

School

School menus

Following are school menus for the next week:

LAKE-LEHMAN SCHOOLS
Oct. 3-7
Junior High & Elementary
MONDAY - Hot dog on bun, cheese squares, vegetable soup-salad, peaches, milk.
TUESDAY - Meatball hoagie, corn chips, green beans, pineapple tidbits, milk.
WEDNESDAY - Ham patti on bun, potato puffs, applesauce, Oreo cookies, milk.
THURSDAY - Oven baked chicken, mashed potatoes-gravy, honey buttered carrots, Parker House roll-butter, ice cream, milk.
FRIDAY - French bread pizza,

lettuce w-Italian dressing, potato chips, pears, milk.

Senior High School
MONDAY - Ham patti or pizza patti on bun, potato puffs, baked beans, peaches, milk.
TUESDAY - Jamaican turnover w-gravy, buttered corn, pears, milk.
WEDNESDAY - Meatball hoagie, corn chips, chocolate pudding, milk.
THURSDAY - Oven baked chicken, mashed potatoes w-gravy, peas, Parker House roll-butter, ice cream, milk.
FRIDAY - French bread pizza, potato chips, lettuce w-Italian dressing, pineapple tidbits, milk.
WEST SIDE TECH
Oct. 3-7

MONDAY - Wafer steak on soft roll, buttered corn, apple, chocolate cookies, milk.

TUESDAY - Ham-cheese on seeded bun w-lettuce, vegetable, soup-crackers, chips, Tech fudge, milk.

WEDNESDAY - Taco-lettuce-tomato-cheese, corn chips, green beans, black bottom cup cakes, milk.

THURSDAY - Cubed turkey-gravy, mashed potatoes, seasoned peas, angel flake roll-butter, jello, milk.

FRIDAY - Toasted cheese, pickle chips, French fries, sugar cookies, milk.



Check presented

Allen R. Sorchik, Lake-Lehman School Board president, accepts a \$300 check from Sandra Turner of the Back Mountain PAK, to be used toward the drug and alcohol curriculum.

PAK supports school program

At the regular September meeting of the Lake-Lehman Board of School Directors, Sandra Turner of the Back Mountain PAK presented a \$300 check to Board President Allen R. Sorchik to be used toward the acquisition of materials for the newly adopted district-wide drug and alcohol curriculum, "Here's Looking at You - Two".

Superintendent Dr. M. David Preston commented that Lake-Lehman is the first school district in

this area to adopt a district-wide drug and alcohol curriculum, and that six members of the staff are currently being trained to implement the program at the elementary and junior high school levels. "Here's Looking at You - Two" is a curriculum that deals with four important concepts:

1. Information: What I Know About Drugs
2. Self Concept: What I Know About Me

3. Decision Making: Using What I Know to Make Choices

4. Coping: Using What I Know to Feel Better

Dr. Preston also noted that Lake-Lehman has just been selected to participate in the PENDOT-Department of Education drug and alcohol curriculum project and will be receiving additional curriculum materials and training for its teachers.

Penn States plans personal interest courses

Two of the personal interest courses being offered this fall by Penn State's Wilkes Barre Campus are "Floral Design" and "Introduction to Karate and Self Defense." Both courses are being held on Thursday evenings at the Lehman campus beginning Sept. 29.

"Floral Design" will meet from 6 to 8 p.m. and will be taught by Rhea Secules, a flower designer who has taught non-credit courses and has

exhibited her works at local shows and programs. Participants in the course will learn how to design and arrange all types of flowers using different shapes, colors and styles. The course fee is \$30.

"Introduction to Karate and Self Defense" will meet from 6:30 to 8:30 p.m. and will be taught by Dr. Dudley Snyder, assistant professor of chemistry and first-degree black belt in both World Tae Kwon Do

Federation and World Tang So do Association. The course reveals the martial arts as both an art form and a beneficial means of physical and mental exercise. It teaches the basics of street-wise self-defense, such as problem avoidance, mental preparedness and simple holding escapes. Course fee is \$35.

For further information and or registration, contact the Office of Continuing Education at Penn State-Wilkes-Barre, phone 675-2171.

Dallas Junior High School honored

The Dallas Junior High School was among 38 finalists in the Fifth Annual Pocono Northeast Community Awards Program (PNCAP) sponsored by the Economic Development Council of Northeastern Pennsylvania (EDCNP).

The annual competition recognizes organizations who have undertaken and completed projects which improve the quality of life within the seven-county Pocono Northeast (Carbon, Lackawanna, Luzerne, Monroe, Pike, Schuylkill and

Wayne). Projects must be nominated for consideration in the awards program.

The Dallas School was honored in the Education Category for its Drug and Alcohol Education program.

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