



Dallas Elementary PTO

The Parent-Teacher Organization of the Dallas Elementary School held its first meeting of the year last week. Attending were, from left, seated; Julie Shaw, Tina Vojtko, Nancy Chinot, Katie Youells, Donna Luksh, Susan Brater, Diane Kerestes, Karen Arnaud, Toni

Madden. Standing; Marla Karalunas, Norma Leandri, Jacquie Kotch, Marge Esopi, Sylvia Maas, Diane Thompson, Sue Zerfoss, Cheryl Roberts, Lori Besecker, Rebecca Gilbert, Debbie Serfoss, Mary Kay Covert, Kim Kirk, Sharon Ellis, Debbie Justice, Trudy Clemens, Kathy Gelso.

SCHOOL MENUS

The following school lunches are for the week of Sept. 24 - 10. All lunches include milk.

DALLAS SCHOOLS

Thursday- Soft shell taco or cheeseburger. Select one or two: Rice or lettuce & tomato cup or sweet corn or chilled peaches.
 Friday- French Toast sticks or cheeseburger. Select one or two: Orange juice or tator tots or applesauce.
 Monday- Chicken nuggets or deli hoagie. Select one or two: Buttered noodles or tender peas or pineapple tidbits.
 Tuesday- BBQ Rib sandwich or deli hoagie. Select one or two: Oven baked fries or celery sticks with peanut butter or blue Jello.
 Wednesday- Nachos with cheese and chili or deli hoagie. Select one or two: Steamed rice or tossed salad or assorted fruit.

GATE OF HEAVEN

Thursday- Chicken noodle soup, saltines, P.B. & J sandwich, peaches.
 Friday- Grilled cheese sandwich, chips, pickles, mixed fruit with Jello.
 Monday- No School Diocesan Teachers Institute.
 Tuesday- Hot ham & cheese with bun, hash browns, carrots, pineapple.
 Wednesday- Pizza Hut, salad, peaches.

LAKE LEHMAN SCHOOLS

Elementary School
 Thursday- Hot dog on bun or turkey noodles with dinner roll, sweet peas, fruit crisp.
 Friday- Pepperoni pizza or tuna hoagie with lettuce & tomato, glazed carrots, chilled peaches.
 Monday- Cheesesteak hoagie or ham BBQ sandwich, french fries, rosy applesauce.
 Tuesday- Chicken nuggets with sauce & roll or sloppy joe on bun with cheeses cube, parsley potatoes.
 Wednesday- Stromboli with sauce or creamy macaroni & cheese with dinner roll, winter blend, fresh orange.

Middle School

Thursday- Pasta bar with roll, beef BBQ sandwich, potato wedges, fruited gelatin.
 Friday- Cheesesteak bar, turkey club sandwich, fresh veggies with dip, sweet raisins.
 Monday- Breakfast bar, hot ham and cheese sandwich, sweet peas, cinnamon applesauce.
 Tuesday- Mexican bar with roll, turkey & gravy over noodles with roll, golden corn, mixed fruit.
 Wednesday- Salad bar with roll, french bread pizza, glazed carrots, fruit crisp.

High School

Thursday- Pasta bar with roll, beef BBQ sandwich, scalloped potatoes, fruited gelatin.
 Friday- Cheesesteak bar, turkey club sandwich, fresh veggies with dip, sweet raisins.
 Monday- Breakfast bar, hot ham & cheese sandwich, sweet peas, cinnamon applesauce.
 Tuesday- Mexican bar with roll, turkey & gravy over noodles, golden corn, mixed fruit.
 Wednesday- Hot dog bar, french bread pizza, glazed carrots, fruit crisp.

WEST SIDE TECH

Breakfast
 Thursday- Pancakes with syrup or cereal, juice, pastry.
 Friday- Coffee cake, cereal, juice, pears.
 Monday- Cereal, apple cake, juice, fruit.
 Tuesday- Sausage/cheese, cereal, juice, pastry.
 Wednesday- Cereal, juice, fruit, cinnamon swirl cake.

Lunch

Thursday- Open face turkey sandwich, mashed potatoes, seasoned carrots, pumpkin cake.
 Friday- Pizza, celery/carrots, ranch dressing, chilled fruit.
 Monday- Wafer steak, lettuce, tomato on roll, vegetable rice casserole, chilled fruit.
 Tuesday- Grilled cheese, tomato soup, crackers, brownie.
 Wednesday- Pasta, tossed salad, roll, jello.

DHS GUIDANCE NOTES

Register now for PSAT, NEDT tests

Space is filling rapidly for our standardized tests in October. NEDT's will take place on October 7th and PSAT (deadline Oct. 5). Register in Guidance for both tests and make checks payable to Dallas High School.

When you sign up with payment for the PSAT, you will receive a PSAT Student Bulletin which is very helpful in preparing for the test. The PSAT/NMSQ (preliminary SAT/National Merit Scholarship Qualifying Test) is often a student's first step on the road to college. By taking the PSAT/NMSQT, you can: practice for SAT, enter scholarship competitions, ask colleges to send you info and find out if you have the academic skills to succeed in college.

Use the Student Bulletin. Separate the three sections of the PSAT/NMSQT Student Bulletin: hints and tips, a comprehensive list of scholarships, and one complete practice test. Give your parents the scholarship section. Spend at least 30 minutes studying the test-taking tips and sample questions, then a few minutes learning how to complete your answer sheet. Take the practice PSAT/NMSQT to make sure you're ready for the real one.

Think about what you like to do and do well, then find out what careers let you use those skills: doctor, musician, banker, athlete. Visit places where you might like to work and talk to people whose careers look interesting.

A question received last week was regarding "Rolling Admission." Let's cover the three kinds of admission:

- 1) Selective: These colleges

have firm deadlines. They let all of their applicants know their fate in late March or early April. All successful applicants have until May 1 to decide. After May 1, these schools fill unclaimed places by taking names of a wait list.

- 2) Rolling Admission: These colleges accept and reject applicants until their freshman classes are full. They usually publish a date at which they begin considering application. If they publish a deadline, it's the date that they expect to be full. But it could happen earlier. You'll know how you fair earlier at a rolling admission school, but that's no reason to choose it over a selective college.

- 3) Open Admission: These colleges take anyone with a high school diploma or its equivalent until classes begin or space is gone. Almost all two-year colleges are open admission.

A special thank you to the PTSO Bake Sale on Back to School Night. The next PTSO Bake Sale will be Wed., Nov. 18 from 1 p.m. to 8 p.m. during the conference day. If you are interested in contributing to the bake sale, contact Robyn Jones or Jill Kryston in the Guidance Office at 674-7217.

Seniors, check out the scholarship packet in the Guidance Office to see if you meet the criteria for any of the scholarships.

SAT coaching sessions began of Sept. 21. Math sessions are held Mon. 3-5 p.m. Verbal on Wed. 3-5 p.m. Interested students should sign up in the Guidance Office.

The Post has school-year subscriptions

The Dallas Post offers special subscriptions for students going away to school or college. Subscriptions run from September through May, and cost \$15 in Pennsylvania, New York or New Jersey, and \$17 in all other states. To order, complete the coupon found elsewhere in this issue and send it to: The Dallas Post, P.O. Box 366, Dallas PA 18612, call 675-5211.

Lake-Lehman Band to sponsor tourney Sept. 27

The Lake-Lehman Band Sponsors will be hosting a Tournament of Bands competition on Sept. 27 at 1 p.m. at Lake-Lehman High School.

There are 11 bands participating which include: Dallas, Coughlin, Nanticoke, Northwest, Meyers, Blue Ridge, Montrose Area and Lackawanna Trail High Schools. The award winning Lake-Lehman High School Band, under the direction of Edward Richards will be performing their 1998 field show.

They are going for their 10th

Atlantic Coast Championship title this November. They are the only band ever to win the title nine times. The Lake-Lehman Band Sponsors organize and run this event.

This is a great day to enjoy the talents of the children from the surrounding areas and watch them show off the musical and marching abilities as they compete for points and trophies.

There will be many food items to eat from the concession stand plus potato pancakes and plenty of homemade baked goods.

Wyoming Seminary welcomes new faculty from Back Mtn.

Wyoming Seminary is welcoming new faculty this fall to its Lower School campus in Forty Fort and its Upper School campus in Kingston.

"We are pleased to add such talented and accomplished professionals to our faculty and administrations," said H. Jeremy Packard, school president.

New faculty members at Wyoming Seminary's Lower School include:

Susan Cavanaugh Ryan of Dallas, who will serve as guidance counselor. Ryan earned a B.S. from Bloomsburg University and an M.S. in counselor education from the University of Scranton. She formerly taught health and physical education at Bishop Hoban High School, and for the past 17 years has been the director of business development and project management at Cavanaugh Candies.

Alice Droppers of Dallas has

been named as full-time admission assistant, having served as part-time admission assistant since 1996. Droppers holds a B.S. from Hope College.

Janel McCormick of Dallas is Sem's part-time learning support teacher. A graduate of Clarion University with an M.Ed. from Penn State, McCormick has experience with instructional support teams in the State College School District. She has also taught at Sem Summer for the past two years.

Rev. Lucinda Stafford-Lewis of Plymouth is the assistant chaplain and teacher of religion. Stafford-Lewis is a graduate of UCLA and earned her master's degree from Princeton Theological Seminary.

She has served as associate pastor for the Church of Christ Uniting in Kingston and as pastor of Trinity Presbyterian Church in Dallas.



L-J learns bus safety

The Pennsylvania State Police paid a visit to the students of Lehman-Jackson Elementary recently. State Trooper Joe Lakkis stopped by and helped the PTA conduct a bus safety program for all children in kindergarten through 6th grade. Age appropriate videos were shown to the students followed by a discussion of bus safety rules. Mr. Lakkis took all students on board a bus and discussed bus safety zones as well as proper behavior for boarding, riding and exiting the school bus safely. Older students had a lesson in emergency exits and were shown how to "buddy up" to the younger students who may need extra help in an emergency. PTA Health and Safety Committee Chairpersons for this event are Andrea Mitkus and Victoria Grzyboski.

L-J PTA fundraiser is in full swing

The annual fund raiser for the Lehman-Jackson PTA has begun. All of the children attending the elementary school have received brochures with items for sale including wrapping paper, candles, many gift items, and even computer software. This is the one and only fund raising project for the PTA. All money raised from this project is spent on the many extras our children enjoy throughout the school year, including field trips for each grade level, educational assemblies, books for the RIF program and many other programs.

Order forms are due back to the school by Sept. 21. Delivery of items is scheduled for the week of Nov. 2.

Please help support the children of Lehman-Jackson Elementary in this effort to provide these very worthwhile programs.

Tree Workshop to be held at park

A Project Learning Tree Workshop will be held on Sun., Oct. 4 at Frances Slocum State Park from 9 a.m.-3 p.m. PLT is a supplemental curriculum which uses forests as windows to the world. The project guide is filled with activities relating to plants, trees, diversity, wildlife and natural systems.

For more information or to register, call 696-9105. Preregistration is required and enrollment is limited-call now. There is no charge for this workshop. If you are a person with a disability and you wish to participate in any of the programs, contact Kathy Kelchner at 696-9105. Pennsylvania AT&T Relay Service 1-800-654-5984.

Beardsworth makes Syracuse dean's list

Barbara Beardsworth of Dallas made Syracuse University's dean's list. She is a sophomore majoring in environmental design-interiors.

Gialanella makes dean's list

Angela Gialanella of Dallas made the dean's list for the 1998 spring semester. Full-time undergraduate students with a 3.5 or higher grade point average qualify for the list.

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