

SOUTH LEWIS CENTRAL SCHOOL DISTRICT



NEWSLETTER



Featuring
Music
Department and
Fine Arts,
Health, Physical
Education, and
Athletics



Dear Parents, Residents, and Community Members:

We have reached the time of year where we all hope the weather is turning for the better. Spring will soon be upon us and the many great things that come with this time of year.

With Spring comes New York State Testing in both ELA and Math for grades 3-8. This year all of our testing will again be done on-line or as a computer-based model. Spring also brings another budget cycle/season. We are again working hard to put forth a budget for the 2020-21 year that improves our school district, while also being fiscally responsible to our taxpayers. Over the last eight years our average tax levy increase has been 1.61%. For the 2020-21 school year, we are working to keep our tax increase no greater than 2%.

As many of you are aware, the voters of South Lewis CSD approved a Capital Improvement Project in October of 2018. Since that time a great deal of work has been done. With the tireless support of over 100 stakeholders our design plans have been completed and approved by the State Education Department. Bids for the construction work were set to be opened and awarded in February/March. Very soon you will begin to see the start of the construction phase in March/April. While the construction process will be logistically challenging and inconvenient, it will be well worth it in the end. At this time we are still on track for a September 2021 opening of the new elementary school and the single-campus model. **On Tuesday, March 24th @ 6:30 PM in the MS/HS Auditorium, we are planning a Public Information Session to update everyone on the project.** We hope you will be able to attend.

We are excited about the Spring and the end of year that is before us. Should you have any comments, questions, or concerns, please feel free to contact me at any time. Your involvement and feedback is valued and appreciated.

Respectfully,



Douglas Premo
Superintendent of Schools



One District – One Building – One Family

**Capital Improvement Project
Public Information Session
Tuesday, March 24, 2020
MS/HS Auditorium
6:30 PM**

Welcome to the March/April Newsletter, sponsored by the Department of Health, Physical Education and Athletics.

Within the department of Health and Physical Education, our goal has always been to develop physically educated individuals that will be able to live a happy and healthy life. To accomplish this goal, our department teaches our students the skills and knowledge to make healthy choices. We present information in the areas of nutrition, basic movement skills, sport-related activities, lifetime skills and activities, drug and alcohol awareness, decision making, fitness components, leadership, teamwork, work ethics, and much more.

The students at South Lewis will have the ability to choose activities throughout their lives that they enjoy and that will help keep them healthy. They learn to perform activities that will impact the health-related components of fitness; body composition, muscular strength, flexibility, muscular endurance and cardiovascular endurance. These activities include individual sport activities, team sports, fitness activities, recreational games and lifetime sports. Along with the performance of activities, our students learn to assess their fitness levels so that they can be aware of weaknesses, strengths and changes in their health. They can then adjust activities to, again, make them the healthiest they can be. This knowledge and ability will help our students be physically educated adults.

Thank you to our Health, Physical Educators, Nurses and Coaches for all the work they do for the students of South Lewis. Please enjoy this newsletter and work with your children to help them and you be healthy, active adults.

I would like to thank the South Lewis community for the last 25 years! South Lewis has been home to me and my family and also created many great memories that my family and I carry with us every day. As I move into retirement this summer, South Lewis will be in my heart! Always remember: no matter where you go, no matter what you do, you will always be a South Lewis Falcon!!! As Will I!

Go Falcons!!!

C. Brian Oaks
Director of Health, Physical
Education & Athletics

Universal Pre-Kindergarten Registration

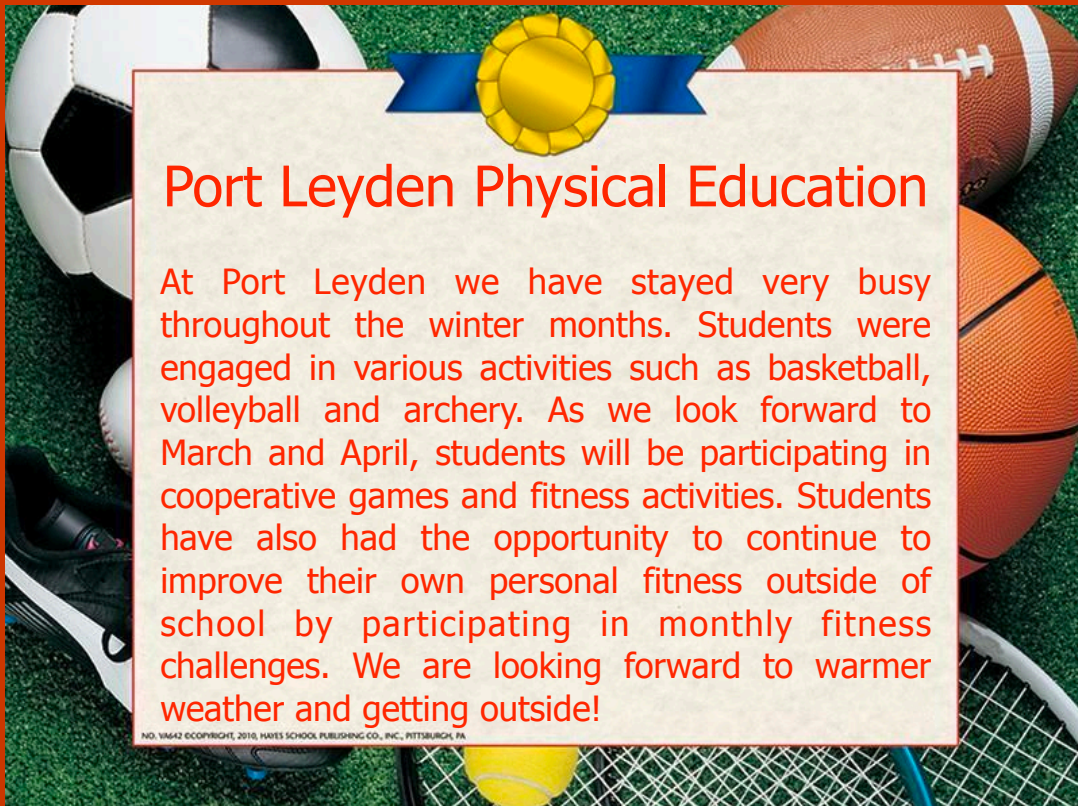
South Lewis Central Schools

Deadline-June 1, 2020

All South Lewis Central School District students who turn four (4) years old on or before December 1, 2020 are eligible for Universal Pre-Kindergarten (UPK) in September 2020. The school will provide transportation to and from school for all students. One classroom will be at Port Leyden Elementary and one classroom will be at Glenfield Elementary. Both programs will run from 8:20 a.m. – 11:55 a.m. If you are interested in registering your child for Universal Pre-Kindergarten, please contact Beth Schindler at Port Leyden at 315-348-2660 or Marcia McDonald at Glenfield at 315-348-2620. The registration deadline is June 1, 2020. If we have more students register than the spaces available, a lottery system will then be used to select students. Selection is not based on the order in which students register. If you have specific questions about the UPK program, you may contact Chris Villiere, Port Leyden Principal, at 315-348-2660 or Christine Sobel, Glenfield Principal, at 315-348-2620.

Kindergarten Registration

All South Lewis Central School District students who turn five (5) years old before December 1, 2020 are eligible to begin Kindergarten in September 2020. Please contact the elementary school that your child will be attending, if you have not already done so, to ensure that your child is registered for Kindergarten. You may contact Marcia McDonald at Glenfield at 315-348-2620 or Beth Schindler at Port Leyden at 315-348-2660 to register. If you have specific questions about Kindergarten, you may contact Christine Sobel, Glenfield Principal, at 315-348-2620 or Chris Villiere, Port Leyden Principal, at 315-348-2660.



Port Leyden Physical Education

At Port Leyden we have stayed very busy throughout the winter months. Students were engaged in various activities such as basketball, volleyball and archery. As we look forward to March and April, students will be participating in cooperative games and fitness activities. Students have also had the opportunity to continue to improve their own personal fitness outside of school by participating in monthly fitness challenges. We are looking forward to warmer weather and getting outside!

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Mrs. Herring's 12:1:1 Class





Middle School Physical Education: Archery Unit

Students in grades 5-8 were able to experience Archery in PE for the first time this year. This is a unit that is done at the Elementary level and again in High School PE classes, but until this year there was not enough equipment for our Middle School students to do it. Mr. Greene and Mrs. McCall enjoyed watching the students learn to shoot and compete for those bull's-eyes on the target. A huge thanks to the Port Leyden Elementary PTO for helping supply the equipment needed for this fun unit!



High School Physical Education

High School Physical Education is taught by Mr. Smykla and Mrs. Gino. We are continuously trying to bring new units, to infuse with our traditional units, in an effort to keep our curriculum fun and up to date for our students. We schedule a few special events throughout the year including: Junior Class ski trip to Snow Ridge, Driving Range at Turin Highlands, and NYS NASPE archery tournament.



This fall we taught a new golf unit where students were able to use our new putt putt golf course that we were able to setup in the high school gym. We practiced our chipping game outside and traveled to Turin Highlands to utilize the driving range. We learned very quickly how difficult the sport of golf actually is.

Additionally this fall, we participated in the 2nd annual Fall Festival! In the high school gym we set up our archery range, which allowed students and parents to try out our archery equipment in a supervised and safe environment.



Students were also able to enjoy how lucky we are to have state-of-the-art POLAR heart rate monitors. The system gives them immediate data on how their cardiovascular system responds to exercise. Students are taught functional strength training, in a new workout each day, and get to see their data live on the TV screen! Students were required to work out for a minimum of 20 minutes in their target heart rate zone. This data was automatically collected, provided graphs of the data, and saved to our POLAR GoFit account.

During the winter months, we enjoyed our new set of snowshoes and went to our trail system at school to get moving outdoors. We encourage students to avoid becoming sedentary throughout our long winter months.



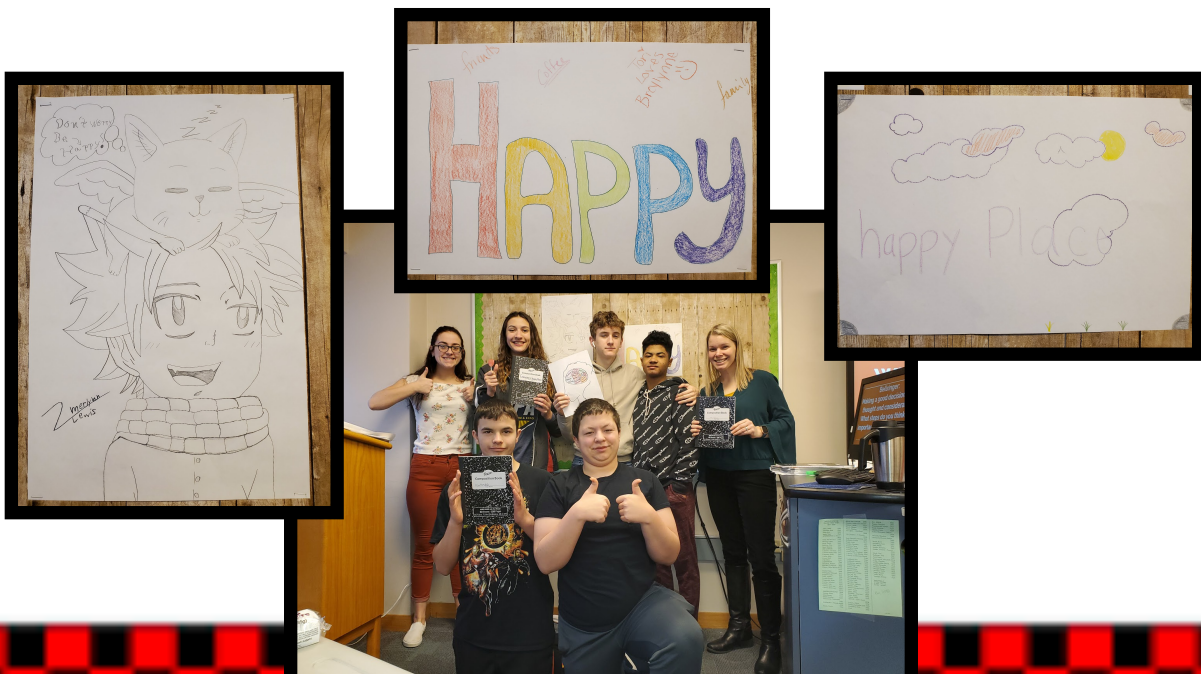
Students this year also learned a new activity called "PaddleZlam". This activity enhances fine motor skills, requires teamwork, and works on hand eye coordination through the striking activity. If one were to take Pickleball, Cornhole, Can Jam and put them in a blender, then you would end up with PaddleZlam. What is really great is that this activity is for all age groups and can be played year round.

We hope students enjoy all that the South Lewis Physical Education program has to offer. We are very appreciative of all the support and equipment we have to be able to offer the quality physical education that we do.



HEALTH EDUCATION WITH MRS. KOZIARZ

My students are always asking me why I am always so happy. Well, it is important to take care of your mind, understand emotions, and maintain positive social relationships, which we spent time talking about in our Self-Management Unit. Students have learned how important it is to set goals, make action plans, overcome barriers, and to practice happiness. They did a two-week long Happiness Project where they journaled what they did each day to increase or maintain their happiness. Options we talked about that have been proven to work were: mindfulness, giving thanks, rewiring your brain by journaling gratitude, exercise, and practicing kindness. At the end of the unit, senior BreyLynne Farr wrote that she learned, "That not every day will be a good day, but you can still find good in every day." I hope everyone can find ways to be happy after this winter season and if you need some ideas on how, ask the students who took health class! You can also read the books - *The Happiness Advantage* or *The Happiness Project*, or watch their TED Talks.



2019 SOUTH LEWIS XC



2019 South Lewis XC State Qualifiers Hannah Ielfield (Jr), Lexi Bernard (Sophomore), Brynn Bernard (8th grader), and Collin Stafford (8th grader)



Collin Stafford member of the Section III team that won NYS XC Championship Title.



MacCoy Maciejko, Isaac Edick, and Michael McGrath -- the Modified Boys XC Team known as "Mike, Ike, & Spike"



Senior Night with Girls' and Boys' Cross Country Teams



Training with XC runners Collin Stafford, Noah Edick, Shane Sweredoski (in background) and Madison Rhubart keeping stride behind Tazanna Molnar



2019 Section One Coaches Cross Country Invitational VARSITY GIRLS 2nd PLACE Bowdoin Park



2019 NYS finalists at Plattsburgh -- Brynn 2nd place, Lexi 4th place, and Hannah 6th place



South Lewis Indoor Track Wins Indoor Section 3 Title

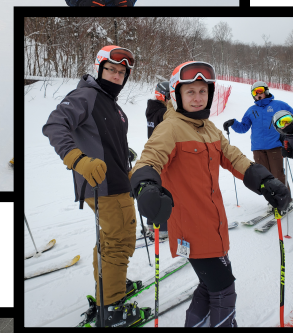
On February 8th, the South Lewis Girl's Indoor Track team won another Section 3 title. This was the 5th sectional title in the program's history and the second year in a row as champions. The Falcons scored 128 points to second place finisher Tully who scored 68. South Lewis and Tully have been the two dominate teams in the sports of cross country, indoor track, and outdoor track in Class C/D for the past five years. Winning the Indoor Sectional title keeps alive the challenge of winning the triple crown (xc, indoor track, and outdoor track). South Lewis won the C-2 Cross Country title this fall and now has the C/D Indoor title. For the past three years, the Falcons have won two of the three titles necessary for the triple crown.

In the meet, South Lewis had a huge advantage in the distance events, hurdles, and jumps. The distance trio of Hannah Ielfield, Lexi Bernard, and Brynn Bernard scored 64 of the team's points in the distance events. Ielfield and Bernard have helped South Lewis win eight sectional titles in the past four years. The combination of Tazanna Molnar and Alyssa Youngs in the hurdles and jumps scored 32 points with their great performances. Both girls were jumping almost 16 feet in the long jump and over 33 feet in the triple jump. Youngs and Molnar are also very talented runners but had to compete in the hurdles and jumps to score points for the Falcons. In addition to the individual scorers, the Falcon's 4x400 and 4x200 relay team of Madison Rhubarb, Carin Young, Morgan Kogut, and Aaliyah Williams placed 2nd and 3rd in their races. The 4x800 relay team of Brynn Bernard, Chloe Seller, Mallory Kraeger, and Aaliyah Williams placed first. Individually, Chloe Seller tied for 2nd in the pole vault and Grace Bailey placed 6th in the 3000 to complete the scoring. Each and every year, the expectation is to win the sectional title. In 2020, the girls ran to their potential and achieved their goal.

The boy's team scored 32 points to place 7th overall in Class C/D. The Falcons had five runners that qualified for sectionals. The 4x800 relay team of Noah Edick, Shane Sweredoski, Brayden Poste, and Collin Stafford placed first to be crowned Sectional Champions. Noah Edick placed 2nd in the 3200 and Collin Stafford placed 2nd in the 1000 with a new personal best time. South Lewis placed 3rd in the 4x200 relay team (Noah Edick, Shane Sweredoski, Dublin Moore, and Collin Stafford).

South Lewis sent the following runners to the State Qualifier Meet held on February 25th: Hannah Ielfield, Brynn Bernard, Lexi Bernard, Tazanna Molnar, Alyssa Youngs, Collin Stafford, Chloe Seller, and the girl's 4x800 relay.

SOUTH LEWIS SKI TEAM



This year's ski team started the season with 12 athletes. It consisted of three girls - BreyLynne Farr(12), Abbigail Durgan(11) and Aubree Domagala(10). We also had nine boys - Elijah Lohr(12), Matt Skorupa(12), Joseph Etsen(12), Caleb Oeschger(12), Mitchell Domagala(9), Landon Dolan(9), Hunter Kent(9) and two foreign exchange students - Chiluguen Enkhbat(12) and Panharoth Tep(12).

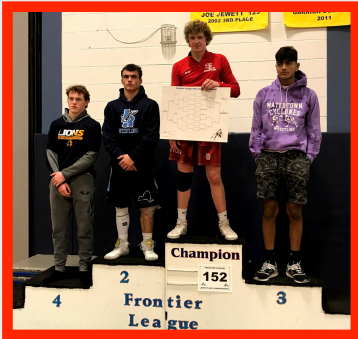
We began our season with several weeks of dry land training as we waited for our home hill, Snow Ridge, to open. This year our first practice at Snow Ridge was on December 21. This was also the first day of four of our athletes learning how to ski - Matt, Roth, Chil and Hunter.

Our first race this season was at Woods Valley on January 8, followed by McCauley, Labrador, Pisgah, Whiteface, Snow Ridge. Our regular season ended February 12 at Snow Ridge with Sectionals.

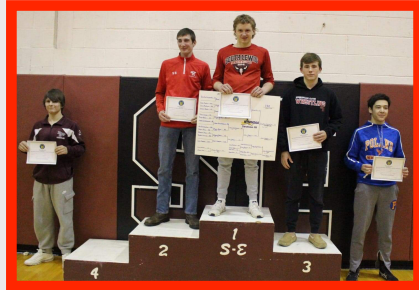
At Sectionals our girls finished 4th as a team and our boys 5th. Aubree Domagala finished 5th in GS and 4th in Slalom and advanced to States in Bristol on February 24 and 25. Elijah Lohr finished 7th for the season.

We will be losing seven seniors this year so we would like to encourage anyone interested from 8th grade up to join the team. It's a lot of fun while learning a life-long, health-benefiting activity. Contact Coach Tammy Lohr or Coach Rob Domagala with any questions.

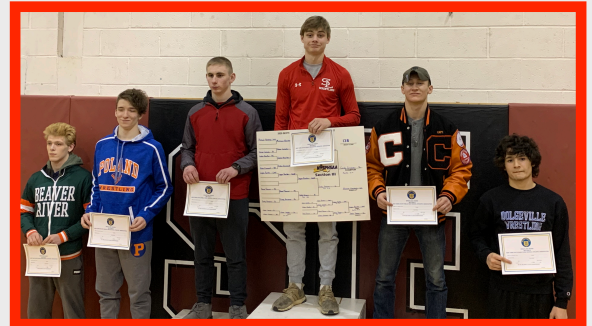
Congratulations to all our Seniors and best wishes for the future and to Aubree Domagala at States!



**Frontier League Champion
Branton Carpenter**



**Class D Champion
Branton Carpenter**



**Class D Champion
Cody Greene**



**Class D Tournament - Kneeling - Brady Vosburgh (2nd) and Owen Highers (2nd)
Standing - Jason Gibson (Coach), Branton Carpenter (1st), Cody Greene (1st), and Jason Greene (Coach)**



Senior Night - Branton Carpenter, Cody Greene, Jason Greene, Philip McCall, Logan Rinehart, Brady Vosburgh

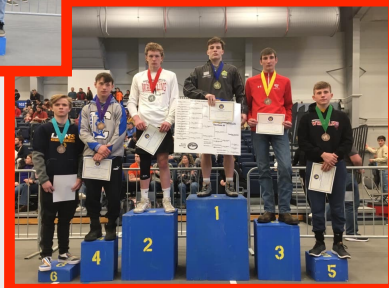


**Below - Section 3
Tournament - Branton Carpenter (2nd)**



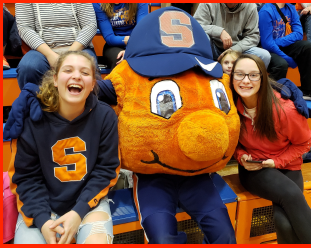
**Below - Section 3
Tournament - Brady Vosburgh (3rd)**

**Above - Section 3
Tournament - Cody Greene (6th)**



**Above - Section 3
Tournament - Owen Highers (4th)**





Congratulations to the Varsity Volleyball team on another very successful year! The program enjoyed many events throughout the year: JV team camp, Varsity traveled to team camp, fall elementary volleyball program, spring 5th-6th grade volleyball intramurals, community volleyball tournament, position training camps, open gyms, attended out of season St. Patrick's Day Tournament (where we took home the Championship Trophy), apparel fundraiser, hosted the 12 school Falcons Kickoff Classic Varsity tournament, and took a field trip to Syracuse University.

The program hosted our annual Community Volleyball Tournament that had 17 teams participate this year. There is an overwhelming feeling of pride, community, fun, laughter, and gratitude that this night brings to our gyms. Thank you to all the spectators and participants who came out to make this event successful once again. **100% of the profits** will support the program in sending both our JV and Varsity Volleyball teams to team camps this summer. Thank you for supporting the athletes so that they are able to improve their individual and team skills.

Our student athletes are hardworking, dedicated, and have a ton of fun doing what we do. The team came in each and every day ready to work to be better than we were the day before. The coaches are very grateful for the athletes and their families that make sacrifices and believe in what we are working towards. This experience is meaningful for all who are a part of it! We hope that you can come out next season and enjoy watching all the hard work the student athletes have put in.

2019-2020 Varsity winter Volleyball Roster- 11 athletes- 1 team

Name	Grade	Position	#
Iza Liendecker	12	MB	3
Brooklyn Sullivan	12	OH/S	18
Courtney Ebersol	11	MB	22
Amelia Hoffman	11	OH	6
Madelyn Hoffman	11	OH	2
Lauren McGuire	11	MB	23
Grace Mear	11	MB	26
Sophia Sabatini	11	S	13
Jada Pominville	10	OH/OPP	14
Shaylagh Randall	10	OPP/MB	24
Leah Greene	9	Bro	7



Fine Arts in the Middle School and High School

By
Megan Hoch



The Art room is a place where all students are given the opportunity to express themselves creatively. Anything goes-and if a student wants to try something new, it is game on!

Currently the Middle School students are working on Project Based Learning Units. The expectation is that students are responsible for setting their own goals and choices within the project and answering their own questions through team work and experimentation. Great questions are formed and answered throughout the project. When they are finished, students have a higher level of understanding how to problem solve. It is important for our students to learn how to brainstorm new ideas, communicate and solve problems to get to a successful outcome. Each grade level is introduced to a Project Based Learning Unit where they are responsible for how their team works together. It is my job to ask the appropriate questions at the right time, in such a way that I am not giving them the answers but guiding them to a few possible solutions.

In Graphic design, students grades 9-12 gather the knowledge to build designs for the real world. Students are working on a variety of projects. Currently they are designing the new logo for the Constableville Rescue squad. Another project is designing Falcon Gear that will be for sale to support the South Lewis Yearbook to keep the sales down for purchase.

Every year is new and exciting! I feel it is important to set new goals as an educator and for our students to do the same. I share my goals with my students because I want them to understand the hard work that goes into setting a goal, motivating yourself and what it means when you reach that goal. I hope to inspire others to think about what is important to them, to set a goal, reflect, and to work hard to get there...and to be proud when it happens!



South Lewis Central Schools

District Newsletter Request Form

If you would like a hard copy of each issue of the South Lewis Central School District newsletter mailed to you please complete this form and return it to the address below. You can also call the District Office at 315-348-2500 and provide the needed information.

South Lewis Central Schools
ATTN: Douglas Premo
4264 East Road
PO BOX 10
Turin, NY 13473



DATE: _____

Name: _____

Mailing Address: _____

Phone Number: _____

Thank You!

REMINDER: IF YOUR CHILD IS GOING TO BE ABSENT OR YOU NEED TO PICK UP YOUR CHILD EARLY FROM SCHOOL, PLEASE CALL THE ATTENDANCE OFFICE (315)348-2526.

High school Art: The Visual Process by Cindy Panella

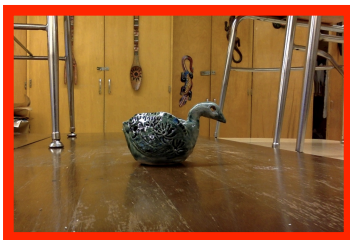
How much we enjoy a work of art is measured by our ability to see. The more we are exposed to activities that expand this, the greater pleasure and understanding we obtain. Then we can begin to understand and receive pleasure from the creation of the artist. Our eyes follow lines and the use of both vertical and horizontal lines help determine where our eye is directed. After following lines, we can create patterns which in turn give unity and harmony a chance to exist. Great artistic marks not only move our eye around but they evoke sensations. Simple lines in an Egyptian vase can make our eye move through out the form while lines in a painting can create emotions. Landscapes can hold several different feelings and meanings such as cool and bitter, too calm and serene. Trees can appear peaceful and gentle or remain bare and make one feel loneliness. The type of line and color used helps to transform the artistic idea. Heavy lines, thin lines, lighter lines, they all help form the final piece. We all respond differently to visual elements and learning to discover and recognize these differences are the beginning of expressing ourselves in a visual form. In our initial stages of seeing, many students have problems seeing similarities and differences. We also need to expand rather than dilute our visual experiences and work on drawing what we see. Many are struggling with the challenge of still life drawings where we try to capture what we see. Using rule of thumb and the measurement of proportions, we are creating compositions which show how differently we each see.

One senior is studying the teapot form and creating a series of them while another is experimenting with lidded forms. Three newbies are at the wheel trying to make the clay go where they want. Others are layering glazes trying to create a unique look that speaks to their soul. The joy of the art room is the random senior that joins after three years of no structured art in high school. They are full of life and ready to explore the many avenues of creation. In a world where teenagers struggle to balance media and life, we try to keep the art room a different dimension where drama and cell phones disappear and good vibes flow.

We are so humbled and grateful by the use of the clay, glazes, and the kiln. The chance to create art from ever changing clay and watch it change through the firing process amazes us every time. It takes an incredible amount of effort to face the pottery wheel and try to master it. Discipline and consistent practice help us to keep our hands full of clay and our hearts full of peace.

"To practice art, no matter how well or badly is a way to make your soul grow. So do it."





South Lewis Proudly Presents

the Wedding Singer



Based on the 1998 hit film, starring Adam Sandler and Drew Barrymore, *The Wedding Singer* takes us back to a time when hair was big, greed was good, collars were up and a wedding singer might just be the coolest guy in the room. *The Wedding Singer's* sparkling new score does for the '80s what *Hairspray* did for the '60s. Just say yes to the most romantic musical in 20 years.

It's 1985, and rock star wannabe, Robbie Hart (Elijah Lohr), is New Jersey's favorite wedding singer. He's the life of the party until his own fiancée Linda (Kayla Peterson) leaves him at the altar. Shot through the heart, Robbie makes every wedding as disastrous as his own. Enter Julia (Katie Vito), a winsome waitress who wins his affection. As luck would have it, Julia is about to be married to a Wall Street shark Glen (Trevor Griffith), and, unless Robbie can pull off the performance of a decade, the girl of his dreams will be gone forever.



The Wedding Singer will be in the South Lewis Auditorium March 19, 20, 21 at 7:00 pm. Tickets are \$6 for adults, \$5 for students and senior citizens. The Totally Tubular Pass is available for all three performances at the cost of \$15 for adults and \$12 for students and senior citizens. Pre-sale tickets are available at the South Lewis Middle/High School by contacting Sue Smith (348-2520) beginning March 2nd.





Falcon Musicians Were Fabulous This Fall In Lowville

Eight amazing students represented South Lewis at the Fall Jefferson/Lewis Bi-County Music Festival, on Saturday November 1st, in Lowville. Each ensemble made for a wonderful afternoon concert. Both Mrs. G, and Mr. Muller, as well as all parents/guardians were very proud!!

The 5th/6th Grade Chorus was lead by Mrs. Shelly Peck. Mrs. Peck teaches Vocal Music at LaFargeville. Representing South Lewis in this HUGE chorus were Sopranos Allison Becraft and Lana Whalen, and Altos Callie Brown, and Elyse Siegrist. They performed “Medieval Gloria” by Vijay Singh, “Foreign Lands” by Kathleen Ballantyne, “Promised Land” by Natalie Sleeth, “Shoshone Love Song” arranged by Roger Emerson, and “You’ve Got A Friend In Me” arranged by Mac Huff.

The 7th/8th Grade Band was lead by Mrs. Megan Harvey, who teaches Instrumental Music at Copenhagen. Representing South Lewis were Clarinetist Grace Bailey, and Trombonist Conner Whalen. They performed “Sunburst” by Gene Milford, “Abandoned Treasure Hunt” by Rob Grice, “Black Is The Color” by Robert Sheldon, and “Afterburn” by Randall Standridge.

The Senior High Choir was lead by Dr. Brian M. Stevens, Director of Choral Activities at Nazareth College, in Rochester, NY. Representing South Lewis were Soprano Izabelle Liendecker and Alto Katie Vito. They performed “Jabula Jesu (Zulu Folk Song)” arranged by Stephen Hatfield, “Earth Song” by Frank Ticheli, “O Love” by Elaine Hagenberg, and “Let Everything That Hath Breath” by Jeffrey L. Ames, which was a fabulous Gospel Song that featured a terrific solo by Katie Vito. Congratulations to all Falcons for representing South Lewis with your talents!!

7th Grade General Music with Mr. Muller

7th Grade General Music is held 7th period in the Music Suite. Each 10-week class focuses on two things.

The first focus, is the basics of snare drumming. This is the area of the class that the students receive their main grades. Students use drum sticks and practice pads that easily assimilate playing on actual snare drums. The students learn the proper way to hold the stick and strike the drum head. Students work with keeping a steady beat, reading notes and rests, rotating their sticks from note to note, and a special set of sticking called rudiments. While there are many rudiments that drummers in Band learn, the one that these students experience is called “the paradiddle” and how it works. Students are given periodic playing tests and a couple of written tests throughout the marking period. They are also graded each week on their participation effort and how they keep to proper playing practices as they have been taught.

The second subject area of 7th Grade General Music is exploring the history of Rock and Pop Music in America. This area is presented to the students on the smartboard using power point and the popular styles of music then, from the beginnings of rock in the 50s, the 60s and all the changes of that decade, the 70s with bigger developments in sound and technology, the 80s with the dawn of MTV and the bigger “music industry”, and as much to the present as time permits (before the end of the marking period).



Changes to Winter and Spring Bi-County Music Festivals

For many years, the March Newsletter has been able to have an article congratulating South Lewis students from the 5/6 Grade Band, and from 7/8 Chorus and HS Show Choir, who were selected to BiCounty groups and “performed beautifully at the Winter BiCounty Festival this past late January/ Early February”. Last year, the end of January was hit with a number of two-hour delays and closures for schools in Jefferson County. They kept hitting on the days of the BiCounty Full Rehearsals. To top it off, the Saturday of the scheduled festival was also very bad weather. The result was a cancellation of the entire festival. The Jefferson/Lewis Music Educators Association voted last spring to make changes in their festivals. While there is still a Winter Festival, it now includes only “the small groups.” The Full Bands and Choruses that used to be in the Winter Festival have been moved to the Spring Festival, which this year is Saturday, April 4th. It will include the BiCounty HS Band, 7/8 Chorus, and 5/6 Band.



A decorative border of black musical notes, including eighth and sixteenth notes, frames the text on the page.

Middle School Bands Get Ready For Spring And Darien Lake!!

The South Lewis 5/6 and 7/8 Middle School Bands had a TERRIFIC Holiday Concert back on the 11th of December. Now their focus is to get ready for Spring. They will first be performing at South Lewis on Tuesday, May 19th in the Festival of Bands concert. That concert will be a progression of each Band level 5/6, 7/8 and 9-12. Parents have always loved this format so that those of younger students (and the students themselves) get to see and hear what kinds of musical possibilities may be theirs in years to come. For the HS students and parents it gives a nice reflection back as to “where we came from to get to where we are”.

The 2nd performance of the Spring will be on Friday, May 29th when both 5/6 and 7/8 Band students travel to Darien Lake. The 5/6 Band will be competing against 4-5 other Bands and the 7/8 Band will be competing against a greater number of others. Performances will be outdoors, under a special pavilion in the park, before a panel of a couple of judges. The Bands and chaperones will first head right to the performance area, unpack, warm up with the Concert BFlat Scale, and get ready to perform. Each Band will perform two of their four Spring Concert songs for the judges. After they put their instruments back in the van, students and chaperones will be able to walk right down to the lunch pavilion for an all-you-can-eat buffet. After lunch there will be time to enjoy Darien Lake with all its rides and attractions.

All four of each Band's Spring songs will ALL be performed at South Lewis on May 19th.

The 5/6 Band is working on Fanfare Heroica by Brian Balmages, Anasazi Legend by Joseph Compello, Chase Through The Midnight Forrest by Darren W. Jenkins, and a Carol Strommen arrangement of the Star Wars Main Theme by John Williams. The 7/8 Band is working on Year Of The Dragon by Michael Sweeney, Terracotta by William Owens, Symbol Of Freedom by Joseph Compello, and a Robert Longfield arrangement of Thriller, written by Rod Temperton, and famously made into a hit song and video by Michael Jackson. GOOD LUCK MIDDLE SCHOOL FALCONS ON YOUR EXCITING SPRING SEASON AHEAD!!



South Lewis Middle School

Student of The Month



Faculty members have selected five students for the December 2019 “Student of the Month” program. This program is sponsored by the National Junior Honor Society and recognizes students who demonstrate a strong work ethic, positive attitude, and good citizenship in our school and community. Callie Brown (Candi & Darren Brown) of Turin is the fifth grade recipient of this award. Varick LeVan (Heather & Kyle LeVan) of Constableville, is the sixth grade recipient. Lucas Smith (Charlie Smith Jr. & Sarah Smith) of Lyons Falls is the seventh grade recipient. Caleb Baxter (Joseph and Alison Brinkerhoff) of Constableville, is the eighth grade recipient of this award. The Related Arts “Student of the Month” for December is Kailyn Markham (Cortney & Kerin Markham) of Constableville. Congratulations to each student and their family.

The students from left to right in the first picture are: Varick LeVan, Caleb Baxter, Lucas Smith and Kailyn Markham. The student in the second picture is Callie Brown.



COME ONE, COME ALL!

The 5th Annual Lewis County Job Fair

APRIL 8, 2020
10AM- 2PM



THE LOWVILLE ELKS LODGE



For more information please contact:
The Lewis County WorkPlace
lewisonestop@dfa.state.ny.us
(315) 376-5800

Summer Youth Employment Program

Applications to be accepted March 1st – May 10th

Applications will be available at local schools and at
The Lewis County Employment & Training Office
starting February 24th.

For more information please contact
Lewis County Employment & Training
5274 Outer Stowe Street
Lowville, NY 13367
(315) 376-5800
lewisonestop@dfa.state.ny.us

For ages 14-20 years old

Employment is primarily for
the months of July & August

Earn \$11.80 per hour

Work up to 35 hours per week

Eligibility criteria apply

Sp Adobe Spark

HIGH SCHOOL COUNSELING OFFICE

INFORMATION

ACADEMIC, PERSONAL/SOCIAL, COLLEGE, AND CAREER COUNSELING

JUNIORS

Take College Entrance Exams: College-bound Juniors are encouraged to take the ACT this spring. To register for the ACT, go to www.actstudent.org. The registration site for the SAT is www.collegeboard.org. South Lewis' school code number is 335653. Fee waivers are available for students who meet the criteria. See Mrs. Bronson in the School Counseling Office for help with fee waivers. All juniors have access to Method Test Prep to practice for these exams.

Practice the test by taking sample versions. Get plenty of sleep and eat a well-balanced breakfast before your test. Be sure to read the directions and test questions carefully. Pace yourself so you have time to review your work.

SAT Test Date: May 2nd

Registration Deadline: April 3rd

Cost: \$49.50 (no writing)

\$64.50 (with writing)

ACT Test Date: June 13th

Registration Deadline: May 8th

Cost: \$52.00 (no writing)

\$68.00 (with writing)

Find the college that is right for you. Ask your school counselor for help. Complete a FastWeb College Search (www.fastweb.com). Try a program search on www.suny.edu. Learn more about schools via their websites, campus visits, and college fairs. Choices Online: South Lewis has a web-based career and college research and plan program. To access "Choices Planner" online, please follow the directions below:

Go to www.bridges.com Enter the following numbers: Site ID: 0100987 Password: N8c9m2R4

You will need to create a portfolio. Be sure to write down your login information for the next time.

Visit Colleges: Juniors should be visiting a variety of colleges this spring and summer with their parents. Contact the college online or by phone to set up an appointment for a college visit. Please contact the School Counseling Office for assistance.



SOPHOMORES

It is not too early to start researching careers and colleges. Try visiting the following college search websites: www.SUNY.edu, www.petersons.com, www.fastweb.com (they also offer a good scholarship search) www.nycolleges.org.

If you want career information/descriptions, try: NYS Department of Labor website www.careerZone.org, www.bls.gov/oco, www.planstudent.org, www.mappingyourfuture.org (Look at the "Career Ship" section).

If you haven't done so already, you should meet with your school counselor to discuss career and college plans and select your classes for next year. Make an appointment today.

FRESHMEN

Remember that lab requirements must be completed in Earth Science and Living Environment before you can take the Regents. Talk to your teacher if you have questions about your lab work. Please use activity period if you need extra help. Your class record is important for preparing for college and your future career. Choose challenging courses for your schedule and keep an eye on your GPA (Grade Point Average).

Scheduling for 2020-2021 is in progress.

Junior student course requests were completed in January. Sophomore and Freshman course requests should be completed by the end of March. Please review the course selections made by your child. Please call Mrs. Birmingham or Ms. Green at 315-348-2530 if you have questions or concerns regarding your child's course requests for next year.

NORBERT GAZIN SCHOLARSHIP is open to students who were born in Lewis County (living in Lewis County at the time of their birth), have been a resident of the County for at least five years, will graduate from a Lewis County school and have no felony convictions. Priority will be given to students entering the fields of Engineering, Ag, and Forestry with at least a 70 average. As in the past, any student planning on attending college may apply for this scholarship regardless of major if they have at least an 80 average. Alumni may also apply if they have a 2.5 cumulative GPA. If you are planning on attending college, apply for this!

Deadline: March 25th

ELIZABETH B. BUSH SCHOLARSHIP is open to Lewis County students in the top 15% of their class. South Lewis is guaranteed at least one \$1,000.00 winner and we have had several in the past.

Deadline: March 25th

LEWIS COUNTY GENERAL HOSPITAL AUXILIARY SCHOLARSHIPS are available to seniors who are planning on entering the health field. Applications are available in the School Counseling Office.

Deadline: April 1st

NORTHERN NEW YORK COMMUNITY FOUNDATION SCHOLARSHIPS are open only to residents of Jefferson and Lewis County who will be full-time students during the 2020-2021 school year. Freshman Scholarships are based upon academic achievement and personal data. The scholarship selection is based on class rank, average, ACT/SAT scores, Regents scores, personal data, essay and applicant appraisal. Scholarship amounts are based upon unmet financial need as determined by the student's college. ***ALL STUDENTS PLANNING TO ATTEND COLLEGE SHOULD COMPLETE THIS APPLICATION.*** Students attending any type of college, including technical schools are eligible. This is a one-year award. Give as much information as you can on your application. Provide specific details in the work experience, school & community activities, and any unusual hardships or special family or personal circumstances sections of the application. (Tell your story.) Promote yourself by telling them what you want to study and why. Describe your career goals and aspirations. What makes you, you?

You will be required to complete the **online** application, write an essay, have two appraisal forms completed and submitted, and your official transcript. Start now; it takes some time to complete all of this.

Deadline: April 15th

DEKIN EDUCATIONAL TRUST 2020 SCHOLARSHIP is open only to Lewis County graduates who need financial assistance and are majoring in Engineering, Nursing, Physical Therapy, Pre-Med or Pre-Dental. This is a \$1,500 scholarship that a student did win last year from South Lewis. Interested students must request an application from the Trustee. The School Counseling Office has more information on this scholarship and how to get the application.

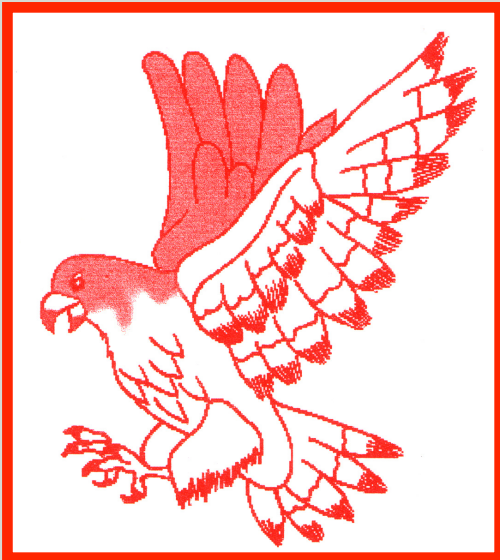
Deadline: March 11th

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Any senior who is not going to college in the fall should be building his/her resume and job experience. Please see Ms. Green or Mrs. Burmingham for assistance.

Scholarship Update

Seniors should continue to check the scholarship bulletin that is updated and handed out in Economics every month. The scholarship bulletin is also emailed to students and parents. Please take the time to apply for any scholarships that you are eligible for. Watch deadlines carefully. Updated bulletins are available in the School Counseling Office. Please contact the college financial office to ask about college-specific scholarships. Continue working hard in your courses. Remember that there are many school-sponsored scholarships available and it is important to maintain your grades and work ethic throughout the rest of your senior year. Good luck with scholarships!



College Acceptance List

Baxter	Joseph	SUNY Canton
Carpenter	Branton	Clarkson University Utica College University at Buffalo
Chrzanowski	Brady	Jefferson Community College Mohawk Valley Community College
D'Ambrosi	Courtney	Hartwick College Manhattan College Russell Sage College Seton Hall University SUNY Plattsburgh
Dailey	Andrea	Hartwick College

Durant	Andrew	Mohawk Valley Community College
Edick	Kelanie	Elmira College
Knoblauch	Shane	Mohawk Valley Community College
Liendecker	Izabelle	Clarkson University SUNY Jefferson SUNY Oswego SUNY Polytechnic Institute
McRae	Devin	Jefferson Community College
Nellenback	Brianna	Mohawk Valley Community College
Ostrander	RuBea	SUNY Cobleskill
Partridge	Teisha	LeMoyne College Marywood University Muskingham University Wells College
Peterson	Kayla	Jefferson Community College
Reid	Kathryn	Cairn University
Schwab	Frankie	Buffalo State SUNY Albany
Schweinsberg	Carson	North Country Community College Paul Smith's College SUNY Cobleskill SUNY Morrisville
Smith	Chandelle	Culinary Institute of America Paul Smith's College

2020 Old Forge Summer Route

Date	Park Hours	Departure Schedule
June		
6/6 (Orientation)	10:00 AM – 3:00 PM	Bus leaves promptly at 3:30 PM
6/17 – 6/19	10:00 AM – 4:00 PM	Bus leaves promptly at 4:30 PM
6/20 – 6/21	10:00 AM – 6:00 PM	Bus leaves promptly at 6:30 PM
6/22 – 6/26	10:00 AM – 4:00 PM	Bus leaves promptly at 4:30 PM
6/27 – 6/30	10:00 AM – 6:00 PM	Bus leaves promptly at 6:30 PM
July		
7/1 – 7/3	10:00 AM – 6:00 PM	Bus leaves promptly at 6:30 PM
7/4 – 7/7	10:00 AM – 6:30 PM	Bus leaves promptly at 7:00 PM
7/8 (Team Member Party)	10:00 AM – 6:30 PM	Bus leaves promptly at 8:00 PM
7/9 – 7/27	10:00 AM – 6:30 PM	Bus leaves promptly at 7:00 PM
7/28 (Team Member Party)	10:00 AM – 6:30 PM	Bus leaves promptly at 8:00 PM
7/29 – 7/31	10:00 AM – 6:30 PM	Bus leaves promptly at 7:00 PM
August		
8/1 – 8/19	10:00 AM – 6:30 PM	Bus leaves promptly at 7:00 PM
8/20 (Team Member Party)	10:00 AM – 6:30 PM	Bus leaves promptly at 8:30 PM
8/21 – 8/23	10:00 AM – 6:30 PM	Bus leaves promptly at 7:00 PM
8/24 – 8/30	10:00 AM – 6:00 PM	Bus leaves promptly at 6:30 PM
8/31	10:00 AM – 5:30 PM	Bus leaves promptly at 6:00 PM
September		
9/1 – 9/4	10:00 AM – 5:30 PM	Bus leaves promptly at 6:00 PM
9/5 – 9/6	10:00 AM – 6:00 PM	Bus leaves promptly at 6:30 PM
9/7	10:00 AM – 5:00 PM	Bus leaves promptly at 5:30 PM
Pick Up Location	Pick Up Time	Estimated Return Time
Croghan – Josh’s Riverside Restaurant	7:45 AM	1 hour 25 minutes after EFWS departure
Lowville – Tops Plaza (by old McDonald’s building)	8:10 AM	1 hour 5 minutes after EFWS departure
Glenfield – BOCES	8:25 AM	55 minutes after EFWS departure
Lyons Falls – Edge Hotel	8:40 AM	45 minutes after EFWS departure
Port Leyden – Cliff’s Local Market	8:50 AM	40 minutes after EFWS departure
Boonville – Tops Plaza	9:05 AM	30 minutes after EFWS departure
Woodgate Post Office	9:20 AM	20 minutes after EFWS departure
Old Forge Post Office	9:40 AM	5 minutes after departing EFWS

ONLY \$1 EACH WAY!

Riders must be on time at the bus stop and must present \$1.00 to the driver when boarding the bus.

Monthly Passes Available for \$25 (Purchase from driver. Separate from other LCPT passes.)

A second bus will be available throughout the summer on dates requested by Enchanted Forest Water Safari.



Youth Employment in Old Forge 2020 Bus Rules



Exact fare is due (\$1.00) as soon as you board the bus



Remain seated at all times while on the bus



Keep your hands and body to yourself



Stay on the bus (once you've boarded the bus, you need to stay on the bus the entire way the entire way to/from Old Forge)



No drugs, alcohol, vaping or tobacco products allowed



No food or drink allowed (Unless you pick up after yourself. If you bring it on the bus, take it off the bus. If this privilege is abused, it will be eliminated)



No foul language or disrespectful behavior

The bus driver is in charge and will keep a log of incidents that occur. Riders will receive two warnings about disruptive behavior and/or violations of riding regulations. If there is a third infraction, the bus driver may ban the rider from the Old Forge route for the season.

Riders understand that participating in the LCPT summer transportation program to Old Forge is a privilege. Riders also understand that there may be consequences associated with negative behavior and rule violations.



Have You Applied for Home Ownership Yet?

The Home Ownership program provides the opportunity for Low Income Families to become Home Owners.
Partnering with Habitat for Humanity is hard work, but the long term stability to a family, makes the journey worth the effort.

More information can be found on our website at

www.TIAHabitat.org

Or call our office at **785-0308** to request a pre-qualification form



Breakfast \$1.25

Lunch \$2.75

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST 2 Breakfast Break LUNCH Buffalo Chicken Tacos on a Soft Shell, Shredded Lettuce and Cheese, Diced Tomatoes, Seasoned Rice, Corn, Fresh Fruit, Fruit Choices	BREAKFAST 3 Egg and Cheese Muffin LUNCH Hamburger or Cheeseburger on Whole Wheat Roll, French Fries, Veggie Beans, Pickle Slices, Fruit Juice, Fruit Choices	BREAKFAST 4 Bagel with Cream Cheese LUNCH Grilled Chicken Strip Wrap, Shredded Lettuce and Cheese, Diced Tomatoes, Tator Tots, Seasoned Broccoli, Fresh Fruit, Fruit Choices	BREAKFAST 5 Assorted Whole Grain Mini Donuts LUNCH Pork and Gravy, Mashed Potatoes, Broccoli, Buttered Corn, Fruit Juice, Fruit Choices	BREAKFAST 6 Breakfast Break LUNCH Egg Salad or Tuna Salad Sandwich, Homemade Cook's Choice Soup, Leafy Lettuce, Sliced Tomatoes, Potato Chips, Fresh Fruit, Fruit Choices
BREAKFAST 9 Sausage and Cheese Bagel LUNCH Ham, Tuna, or Turkey on a Croissant with Lettuce and Sliced Tomatoes, Cook's Choice Homemade Soup, Potato Chips, Pickle Chips, Fresh Fruit, Fruit Choices	BREAKFAST 10 Breakfast Break LUNCH South Lewis Pizza, Spinach and Strawberry Salad, Seasoned Peas, Roasted Chickpeas, Fruit Juice, Fruit Choices	BREAKFAST 11 Assorted Whole Wheat Mini Donuts LUNCH Hotdog on a Whole Wheat Roll, French Fries, Veggie Beans, Carrots with Dip, Fresh Fruit, Fruit Juice	BREAKFAST 12 Bacon, Egg, and Cheese Muffin LUNCH HS/MS - Chicken in Sauce over Pasta, Elem - BBQ Baked Chicken, Garlic Bread, Fresh Garden Salad, Green Beans, Fruit Choices, Chocolate Chip Cookie	BREAKFAST 13 Assorted Bagel with Cream Cheese LUNCH Grilled Cheese on Whole Wheat Bread, Tomato Soup, Potato Chips, Sliced Pickles, Veggie Cups with Dip, Fresh Fruit, Fruit Juice
BREAKFAST 16 Assorted Whole Grain Mini Donuts LUNCH Beef Tacos on a Soft Shell, Shredded Lettuce and Cheese, Diced Tomatoes, Salsa, Sour Cream, Flavored Rice, Refried Beans, Fresh Fruit, Fruit Juice	BREAKFAST 17 Bacon and Cheese Muffin LUNCH Ham and Cheese Sliders on a Roll, Tator Tots, Fried Cabbage, Seasoned Carrots, Fruit Choices, Shamrock Cake	BREAKFAST 18 Breakfast Break LUNCH Dunkers with Dipping Sauce, Homemade Beef, Tomato, and Macaroni Soup with Crackers, Seasoned Corn, Veggie Beans, Fruit Juice, Fresh Fruit	BREAKFAST 19 Breakfast Pizza LUNCH Chicken Tenders with Dipping Sauce, Garlic Buttered Noodles, Green Beans, Corn, Fruit Choices	BREAKFAST 20 Assorted Bagels with Cream Cheese LUNCH Macaroni and Cheese, Peas and Carrots, Stewed Tomatoes, Assorted Muffins, Warm Cinnamon Apple Sauce, Fresh Fruit
BREAKFAST 23 Sausage, Egg, and Cheese Muffins LUNCH BBQ Ribs on Whole Wheat Rolls, Coleslaw, Seasoned Wedges, Baked Beans, Fruit Choices, Fresh Fruit	BREAKFAST 24 French Toast Sticks with Syrup LUNCH Turkey and Gravy, Mashed Potatoes, Corn, Sliced Seasoned Carrots, Fruit Juice, Fruit Choices	BREAKFAST 25 Bagel with Cream Cheese LUNCH Chicken Nuggets with Dipping Sauce, Buttered Noodles, Stewed Tomatoes, Veggie Beans, Fresh Fruit, Fruit Choices	BREAKFAST 26 Breakfast Break LUNCH Lucky Plate, Seasoned Peas, Broccoli Florets, Fruit Choices, Baker's Surprise	BREAKFAST 27 Egg and Cheese Muffin LUNCH Fish Sandwich on a Whole Wheat Roll, French Fries, Green Beans, Veggie Cup, Fresh Fruit, Fruit Juice
BREAKFAST 30 Assorted Whole Grain Mini Donuts LUNCH Hot Meatball Sub on Whole Wheat Roll, French Fries, Seasoned Cauliflower, Roasted Chickpeas, Fresh Fruit, Fruit Choices	BREAKFAST 31 Breakfast Break LUNCH Chicken and Gravy over Biscuits, Mashed Potatoes, Green Beans, Buttered Corn, Fruit Choices, Fruit Juice			

DAILY ENTREES: MIDDLE/HIGH SCHOOL

Large & Small Cafe - Choice 1 - Daily Menu Choice

Salad Plate

Yogurt Parfait

Large & Small Cafe - Monday, Wednesday, and Friday - Subs

DAILY ENTREES: ELEMENTARY SCHOOLS

Monday, Tuesday, Thursday, and Friday




Choice 1 - Daily Menu Choice

Choice 2 - PBJ Sandwich

Breakfast \$1.25

Lunch \$2.75

April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		BREAKFAST ¹ Egg and Cheese Muffin LUNCH Hot Dog or Chili Dog on a Whole Wheat Roll, Veggie Beans, Pasta Salad, Steamed Broccoli, Fresh Fruit, Fruit Choices	BREAKFAST ² Assorted Bagels with Cream Cheese LUNCH Sweet and Sour Chicken, Flavored Rice, Sliced Carrots, Green Beans, Fruit Juice, Fruit Choices	BREAKFAST ³ Assorted Breakfast Breaks LUNCH Turkey, Ham, or Tuna Sandwich, Corn Chowder Soup with Crackers, Potato Chips, Pickles, Fresh Fruit, Fruit Juice
BREAKFAST ⁶ Breakfast Break LUNCH Hamburger or Cheeseburger on a Whole Wheat Roll, French Fries, Pickles, Veggie Beans, Fruit Juice, Fruit Choices	BREAKFAST ⁷ Assorted Bagels with Cream Cheese LUNCH Turkey and Gravy, Mashed Potatoes, Corn, Green Beans, Peach Cobbler with Topping, Fresh Fruit	BREAKFAST ⁸ Bacon and Cheese Muffin LUNCH Chicken Fajita on a Tortilla Shell, Seasoned Rice, Salsa, Sour Cream, Lettuce, Diced Tomatoes, Refried Beans, Fruit Choices, Fruit Juice	BREAKFAST ⁹ Cinnamon Roll with Milk and Fruit LUNCH Ham and Cheese Croissant, Tomato Soup with Crackers, Potato Chips, Carrots with Dip, Fruit Choices, Fresh Fruit	10 No School Good Friday
13 	14 	15 No School Spring Break	16 	17
BREAKFAST ²⁰ French Toast Sticks with Syrup LUNCH Chicken Tenders with Dipping Sauce, French Fries, Sliced Carrots, Buttered Corn, Fruit Juice, Fruit Choices	BREAKFAST ²¹ Sausage and Cheese Muffin LUNCH Spaghetti with Meat Sauce, Garlic Bread, Spring Salad, Roasted Chick Peas, Fresh Fruit, Fruit Choices	BREAKFAST ²² Assorted Whole Wheat Mini Donuts LUNCH BBQ Rib on a Whole Wheat Roll, Tator Tots, Buttered Brussel Sprouts, Glazed Carrots, Jell-O with Topping	BREAKFAST ²³ Breakfast Break LUNCH Beef Tacos on a Soft Tortilla, Shredded Lettuce, Diced Tomatoes, Salsa, Sour Cream, Rice, Corn, Fruit Juice, Fruit Choices	BREAKFAST ²⁴ Assorted Bagels with Cream Cheese LUNCH Chicken Caesar Salad, Homemade Cheesy Vegetable Soup, Bread Sticks, Baked Beans, Fresh Fruit, Fruit Choices
BREAKFAST ²⁷ Breakfast Pizza LUNCH BBQ Chicken, Mashed Potatoes, Buttered Corn, Green Peas, Fresh Fruit, Fruit Choices	BREAKFAST ²⁸ Assorted Bagels with Cream Cheese LUNCH Dunkers with Marinara Sauce, Tossed Salad, Homemade Bean and Bacon Soup, Green Beans, Fruit Choices, Fruit Juice	BREAKFAST ²⁹ Jelly Donut with Milk and Fruit LUNCH Chicken Sandwich on a Whole Wheat Roll, Roasted Potato Mix, Lettuce, Sliced Tomatoes, Seasoned Zucchini, Fresh Fruit, Fruit Juice	BREAKFAST ³⁰ Sausage, Egg, and Cheese Muffin LUNCH Lucky Plate Day, Baker's Surprise, Fruit Choices	

DAILY ENTREES: MIDDLE/HIGH SCHOOLLarge & Small Cafe - Choice 1 - Daily Menu Choice
Salad Plate

Yogurt Parfait

Large & Small Cafe - Monday, Wednesday, and Friday - Subs

DAILY ENTREES: ELEMENTARY SCHOOLSMonday, Tuesday, Thursday, and Friday
Choice 1 - Daily Menu Choice

Choice 2 - PBJ Sandwich