, peanut butter-jelly sandwich, fruit cocktail, milk.

FRIDAY - Fish stix, potatoes, peas, pears, milk.

MONDAY - Chicken nuggets, baked beans, pretzel stix, pine-

apple, milk.

TUESDAY - Hot ham patties w/ bun, cheese stix, pickle, cookies, milk.

WEDNESDAY - Pork chops, mashed potatoes/gravy, corn, peaches, milk.

LAKE-LEHMAN SCHOOLS

Dec. 12 - 18

THURSDAY - Pre-Christmas dinner, Turkey w/gravy, mashed potatoes, peas-carrots, cranberry sauce, roll-butter, ice cream, milk.

FRIDAY - Pizza or peanut butter-jelly sandwich, celery-carrot stocks, potato chips, fruit cup, milk.

MONDAY - Chicken patti on bun, macaroni-cheese, garden peas, peach half, milk.

TUESDAY - Salisbury steak, mashed potatoes/gravy, carrot coins, roll-butter, fruit mix, milk.

WEDNESDAY - Tacos w/cheese-lettuce-tomato-taco sauce, lightly buttered kernel corn, ice cream, milk.

WEST SIDE TECH

Dec. 12 - 18

Breakfast
THURSDAY - Apple nut muffin, juice, cereal, milk.

FRIDAY - Coffee cake, cereal, pancakes, juice, milk.

MONDAY - Banana bread, cereal, juice, milk.

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

WEDNESDAY - Banana muffin, cereal, juice, pastry, milk.

Lunch

THURSDAY - Turkey, mashed potatoes/gravy, peas-carrots, cranberry sauce, pumpkin pie, milk.

FRIDAY - French bread pizza, veggies/dip, fruit cup, milk.

MONDAY - Hamburg on bun, lettuce-tomato, hash browns, vegetables, pineapple, milk.

TUESDAY - Chicken patty w/ lettuce-tomato on roll, noodles, green beans, holly berry cake, milk.

WEDNESDAY - Rotini w/meat sauce, salad/dressing, fruited jello, milk.

Lake-Lehman Junior High honor students named

Robert O. Roberts, Principal, Lake-Lehman Junior High School, releases the honor roll consisting of one Honors with Distinction; 49 High Honors; and 90 Honors.

HONORS WITH DISTINCTION:

Grade 8: Rachel Kaufman.

HIGH HONORS:

Grade 8: Heather Barsh, Jeffrey Castellano, Michael Chopyak, Erica Conrad, Jennifer Dinger, Catherine Dymond, Angela Hoyt, Rebecca Hoyt, Dianne Jones, Jennifer Kobal, Jennifer Kordowski, Amy Leitem, Benjamin McEntee, Joseph Morris, John Oliver, Nicole Parry, Jessica Pickett, Jennifer Rakowski, Michael Swanson, Melinda Warner, Jamie Wickard, Amanda Zdonczyk.

HONORS:

Grade 8: Amber Atherholt, Ronald Brooks, David Cardwell, Brandon Case, Rachel Chamberlain, David Deulebohn, Jaime Elston, Stacy Fiore, Sara-Beth Gorgone, Olivia Hendershott, Melissa Hill, Kelly Holcomb, Shane Hunter, Stacey Kehler, John Kopko, Linda Lanning, Cori Manka, April Masters, Tracy McRoy, Lisa Metzger, Nica Murphy, Kevin Newell, Matthew Raczkowski, Pamela Rish, Jared Schneider, Samantha Schrader, Amy Shoemaker, Kelly Jo Spencer, Cara Stroud, Alison Stubb, Jayadev Sudhakaran, Christopher Swire, Corela Tamagnini, Bethany Tenenbaum, Daniel Thomas, Erin Toole, Sunny Vespico, Brian Wesley, Valerie Wolfe.

HIGH HONORS:

Grade 7: Melissa Boltz, Robert Campbell, Nicole Cornell, Mark Coslett, Christina Farrell, Jennifer Fela, Jessica Finch, George Frank, Joe Halowich, Ryan Hartz, Nova Lamela, Elizabeth Lockavich, Andrew Loughney, Douglas Oldham, Amber Posatko, Christopher Price, Holly Rishko, Marc Ronczka, Winter Rusiloski, Amanda Shission, Kristopher Smith, Kristi Snyder, Jeanette Thrash, Tanya Verbyla, Kevin Whipple, Deobrarh White, Michael Woronko.

HONORS:

Grade 7: Melany Bedford, Megan Belles, Nicole Bouthot, Timothy Brink, Danielle Conte, Jared Correll, Theresa Doty, Jennifer Dragon, Ryan Eagan, Kimberley Gaylord, Chenoa Harris, Amy Hartzell, Stephen Hoprich, William Humphreys, Keith Johnson, Michael Kenney, Lily-An Korbel, Claire Kordowski, Tanya Kosakowski, Lisa Lanning, Matthew Link, Marie Manzoni, Jennifer Marchakitus, Kathryn Martin, Ryan Marx, David Milunic, Adrienne Miroslaw, Melissa Mitchell, Amy Nulton, Richard Orosz, Michael Parelli, Jarrett Perlis, Phyllis Platt, Katie Pierson, Geana Powell, Sarah Roberts, Shawn Sarmonis, Stacy Siglin, Joseph Skibitsky, Timnae Skopic, Elizabeth Smee, Heidi Sprau, Kelly Tarreto, Shaun Titus, Ned Walsh, Amanda Weber, Brandee Whitesell, Rachel Wilson, Elizabeth Yeager, Eric Yencha, Kacy Ziomek.

Finarelli makes dean's list at La Salle

Area student Albert S. Finarelli III, of Dallas, was honored for being named to La Salle University Dean's List during Fall Honors Convocation on Sunday, Oct. 20, on the

university's main campus in north-west Philadelphia.

Finarelli, a junior accounting major, lives on Dorchester Drive, Dallas.

Lake-Lehman Christmas Concert

The Lake-Lehman Senior Band will hold its annual Christmas Concert December 18 at 7:30 p.m. at the Lake-Lehman High School.

The concert is free, so come and celebrate the Christmas season with family and friends.



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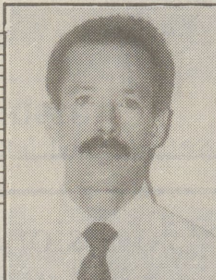
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A nearsighted (myopic) eye is often called a "weak eye," but in fact the optical system of the nearsighted eye is actually too strong. It bends the light so sharply that it comes into focus in front of the retina rather than directly on it.

Unlike farsightedness, in which the individual can somewhat compensate by exerting extra focusing effort, the refractive power of the nearsighted eye is already too strong and this would only make things worse. Consequently, the person with uncorrected nearsightedness lives with constantly blurred distance vision.

Although nearsightedness is therefore much more evident (unavoidably so) than farsightedness, it is still quite possible for a nearsighted person to be unaware of his condition for a long time. This is particularly true if the person is a young child and the onset of nearsightedness is gradual. That's why it is so important to have children checked by your optometrist.

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