Dallas High School Students of the Quarter

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

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-moming 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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Guide

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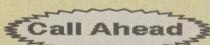
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Checkerboard Inn Menu Items Appetizers:

 $SHRIMP\ JAMMERS-breaded\ butterflied\ shrimp\ stuffed\ with\ Monterey\ jack\ cheese\ peppers\ and\ served\ with\ French\ fries\ and\ cocktail\ sauce$

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

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

CHICKEN SCAMPI - chicken tenders sauteed in white wine, mushrooms, and garlic butter

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