

## Dallas High School PTSO Notes

• Friendly's Restaurant in Dallas is hosting a DHS Grad 2000 night Monday, Feb. 7 from 5-8 p.m. Bring your family for dinner. Proceeds will benefit the Dallas High School senior lock-in party being planned.

• A "Don't Forget to Call" Valentine contest will be run during the week of February 7-11. The DHS Grad 2000 phone cards will be beautifully packaged for Valentine's Day. The homeroom with the most sales wins a Valentine's Day Breakfast Party, prepared and served by Mr. Galicki, principal and Mr. Reinert, assistant principal.

• A pancake breakfast is being planned in March by the DHS Grad 2000 committee. Any student or parent interested in setting up, cooking, or cleanup, we could use your help. Please contact any committee member, or to these committees - we just need workers!

• DHS Grad 2000 meetings will be announced on the PTSO hotline. Feel free to call and leave a message if you need more information, or plan to attend a meeting. DHS Grad 2000 invites all parents and community members who want to help keep our teens safe on graduation night.

## Swepston competes at talent expo

Sara Swepston, daughter of James and Kathleen Swepston of Dallas, recently attended the John Long Talent Expo held at the Mountain Laurel resort in White Haven. She won first place trophies in solo tap, novelty and pantomime as well as a second place award in TV Commercial. Sara received two special awards, one for "Excellence in Performance," and a trophy and crown for "Overall Solo" ages 10-15.

Sara also competed at the Per-



SARA SWEPSTON

forming Arts Alliance Talent Competition in King of Prussia. She received a third place award in solo tap, second place in solo specialty and first place in TV Commercial. Sara was named "Miss Pre-Teen Performing Arts" for having the highest combines solo scores in the 10-12 age division. She is a member of the dance group "Red Hot" which won first place awards in group tap and specialty, as well as a second place trophy in group pantomime.

Sara is a 6th grade student at Dallas Middle School, and a dance student under the direction of Robert Oberst, owner and director of the Back Mountain Dance Studio, Dallas.



**DMSI student council members pose with proceeds from Penny Wars.** Pictured kneeling: Shikha Sharma, Jill Vanderhook, Samantha O'Brien, Chelsea Calhoun, Elizabeth Heintz, Rebecca Vozzak, and Chris Parrish. Back row: Dan Savage, Cassie Snider, Andrew Vanloon, Hillary Adams, Ryan Harvey, Matt Buckman, Kyle Evans, Katie Dompkosky, Sara Swepston, Maria Gialanella and Sara Getz.

## DMS Penny Wars proceeds donated to local charities

Recently the Dallas Middle School Student Council held its annual Penny Wars contest. The money raised is donated to charities that the student council has selected. The students in sixth grade won the contest for the second year in a row. Eight hundred and sixty dollars was raised by the middle school students. The money was equally divided be-

tween a local charity and the United Way of Wyoming Valley. Ms. Norine Amesbury, student council adviser, stated that this was a very successful campaign thanks to the students' enthusiastic participation.

A special thanks goes out to Mr. Robert Devenney, manager of Brinks Inc., Market St., Wilkes-Barre, for tallying the coins.

## Lake-Lehman schedules health & nutrition program

Mr. Robert Kunkle and Mr. Dave McLaughlin-Smith elementary principals for the Lake-Lehman School District, announce the third installment of the preschool program for parents and 4 year old children is scheduled for Feb. 15, 16, and 17, and will feature "Nutrition and Health", along with an explanation of kindergarten screening procedures.

Faculty from each building will conduct the nutrition and health presentations. Separate activities including story time, games, crafts and snacks are scheduled for the children at each elementary school.

The schedule for this preschool presentation is as follows:

Feb. 15, at Ross Elementary, 10 a.m. to 11:30 a.m.;

Feb. 16, at Lake-Noxen, 9 a.m. to 10:30 a.m.;

Feb. 17, at Lehman-Jackson, 9 a.m. to 10:30 a.m.

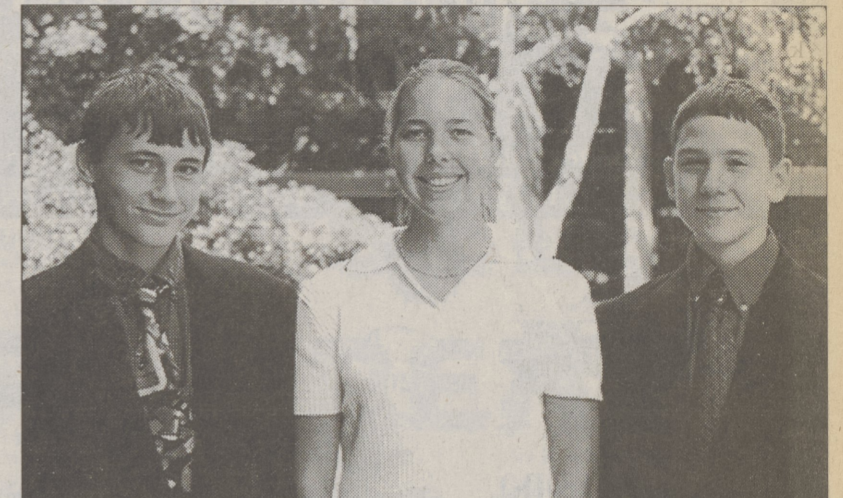
Please register for this third presentation by calling the neighboring elementary school office and letting us know how many adults and children will be attending. Telephone numbers are as follows:

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 years olds only. It is kindly requested that you not bring younger brothers and sisters unless there is no alternative.



**Current Trustee Achievement Scholars from the Back Mountain include,** from left to right: Brandon Sherlinski and Kourtney Koslosky, both of Shavertown; and Matthew Katyl, Dallas.

## Wyoming Seminary to hold Trustee Scholarship exam

Eight and ninth grade students are encouraged to register for Wyoming Seminary's Trustee Achievement Scholarship Exam, to be held Saturday, February 5, at the school's Kingston campus.

The Trustee Achievement Scholarship program, now in its 19th year, recognizes leading students. Up to five scholarships will be awarded to students who combine outstanding performance on the competitive exam with a solid record of citizenship and achievement.

Several Back Mountain students are currently Trustee Achievement Scholars: Seniors Karen Boback of Harveys Lake and Kourtney Koslosky of Shavertown; juniors Trent Miller of Hunlock Creek and Joshua Schraeder of Dallas; sophomore Brandon Sherlinski of Shavertown; and first-year student Matthew Katyl of Dallas.

Registration for the exam will take place at 8:30 a.m.; the test

will be administered at 9 a.m. During the exam, parents are encouraged to attend a lecture by Wyoming Seminary's Director of College Guidance on how to maximize their son or daughter's chances for college success. Following the exam, school president H. Jeremy Packard will host a luncheon for students and parents. Current Seminary students will conduct tours during the afternoon for prospective students and their parents, and admission representatives will meet with families.

Students entering ninth or tenth grade who are not currently enrolled at Wyoming Seminary are eligible for the scholarship program. Pre-registration is required; for more information, contact the Office of Admission at 283-6060. For more information about Wyoming Seminary, visit the school's web site at [www.wyomingseminary.org](http://www.wyomingseminary.org).

## SCHOOL MENUS

The following school lunch menus are for the week of Jan. All lunches include milk.

### DALLAS SCHOOLS Elementary

**THURSDAY** - Chicken Nuggets, Hamburger or Cheeseburger, tator tots, chilled pears.

**FRIDAY** - Grilled cheese sandwich, hamburger or cheeseburger, tomato soup w/crackers, glazed carrots, mixed fruit

**MONDAY** - Chicken patty, cheese steak hoagie, parsley potatoes, mandarin orange, chips

**TUESDAY** - Hot ham & cheese on roll, cheese steak hoagie, baked beans, sweet raisins

**WEDNESDAY** - Zesty spaghetti w/meatsauce & dinner roll, cheese steak hoagie, tossed salad w/dressing, peach walnut crisp

### Middle School

**THURSDAY** - Pasta bar, hamburger, tator tots, chilled pears

**FRIDAY** - Pizza bar, grilled cheese sandwich, tomato soup w/crackers, glazed carrots, mixed fruit

**MONDAY** - Cheese steak bar, meatball hoagie, parsley potatoes, mandarin orange, chips

**TUESDAY** - Fajita Bar, hot ham & cheese on roll, baked beans, cherries w/cream

**WEDNESDAY** - Burger bar, zesty spaghetti w/meatsauce & garlic bread, salad w/dressing, peach walnut crisp

### High School

**THURSDAY** - Pasta Bar, open face turkey sandwich, tator tots, baked cookie

**FRIDAY** - Mashed potato bar, grilled cheese sandwich, tomato soup w/crackers, glazed carrots

**MONDAY** - Cheese steak bar, meatball hoagie w/cheese, parsley potatoes, ice cream

**TUESDAY** - Fajita Bar, Tacos w/meat/cheese/lettuce & tomato, baked beans, cherries w/cream

**WEDNESDAY** - Breakfast bar, zesty spaghetti w/meatsauce & garlic bread, salad w/dressing, peach walnut crisp

### LAKE-LEHMAN SCHOOLS

**Elementary**

**THURSDAY** - Hot dog on bun or Ravioli w/sauce and roll, tossed salad w/dressing, shape up

**FRIDAY** - Cheesy pizza or sausage sandwich, mixed vegetables, mandarin oranges, cookie

**MONDAY** - Chicken patty sandwich or hot ham and cheese on roll, crisp peas, chilled pears

**TUESDAY** - Italian dunkers w/sauce or BBQ rib sandwich, potato wedges, pineapple tidbits

**WEDNESDAY** - Taco's w/meat/cheese/lettuce & tomato or chicken salad sandwich, buttered corn, "candied" apple

**Middle School**

**THURSDAY** - Pasta bar, Chicken patty sandwich, glazed carrots, cinnamon applesauce

**FRIDAY** - Deli Bar, fish sandwich, tator tots, chilled pears, chips

**MONDAY** - Cheesesteak bar, stromboli w/sauce, crispy tator tots, chilled pears

**TUESDAY** - Foot long hot dogs, burger w/the works, french fries, mandarin oranges

**WEDNESDAY** - Salad bar, Turkey and gravy over mashed potatoes, green beans, fruit crisp

**High School**

**THURSDAY** - Chicken Fajita bar, hot ham and cheese croissant, glazed carrots, cinnamon applesauce

**FRIDAY** - Foot long hot dog or burger w/the works, pasta salad, potato wedges, fresh fruit

**MONDAY** - Cheesesteak bar, stromboli w/sauce, crispy tator tots, chilled pears

**TUESDAY** - Mexican Bar, BBQ pork sandwich, Golden corn, mandarin oranges

**WEDNESDAY** - French Fry bar, turkey and gravy over mashed potatoes, green beans, fruit crisp

### WEST SIDE TECH

**Breakfast**

**THURSDAY** - Pancakes, cereal, juice, pastry

**FRIDAY** - Banana bread, cereal, juice, fruit

**MONDAY** - Muffin, cereal, juice, fruit

**TUESDAY** - French toast sticks, cereal, juice, fruit, pastry

**WEDNESDAY** - Sausage w/cheese, cereal, juice, fruit, pastry

**Lunch**

**THURSDAY** - Pork rib BBQ, with sauce & roll, oven ready potatoes, pumpkin bars

**FRIDAY** - Pizza, salad w/ranch dressing, fruit

**MONDAY** - Italian meatballs w/sauce, hard roll, seasoned green beans, chilled fruit

**TUESDAY** - Hamburger or cheeseburger on soft bun w/lettuce, tomato, veg, beef soup, crackers, tandy cake

**WEDNESDAY** - Taco w/trimmings, sharp cheese, tangy sauce, veg, rice casserole, seasoned corn, soft pretzel

## Penn State offers SAT review course

High school students can register now for Penn State Wilkes-Barre's review course for the Scholastic Assessment Test (SAT) to be given on April 8 and May 6. This grade-free review course will prepare students for the verbal and math portions of the SAT. It will be held on Saturdays, Feb. 5 through March 25, from 11 a.m. to 2 p.m., in the Athletics and Recreation building on the cam-

pus in Lehman. The fee for the course is \$185 for both verbal and math portions; students may elect to 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 Center for Quality Training and Continuing Education at (570) 675-9220 or e-mail [jry1@psu.edu](mailto:jry1@psu.edu).

## DHS GUIDANCE NOTES

The practice S.A.T.'s will be offered at the high school on February 5, at 8 a.m. The cost to register is \$15 and check should be made payable to Dallas High School. There are limited seats available, please register as soon as possible. If you have any questions please call 674-7218.

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Congratulations to the *November* Students of the Month:  
Citizen Student - Shane Snyder  
School Spirit - Brett Larson  
Creative Student - Jennifer Roman  
Student Achiever - Morgan McOwen

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Congratulations to the *December* Students of the Month:  
Citizen Student - Jaclyn Senese  
School Spirit - Rebecca Hoffman  
Creative Student - Jennifer Coolbaugh  
Student Achiever - Joseph Goryl

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The following Seniors will be attending these schools in the Fall of 2000. Congratulations on your acceptances.  
Jennifer Granda - L.C.C.C.  
Ethan Lewis - Keystone College  
Brian Martin - Penn State - Wilkes-Barre Campus  
Laura Mission - Bloomsburg University  
Jennifer Roman - Cedar Crest College  
Jaclyn Senese - L.C.C.C.  
Nicholas Steidl - Bucknell University

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Seniors are reminded to let the Guidance Office know the college, trade school, armed forces, etc. to which you've committed.

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Junior Leadership applications are available in the Guidance Office. There is a five dollar fee to apply and the deadline to hand them in to the Guidance Office is February 1.

Use the handy coupon on page 2 to subscribe to The Dallas Post

## Reach for the Stars

### Take the Trustee Achievement Scholarship Exam February 5

Area eighth- and ninth-grade students not already enrolled at Sem: register for Wyoming Seminary's Trustee Achievement Scholarship exam!

- Saturday, February 5, 8:30 a.m.
- Up to five scholarships awarded to top students
- Parents: join our Director of College Guidance to learn how your student can maximize his or her chances for college success.
- Stay for lunch and a campus tour
- An opportunity to live in a community of students from around the block and around the world



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Tim Reddy:  
TAS Winner 1996,  
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## Lehman-Jackson PTA to meet Feb. 2

Lehman-Jackson PTA, will conduct its monthly general meeting on Wednesday, February 2, at 7 p.m., in the music room. The general board members invite all parents and caregivers to volunteer some time or just come show your support in helping the PTA through another successful school year.

## Gate of Heaven plans week-long celebration

Gate of Heaven School will be participating in the annual celebration of Catholic Schools Week, to be held Jan. 31 - Feb. 4. On Tuesday, February 1, from 8:45 to 10:30 a.m., the school will stage its annual talent show, and on Feb. 4, the entire school will pack the gym donning green and white attire for Green and White Day. Students will enjoy a number of activities in the gym from 8:15 until 12 p.m.

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