

SCHOOL MENUS

The following school lunch menus are for the week of Oct. 8-14. All lunches include milk.

DALLAS SCHOOLS

THURSDAY - French toast sticks w/syrup, cheeseburger/bun, hash brown patty, chilled juice.

FRIDAY - Pierogies w/roll and cheese stick, cheeseburger/bun, green beans, pineapple tidbits.

MONDAY - Taco boat w/meet-cheese-tomato-lettuce, turkey hoagie, seasoned corn, Mandarin oranges.

TUESDAY - Lasagna w/dinner roll, turkey hoagie, tossed salad, fresh grapes.

WEDNESDAY - Chicken nuggets, turkey hoagie, French fries, Shape-Up.

GATE OF HEAVEN SCHOOL

THURSDAY - Stromboli, salad, peaches.

FRIDAY - Pizza, carrot/celery sticks, mixed fruit.

MONDAY - Columbus Day, closed.

TUESDAY - Chicken fries w/roll, corn, peaches.

WEDNESDAY - Tacos-meat-cheese-lettuce-tomato, Spanish beans, pineapple.

LAKE LEHMAN SCHOOLS

Elementary School
THURSDAY - Cheeseburger/roll or open face turkey sandwich w/gravy, French fries, Mandarin orange.

FRIDAY - Cheese pizza or turkey salad sandwich, glazed carrots, sweet raisins.

MONDAY - Cheesesteak hoagie or ham bbq sandwich, mixed vegetables, cherries w/cream.

TUESDAY - Chicken nuggets w/sauce or bbq rib sandwich, scalloped potatoes, pineapple tidbits.

WEDNESDAY - Chicken parmesan sandwich or hoagie w/lettuce-tomato, fresh veggies w/dip, fruit crisp.

Middle School
THURSDAY - Pasta bar w/roll, beef-a-roni w/dinner roll, tossed salad w/dressing, apple slices.

FRIDAY - Deli bar. Sloppy

Joe/bun, parsley potatoes, chilled peaches.

MONDAY - Burger bar. Chicken parmesan sandwich, crispy tator tots, applesauce.

TUESDAY - Mexican bar w/roll. Meatloaf w/gravy, roll, mashed potatoes/gravy, Shape-Up.

WEDNESDAY - Salad bar w/roll. Sautéed pierogies w/peanut butter celery, steamed broccoli, pineapple tidbits.

High School
THURSDAY - French fry bar w/roll. Zesti spaghetti w/meat sauce, roll, tossed salad/dressing, fruit crisp.

FRIDAY - Teacher's In-service. No school.

MONDAY - Hot dog bar. Chicken parmesan sandwich, crispy tator tots, applesauce.

TUESDAY - Oriental bar w/roll. Meatloaf w/gravy, roll, mashed potatoes/gravy, Shape-Up.

WEDNESDAY - Burger bar. Sautéed pierogies w/peanut butter celery, steamed broccoli, pineapple tidbits.

WEST SIDE TECH

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

FRIDAY - Oatmeal cookies, cereal, juice, fruit.

MONDAY - Fruit muffin, cereal, juice, fruit.

TUESDAY - French toast sticks or cereal, juice, fruit, pastry.

WEDNESDAY - Spice bars, cereal, juice, fruit.

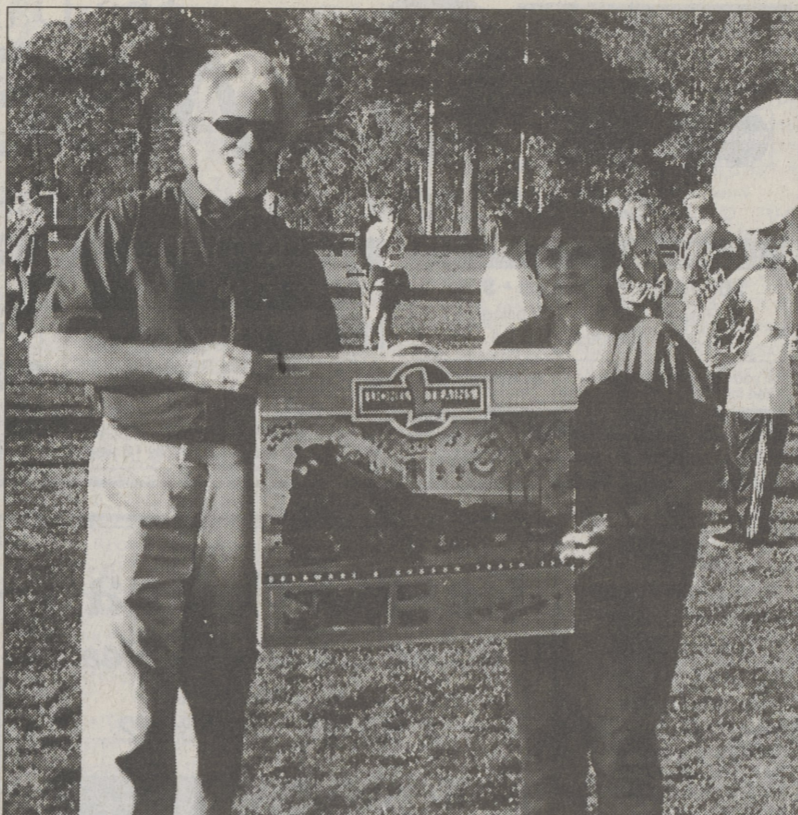
Lunch
THURSDAY - Pierogies/sautéed onions, tossed salad/dressing, Italian roll, applesauce raisin cake.

FRIDAY - Pizza, tossed salad/ranch dressing, fresh fruit.

MONDAY - Chicken patty/roll w/lettuce-tomato, baked beans, chilled fruit.

TUESDAY - Grilled cheese, tomato soup/crackers, chilled peaches, soft pretzels.

WEDNESDAY - Pasta/meat sauce, tossed salad, Italian roll, mozzarella cheese, oatmeal cookies.



DHS Band holding benefit

The Dallas High School Band Booster Organization is holding a holiday raffle to benefit the Dallas High School Marching Band. A Lionel train set complete with track, transformer and accessories was donated by Lynda Gross of Cloth & Needle, Dallas for the raffle which will be held on December 4. Tickets can be purchased at all Dallas High School home football games or from any band booster parent. Tickets are \$2 each or three for \$5. Pictured holding the train set are Todd Hunter, DHS band director; Mrs. Bonnie Dunnigan, DHS band president.

Lake-Lehman pre-school program registration

Robert Kunkle and Dave McLaughlin-Smith, Elementary Principals for the Lake-Lehman School District, announce the Pre-school program for parents and pre-school (4 year old) children for the 1998-99 school year.

The first installment of Lake-Lehman's Early Childhood/Pre-School Program is scheduled for Oct. 20, 21 and 22 and will feature "Reading Readiness: Activities and Strategies for Parents and Children."

Lake-Lehman School District teaching staff will conduct the Reading Readiness presentation. The presentation will include basic reading readiness skills to prepare 4-year-olds for a successful school career.

Parents will prepare one activity to use with their child at home. Separate activities including storytime, games, crafts and

snacks are scheduled for the children at each elementary school.

The schedule for this pre-school presentation is as follows:

Ross, Oct. 20, 10 a.m.-11:30 a.m.

Lake-Noxen, Oct. 21, 9 a.m.-10:30 a.m.

Lehman-Jackson, Oct. 22, 9 a.m.-10:30 a.m.

Please register for this first presentation by calling the school office and letting us know how many adults and children will be attending. Telephone numbers are as follows: Ross Elementary School, 477-5050 or 256-7897; Lake-Noxen Elementary School, 639-1129; Lehman-Jackson Elementary School, 675-2165.

This program is intended for four-year-olds only. It is requested that you not bring younger brothers or sisters unless there is no alternative.

Zarambo earns dean's award

Gwen A. Zarambo, of Dallas, a first-year chemistry major at Albright College, has been named a recipient of a Dean's Scholarship award for the 1998-99 academic year.

The Dean's scholarships, valued at a four-year total of \$20,000 each, are offered to students who exhibit a combination of academic achievement and significant extracurricular involvement.

Zarambo, a graduate of Dallas Senior High School, is the daughter of Mr. and Mrs. Leonard Zarambo of Dallas.

Schweitzer on Ithaca dean's list

Emily Schweitzer, Dallas, class of '01, made Ithaca College's dean's list. She is studying clinical science/physical therapy.

DALLAS HIGH GUIDANCE NOTES

Get active, but don't be a 'list padder'

Applications are now available for the 1999 Governor's School of Excellence. Governor's Schools are five week residential summer programs for high school students. The programs take place on college campuses and provide hands-on experience in the agricultural sciences, the arts, healthcare, international studies, teaching and sciences. Room and board, tuition, classroom materials and activities are covered by full scholarship. The student's family is responsible for transportation costs and pocket money. Applications are available in Guidance.

Students should remember to try and attend the College Fair at Bishop Hoban on October 15 at 7:30 p.m. Over 100 colleges, universities, technical schools and representatives of all branches of the military will be present.

Underclassmen listen up! Colleges deeply desire active students. The student who shows a willingness to get involved is much more attractive than one who spends her whole high school career working on her Q.P.A. But students who know this fact, often make a serious mistake. They confuse involvement with volume. They think the number of activities they join is more important than what they do in those activities. They're wrong. Don't be a list padder.

That's an admission officer's term, (usually derogatory), for a student who joins every club and organization in sight so that he can list it on his application. List padders don't score very high with admission counselors. They are easy to spot. They have a long list of activities that appear impressive but below the surface, nothing. A good rule of thumb on this topic: Students who are okay in a 'bunch' of things are not nearly as attractive with depth in one. Colleges want contributors not joiners. They want people who persevere in an activity not those who bounce from fad to fad. For example, a student who works for the school newspaper for four years, moving to a more responsible position each year, scores higher, much higher, than one who joins 12 organizations and contributes nothing. Commitment is the key!

Congratulations to our Dallas High School September Students of the Month sponsored by the P.T.S.O. and Back Mountain Harvest Assembly. They are: Abby Ahmad, Creative Student Award; Brittany Bartolini, School Spirit Student Award; Philip Pack, Citizen Student Award; April Piazza, Student Achiever Award.

Dallas students honored by Sem

Wyoming Seminary Dean of the Upper School David L. Davies announced that six students have been named Commended Students in the National Merit Scholarship Program. Back Mountain students Michael Messersmith of Dallas and Tim Reddy of Shavertown each received a Letter of Commendation from the school and the National Merit Scholarship Corporation (NMSC).

Nite Golf Tournament
at Four Seasons Golf Club, Exeter
"Captain and Crew" Format • Friday October 9th
\$26.00 per person. Includes 9 holes, prizes, glow necklace for all players, nite balls and accessories. Those wishing to eat at our Friday BBQ first, may do so for \$8.00 per person (Reservations Required)
Call 655-8869 to Register Your Foursome
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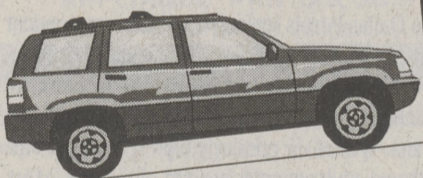
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20 Words • 4 weeks
\$12

- Ads placed by individuals only
- If you don't get results, you get 4 more weeks free





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20 Words • 4 weeks
\$12

- Ads placed by individuals or businesses
- If you don't get results, you get 4 more weeks free

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