Dallas Middle School to hold 5th grade orientation

entation on Wednesday, May 8, auditorium. The purpose of the meeting is to give parents an

The Dallas Middle School will overview of the school program, conduct a 5th grade parent ori- an opprtunity to meet the teachers and guidance counselors, at 7 p.m., in the middle school and a tour of the building. All parents are encouraged to at-

Chalk named to dean's list at Boston University

Janine M. Chalk, of Shavertown, has recently been named to the dean's list at Boston University for the fall 2002 semester.

SCHOOL MENUS

The following school lunch menus are for May 2-8. All lunches include milk.

DALLAS ELEMENTARY

THURSDAY - Chicken patty on bun, 1/2 cup mixed vegetable, 1/4 cup orange smiles.,

FRIDAY- Fresh baked pizza, 1/2 cup baked beans, 1/4 cup fresh fruit..

MONDAY - Chicken nuggets w/roll, 1/4 cup crispy fries, 1/3 cup tasty trail mix.

TUESDAY - Hot dog on bun, 1/2 cup buttered carrots, 1/4 cup applesauce.

WEDNESDAY - Cheeseburger on bun, 1/2 cup stewed tomatoes, 1/4 cup chilled pears. Alternative: Tuna salad pita w/lettuce & tomato.

MIDDLE SCHOOL

THURSDAY - Chicken patty on bun, 1/2 cup mixed vegetable, 1/4 cup orange smiles. FRIDAY - Fresh baked pizza,

1/2 cup baked beans, 1/4 cup fresh fruit.

MONDAY - Chicken nuggets w/roll, 1/2 cup crispy fries, 1/3 cup tasty trail mix.

TUESDAY - Hot dog on bun, 1/2 cup buttered carrots, 1/4 cup applesauce.

WEDNESDAY - Cheeseburger on bun, 1/2 cup stewed tomatoes, 1/4 cup chilled pears.

HIGH SCHOOL

Soup of the week: Beef noodle. THURSDAY - Chicken fryz, crispy french fries, baked pretzel rod.

FRIDAY - Pizza bar. Soup of the week: Cream of ing, apple.

MONDAY - Early dismissal. No lunch served.

TUESDAY - Early dismissal. No lunch served.

WEDNESDAY - Pork chop w/roll, mashed potatoes w/gravy, chocolate pudding pie.

GATE OF HEAVEN

Alternative: Pizza, salad, bologna sandwich, chicken noodle soup,

THURSDAY Spaghetti w/meatballs, salad, bread stix, pudding cup.

FRIDAY - Beef soft taco, spanish beans, fruit, cake.

WEST SIDE TECH

Breakfast

THURSDAY - Pancakes/syrup or cereal, juice, fruit, pastry. FRIDAY Chocolate chip cookies, cereal, juice, fruit.

MONDAY - Banana bread, cereal, juice, fruit.

TUESDAY - French toast sticks, syrup or cereal, juice,

fruit. WEDNESDAY - Hot ham &

cheese or cereal, juice, fruit,

Lunch

THURSDAY - Taco's, reimmings, veg. rice casserole, seasoned corn, jello, whip cream. FRIDAY - Italian meatballs, sauce, hard roll, seasoned green beans, cutie pie.

MONDAY - Chicken patty, lettuce, tomato, soft bun, chicken rice soup, crackers, chilled fruit. TUESDAY - Pork rib B que

spiced apple sauce, brownie. WEDNESDAY - Pasta, meat sauce, cheese, roll, salad, dress-

sauce, roll, oven ready potatoes,



Dallas High School PTSO announces spring events

The Dallas High School PTSO steering committee has announced its spring calendar of activities. The following events have been planned. Wednesday, May 8, Student of the Month Assembly; May 13-17, SPCA Food Drive; May 24, Student of the Month Breakfast; and June 7, Grad 2002 Lock-In.

Volunteers are always needed to assist with the programs. If you would like to help, call Robyn Jones, Guidance Counselor, at 674-

Pictured from left: Trudy Matley, PTSO parent; Robyn Jones, Guidance Counselor; Kathy Simpson, Susan Levinson, Mary Barbara Gilligan and Sherry Riley, PTSO Steering committee.

Penn State Wilkes-Barre Summer Youth Program taking registration

children in grades Kindergarten through eighth grades an action-packed adventure this summer. The day camps have an overall focus on science and technology, with new camps this year adding an option of art and literature. Sports camps also are available including soccer (grades K-12), basketball and volleyball (grades 8-12).

The camps provide children a hands-on opportunity to explore the world in a safe environment with experienced instructors. Topics include robot-

Summer Youth Program offers STORMS', rocketry, wildlife, computers, art, acting and experiments related to the Harry Potter' novels, journalism, summer olympics and more. Students may purchase lunch daily in the cafeteria or may bring lunch from home. While chilattend parents/guardians are welcome to use the campus library or the exercise/weight room in the Athletic Building.

For more information or a complete brochure listing all of the camps, call Donna Glunt at 675-9220 djg14@psu.edu.

Bishop's Youth Lay Ministry • award recipients named

(Celebrant) presented the Bishop's Youth Lay Ministry Award to Gate of Heaven School nominees Erin Tanner, Joseph Bailey, Rachel Decker, and Joseph DeGraba at the Bishop's Lay Ministry Award Liturgy April 9, at St. Peter's Cathedral, Scran-

Erin is the daughter of Dr. and Mrs. Jay Tanner. She is a member of the Gate of Heaven Church Youth Group. At Gate of Heaven, Tanner was a member of the girls' basketball team and subsequently, the 500 Point Club. She also played AAU basketball, and was on the Jr. High Bishop O' Reilly girls' basketball team.

Joseph "Joey" Bailey is the son of Cathy Blum and Joseph Bailey. He is a member of Gate of Heaven Parish, and is an altar serve. A member of the Gator boys' basketball team and CSI International team, Joseph was the winner of the West Side Catholic Basketball League Sportsmanship Award. Joey is an honor student at Gate of Heaven School.

Rachel, is the daughter of Dr. and Mrs. Peter Decker. She is a cantor, altar server and choir member at St. Therese's Church, Shavertown. At Gate of Heaven, Rachel is active with

The Bishop's Youth Lay Min- the Gate Singers choral group. istry Award Liturgy was held on She has taken singing and April 9. Bishop James C. Timlin dancing lessons at the Major Performing Art Center.

Joseph "Joey" DeGraba is the son of Mr. and Mrs. Joseph De-Graba. As a parishioner of St. Therese's Church, Joey is an altar server. In addition, he spends time working at the Summer Vacation Bible School, and providing day-care for those attending church services. At Gate of Heaven School, DeGraba is on the honor roll and on the Gator boys basketball team.

Representative of, and nominated from, St. Therese's Parish in Shavertown were Mary Balavage and Laura Nieman. Mary is the daughter of Mr. and Mrs. James Balavage. She is a member of the choir and Youth Council at St. Therese's At Gate of Heaven School, Mary is an honor student, and is involved with the Gate Singers.

Also a Gate Singer and an honor student, Laura was the 2001-2002 GOH Geography Bee Winner. She is the daughter of Mr. and Mrs. Dave Nieman. Laura is actively involved in St. Therese's Parish, where she is an altar server, a choir member and an usher. Laura especially enjoys reading and playing on the Back Mountain Girls' Softball Team.

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The eight initial health topics Laurel Tree has selected to introduce the MyHealth Source series affect millions of Americans. For instance, 67% of headache sufferers remain undiagnosed, while 25% of migraineurs have four or more attacks per month. About 50 million Americans have high blood pressure. These are just a few of the conditions that will be addressed in the recordings. Other topics include Fibromyalgia and Chronic Fatigue Syndrome, Osteoporosis, Attention Deficit Disorder, Hormone Replacement Therapy, Stress and Anxiety Disorders, and Heartburn and Acid Reflux.

On each CD — approximately 25 minutes in length — Dr. Hinze will define the condition, discuss symptoms and diagnosis, and explain causes and common treatments. In addition, Dr. Hinze offers positive alternatives to help you regain control of your health, including herbal preparations, homeopathic remedies, nutritional supplements, diet, exercise, and even music therapy. Says Hinze, "My philosophy is simple, but totally effective — focusing on the person, not just the symptoms."

Laurel Tree has as its goal to provide accurate and valuable medical information about a disease process, new therapies available to persons with these conditions, and how to integrate this new information into their own healthcare provider's prescribed treatment.

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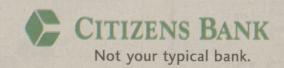
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