

L-L students compete in technological competition

Twenty-three students from the Lake-Lehman chapters of the Technology Student Association (TSA) participated in a regional competition held at the Penn State University, Wilkes-Barre campus, on March 7.

Out of the 75 students from area schools who participated in the competition 23 were from Lake-Lehman. Out of these 23 students, 21 placed in events and are eligible to advance to the state competition in Champion, PA in April.

The following is a list of events and student placement:

LEVEL II - Grades 9, 10, 11, 12.

1. Architectural Model: 1st, Matt Magee
2. Caddarchitectural Design: 1st, Michael Hollos; 2nd, Shaun Titus; 3rd, Matt Magee; 4th Lisa Glatz; 5th, Chris Lucarino.
3. Extemporaneous Speaking: 2nd, Michael Casey; 3rd, Robert Weaver.
4. Manufacturing Prototype: 1st

Patrick Zeveney; 2nd, Jason Lasinski.

5. R.C. Transportation: Qualifiers: Brian Bogdon, Josh Brody and Daniel Williams.

6. Research and Design: Qualifiers, Top five entrants will advance to the state competition.

7. Safety Illustration: 1st, George Yuhas; 2nd, Carrie Race; 3rd, Brian Bogdon.

8. Structural Engineering: 1st, Robert Weaver and George Yuhas; 2nd, Michael Casey and Preston Hoyt.

9. Technology Problem Solving: Qualifiers: Michael Casey and Carrie Race.

LEVEL I - Grades 7, 8.

1. R.C. Transportation: 1st, Corey Cooper, Chris Kaboski and Randy Williams.

2. Research and Design: 1st, Abigail Lewis; 2nd, Corey Cooper; 3rd, Randy Williams; 4th Chris Kaboski; 5th, Kurt Yuhas.

3. Safety Illustration: 1st, Kurt Yuhas.



Lake-Lehman students share their hearts

Students from Lake-Lehman High School recently completed a Valentine's Holiday project at the Meadows Nursing Center, Dallas, by making hearts, visiting with residents and helping decorate their rooms. Accompanying the students were Brian Novicki and Phil Lipski, Transition Resource Teachers from Lake-Lehman and the Luzerne Intermediate Unit #18. They are working in conjunction with Marilyn Gregorski, Meadows Volunteer Director, to develop a possible vocational training site that will enable the students to participate weekly in numerous volunteer activities that will help develop real life job skills that can be used to gain future employment. Lake-Lehman High School invites local businesses that would be interested in becoming a vocational training site to call Mr. Lipski at 675-7458 for more information. Heart sharing students, from left, first row, Lissi Race; Bernadine Pape and Marie Yozviak, residents; Adrienne Harbison, Jonah O'Brien. Second row, Rhonda Forster, Phil Lipski, teacher; John Savakinus, Mike Conte, Jamie Krochta, Dave Wolfe, Lee Sikora, teacher.

LL students help at soup kitchen

Students at Lake-Lehman High School have recently been involved in activities within the community.

On Jan. 31, students from Lake-Lehman High School made their second trip to the St. Vincent De Paul Soup Kitchen to volunteer their services to the community. At the soup kitchen the students help stock boxes of food in the warehouse, helped prepare and serve the meals, and helped clean up.

Lake-Lehman High School likes to utilize the community to facilitate learning beyond the classroom. Community based instruction, like volunteering, exposes students to the real world. Phil Lipski, teacher and Brian Novicki, transition specialist, LIU 18, try to learn skills at work sites. Persons or businesses interested in participating with Lake-Lehman in programs like these can contact Phil Lipski at 675-7458 or Brian Novicki, 287-9681, ext. 132.

Geneva School presents Egypt to students

The Geneva School, a classical and Christian school, recently hosted two Days in Ancient Egypt for local school-aged children.

Over 50 participants from across the region enjoyed a guided tour of the Museum's Egyptian exhibit followed by an interactive learning session with crafts, hieroglyphics, face painting, storytelling and snacks.

The Geneva School will open its charter year of operation in fall 1997 at the Grace Reformed Episcopal Church on Laurel and Watres Drive in Scranton. Applications for registration are being accepted. Please contact 586-4183 or 696-0985.

Cara Hoffman, Trucksville, assembles a Royal Cartouche at The Geneva School's A Day in Ancient Egypt at The Everhart Museum.

Sem yearbook put into the Showcase

The 1996 Wyoming Seminary Lower School yearbook, the *Tatler*, has been named a Showcase yearbook by Herff-Jones Publishing.

As a Showcase book, the *Tatler* will be exhibited at regional and national conventions and will be used as a sample by Herff-Jones.

Wyoming Seminary Lower School yearbook staff from the Back Mountain are Jori Stern, Shaverstown and Megan Erwine, Dallas.

Tripp, Potisek will attend O'Brian leadership seminar

Katie Tripp, a sophomore at Lake-Lehman High School, will represent the school at the 19th annual Central Pennsylvania Leadership Seminar of the Hugh O'Brian Youth Foundation (HOBY).

Every high school in Central Pennsylvania has been invited to send one student ambassador to the four-day event to be held May 15-18, at Lebanon Valley College, located in Annville, Pa.

The seminary's purpose is to recognize and develop leadership potential in outstanding sophomores. It provides a structured and intense setting for young people to interact with recognized local, state and national leaders of business, education, the arts, government and the professions on the theme of "America's Incentive System."

Each seminary site will select one boy and one girl to attend the 1997 World Leadership Congress, a 10-day all expense paid seminar

at Purdue University in Indianapolis, Indiana.

The Central PA Seminar has been recognized by the Hugh O'Brian Youth Foundation for the past five years as one of the outstanding seminar sites in the country.

Stephanie Potisek, a sophomore at Dallas Senior High School, will represent the school at the 19th annual Central Pennsylvania Leadership Seminar of the Hugh O'Brian Youth Foundation (HOBY). Every high school in Central Pennsylvania has been invited to send one student ambassador to the four-day event to be held May 15-18, at Lebanon Valley College, located in Annville, Pa.

The Central PA Seminar has been recognized by the Hugh O'Brian Youth Foundation for the past five years as one of the outstanding seminar sites in the country.



DM Parent group meets March 20

The Dallas Middle School Parent Support Group will meet on Thurs., March 20 at 7 p.m. in the middle school auditorium. Principal Anthony Martinelli will speak on "Typical Behavior of the Middle School Child." A brief parent meeting will follow. All parents of middle school students are invited to attend.

Malpass accepted to Drexel University

Shavertown resident Augusta Jane Malpass, daughter of Charles and Molly Malpass of North Pioneer Avenue, will attend Drexel University this fall. Malpass plans to major in Dietetics.

Malpass will be a 1997 graduate of Bishop O'Reilly High School.

SCHOOL MENUS

The following school lunch menus are for the week of Mar. 20 - 26. All lunches include milk.

DALLAS SCHOOLS

THURSDAY - Select one: Baked ham, turkey hoagie, pizza, PB&J sandwich. Select one or two: Mashed potatoes/gravy, tender peas, ice cream treat.

FRIDAY - Select one: Shells & cheese, turkey hoagie, pizza, PB&J sandwich. Select one or two: Tomato soup/crackers, banana, chocolate pudding.

MONDAY - Select one: Chicken nuggets, Sloppy Joe, pizza, PB&J sandwich. Select one or two: Buttered noodles, green beans, chilled peaches.

TUESDAY - Select one: Hot dog w/chili sauce, Sloppy Joe, pizza, PB&J sandwich. Select one or two: Oven baked fries, mixed fruit, pudding.

WEDNESDAY - Select one: Lasagna, Sloppy Joe, pizza, PB&J sandwich. Select one or two: Garlic bread, tossed salad/dressing, orange jello.

GATE OF HEAVEN SCHOOL

THURSDAY - Spaghetti w/meat sauce, roll, green beans, peaches.

FRIDAY - Pierogies, peas, roll, mixed fruit.

MONDAY - Macaroni/cheese, roll, peas, pears.

TUESDAY - Chicken croquettes/gravy, mashed potatoes, roll, green beans, pears.

WEDNESDAY - Pizza Hut, salad, mixed fruit.

LAKE-LEHMAN SCHOOLS

Breakfast
All breakfasts come with 1/2 c. chilled juice or fruit, 1/2 pt. milk.

THURSDAY - Waffles w/syrup or assorted cereal w/ toast.

FRIDAY - Pancakes w/syrup or assorted cereal w/ toast.

MONDAY - Assorted Danish w/ toast or assorted cereal w/ toast.

TUESDAY - Scrambled eggs w/

toast or assorted cereal w/ toast.

WEDNESDAY - Cinnamon toast stix or assorted cereal w/ toast.

Lunch

THURSDAY - Chicken patty on roll or grilled cheese sandwich, 1 c. tomato soup w/crackers, 1/4 c. seasoned broccoli, 1/4 c. plump raisins.

FRIDAY - Creamy macaroni/cheese or Beef BBQ on bun, 1/2 c. stewed tomatoes, 1/4 c. fruit cocktail.

MONDAY - Cheesesteak hoagie or Ham BBQ on bun, 1/2 c. French fries, 1/4 c. orange smiles.

TUESDAY - Stromboli w/sauce or Mexican boat w/cheese-lettuce-tomato, 1/2 c. golden corn, 1/4 c. fruited gelatin.

WEDNESDAY - Chicken parmesan sandwich or French bread pizza, 1/2 c. mixed vegetables, 1/4 c. rosy applesauce, chocolate chip cookie.

WEST SIDE TECH

Breakfast
THURSDAY - Pancakes/syrup, cereal, juice, pastry.

FRIDAY - Muffin squares, pears, juice.

MONDAY - Fruit muffin, cereal, juice, fruit.

TUESDAY - Hot ham/cheese, cereal, juice, pastry.

WEDNESDAY - Oatmeal cookies, cereal, juice, fruit.

Lunch

THURSDAY - Pasta/meat sauce, roll-mozzarella cheese, tossed salad/dressing, fruit.

FRIDAY - Pizza, tossed salad/dressing, fruit.

MONDAY - Chicken patty/soft roll, vegetable beef soup, lettuce-tomato, spice cake/raisins.

TUESDAY - Sloppy Joe/soft bun-relish or Beef Rib B Que, rice vegetable casserole, tossed salad/dressing, fruit.

WEDNESDAY - Open face turkey sandwich, mashed potatoes, seasoned veggies, Easter basket cake.

RELIGIOUS SERVICES

BACK MOUNTAIN HARVEST ASSEMBLY - 340 Carverton Rd., Trucksville, 696-1128. Pastor, Daniel S. Miller. Christian Education for all ages, 9:30 a.m. Worship 10:30 a.m. and 6:30 p.m. Wed., 7 p.m., "Genos" youth service. Midweek home groups: call for days and times. Weekday prayer 6:30-7:30 a.m. Visitors welcome.

DALLAS UNITED METHODIST CHURCH - 4 Parsonage St., Dallas. 675-0122. Rev. Michael A. Bealla, Pastor. Sunday School 9 a.m. Morning Worship 10:30 a.m.

SHAVERTOWN UNITED METHODIST CHURCH - 163 N. Pioneer Ave., Shavertown. 675-3616. Pastors: Rev. Douglas and Janet Bryant Clark. Music Dir., John Vaida. SATURDAY: 5:30 p.m., Chapel Service; SUNDAY: 9 a.m. and 11 a.m. Worship Services. Visitors expected. PHONE-A-PRAYER 675-4666.

ST. PAUL'S LUTHERAN CHURCH - 196 N. Main St., Shavertown. Sat. Worship 5:30 p.m.; Sunday Worship 8:30 and 11 a.m.; Sunday Church School 9:45 a.m.; Cry Room and Nursery available. Bible Study 9 a.m. Tues. mornings and 7 p.m. Wed. evenings. Rev. Robert K. Bohm, Interim Pastor. Phone 675-3859. Everyone Welcome.

VICTORY BAPTIST CHURCH OF LEHMAN - Sunday School 10 a.m.; Sunday morning service 11 a.m.; Sunday evening service 6:30 p.m.; Wed. night prayer meeting 7:30 p.m.

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Health & Fitness

Now is the time to watch for diabetes

On Tuesday, March 25, the American Diabetes Association urges people to discover their risk for the silent disease that kills 178,000 people per year before they are faced with its devastating complications, such as blindness, heart attack, kidney disease and amputations. Known as the American Diabetes Alert, this national campaign will inform the public about diabetes and its association with obesity, age, lack of exercise and family history of the disease.

Early detection of diabetes and proper management of the disease can prevent or delay the devastating health problems associated with diabetes and may even save your life. Tragically, diabetes is usually not diagnosed until seven to 10 years after it manifests itself. By that time, damage to the eyes, kidneys, or heart has begun.

With the number of people over the age of 50 increasing and one-third of America's adult population overweight, the number of people at risk for diabetes will escalate, particularly among baby boomers and the elderly. Half of all diabetes cases occur in people older than 55 years of age, and affects 11 percent of those who

are between 65 and 74 years of age.

The centerpiece of the Alert is a simple, paper and pencil test people can take to assess their individual risk for the disease. The risk test is free and available by calling the Association at 1-800-DIABETES (1-800-342-2383).

Diabetes is a disease that affects the body's ability to produce or respond properly to insulin, a

hormone that allows blood sugar to enter the cells of the body and be used for energy. Being overweight, decreases the body's ability to use insulin, causing a condition known as insulin resistance. When an overweight person loses weight, insulin resistance decreases. Reduced insulin resistance usually lowers blood glucose levels, allowing many patients taking insulin or oral medications to reduce their dosage.

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