

Dallas High School Students of the Quarter

Dallas High School recently announced its first quarter Students of the Quarter. They are:
Creative Student - Christopher Belles

Citizen Student - Ashley Marcy
School Spirit Student - Cara Symons
Student Achiever - Joseph Bednash
Each student received a Dallas School District leather portfolio binder and a certificate during a presentation at a recent Dallas School Board meeting.

Pictured from left, front row: Joe Bednash, Cara Symons, Ashley Marcy, Chris Belles and Robyn Jones, school counselor. Back row from left: Ernest Ashbridge, Deborah Morgantini, John Litz, board members, and Frank Galicki, high school principal.



Eby in pre-med program

Elizabeth Ann Eby of Dallas, a sophomore at Franklin & Marshall College, is participating this fall in the Lancaster General Hospital PreMedical Preceptorship program.

Sponsored by Franklin & Marshall's Office of Pre-Healing Arts and Lancaster General Hospital, this 16-week program provides students with exposure to a variety of hospital departments including the cardiac catheterization lab, family medicine, radiology, emergency medicine, early-morning ward rounds, physical therapy and the work of residents in family medicine. This program requires a firm commitment of 40 hours, including a one-hour orientation at the hospital, 32 hours of rounds and observation, and meetings between students and their paired LGH resident. Participants observe patient contact and interact with hospital staff.

Eby, a 2002 graduate of Dallas High School, is the daughter of Judy and Barry Eby, Dallas.

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Dining Guide

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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 butterfied 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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