Sunday, January 13, 2013

#### THE DALLAS POST

MU dean's list is announced

fies for the dean's list with a 3.55 ry Gulotta, Trucksville. grade point average or higher.

dean's list:

Rachael Alles, Dallas; Sabrina tine Hilstolsky, Wyoming; Hil-Alles, Dallas; Jackie Andrade, Dallas; Amy Austin, Sweet Valley; Rachael Ayers, Monroe Hynes, Dallas; Kathleen Jen-Twp.; Renee Barcheski, Tunk- kins, Shavertown; Leah Kaiser, hannock; Robert Barna, Dallas; Dallas; Timothy Kennedy, Dal-John Belcher, Tunkhannock; Kathleena Besermin, Dallas; Matthew Bevan, Dallas; Rachel Boice, Tunkhannock; Maria Kugler, Wyoming. Brody, Tunkhannock; Trish Burgess, Dallas.

Also, Andrea Carr, Dallas; Sara Casterline, Hunlock Creek; Kayla Chappell, Hunlock Creek; Lisa Chihorek, Dallas; Alexanard, Dallas; Nicholas Delmar, ra Lunger, Monroe Twp. Shavertown: Nathan Delmar. Shavertown; Brianne Derham- tine Maley, Trucksville; Chadmer, Dallas; Cara Donahue, Dal- wick May, Hunlock Creek; Alyslas.

Robert Evans, Shavertown; Be- Middleton, Dallas; Victoria Mi- Yamrick, Dallas; Danielle Yurko, thany Flanders, Dallas; Kimber- hal, Wyoming; Joseph Miller, Sweet Valley; Bradley Zurla, ly Frederick, Dallas; Nicole Fre- Tunkhannock; Catherine Moss,

Misericordia University has derick, Dallas; Mallory Getts, Shavertown; Teena O'Connor, announced the dean's list for the Tunkhannock; Kylene Gordon, Harveys Lake; Marina Orrson, fall 2012 semester. A student at Hunlock Creek; Stephanie Shavertown. Misericordia University quali- Gronchick, Hunlock Creek; Ma-

Also, Laura Hadsall, Trucks- Passetti, Dallas; Jacqueline The following Back Mountain ville; Emily Halbing, Harveys udents were named to the Lake; Sarah Hauze, Sweet Valley; Jacob Hebda, Dallas; Donna hannock; Roxanne Popple, Sha-Rosalie Allan-Fufaro, Dallas; Hillard, Hunlock Creek; Krisary Hoover, Trucksville; Jody Hummel, Sweet Valley; Daniel las; Brittany Kneal, Shavertown; Jessica Kreidler, Dallas; Jeffrey Kreidler, Hunlock Creek; Katie

Also, Ryan Laffey, Shavertown; Nadine Lascoskie, Dallas; Stevens, Dallas; Molly Stone, Taylor Lawler, Harveys Lake; Glenn Layaou, Tunkhannock; Amanda Lazzeri, Shavertown; Coreen Leonardo, Dallas; Nider Chinikaylo, Dallas; Sarah cholas Lombard, Shavertown; chael Terninko, Harveys Lake; Church, West Wyoming; Callen Anne Long, Shavertown; Antho-Clark, Sweet Valley; Erika Deck- ny Lubinski, Harveys Lake; Lau-

Also, Maria Maas, Dallas; Jussa McEntee, Dallas; Kelsie Whitesell, Hunlock Creek; Ma-Also, Bethany Empfield, Sha- McNamara, Dallas; Travis rtown; Alicia English, Dallas; Mcroy, West Wyoming; Dana Wright, Tunkhannock; Joan

Also, Maia Painter, Dallas; Marina Painter, Dallas; April Pearson, Dallas; Mary Phillips, Dallas; Victoria Pollock, Tunkvertown; Judith Ragukas, Sweet Valley; James Ranieli, West Wyoming; Evelyn Rowles, Dallas; Susan Ruotolo, Noxen.

Also, Andrea Schiappa, Dallas; Katelyn Serino, Shavertown; Danielle Shaver, Trucksville; Shawn Skovronsky, Tunkhannock; Tia Spagnuolo, Wyoming; Kendra Spears, Trucksville; Suzanne Spengler, Dallas; Sarah Starzec, Tunkhannock; Maria West Wyoming; Courtney Sult, Dallas.

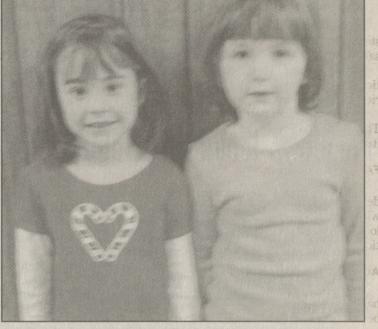
Also, Taryn Talacka, Dallas; Jeffrey Taylor, Shavertown; Mi-Cassie Tirpak, Shavertown; Amanda Tomaselli, Trucksville; Rhonda Tronsue, Sweet Valley; Meghan Vargas, Dallas; Ashlee Venn, Harveys Lake; Winter Wenner, Shavertown; Callie ria Williamson, Dallas; Shawn Wyoming;



Terrific Kids at Dallas Elementary School for the month of December are, from left, first row, Gabby Krochta, Matthew Richards, Trinity Kong, Natalie Vincelli, Gabriel Cook, Jeremiah Faux, Emma Blazure, Jacob Hoegen. Second row, Josh Peters, Lynese Swida, Abby Salitis, Alexis Mikolosko, Olivia Thomas, Christian Patts, Jeff Ladamus, Nina Barrouk, Devin James, Mary Dahdal, Makenzie Musselman. Third row, Melissa Harris, Maddy Pendolphi, Declan Dixon, Daniel Cochran, Ben Fife, Madison Pevear, Caitlin Curran, Gary Weaver, Dylan James, Marc Ramirez, Zack Jesse. Fourth row, Julia Sciandra, Connor Bowden, Abby Hastings, Ethan Thomas, Jeremy Zolner, Aiden Conrad, Taylor Bolesta, Chris Langan, Mackenzie Langan, Megan Borton, Madison Baloga, Mataya Galella, Kelsey Har-

### **Terrific Kids** for December

The Terrific Kids Program at the Dallas Elementary School was designed to be a positive school-wide character-building program. Each month, one or two students are nominated from their homeroom to be Terrific Kids for the month. The program will run through June 2013. Terrific kids is an acronym for T-Thoughtful, E-Enthusiastic, R-Responsible, R-Respectful, I-Inquisitive, F-Friendly, I-Inclusive, and C-Capable. Every month a group of Terrific Kids will wide or school-wide pro- Samantha Berlew. grams.



work together a few times Dallas Elementary School a.m. kindergarten students named that month on community- Terrific Kids for the month of December are Rylie Hoyes, left, and

#### **TERRIFIC KIDS** NAMED AT DALLAS ELEMENTARY



tudent Reps

Shown here at the 31st Annual Jane M. Stitzer Spelling Bee at Dallas Middle School are, from left, Dr. Thomas Duffy, principal; Lindsay Jorda, runner-up, Thomas Marsola, spelling bee winner; Mrs. Kristen Stout, English teacher; and Mrs. Jonelle Cavill, Spelling Bee organizer.

Marsola is Spelling Bee winner

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The 31st Annual Jane M. Stitzer Spelling Bee was held tants earned the right to com- spelling the word "gelato." pete by winning a preliminary

Thomas Marsola, a seventh- NEPA Regional Spelling Bee grader from Mrs. Fisher's set for 1 p.m. on March 3 at at Dallas Middle School on homeroom, clinched the win- The Woodlands Inn and Resort Jan. 3. Twenty-eight contes- ning position by correctly in Plains Township. Sixth-grad-He will move on to compete bose's homeroom was runner-Spelling Bee in English class. in The Times Leader/Scripps up.

er Lindsey Jorda from Mr. Bar-

### **ROSS ELEMENTARY** STUDENTS OF THE BUILDING



Nominees for Students of the Building at the Ross Elementary School for December are, from left, first row, are Emily Pretty, Alyssa Agostinelli, Kalee Raczkowski, Ayla Martin, Vernon Roman, Lyndsey Sayre, Anthony Hurysh, Lucy Honeywell. Second row, Donald James, principal; Colby Roberts, Jaymes Martin, James Herceg, Savannah Purdy, Jessica Spencer, Jayden Piatt, Aidan Kukosky, and Kim Chopyak, fifth-grade teacher. These students demonstrated the value of being helpful and were nominated by their teachers.

## **Extreme Fitness program begins at DHS**

New for the 2012-2013 school but they are also exposed to the ness. year, Dallas High School stu- many principles and disciplines dents have an opportunity to of exercise prescription. participate in a newly-created mer, Dallas High School Wellness Department teachers.

During this nine-week course, students not only have an oppor-

Students have the opportunielective class, entitled Extreme ty to participate in yoga, P90x, Fitness developed by Mr. Tom plyometrics, speed, quickness Connors and Mrs. Ruthie Skam- and agility training, strength training and cardiovascular activities. More importantly, they get a thorough understanding of how exercise plays a role in tunity to exercise in a brand new heart rate, blood pressure, body state-of-the-art fitness center, composition and overall well- of a balanced and healthy diet.

In addition, Mrs. Mary Ehret, RD, Nutrition Education, Penn State University, provides instruction and education on the nutritional components. In the new Dallas High School Food Labs classroom, students prepare, cook and sample a variety of healthy vegetables and learn how these foods are a vital part



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# Sem offers Merit Scholarship Exam

School are encouraged to register for the Sem Merit Scholarcampus.

One full tuition scholarship and five half scholarships will be awarded. These scholarships are awarded to students who combine outstanding performance on the competitive exam with a solid record of citizenship and academic and extra-curricular achievement.

Scholarships are for the duration of the student's enrollment at Sem.

Interested students must complete the Sem Scholarship application by Friday, Jan. 25 and register for the exam. On Saturday, Feb. 2, registration will be at 9 a.m. and the exam will begin at 9:30 a.m. at the Upper School campus in Kingston.

During the exam, parents are encouraged to attend a discussion on how to maximize their students' chances for college op-

Area eighth and ninth-graders portunities. Parents may also at- by Dr. Kip Nygren. The afternoon not already enrolled at Wyoming tend the Sem Student Work will conclude with campus tours. Seminary College Preparatory Showcase as well as a discussion on affordability.

ship Exam to be held Saturday, tive families are invited to join am and to request an application, Feb. 2 at the school's Kingston current students and faculty for call the Upper School Office of the President's Luncheon hosted Admission at 270-2160.

For more information regard-

ing the 32nd annual Wyoming Following the exam, prospec- Seminary Merit Scholarship Ex-

**TEC planning open house** 

Trucksville Early Child- garten readiness program), hood Education Center, lo- computers, indoor and outcated at 40 Knob Hill Road door play facilities and exin Trucksville, is holding tended hours programs in open house week from Jan. Math and Language, Art, Fit-21-25. New registrations for ness and Nutrition and Playthe 2013-14 school year will Pals, as well as daily prebe accepted beginning Jan. school enrichment exten-

Preschool programs are offered for children who will ing accepted for full-day kinbe 2 years of age by Sept. 1 dergarten class and a Dallas through age 6. The center kindergarten enrichment exoffers morning and after- tension program. noon preschool programs, For more information, regmusic and movement, a istration forms and to sched-"hands-on" science curricu- ule a visit to the school, call lum, Learning Lab (a kinder- the center at 696-3899.

sion.

Registrations are also be-