

SCHOOL MENUS

The following school lunch menus are for the week of Oct. 23-29. All lunches include milk.

DALLAS SCHOOLS

THURSDAY - Select One: Two Tangy Tacos, Sloppy Joe, Pizza, PB & J Sandwich. Select one or two: Steamed Rice, Lettuce and Tomato Cup, Jello.

FRIDAY - Select One: Nachos w/Cheese, Sloppy Joe, Pizza, PB & J Sandwich. Select one or two: Steamed Rice, Tossed salad w/Dressing, Orange Smiles.

MONDAY - Select One: Chicken Nuggets, Cheeseburger, Pizza, PB & J Sandwich. Select one or two: Steamed Rice, Green Beans, Orange Smiles.

TUESDAY - Select One: Pierogies, Cheeseburger, Pizza, PB & J Sandwich. Select one or two: Celery Sticks w/dipping sauce, Coined Carrots, Banana.

WEDNESDAY - Select One: Hot Roast Beef w/Gravy over Bread, Cheeseburger, Pizza, PB & J Sandwich. Select one or two: Mashed Potatoes w/Gravy, Sweet Corn, Pudding.

LAKE-LEHMAN SCHOOLS

(Lake-Lehman also serves breakfast)

THURSDAY - Oven Baked Chicken w/Dinner Roll or Hoagie w/Lettuce and Tomato, Parsley Potatoes, Fresh Apple and Orange Sticks.

FRIDAY - Pepperoni Pizza or Sausage Sandwich with Peppers and Onions, Golden Corn, Chilled Fruit.

MONDAY - Stomboli w/sauce or Hot Dog on Bun, French Fries, Diced Peaches.

TUESDAY - Nachos w/Cheese Sauce or Roll or BBQ Grilled Chicken Sandwich, Glazed Carrots, Petite Banana.

WEDNESDAY - Sauteed Pierogies w/Peanut Butter Celery or Turkey Hoagie w/Lettuce and Tomato, Steamed Broccoli, Cinnamon Applesauce.

WEST SIDE TECH

Breakfast
THURSDAY - Sausage, Cheese or Cereal, Juice, Fruit.

FRIDAY - Pumpkin Bar, Cereal, Juice, Fruit.

MONDAY - Banana Bread, Cereal, Juice, Fruit.

TUESDAY - French Toast w/syrup, Cereal, Juice, Fruit.

WEDNESDAY - Blueberry Muffin, Cereal, Juice, Fruit.

Lunch
THURSDAY - Tacos w/trimmings, Tangy Sauce, Sharp Cheese, Seasoned Corn, Rice Pilaf, Jello.

FRIDAY - Pizza, Fresh Veggies, Ranch Dressing, Fresh Fruit, Oatmeal Raisin Cookies.

MONDAY - Hamburg, Cheeseburg on Bun, Lettuce, Tomato, Macaroni Salad, Baked Beans, Fruit.

TUESDAY - Italian Meatballs, Tomato Sauce, Hard Roll, Steamed Pasta, Seasoned Veggies, Chilled Fruit.

WEDNESDAY - Turkey Nuggets, Roll, Sauce or Tuna Hoagie, Lettuce, Tomato, Chicken Noodle Soup, Crackers, Cinnamon Apple Coffee Cake.

GATE OF HEAVEN

THURSDAY - Spaghetti w/Meat Sauce, Roll, Green Beans, Pineapple.

FRIDAY - Pizza, Salad, Mixed Fruit.

MONDAY - Cheese Steak w/Bun, Onion Rings, Carrots, Pineapple.

TUESDAY - French Toast, Sausage, Carrot and Celery Stix, Peaches.

WEDNESDAY - Chicken Fries w/Roll, Corn, Pears.

COOK'S PHARMACY

- Computerized Prescription Service
- Russell Stover Candies
- Greeting Cards
- PA Lottery Tickets
- Newspapers
- Magazines

159 N. Memorial Hwy., Shavertown, PA

675-1191



Students make it to small screen

The fifth grade students of Westmoreland Elementary School recently had the opportunity to be filmed by local news station WNEP-TV 16. The students were recorded as part of the "Good Morning Pennsylvania" aspect of the television morning broadcast which will be aired this week from Oct. 13 to Oct. 15. Pictured with camera person, Sue Turcmanovich, are several students that participated. From left; Jacquelyn Bren, Cassandra Backes, Johnathan Baker, Brian Ziller. Background Sue Turcmanovich.

Wyoming Seminary to hold auction October 24

Final preparations are underway for the 24th Annual Wyoming Seminary Parents Association Auction, slated for Oct. 24.

Gourmet food baskets, vacation packages, original artwork, and sports memorabilia will be among the goods and services on the block.

Items donated by area merchants and individuals include antiques, handcrafted gifts and accessories, and gift certificates to area restaurants and shops. Refreshments and gourmet desserts will be available.

The auction, which is sponsored by Seminary's Upper School Parents Association, will be held in the Pettebone-Dickson Student

Center on North Maple Avenue in Kingston. A silent auction will be held from 6 to 7:45 p.m., with a live auction beginning at 8 p.m. Parking is available in the main Wyoming Seminary lot on North Sprague Avenue.

A drawing will also take place during the evening for the winner of the seventh annual raffle, which will award cash prizes of \$2000, \$3000 and \$5000. Only 350 tickets will be printed

and the Parents Association is making a special offer: buy two tickets and get the third one free.

Tickets are \$100 each and can be purchased at Wyoming Seminary's Alumni Office or by calling the school at 283-6040.

Kristy Kozlek receives achievement award

Kristy Kozlek of Shavertown, was recently awarded the Chemical Rubber Company (CRC) Press Freshman Chemistry Achievement Award by Franklin & Marshall College.

The CRC Press Freshman Chemistry Achievement Award is presented to students in recognition of outstanding achievement in chemistry during their first year. This award, made possible through the cooperation of instructors and students throughout the country, has been maintained for 49 years to encourage and sustain student interest in the sciences. Recipients must have achieved a letter grade of "A" in both Chemistry 111 and Chemistry 112 during the first year at F&M. Kozlek, a sophomore, is a 1996 graduate of Wyoming Seminary. She is the daughter of Dr. Thomas and Mary Kozlek, Shavertown.

DALLAS HIGH GUIDANCE NOTES

Key points in a college application essay

Many college applications require an essay. It is therefore imperative that students take the time to do their essay well. Here are the key points to consider when writing a good essay:

1. Good writing is writing that is easily understood.
2. Avoid the overuse of adjectives, adverbs, big words and the word "however." Also, don't use exclamation points.
3. Have a good writer critique your essay.
4. Stick to the length requested.
5. Buy and read "The Elements of Style" by William Strunk and E.B. White. You will refer to it forever.

Now on to some important dates. The LCCC Education Fair will be held Thurs., Oct. 23 at 7 p.m. Over 100 colleges, universities, hospitals, post-secondary schools and armed services representatives will be present.

October 29 is our first Financial Aid Night for parents and students. The program begins at 7 p.m. at the high school and covers the whole spectrum of the financial aid process for post-secondary school education. Parents

of seniors and juniors from area high schools who reside in the Back Mountain are invited. Those in attendance will also receive a free financial aid packet.

Students interested in participating in the Governor's Schools of Excellence Program next summer should see Mr. Wolensky for details.

October Student of the Month nominations are being accepted by the Guidance Office. The deadline for nominating a student is Friday, Oct. 24. Teachers, students and community members are encouraged to pick up a nomination ballot and submit it to Guidance. Your help is needed in identifying our kids for the great things they do.

Scholarships are available from the Art Institute of Philadelphia. See Ms. Jones in Guidance.

The following colleges will be visiting Dallas High School in the near future during Flex Period: Oct. 24: U. of Pennsylvania, Pittsburgh; U. of Pittsburgh, Bradford; Oct. 28: Temple University; Oct. 29: Edinboro University; Lebanon Valley College

Students attend leadership forum

Four Dallas High School students, seniors Jeff Faneck and Jason Vodzak and juniors Lacey Popson and Stephanie Potisek, recently attended the National Youth Leadership Forum on Medicine. The four joined 350 of the best and brightest young adults between the ages of 16 and 18, representing 47 of the 50 states and four foreign countries, for 11 days in Washington, D.C.

The participants were housed at Marymount University in Arlington, Virginia. There on campus, they heard from medical students, practicing doctors, HMO employees, and other medical professionals on subjects ranging from AIDS Awareness to smallpox eradication. They also had the opportunity to choose for themselves specialty seminars based on their own interests. In groups of approximately 22, the students completed projects concerning public health and problem-based learning, as well as an in-depth study of medical ethics.

Visitations to hospitals, clinics, research institutions, and Georgetown University Medical School gave them an idea of a typical day at each of these distinct facilities. Doctors were readily available for shadowing and questioning. The students observed firsthand how a heartbeat actually occurs and the equipment involved in procedures such as MRIs.

The students also had time to visit the Capitol building, the offices of Congress, the Supreme Court, the National Zoo, historical monuments, Arlington National Cemetery, and the Smithsonian. Most days were 15 hours long. The students attended the forum based on the recommendation of Dallas High School biology teacher Mrs. Abby Campbell. At the Capitol building, from left, Stephanie Potisek, Lacey Popson, Jason Vodzak, Jeff Faneck.



Moseman and Gover up for Sem royalty

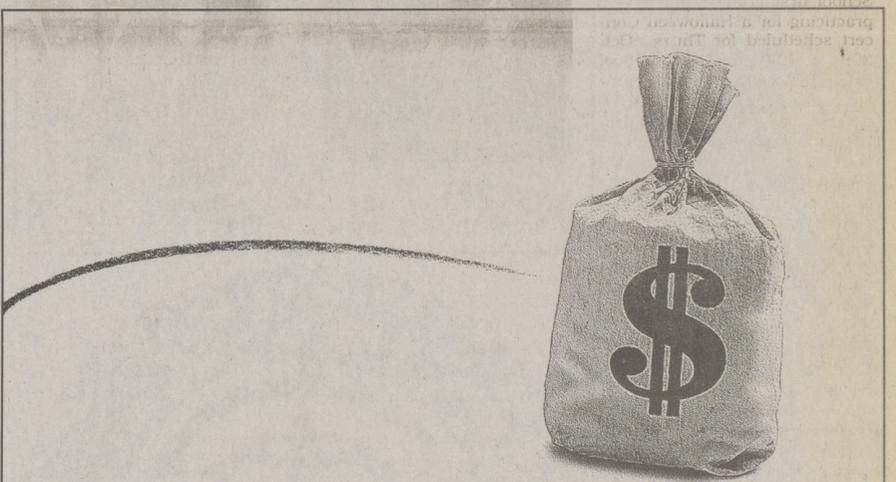
Ten young men and women have been selected as members of the Homecoming Court for Wyoming Seminary's Homecoming and Parents Weekend, Oct. 24 and 25. This marks the school's first coed Homecoming Court.

Those from the Back Mountain include Jessica Moseman of Shavertown, nominated for Homecoming Queen and Bruce Gover of Lehman, nominated for Homecoming King. The nominees were chosen by their peers on the basis of their participation in campus activities and community service.

One member will be chosen from each court as Homecoming Queen and Homecoming King by an alumni committee and will each receive the Alumni Service Award. They both will be crowned during halftime ceremonies as the Sem football team faces Lawrenceville School in the Homecoming game on Oct. 25. Game time is 2 p.m. at Nesbitt Field in Kingston.

The daughter of Mr. and Mrs. Philip Moseman of Shavertown, Jessica is a member of the field hockey team and is the manager of the ice hockey team. She is a member of the Orientation Committee, the Blue Key Society, and the Yearbook staff. She also participates in AIDS Awareness and Teens Do Care. This past summer she attended the University of Massachusetts for five weeks taking photojournalism and advanced painting and drawing classes. Jessica is interested in a career in art and photography.

The son of Mr. and Mrs. Bruce Gover of Lehman, Bruce is the captain of both the football and basketball teams, and in his junior year won the Most Valuable Player Award for basketball. He participates in Government and is the Senior Class Officer, and was the Vice-President of his class in his junior year. He is also the vice president of the W-Club. He looks forward to pursuing a career in law.



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