Dallas High PTSO will meet Oct. 30

The Dallas High School PTSO has scheduled a very important and informative meeting for Monday, Oct. 30 at 7 p.m. in the High School Library. There will be two guest speakers at the meeting. Mr. Paul Reinert, Assistant Principal, will speak on "What We Think You Know But You Don't Even Know You Should Ask!" which will cover policy and procedural issues that influence the success of students. Ms. Robyn Jones, School Counselor, will speak on the Parent. Teacher. Student Organization and this year's activities. Parents are invited to take this opportunity to ask questions and share concerns regarding their children.



From left: Frank Galicki, Principal; Robyn Jones, Counselor; Sherry Riley, PTSO; Keith Sprau, Heather Harmon, Heather Schultz, Luke Miller, Class Officers; Mary Barbara Gilligan, PTSO.

DHS GUIDANCE NOTES

A reminder that a very important and informative meeting has been scheduled for Monday, Oct. 30, by the PTSO at the high school at 7 p.m. Mr. Paul Reinert, Assistant Principal, will speak on the topic "What We Think You Know Buy You Don't Even Know You Should Ask!". Ms. Robyn Jones, School Counselor, will briefly speak on the Parent, Teacher, Student Organization and this year's activities. There will also be two guest speakers.

A special "tip of the hat" to PTSO parent Mary Barbara Gilligan for editing our PTSO quarterly newsletter. We appreciate all the time and work Mary Barbara put into this informative pamphlet.

Often times, our PTSO parents are doing work behind the scenes to help our administrators, faculty and students with various school programs. One of these parents is Sherry Riley. Sherry is constantly doing something to help someone, whether it be the guidance department of Grad 2001 committee. Thank you Sherry, for all you do for us.

The guidance office would like to thank guidance helpers for our fall semester, Emily Nagy, Ben Kastenbaum, and Kevin Razawich. Thanks for all your help, kids!

Dallas Middle School eighth grade English students in Ms. Lisa Niewinski's classes are currently participating in the "Great American Mail Race." This project allows students to learn about people their own age from different parts of the country. Each student wrote a letter to two different states of their choice. The letters were addressed and mailed to eighth-grade English classes all over the country. The race gives students an opportunity to correspond with other eighth graders while practicing their letterwriting skills.

Pictured is one of Ms. Niewinski's groups. Front row: Calina Hinds. Second row, from left: David Baldo, Maggie Whitehead, Jennifer Hilstolsky, Karrie Horsfield, Whitney Bolton, and Paul Yurchak. Third row: Dan Kozar, Kelli Cummings, Dave Shultz, Mike Hazleton,

SCHOOL MENUS

The following school lunch menus are for the week of Oct. 26-Nov. 1. All lunches include milk.

DALLAS SCHOOLS **Dallas Elementary**

THURSDAY - Grilled Cheese, BBQ rib sandwich, mixed vegetables, chilled peaches

FRIDAY - Chicken nuggets w/ sauce & roll, turkey club sandwich, oven fries, apple slices

MONDAY - Hot dog on bun, ham & cheese on roll, parsley potatoes, sliced apples

TUESDAY - Halloween surprise. Hamburger or cheeseburger, ham & cheese on roll, mixed vegetables,

shape up WEDNESDAY - Chicken nuggets w/sauce & dinner roll, ham & cheese on roll, buttered corn, chilled fruit,

baked cookie Middle School

THURSDAY - Grilled cheese, mixed vegetables, chilled peaches FRIDAY - Pizza bar, turkey club sandwich, oven fries, chilled pears MONDAY - Ham & cheese on roll, parsley potatoes, apple slices

TUESDAY - Hot dog bar, hamburger or cheeseburger, mixed vegetables, shape up

WEDNESDAY - Chef's choice, buttered corn, chilled fruit, baked cookie

High School

Soup of the Week - Vegetable

THURSDAY - Fajitas w/flour tortilla, tator tots, baked cookie

FRIDAY - Turkey club sandwich, curly fries, cinnamon applesauce Soup of the Week - New England

Clam Chowder MONDAY - Ham & cheese sandwich, parsley potatoes, pudding

TUESDAY - Sweet & sour chicken w/rice, mixed oriental vegetables, shape up

WEDNESDAY - Hot dogs, buttered corn, mixed fruit

GATE OF HEAVEN

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Alternative - Pizza, salad, hotdogs THURSDAY - Stromboli, salad, fruit roll-up

FRIDAY - Buttered pasta w/roll, green beans, fruit cup

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Alternative - Pizza, salad, grilled

MONDAY - Pierogies, salad w/ dressing, peaches

TUESDAY - Pizza Hut, salad, Halloween cake

WEST SIDE TECH Breakfast

THURSDAY - Pancakes w/syrup or cereal, juice, pastry, fruit

FRIDAY - Oatmeal cookies, cereal, juice, fruit

MONDAY - Spice bars, cereal, juice, fruit

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

THURSDAY - Italian meatballs w/ sauce, hard roll, seasoned peas, carrots, chilled fruit

FRIDAY - Pizza, tossed salad w/ dressing, orange wedges MONDAY - Chicken patty w/lettuce, tomato on soft bun, seasoned

green beans, chilled fruit TUESDAY - Pasta w/meat sauce, grated cheese, tossed salad w/dressing, roll, apple, Halloween cake

'Great Mail Race' at DMS

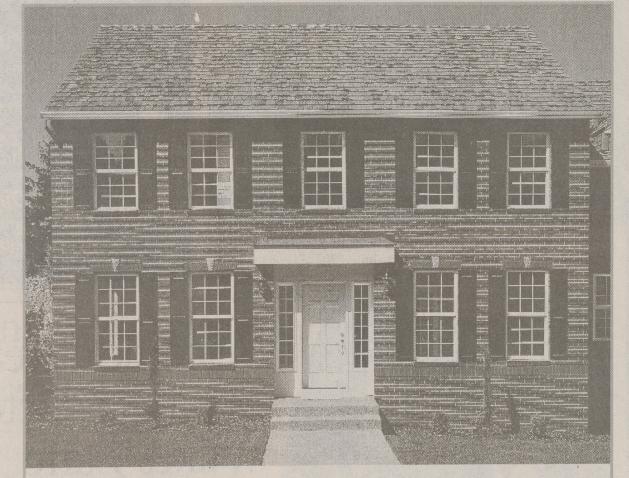
Steve Wengen, Cassie Deyo, Ashlie Morris and Cory Patton.

Homespun Christmas craft show

Arts at Hayfield will hold their annual "Homespun Christmas" arts and crafts show on Sunday, Nov. 5 from 10 a.m. to 4 p.m. at Penn State Wilkes-Barre in Lehman. Handcrafted holiday items including wreaths. dolls, jewelry, furniture, and clothing will be for sale in the Athletics and Recreation Building and the Student Commons. A \$1 donation is requested for adults. For more information, call (570) 675-9232.

Haunted Forest aids kids with cancer

Penn State Wilkes-Barre Student Government Association and campus clubs will hold their Annual Haunted Forest fundraiser Oct. 27-29 from 7 to 11 p.m. All proceeds will benefit children with cancer at the Hershey Medical Center. Tickets are available at the door for \$5. For directions to the campus or more information, please call the Student Government office at 675-9287 or the Student Activities office at 675-9284.



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Financial aid night at PSU

A free Financial Aid Information Night will be held at Penn State Wilkes-Barre in Lehman on Wednesday, Nov. 1, at 6:30 p.m. in the Bell Atlantic Center for Technology.

This program is open to all prospective Penn State students, parents, and any interested persons who plan to attend college. The information is not specifically related to Penn State but is general in nature and would be helpful to students interested in attending any college or university. This program provides an overview of the financial aid process: how to apply for aid, determination of financial need and an explanation of types of student aid available.

Approximately two-thirds of Penn State students receive some form of financial aid including loans, grants, scholarships and work-study opportunities.

If you are interested in attending Penn State Wilkes-Barre's Financial Aid Night, please RSVP no later than October 26 by calling the Office of Student Aid at 675-

Refreshments will be served. For more information visit the Office of Student Aid's Web site: www.psu.edu/studentaid.

Foran and Shah nominated for Heisman Award

Wyoming Seminary Upper School senior students Emily Foran of Dallas and Neil Shah of Shavertown have been nominated for the seventh annual Wendy's High School Heisman Award, said David L. Davies, Dean of the Up-

The national award program recognizes and honors high school senior women and men who demonstrate excellence in three areas: academics, community service and athletics. The award was created by Wendy's, the National Association of Secondary School Principals (NASSP) and the Downtown Athletic Club of New York

Foran, daughter of Mr. and Mrs.

Timothy Foran, has participated in Junior Leadership Wilkes-Barre and is active in the school's Blue Key and Model UN programs, as well as the stu-

EMILY FORAN dent newspaper. She has won national recognition of her talent in Spanish and Latin competitions and has been named AP Scholar by The College Board and a Commended Student by the National Merit Scholarship Corporation. As the only girl on the school's varsity golf team, Foran has qualified to compete in District and State level golf tourna-

Shah, son of Dr. and Mrs. Naresh Shah, dent of Student Government

and received a Levi Sprague Fellowship. He has participated in Junior Lead-

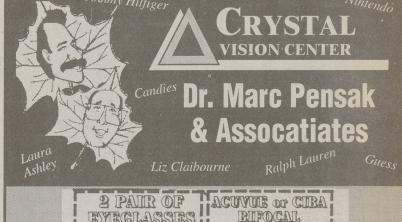
NEIL SHAH

ership Wilkes-Barre, the Peace Center Dismantling Racism Committee, the Diversity Institute, Model UN and the Youth Summit 2000. He also is active in the Blue Key, student newspaper and International Club, and is captain of the tennis team, winning medals at the Keystone State Games and winning first place in district competition. He has received numerous awards and attended the Governor's School for the Sciences this year.

L-J Elementary PTA Meeting Nov. 1

The Lehman-Jackson Elementary PTA will conduct its monthly general meeting on Wednesday, Nov. 1, at 7 p.m. in the music room. PTA President Anne Cornell would like to extend an invitation to all parents and caregivers to come show your support and volunteer some time or ideas to help make this a successful school.

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