

## Public swimming programs at Dallas pool

The Dallas School District is offering a variety of public and school age aquatic programs for fall and winter 2003 - 2004.

**Evening Public Swim** is offered on Wednesdays and Fridays, 6:30 to 8:30 p.m. and on Sunday afternoons from 2 to 5 p.m. The pool is open to the public for lap and recreational swimming. No one under 18 will be admitted without a parent or guardian. Proof of residence and a \$2 daily fee apply.

The **Mini Mountaineers**, an Age Group Swim Team, part of the Northeast Pennsylvania Age Group Swim League (NEPAGSL), will

run from October 20 through March 1. No competitive swimming experience is required, however, members need to be able to support themselves in the water.

Practices will be held Mondays, Tuesdays, Thursdays from 6:15 to 8:15 p.m. Swim meets will be on Saturdays and or Sundays.

The Mini Mounts age-group swim team is a NEPAGSL ten team competitive swimming league for swimmers 6 to 14 years of age. There are dual meets between all the teams during the regular season and a championship meet at the end of February.

Volunteers will be needed to

help run meets and start a booster organization.

There will be informational meetings and registration for all interested parents on Thursday, October 2 and Tuesday, October 7 at 7 p.m. in the Middle School Natatorium (pool). Those interested who cannot make the meeting should contact Matt Stretanski.

Registration fee is \$200 per swimmer (\$175 for additional siblings) Membership fees include team bathing suit, team swim cap, team t-shirt, insurance and league membership.

For more information contact Matthew Stretanski at mstretanski@dallassd.com or 675-5201.

New contact information

THE POST

**For mailed submissions:**

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**Classified and legal notice advertising:** 970-7130  
**To report not receiving a paper:** 829-5000 (including Sundays)  
**To make a change of address:** 829-5000  
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# Dining Guide

### "A Touch Of Class Catering"

at Irem Country Club is reminding you that Christmas will be here soon and there is only a short time left to book your holiday party. Looking for a great place? Then Call **(570) 674-4366** Do It Now Before It's Too Late!

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## CHECKERBOARD INN

Fine Food and Drink



Michael Jordan and Larry Byrd soar across the walls as the sounds of Seinfeld, ESPN Sports Center and Scooby Doo can be heard from the mini television sets at each table. The delicious food and fun family atmosphere at the Checkerboard Inn deliver an extraordinary dining experience.

### Checkerboard Inn Menu Items

#### Appetizers:

**SHRIMP JAMMERS** - breaded butterflied shrimp stuffed with Monterey jack cheese peppers and served with French fries and cocktail sauce  
**STUFFED MUSHROOMS** - stuffed with crabmeat and cheese  
**CLAMS CASINO**  
**STEAMERS**  
**GARLIC KNOTS WITH MARINARA SAUCE** - pizza dough tied in knots, baked and tossed with olive oil, garlic and parmesan cheese  
**BONELESS BUFFALO BITES** - served hot, mild, cajun, BBQ, Spicy Honey BBQ or Garlic Butter Style

#### Checkerboard Specialties:

**BROILED HADDOCK** - 9 oz of fresh broiled haddock with old bay seasoning topped with a light lemon butter  
**STUFFED HADDOCK** - stuffed with a mixture of jumbo crabmeat and blended cheeses topped with lemon butter  
**SHRIMP SCAMPI** - 7 jumbo shrimp broiled with garlic, butter, and lemon  
**CLAM AND SHRIMP FRA DIAVLO** - over angel hair pasta, sauteed clams and shrimp in scallions, white wine, garlic and olive oil with a spicy marinara sauce.  
**FILET MIGNON** - broiled to perfection and topped with a demi glaze  
**NEW YORK STRIP** - one pound broiled to perfection  
**VEAL CORDON BLEU** - fresh cut veal stuffed with swiss cheese and ham, lightly breaded and topped with a creamy dijon sauce  
**VEAL OR CHICKEN PARMIGIANA** - veal or chicken lightly breaded, topped with marinara sauce and a blend of cheeses  
**ROAST HALF DUCKLING** - half duck semi-boneless roasted till golden brown topped with an orange glaze  
**CHICKEN SCAMPI** - chicken tenders sauteed in white wine, mushrooms, and garlic butter sauce

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Fine Food and Drink

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