



L-L SADD holds Red Ribbon Week

Members of the Lake-Lehman Senior High SADD program recently participated in their annual Red Ribbon Week Activities. Students received red ribbons which sent anti-drug messages. Red Ribbon Week was held from Oct. 23 through Oct. 31.

The following students were among the many participants of Red Ribbon Week: row one, Jacqui Burke, Kelly Alder, Melissa Brady and Rachel Harrison. row two, Lake-Lehman SADD officers: Tina Baigis, president; Alison Piatt, vice president; Joanne Shoemaker, secretary and Ken Weaver, treasurer. Michele Medura is Lake-Lehman SADD sponsor.

Gate of Heaven honor roll

Mrs. Mary Tighe, principal of Gate of Heaven School announces the honor roll for the first quarter.

5TH GRADE HONORS WITH DISTINCTION

- Ryan Beberus, Melissa Millo

FIRST HONORS - Monica Armand, Robert Baur, Carolyn Byron, Devin Carey, Lauren Chupka, Elizabeth Clements, Kimberly Durr, Kristen Evans, Michele Galeano, Conor Judge, Mark Koval, Sandra Krogulski, Sean Leary, Ken Regan, Jessica Ryan, Joanna Smith, Victoria Van Stecklenburg, Jonathon Stephens, Melissa Supczynski, Victoria Tomassetti, Ryan Ward.

SECOND HONORS - Lauren Collini, Michael DeRojas, Zachary Evans, Evan Harris, Robert Jordan, Michael Lawler, Sarah Mentis, Jared Nothstein, Brian Ostrowsky, John Puhalla, Shikha Sharma, Michael Sobeck, Nicole Spencer, Gregory Suhoeki, Kathryn Whalen, Matthew Wilson, Christa Wroblewski.

6TH GRADE HONORS WITH DISTINCTION

- Blake Bradley, Dorothy Cashore, Leeanne Griffith, Beth Ann Karwaski, Cailla Klais, Sarah Lacey, Crystal Oley

FIRST HONORS - Gregory Andrussisian, Kathryn Bartizek, Christopher Belles, Colin Conrad,

Elizabeth DiGiovanni, Stefanie Galeano, Megan Harvey, Mary Herman, Rebecca Hizny, Connie Kane, John Leahigh, Kaitlyn Moody, Aimee Radics, Tara Stepanitis, Matthew Thompson, Jonathon Wood.

SECOND HONORS - Simone Allen, Sally Cusma, Philip Engler, Nick Filak, Matthew Flanagan, Meghan Mithcell, Brittany Pavlinchak, Amy Puffenberger, Edward Stanks, Caitlyn Tooley.

7TH GRADE HONORS WITH DISTINCTION

- Stephanie Gionta, Adam Onzik, Nora Stepanitis, Daniel Suhoeki.

FIRST HONORS - Elizabeth Amborse, Genevieve Blanc, Anna Bruns, Morgan Carey, Jane Clements, Molly Guntill, Courtney Reap, Alison Taroli, John Treven, Jaime Verazin, Caitlin Ward.

SECOND HONORS - Joseph Buczko, James Chupka, Jillian Durr, Maureen Hozempa, Russell Kalnoskas, Amanda Mehlochik, David Lohin, Brad Yocum.

8TH GRADE HONORS WITH DISTINCTION

- Blake Bradley, Dorothy Cashore, Leeanne Griffith, Beth Ann Karwaski, Cailla Klais, Sarah Lacey, Crystal Oley

FIRST HONORS - Colin Donnelly, Melissa Everitt, Genevieve Wroblewski.

SECOND HONORS - Sarah Armand, Elizabeth Byron, Christina Carboni, Leslie Dewees, Jeanne Herman, Brent Mayernick, Meaghan Peeler.

Westmoreland Education Week program thru Nov. 21

The faculty, staff and students of Westmoreland Elementary invite parents to join the celebration of American Education Week by visiting the school to see their children's classes in action. Kathleen McCarthy, principal, announced the following activities:

Thursday, Nov. 20 - Donuts for Dads and Working Moms - parents who can not visit during the day because of work conflicts are invited to visit in the school cafeteria between 7:30 a.m. and 8:30 a.m. to visit with Dr. Gilbert Griffiths, Superintendent of Schools and Kathleen McCarthy, Principal.

Thursday, Nov. 20 - P.T.O. General Meeting, at 7:30 p.m. featuring the Officer Ziegler and the D.A.R.E. Program.

Friday, Nov. 21 - Grade 2 Hoedown, performance for students, 10 a.m.; performance for parents, 2 p.m.

Westmoreland is drop off for food drive

Ellen Smith, President of the Westmoreland Parent Teacher Organization, announced that Westmoreland Elementary School will be a drop off for the Feed a Friend Program. Canned goods, and monetary donations may be brought to the school to help our needy neighbors. Students and parents are urged to celebrate Thanksgiving by sharing. Collection boxes are available in the school lobby and on the second floor.

RIF program off to good start

The Lehman-Jackson Elementary PTA recently held its RIF program the week of Oct. 20. RIF, which stands for Reading Is Fundamental, is the nation's oldest and largest nonprofit literacy organization serving children.

Three book distributions will take place through the year. PTA members volunteer time to distribute and read theme related stories to students in grades K-3rd.

Like all RIF distributions, all children K-3rd grade were able to sift through a collection of various age appropriate books and choose one book to keep at no cost to them or to their families.

In addition to helping children understand that reading is fun and Fundamental to success in life, this program encourages children to become lifelong readers by building self-esteem and involving the most important people in their lives - parents, teachers and other kids in the learning process.

At this distribution, the PTA RIF committee brought more than 300 books to the students.

UGI generously awarded a grant for books for the first graders and will also be bringing storytellers to read for them. Christina Mahoney is pictured picking out her RIF book.



SCHOOL MENUS

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

DALLAS SCHOOLS

THURSDAY - Select one: Hot sliced turkey, hot dog, pizza, PB&J sandwich. Select one or two: Mashed potatoes w/gravy, corn niblets, ice cream treat.

FRIDAY - Select one: Nachos w/cheese, hot dog, pizza, PB&J sandwich. Select one or two: Steamed rice, tossed salad/dressing, fresh fruit.

MONDAY - Select one: Chicken nuggets, American hoagie, pizza, PB&J sandwich. Select one or two: Buttered squiggly noodles, sweet peas, chilled pears.

TUESDAY - Select one: French toast sticks, American hoagie, pizza, PB&J sandwich. Select one or two: Fruit juice potato wedge, orange smiles.

WEDNESDAY - Nachos w/cheese, American hoagie, pizza, PB&J sandwich. Select one or two: Rice, tossed salad, fresh fruit.

GATE OF HEAVEN SCHOOL

THURSDAY - Hamburg-cheese w/bun, potato rounds, peaches.

FRIDAY - Macaroni/cheese, roll, peas, mixed fruit.

MONDAY - Chicken fries w/roll, green beans, peaches.

TUESDAY - Tuna w/roll, chips, pickles, lettuce, pears.

WEDNESDAY - Pizza Hut, salad, mixed fruit.

LAKE-LEHMAN SCHOOLS

Lake-Lehman Schools also serve breakfast.

THURSDAY - Creamy macaroni/cheese, dinner roll or fish nuggets w/tartar sauce, roll, stewed tomatoes, fruit cocktail.

FRIDAY - Chicken patty/roll or grilled cheese sandwich, tomato soup/crackers, steamed broccoli, plump raisins.

MONDAY - Potato bar or Philly cheesesteak hoagie, French fries, orange smiles, potato chips.

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

WEDNESDAY - French toast w/sausage or egg muffin, hash browns, chilled juice.

WEST SIDE TECH

Breakfast

THURSDAY - French toast sticks, syrup or cereal, juice, pastry.

FRIDAY - Pumpkin bars, cereal, juice, banana.

MONDAY - Blueberry coffee cake, cereal, juice, fresh fruit.

TUESDAY - Sausage/cheese or cereal, juice, pastry.

WEDNESDAY - Fruit muffin, cereal, juice, cantaloupe.

Lunch

THURSDAY - Turkey, mashed potatoes, stuffing, gravy, roll, seasoned green beans, pumpkin pie.

FRIDAY - Pizza, fresh veggies/creamy dip, fresh fruit.

MONDAY - Chicken patty/lettuce-tomato-soft bun, chicken noodle soup/crackers, fruit.

TUESDAY - Pasta/meat sauce, tossed salad/dressing, roll, harvest pumpkin cake.

WEDNESDAY - Italian meatballs/sauce-hard roll, seasoned green beans, chilled fruit.

DALLAS HIGH GUIDANCE NOTES

Internet is good resource for college hunt

If college selection is a journey, students now have a new navigator to help with the ride - The Worldwide Web. Whether you're an Internet novice or a veteran surfer, the Web can be great help if you follow a few tips:

Tip 1: Have a plan. If you know specific college or university addresses, you may want to go directly to that site. If you want to work from a more general starting point, use a search function like "Education, or Colleges and Universities."

Tip 2: Make the best use of a site once you arrive. Most sites will have a special section for potential students along with a wealth of facts, figures, addresses and phone numbers. You can also find financial aid information and admission guidelines.

Tip 3: Don't replace a campus visit with an Internet visit. Remember to visit each school you are considering seriously. If you're planning to spend four or five years at a college, you are going to want to get a real feel for the environment.

Tip 4: Enjoy your trip on the information superhighway!

Also, seniors should check out www.Northwest.com for a scholarship contest. This is an online quiz that offers seniors five \$2,000 college scholarship opportunities.

Be sure to pick up your free booklet entitled, 1997-98 Family Guide to College Costs in Pennsylvania. This publication is full of information on every college in the Commonwealth.

Seniors, check out the scholarship packet in the Guidance Office. Four new scholarships are available with specific criteria

listed on the applications. The four scholarships are:

1. The National Alliance for Scholastic Achievement
2. Allentown Business School
3. Elks National Foundations
4. Big 33 scholarship

See Ms. Jones for details.

The PTSA warmed up the Back Mountain by collecting 125 coats during their annual coat drive at the Dallas-Lehman Football Game. The coats will be distributed to needy families in the Back Mountain. A special thank you to the drenched PTSA parents and student volunteers who worked in the rain collecting the coats. A tip of the wet hat goes to Andrea Mittrick, Cathy Millington, Mary Kay Covert, Marian Pacovsky, Vivian Bednarz, Phyllis Marquis, Linda Lispi, Laurie Popson, Kristen Race, Segun Millington, Lacey Popson and Maura Popson.

Student of the Month ballots for November can be picked up in the main office or the Guidance Office. Ballots are due by Thurs., Nov. 20. All ballots are to be turned in to the guidance secretary.

The Guidance Department is featuring engineers David Sleightholm and John Douglas as the Career Speakers of the Month on Wed. Nov. 26 during B-Flex in the library. Students are reminded to sign up for the program in Guidance and obtain a Speaker of the Month pass.

Notes from the Nurse. Juniors are reminded that a physical exam is required during this school year. For those having this exam completed by their private physician, report of the exam is requested by Nov. 26.

Holiday camps thru YMCA

The Wilkes-Barre Family YMCA, a United Way Agency, is currently taking registrations for the Thanksgiving Camp, Nov. 28 and Dec. 1 and the Christmas Camp Dec. 26, 29, 30, and 31. These camps are for children ages 5-12 years who will have the opportunity to participate in structured gym activities, a recreational swim, arts and crafts, and field trips to either the movies, bowling alley or roller skating rink.

The program is held from 9 a.m.-4 p.m. with the advantage of before care (7:30 a.m. to 9 a.m.) and after care (4 p.m. to 5:30 p.m.). Enrollment is limited. Registration deadline for the Thanksgiving Camp is Nov. 24.

Registration deadline for the Christmas Camp is Dec. 20. For more information, call the YMCA at 823-2191 Ext. 139 or Ext. 141.

More than ever A Real Hometown Paper
The Dallas Post

Rehabilitated and ready for life.

Alfreda Bryce worried surgery for total knee replacement would keep her from doing the things she loves, especially gardening. Thanks to the rehabilitation therapy she received at Allied Services John Heinz Institute of Rehabilitation Medicine, Alfreda is back doing all the things she enjoyed before surgery. Her therapists helped Alfreda regain her range of motion, strength, balance, and most importantly, her independence... and her garden never looked better.



rehabilitation

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