

THURSDAY, NOVEMBER 13, 2008

School Lunch Menus

FORBES ROAD Lunch Menu

Monday, November 17: two soft tacos, chicken fajita, potato rounds, mixed fruit or kiwi.

Tuesday, November 18: pepperoni pizza, cauliflower and dip, peaches or pineapple.

Wednesday, November 19: meatball sandwich, shredded cheese, vegetable blend, tropical fruit.

Thursday, November 20: turkey, stuffing, mashed potatoes, green beans, corn, applesauce, pears.

Friday, November 21: grilled cheese, tomato or chicken soup, goldfish crackers, grapes or apples.

Breakfast Menu

Monday, November 17: waffles or cereal choice, apple, grape or orange juice.

Tuesday, November 18: cinnamon bun or cereal choice, apple, grape or orange juice.

Wednesday, November 19: pancakes or cereal choice, apple, grape or orange juice.

Thursday, November 20: soft pretzels or cereal choice, apple, grape or orange juice.

Friday, November 21: french toast or cereal choice, apple, grape or orange juice.

SOUTHERN FULTON Elementary Breakfast

Monday, November 17: donuts.

Tuesday, November 18: bagel with toppings.

Wednesday, November 19: pop tarts.

Thursday, November 20: breakfast pizza.

Friday, November 21: waffle w/bacon.

Elementary Lunch

Monday, November 17: chicken fajita or ham and cheese salad, cucumber slices, oranges.

Tuesday, November 18: hot dog on bun or tuna salad, oven fries, applesauce.

Wednesday, November 19: roast turkey w/gravy, whipped potatoes, bread stuffing, corn, dinner roll, cranberry sauce.

Thursday, November 20: steakum or chef salad, peas, peaches.

Friday, November 21: pizza or crispy chicken salad, tossed salad w/dressing, pear slices.

High School Breakfast

Monday, November 17: donuts.

Tuesday, November 18: bagel w/toppings.

Wednesday, November 19: pop tarts.

Thursday, November 20: breakfast pizza.

Friday, November 21: waffle w/bacon.

High School Lunch

Monday, November 17: chicken fajita or pasta bar, green beans, oranges.

Tuesday, November 18: hot dog on a bun or pasta bar, oven fries, applesauce.

Wednesday, November 19: roast turkey w/gravy, whipped potatoes, bread stuffing, corn, dinner roll.

Thursday, November 20: steakum or taco bar, peas, peaches.

Friday, November 21: pizzaburger on a bun or taco bar, tossed salad w/dressing, pear slices.

CENTRAL FULTON Secondary Breakfast

Monday, November 17: assorted cereal or breakfast pizza, toast w/spreads, fruit or juice, milk.

Tuesday, November 18: assorted cereal or fruit churros, toast w/spreads, fruit or juice, milk.

Wednesday, November 19: assorted cereal or blueberry muffins, toast w/spreads, fruit or juice, milk.

Thursday, November 20: assorted cereal or french toast sticks w/sausage and syrup, toast w/spreads, fruit or juice, milk.

Friday, November 21: assorted cereal or soft pretzel w/cheesestick, toast w/spreads, fruit or juice, milk.

Secondary Lunch

Monday, November 17: chicken patty sandwich, egg ham and cheese bagel, curly fries, orange wedges.

Tuesday, November 18: tuna melt sub, toasted cheese sandwich, tomato soup, apple wedges.

Wednesday, November 19: roast turkey w/gravy, mashed potatoes, bread stuffing, corn, jellied cranberry sauce, pumpkin bar.

Thursday, November 20: bacon cheeseburger, ham and cheese deli hoagie, baked potato bar, peach slices.

Friday, November 21: steak fajitas, chicken fritters w/biscuits, tossed salad w/dressing, flavored applesauce.

Elementary Lunch

Monday, November 17: bacon cheeseburger on a bun or hot dog on a bun, coleslaw, orange wedges, milk.

Tuesday, November 18: turkey deli hoagie or soft taco w/toppings, corn, flavored applesauce, milk.

Wednesday, November 19: ham and cheese pretzel melt or popcorn chicken w/dinner roll, oven fries.

Thursday, November 20: roast turkey w/gravy, mashed potatoes, stuffing, corn, jellied cranberry sauce, pumpkin bar, milk.

Friday, November 21: personal pepperoni pizza or sloppy joe on a bun, tossed salad w/dressing, pear slices, milk.

Elementary Breakfast

Monday, November 17: assorted

cereal or breakfast pizza, toast w/spreads, fruit or juice.

Tuesday, November 18: assorted cereal or fruit churros, toast w/spreads, fruit or juice, milk.

Wednesday, November 19: assorted cereal or french toast sticks w/sausage and syrup, toast w/spreads, fruit or juice, milk.

Thursday, November 20: assorted cereal or blueberry muffins, toast w/spreads, fruit or juice, milk.

Friday, November 21: assorted cereal or soft pretzel w/cheesestick, toast w/spreads, fruit or juice, milk.

First National Bank Of Greencastle Announces New Officer



Richard L. Siegel

The First National Bank of Greencastle announces the hiring of Richard L. Siegel as chief credit officer.

As the chief credit officer, Siegel will be responsible for the independent oversight and review of the bank's loan portfolio to assure proper underwriting of loans, proper identifications of risk and proper administration of credit to prevent or reduce loan losses. Siegel will assure documentation is in compliance with the loan committee approvals, state and federal regulations, and loan policy. In addition, he will be responsible for strategic management and measurement of risk, including maintenance of the bank's loan policies and procedures.

Siegel joins the bank with 38 years of banking experience. Prior to this position with the bank, Siegel served as the vice president and senior credit officer for First Capital Bank in Louisville, Ky.

As a credit and management professional, Siegel has a long history of experience in commercial lending, loan underwriting, loan review, loan operations, credit analysis, compliance, and loan policy development. "We welcome Richard to our bank. His knowledge of banking procedures and extensive background in credit analysis will serve the bank well," states Jeff Shank, president/CEO.

Siegel holds a Bachelor of Arts degree in economics from the University of Louisville in Louisville, Ky.

Siegel resides in Greencastle and he enjoys cooking, reading, and collecting glass and ceramic art.

The First National Bank of Greencastle is a subsidiary of Tower Bancorp Inc. It has 16 offices located in Franklin and Fulton counties, Pa., and Washington County, Md.

Robin Hood Takes Center Stage At MES

Robin Hood, the outlaw of Sherwood Forest, is trying to save the kingdom of King Richard from his brother's poor care and help the good people from being taxed into starvation and death. With the help of his Merry Band, Robin is determined to foil the evil scheme of the sheriff of Nottingham and Lady Merle of Cornwall.

The story carries out through Sherwood Forest, the county fair, and the castle of Prince John with sword fights, archery contests, and a daring rescue of the lovely Maid Marian. Join the cast in the adventures of "Robin Hood - The Musical!"

The show will be presented in the McConnellsburg High School Auditorium on Friday and Saturday, November 14 and 15 at 7:30 p.m. and Sunday, November 16 at 2 p.m. For more information, contact Susanne



"Robin Hood - The Musical" cast members from McConnellsburg Elementary pose for a photo.

Moore, producer, at the McConnellsburg Elementary School 717-485-3195.

Scout For Winter Annual Weeds Now

Winter annual weeds have become much more prevalent over the last five years in Pennsylvania. This may be related to less residual herbicide use in soybeans, more mild winters allowing better winter survival, more weed seed infested manure ending back in the field, or other reasons.

These winter annuals include common chickweed, purple deadnettle, henbit, horseweed or marehail, a number of mustards, and some winter annual grasses such as ryegrass and downy brome. As a general rule, winter annuals emerge between late August and early November although depending on the year, some spring emergence can also occur. Winter annuals can be competitive in winter grains like wheat and barley, but also at planting time in no-till corn and soybeans.

In addition, some winter annuals can serve as alternate hosts for soybean cyst nematode (SCN) and can result in increased SCN egg numbers in soil if the weeds are not eliminated early in their lifecycle. Purple deadnettle is one of the more prominent hosts for SCN. Researchers at Ohio State have been studying this interaction and recently published a newsletter article in C.O.R.N. discussing management of winter annuals weeds as it relates to SCN.

Late fall and early spring are the best times to control winter annuals with herbicides. For best activity, apply herbicides when daytime temperatures are above 50 F and night time temperatures are above 40 F for several days during application time. In fallow fields, a combination of glyphosate plus 2,4-D ester is fairly effective for control of most winter annual weeds. Delaying application until corn or soybean planting time can reduce the effectiveness of the

treatment plus allow weed seed production, which perpetuates the problem. Also, glyphosate resistant and tolerant weeds like marehail should be targeted early in their lifecycle. Excerpted from Field Crop News: Bill Curran, weed specialist, Penn State University. If you have any questions contact the Fulton County Extension office 717-485-4111.

Health Careers Awareness Week

November 10-14, 2008, is Health Careers Awareness Week in Pennsylvania. Throughout the week, the local PA CareerLink office and Fulton County Medical Center will be teaming up to visit the three local school districts in an effort to promote healthcare careers. The two groups have been working on this endeavor since 2004 when Gov. Rendell created the Pennsylvania Center for Health Careers as an initiative of the Pennsylvania Workforce Investment Board.

Monday, November 10, staff members will be at Southern Fulton High School; Thursday, November 13 at Forbes Road and Friday, November 14, at Central Fulton. The two groups will be speaking to seventh- and eighth-graders.

To get information about careers in the health care industry, or for a list of local events this week, visit <http://www.pacareerlink.state.pa.us> \o "This link opens in a new window" \t "_blank" www.pacareerlink.state.pa.us. For more information please contact 717-485-6115.

National Players To Perform At Wilson College

Performance this Friday, Nov. 14

A revered national theater company will perform one of Shakespeare's best-loved comedies - "As You Like It" - as part of the Wilson College 2008-09 Performing Arts Series on Friday, Nov. 14. The National Players production will begin at 7:30 p.m. in Laird Hall.

First published in 1623, "As You Like It" has been described as one of Shakespeare's most accessible comedies. The plot revolves around the character Rosalind, who is the daughter of a banished duke and lives among a community of West-erners living in 19th-century Japan. When her father, the duke, is suddenly banished, the frightened girl is forced to flee for the Forest of Arden or risk being executed by her malevolent uncle. Joining Rosalind on her flight to the forest is her sympathetic cousin, Celia, who helps to pass Rosalind off as a man in order to avoid

detection. Later, Rosalind's ruse begins to serve a dual purpose when she decides to use the disguise to gauge the devotion of Orlando, yet another exile, while making her way to the Forest of Arden.

Most recently on the Wilson stage a year ago to perform another Shakespeare classic, "Twelfth Night," the National Players is America's longest-running national touring company. Now in its 60th season, the troupe based in the Olney Theatre Center in Olney, Md., has been bringing classic literature to life through more than 6,600 performances and workshops since its founding in 1949. Players' productions adhere to strict traditions of touring theater --company members double and triple not only in roles, but also in technical assignments such as lighting, costumes and setup.

For more information call 717-262-2003 or speialevents@wilson.edu. Order tickets online at www.wilson.edu.

Fraternal Order Of Eagles #4274



Harrisonville, PA 485-0155

All-You-Can-Eat Fish Every Wednesday

Haddock, Whiting, Catfish

Wing Night Every Thursday

BBQ, Hot, Mild, Garlic Butter

Friday & Saturday - Surf and Turf

Dances - November 22

AMERICAN LEGION Post 561

Call 485-5957

Great Food

Friendly Service

LUNCH ORDERS IN BY 10 A.M.

MENUS SUBJECT TO CHANGE

WEEKEND SPECIALS

TGIF NIGHT - Friday, November 14

Crabcake Dinner - \$9.95

Roast Beef Dinner - \$7.95

Saturday Night, November 15

Fantail Shrimp Dinner - \$6.50

BAR BINGO

2ND & 3RD WED. OF NOVEMBER & DECEMBER, 7-9 P.M.
1 Guaranteed \$50 Jackpot - Main Jackpot Possible \$350
Snacks Served At 8:00 P.M.

MEMBERSHIP DRIVE DINNER November 26, 6-8 p.m.

Join us for...
Ladies Night Out!
Tuesday, November 25
4-7 p.m.
MACDONALD'S PHARMACY



Bring your digital camera, memory card or CD with a few of your favorite images. Be ready to create personalized, heart warming gifts with your photos.

Create a personalized greeting card for free. Also, photo books, frames, calendars, journals and home accessories can be designed and produced in our store.

Light refreshments will be served.

CAMEO
STYLE

R.S.V.P. at www.cameostyle.com/rsvp
Please bring a friend!

MacDonald's Pharmacy

105 S. Third Street, McConnellsburg, PA 17233

717-485-3622

Give It Once, It's a Nice Gift. Give It Every Year and It's a Nice Education.

U.S. Savings Bonds are gifts with a future. And when you give them every year, they can make a real dent in someone's college bills.

Savings Bonds can be purchased through most banks, where you work, or automatically through the new Savings Bonds EasySaver™ Plan at www.easysaver.gov.

Call 1-800-4US BOND for recorded rate information, or write to: Savings Bonds Pocket Guide, Parkersburg, WV 26106-1328.



For complete information about U.S. Savings Bonds, visit our Web site at www.savingsbonds.gov.

A public service of this newspaper

Yunker's Meat Market LLC

1141 Tollgate Ridge Rd., Located On Rt. 928,
5 Miles North of Hancock
HOURS: M-F 9-6; Sat. 8-5
717-294-3407

Variety Of Fresh Meats
Deli Items - Poultry & Seafood

Whole Boneless
Pork Loin Lb. \$2⁹⁹
Boneless
Ribeye Steaks Lb. \$5⁹⁹

Specials Good Thru November 18