



Mailed free to requesting homes in Eastford, Pomfret & Woodstock

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*'An investment in knowledge pays the best interest.'*

FRIDAY, SEPTEMBER 26, 2008

# LEARNING

## O'Meara brings running program to Woodstock Middle

WOODSTOCK — David O'Meara, the creator of OneMileRunner.com, visited Woodstock Middle School Sept. 16 as part of his goal to complete 20 one-mile races in 20 weeks in 20 different North American cities in less than five minutes each at age 45.

Using the Last Mile Racing Timing Company, O'Meara used the local Jog With Judy course to complete his 19th race. Witnessed by Woodstock Middle School Athletic Director Chris Mayhew, O'Meara used the first mile of the Jog With Judy course and recorded a time of 4:45, well under his established goal of five minutes.

O'Meara is dedicated to inspiring older athletes to run faster, and his hard work and determination encourages others to exercise and stay in shape. His final race took

place Sept. 21 in New York City. "At age 45, running 13 mph is not something you just wake up and accomplish without a lot of help and guidance," he said.

O'Meara also works as a personal trainer and travels throughout the country delivering motivational speeches to young adults and children, inspiring them to exercise.

O'Meara will be making a donation to Woodstock Middle School's Judy Nilan Fund and plans are underway to return to Woodstock in the spring to speak to the students of Woodstock and organize a more formal Sprint With Judy race.

For more information about O'Meara, please go to his Web site at [www.onemilerunner.com](http://www.onemilerunner.com) and be sure to check out his blog section.



Courtesy photo  
David O'Meara (left), after completing a one-mile run in less than five minutes, with Woodstock Middle School Athletic Director Chris Mayhew.



### Woodstock Middle School

**Monday, Sept. 29:** Chef salad, dinner roll, fruit, milk.  
**Tuesday, Sept. 30:** Penne pasta, Salad, fruit and milk.  
**Wednesday, Oct. 1:** Chicken nuggets, mashed potatoes, corn, roll, fruit, milk.  
**Thursday, Oct. 2:** Sloppy Joe on a roll, potato wedges, fruit, milk.  
**Friday, Oct. 3:** Pizza, tossed salad, fruit, milk.

### Woodstock Elementary School

**Monday, Sept. 29:** Ziti and meat sauce, tossed salad, fruit, milk.  
**Tuesday, Sept. 30:** Waffles, roasted potato, sausage links, fruit, milk.  
**Wednesday, Oct. 1:** Mozzarella sticks with dipping sauce, tossed salad, fruit, milk.  
**Thursday, Oct. 2:** Breaded fish sticks, potato wedges, pudding, fruit, milk.  
**Friday, Oct. 3:** Pizza, corn, fruit, milk.

### Pomfret Community School

**Monday, Sept. 29:** Spaghetti and meatballs, veggie sticks, wheat bread, fresh fruit.  
**Tuesday, Sept. 30:** Hot dog in a bun, coleslaw, potato puffs, raspberry sherbet.  
**Wednesday, Oct. 1:** Grilled cheese, chicken noodle soup, celery sticks, fruit, Goldfish crackers.  
**Thursday, Oct. 2:** Pepperoni pizza, garden salad, Teddy Grahams, assorted fruit.  
**Friday, Oct. 3:** Chicken sandwich with lettuce and tomato, baked chips, fresh fruit.

### St. Mary School

**Monday, Sept. 29:** Ground hamburger and gravy over rice, corn, fruit, juice, milk.  
**Tuesday, Sept. 30:** Beef ravioli, garlic bread, salad, fruit, milk.  
**Wednesday, Oct. 1:** Hot dog in a bun, baked beans, pickles, fruit, milk.  
**Thursday, Oct. 2:** Lasagna with meat, roll, salad, fruit, milk.  
**Friday, Oct. 3:** Cheese or taco pizza (indicate type on lunch slip), carrot sticks, fruit, juice, milk.  
**Note:** Breakfast available 7 a.m. to 7:20 p.m. Monday through Friday. Breakfast combo (cereal or muffin, milk, small juice, fresh fruit), \$2; a la carte items, 50 cents to \$1; milk, 75 cents.

### Harvard H. Ellis Tech

**Monday, Sept. 29:** Beef and cheese in a tortilla (2) with lettuce and tomatoes, peaches, milk.  
**Tuesday, Sept. 30:** Grilled chicken on a wheat roll, coleslaw, mixed fruit, milk.  
**Wednesday, Oct. 1:** Multi-grain pasta with meatballs, garden salad, pears, milk.  
**Thursday, Oct. 2:** Turkey sloppy Joe on a roll, corn, applesauce, milk.  
**Friday, Oct. 3:** Chef's choice, vegetable, assorted fruit, milk.

## Marianapolis Prep. open house is October 12

THOMPSON — Marianapolis Preparatory School will hold its annual open house from 1 to 3 p.m. Sunday, Oct. 12, for interested students and their families. Current Marianapolis students will serve as tour guides to the more than 300 expected visitors.

Registration begins at 12:30 p.m. Opening remarks from Headmistress Marilyn S. Ebbitt will begin in the chapel at 1 p.m., followed by a panel discussion with current parents, who will field questions such as what to expect in the admissions process and why they chose Marianapolis for their children. Following the panel discussion, attendees can tour the school and talk with teachers, students and coaches.

The study hall will be transformed into an exhibit area decorated by each academic area to display the fun and excitement of their departments. Prospective families can learn about the projects and curriculum of the

school's highly respected academics in art, English, foreign languages, history, information technology, math, science and theology. Families can review the school's comprehensive curriculum offerings and talk to faculty in each area of study. The school's athletics staff will also be on hand to answer questions on the many sports programs offered at Marianapolis.

The school's library will serve as an exhibit area to showcase the school's many clubs such as drama, music, yearbook, newspaper, Spanish math and computers, student government, Amnesty International, peer leadership, travel abroad, diplomacy and mock trial, to name only a few.

Also offered will be tours of the school's academic and athletic facilities. Featured will be the four new classrooms in St. John's, one with a Harkness table for interactive teaching and discussion; six interactive whiteboards,

or SmartBoards; newly outfitted chemistry and physics labs, made possible through a grant from the Hyde/Dexter Charitable Trust; two computer labs; the renovated boys' locker room and more.

In the dining hall, visitors can enjoy light refreshments baked by the MOMs group and visit with other prospective families as well as current families. For those interested in boarding at Marianapolis, visitors can tour the dormitories and learn from current students what residential life is like at Marianapolis.

Admissions personnel will be on hand throughout the afternoon to answer questions on applying to Marianapolis, register prospective students for the entrance exam on Oct. 25, and discuss financial aid and scholarship opportunities.

For more information and directions, contact admissions at (869)23-9245.

## Students attain academic awards

POMFRET — The following local students attained academic achievement awards at Pomfret School's Academic Convocation Sept. 13:

- Thomas Atwood (Woodstock) — Calculus I AB; History III; Spanish III; English III; the Rensselaer Medal for 2007, given for excellence in math and science courses, and in all activities and endeavors; the Brown University Book Award, awarded to the junior who best combines excellence in spoken and written expression with outstanding overall academic achievement; and the Class of 2009 No. 1 Scholar Award.
- Devin Cela (Pomfret Center) — Bausch and Lomb Science Award, given to the junior who has attained the highest scholastic standing in science subjects.
- John Dean (Pomfret) — Algebra I.
- Sarah Dean (Pomfret) — honors biology, painting.
- MacKenzie Deary (Pomfret Center) — French III, English II, Class of 2010 No. 1 Scholar Award.
- Hanna Leo (Thompson) — geometry honors, History I, Latin I, Freshman Physics Foundations, Class of 2011 No. 1 Scholar Award.
- Ashley Mayo (Dayville) — History II, Spanish II.
- Samantha St. Lawrence (Thompson) — Smith College Book Award, awarded to an outstanding junior who exemplifies academic achievement, leadership qualities and concern for others.
- Erinn Sullivan (Pomfret Center) — photography.
- Brittany Zulkiewicz (Danielson) — Class of 2010 No. 2 Scholar Award.



### SCHOOLS AND THE PUBLIC

are encouraged to submit items for inclusion on the Learning Page.

The deadline is noon Monday. Send all items to the editor at [sjarvis@villagernewspapers.com](mailto:sjarvis@villagernewspapers.com)

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