

SCHOOL MENUS

The following school lunch menus are for the week of March 25 - 31. All lunches include milk.

DALLAS SCHOOLS

Elementary
THURSDAY - Tacos w/meat-cheese-lettuce-tomatoes, hot ham/cheese sandwich, seasoned rice, corn, mixed fruit.

FRIDAY - Grilled cheese sandwich, turkey hoagie, tomato soup/crackers, green beans, apricot halves.

MONDAY - Chicken nuggets, Sloppy Joe/bun, buttered noodles, broccoli cuts, chilled peaches.

TUESDAY - Spaghetti w/meat sauce & garlic bread, Sloppy Joe/bun, tossed salad, pineapple tidbits.

WEDNESDAY - Open face roast beef sandwich, Sloppy Joe/bun, mashed potatoes/gravy, green beans, chilled peaches.

Middle School
THURSDAY - Taco bar, Seasoned rice, corn, mixed fruit.

FRIDAY - Grilled cheese sandwich, tomato soup/crackers, green beans, apricot halves.

MONDAY - Sloppy Joe/bun, buttered noodles, broccoli cuts, chilled peaches.

TUESDAY - Spaghetti w/meat sauce & garlic bread, tossed salad, pineapple tidbits.

WEDNESDAY - Open face roast beef sandwich, mashed potatoes/gravy, green beans, chilled peaches.

GATE OF HEAVEN SCHOOL

THURSDAY - Spaghetti, salad roll, pears.

FRIDAY - Fish patties, buttered potatoes, green beans, mixed fruit.

MONDAY - Pizza Hut, salad,

pears.
TUESDAY - Chicken soup/sal-tines, turkey sandwich-lettuce, ice cream.

WEDNESDAY - Early dismissal, 11:15. No lunch.

LAKE-LEHMAN SCHOOLS

Elementary
THURSDAY - Holiday dinner, ham slice w/pineapple ring or cheeseburger/roll, sweet potatoes, chilled pears.

FRIDAY - Italian dunkers w/sauce or fish sandwich w/tartar sauce, winter blend, apple slices.

MONDAY - Chicken nuggets w/sauce, roll or hot ham/cheese sandwich, seasoned corn, orange smiles.

TUESDAY - Hamburger/roll or chicken bbq/roll, baked potato, pineapple tidbits.

WEDNESDAY - Sautéed pierogies w/peanut butter celery or chicken patty sandwich/lettuce, steamed broccoli, rosy applesauce.

Middle School
THURSDAY - Holiday dinner, baked potato bar, baked ham slices, scalloped potatoes, green beans, pineapple tidbits.

FRIDAY - Pizza bar. Fish sandwich w/tartar sauce, creamy macaroni/cheese w/stewed tomatoes, mixed fruit.

MONDAY - Breakfast bar, French bread pizza, glazed carrots, mixed fruit.

TUESDAY - Burger bar. Turkey/gravy over mashed potatoes, green beans, apple slices.

WEDNESDAY - Mexican bar. Baked ziti w/meat sauce, dinner roll, tossed salad/dressing, fruited gelatin.

High School

THURSDAY - Holiday dinner. Double burger bar. Baked ham slice, scalloped potatoes, green beans, pineapple tidbits.

FRIDAY - Pizza bar. Fish sandwich w/tartar sauce, creamy macaroni/cheese w/stewed tomatoes, cinnamon applesauce.

MONDAY - Burger bar. French bread pizza, winter blend, Mandarin orange.

TUESDAY - French fry bar. Turkey/gravy over mashed potatoes, green peas, apple slices.

WEDNESDAY - Oriental bar. Ravioli w/meat sauce, dinner roll, tossed salad/dressing, fruited gelatin.

WEST SIDE TECH

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

FRIDAY - Pumpkin bars, cereal, juice, fruit.

MONDAY - Banana bread, cereal, juice, fruit.

TUESDAY - Hot ham/cheese or cereal, juice, pastry.
WEDNESDAY - Blueberry coffee cake, cereal, juice, fruit.

Lunch

THURSDAY - Tuna/turkey hoagie-lettuce-tomato, chicken vegetable soup/salines, orange wedges, Tandy cake.

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

MONDAY - Hamburg/cheeseburger, soft bun-lettuce-tomato, macaroni salad, chilled fruit.

TUESDAY - Pork bbq-relish-soft bun, oven baked potatoes, spiced applesauce, jello, cake.

WEDNESDAY - Grilled cheese, tomato soup/crackers, tossed salad/dressing, chilled fruit.



Students stand out in JETS competition

Students from Lake-Lehman High School captured second place in the 20th annual Junior Engineering Technical Society's Tests of Engineering Aptitude, Mathematics and Science (JETS/TEAMS). The competition was held at Penn State Wilkes-Barre in Lehman. Eight schools participated in this year's aptitude competitions which is co-sponsored by Pennsylvania Society of Professional Engineers, Luzerne County Chapter.

Shown are the second place winners from Lehman High School, seated, from left, Angela Davis, Liz Bidner, Ken Weaver, and Tom Brislin; standing, from left, Sean Manzoni, Becky Kaufman, Josh Keller, Ben Wolfe, Chris Kopcho, coach; Dr. Jon Carson, Engineering Society representative.

DMS Parent Support Group, High School PTSO to meet March 30

The Parent Support Group of the Dallas Middle School is holding its next meeting on Tuesday, March 30 at 6:30 p.m. in the Middle School Auditorium.

The featured speaker is Asst. Superintendent, Dr. Michael Speziale. Dr. Speziale will discuss future school curriculum changes and immediate advances in technology education. Dr. Speziale will address questions from the audience.

All middle school parents are welcome and encouraged to attend.

A brief work session to elect

new officers will follow the speaker. Parents of eighth grade students are invited to then attend the Dallas High School parents' meeting in the High School Library.

The Dallas High School PTSO will hold a general meeting to kick off our busy spring calendar of events, Tuesday, March 30, 7:30 p.m. in the high school library.

The meeting will follow the Dallas Middle School parent support group meeting which begins at 6:30 in the DMS auditorium.

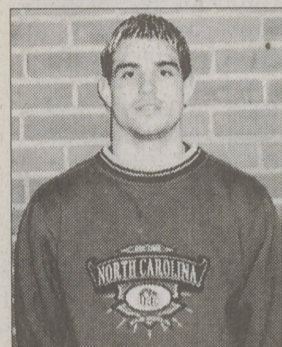
All interested high school parents and current 8th grade parents are cordially invited.

Montessori auction set for April 10

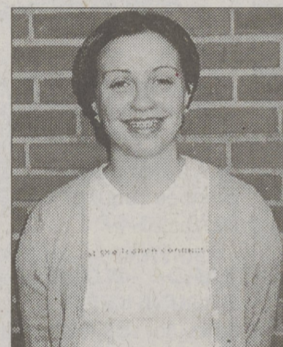
The Parent's Association of the Wyoming Valley Montessori School, Kingston, will present its Spring Auction Saturday, April 10 at the Ramada Plaza Hotel, Wilkes-Barre. The theme is "The Storybook Auction: Make the Children's Dreams Come True".

In addition to new merchandise, antiques, services and gift certificates, the Auction will feature an autographed baseball from Mark McGwire, signed celebrity photos from Joe DiMaggio, Garth Brooks, and others, and tickets to the Rosie O'Donnell Show in New York. The Montessori School will also auction off two antique five-foot square multi-colored "griselle" windows original to its building, the former home of the Kingston Presbyterian Church. Well-known local auctioneers George and Marva O'Gorman will preside over the evening's festivities.

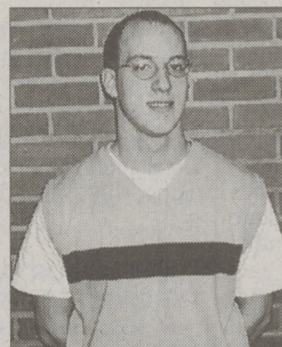
Doors will open at 6:30 p.m., with a silent auction held from 7-8 p.m. and the main auction run from 8-10 p.m. A light dinner will be served and complimentary bar featured during the silent auction. Tickets are \$15 per person. For reservations, call 288-3708.



MATTHEW ACRI



CLAIR GAMMAGE



BRAD JUMPER



EMILY MALLICK

Dallas High School students of the month for February

The Dallas High School February Student of the Month Awards were presented at a student assembly by the Guidance Department and the PTSO. The winners each received \$50 savings bonds, sponsored by Paging Express.

Junior **Matthew Acri**, 18, received the Student Citizen Award. He is the son of Michael and Debra Moravec of Trucksville. He is involved in football, track and weightlifting. He is on the Honor Roll and was all scholastic for Football. He works at Mr. Z's.

Senior **Brad Jumper**, 18, received the School Spirit Award. He is the son of Richard and Lynn Jumper of Dallas. He is the production editor for the school newspaper. He enjoys swimming, works at Pocono Downs all year, 40 hours a week in the spring and summer and 10-20 during school. His hobbies and interests are drawing, working on car engines, photography, is a amateur radio user. He is on the Honor Roll and has a swim varsity letter.

Sophomore **Clair Gammage**, 15, received the Student Achiever Award. She is the daughter of Ian

and Gail Gammage of Dallas. She participates in cross country, track, Student Council, AIDS council, yearbook, sophomore steering. She enjoys playing the piano, doing volunteer work at the Meadows Nursing Home, and works as a bus girl at the Overbrook Restaurant. She has received a Math Award (9th), NEDT Award (9th & 10th), Kevin Searfoss memorial Award for Fantasy (Rossetti Art Exhibition), MVP for Dallas Girls Cross-Country (10th), lettered in Cross-Country (10th), lettered in track (9th).

Junior **Emily Mallick**, 16, received the Creative Student Award. She is the daughter of Michael and Joanne Mallick. She is the president of the Environmental Club, member of Diversity Club's Envirothon, acted in five school plays. She is working at Domino's Pizza, and at the Treat-Pizza in the summer. She is an animal rights activist, and member of animal rights groups. She will be a Rotary District 7410 Exchange Student to Thailand from July 1999 to July 2000.

Murphy named to Syracuse dean's list

Paul Murphy, of Dallas, a freshman at Syracuse University's L.C. Smith College of Engineering and Computer Science was named to the Dean's List for the 1998 fall semester.

Misericordia program honored

College Misericordia's newly revised teacher education program recently was recognized as a pilot program by the Council of Independent Colleges (CIC), according to Dr. Mary Glennon, RSM, vice president for academic affairs and dean of the college.

"The Misericordia education faculty spent the last three years building a new teacher preparation curriculum," said Dr. Glennon. "This curriculum was designed with the CIC's standards, the Pennsylvania Department of Education standards, and those of other professional and accrediting groups in mind. Our hope is to have the best teacher education program in the state."

Misericordia's new teacher education program includes a large general education program based in the liberal arts. Students are required to major in a subject area as well as in education, complete a series of competency-based teacher education courses, spend several hundred hours observing and teaching in classrooms, and be involved in various professional organizations.

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Dallas Middle School honor students

Recently an assembly was held at the Dallas Middle School to honor the outstanding academic students for the second marking period. Anthony Martinelli, Dallas Middle School principal, announced that 35 middle school students achieved Honors with Distinction. To be eligible the students must have a 3.8 to 4.0 average.

Pictured, seated, Andrew Gialanella, Michael Swartwood, Jill Krakosky, Carrie Thimot, Matt Katyl, Lenore Kaplan and Dustin Bednarz. Standing, row 1, Meredith Lacey, Sylena Marmo, Michelle Luksh, Coral Stredny, Katherine Cupstas, Jared Weinstock, Frank Buzin, Ryan Beberus, Whitney Adams, Ashley Wolanski. Row 2, Corey Phillips, John Gilligan, Stephanie Yachim, Sara Getz, Joe Bednash, Andrew Schweitzer, Samantha Decker, Megan Vodzak and Sarah Vodzak. Row 3, Michael Yenason, Adam Morgan, Gabrielle Huh, Jonathan Morgan, Jacqueline Hardwick, Jeff Pace, Ashleigh King, Shannon Thomas and Philip Miller.

Slocum Park offers free programs

Frances Slocum State Park is once again offering free Environmental Education programs for any interested schools or organizations. Outdoor field learning experiences are available for preschool through adult. Most field learning activities are designed to develop environmental awareness, knowledge, values and problem solving. Many of the activities can be adapted to the classroom if traveling to the Park is too difficult. If you would like to pre-register your group or need more information please call the Park Naturalist Kathy Kelchner at (570) 696-9105.

SAT prep course at Penn State


High school students can register for Penn State Wilkes-Barre's review course for the Scholastic Assessment Test (SAT) to be given on June 5.

The grade-free review course, which will help to prepare them for the verbal and math portions of the SAT, will be held Tuesday evenings, April 6 through May 18 from 6-9 p.m., in the Athletics and Recreation building on the campus in Lehman.

Fee for the course is \$185 both verbal and math portions; students may take either the verbal or math portion at a cost of \$105. For more information or to register, call Jennifer Youngman, Penn State, Wilkes-Barre Continuing Education, at 675-9220.

Hoprich on Lycoming dean's list

Stephen Hoprich, son of Mr. and Mrs. Stephen Hoprich, of Sweet Valley was named to the Dean's List at Lycoming College for the 1998-1999 fall semester.



**Springtime is...
Home Improvement Time**

Build a solid customer foundation with an ad in The Dallas Post's Home and Yard Section.

Winter's just about over and homeowners in the Northeast are eagerly awaiting the arrival of spring to get outside and tackle that long awaited remodeling project. Whether building a new dream home, planning a professionally landscaped shade garden or just adding a coat of paint to that shabby old shed, tell them who to turn to for the expertise, services or supplies you provide with an ad in The Dallas Post Home and Yard section.

This special tab will include professionally prepared articles and photographs about the home and yard plus tips on how to get that project under control. A combination with The Abington Journal, Clarks Summit gives you more bang for the buck.

Combination with The Abington Journal provides added distribution

Get the most out of your advertising dollar with co-op. Don't have the time to figure your plans fine points? Share your package with us and we'll fill you in on all the details.

Publication Date: Wednesday, April 14
Ad Deadline: Thursday, April 8
Size: 5 Col by 13" SAU Tabloid

The Dallas Post
 607 Main Road
 Dallas, PA 18612
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or fax your ad to 675-3650