

# Cookbook

## School lunch menus

### WEST SIDE VO TECH

Feb. 11 - 15  
**MONDAY**-Hamburg on bun, buttered corn, fresh fruit, peanut butter cookies, milk.  
**TUESDAY**-Hoagie, lettuce-tomato, buttered vegetables, cherry cream pie, milk.  
**WEDNESDAY**--Wimpie, relish on seeded bun, buttered rice, spice applesauce, soft pretzel, milk.  
**THURSDAY**--Hot hamb on bun, macaroni-cheese, baked beans, chilled juice, sweet heart cup cake, milk.  
**FRIDAY**--In service.

### LAKE-LEHMAN SCHOOLS

Feb. 11 - 15  
 Junior High & Elementary Schools  
**MONDAY**--Beef stew over noodles, pickled beets, Parker House roll-butter, peaches, milk.  
**TUESDAY**--Steak hoagie, onion rings, buttered green beans, pineapple-orange jello, milk.  
**WEDNESDAY**--Taco's with trimmings, buttered corn, ice cream, milk.  
**THURSDAY**--Valentine's Day--Chicken nuggets with dip, French fries, mixed garden vegetables, roll-butter, cherry delight, milk.  
**FRIDAY**--No school. Teacher in-service.

Senior High School  
**MONDAY**--Beef stew over noodles, pickled beets, Parker House roll-butter, peaches, milk. Or: Bag Lunch.  
**TUESDAY**--Chef's choice.  
**WEDNESDAY**--Taco's or hamburger w-trimmings, buttered corn, ice cream, milk.  
**THURSDAY**--Valentine's Day--Chicken nuggets with dip, French fries, mixed garden vegetables, roll-butter, cherry delight, milk.  
**FRIDAY**--No school. Teacher in-service.

### GATE OF HEAVEN

Feb. 6 - 15  
**WEDNESDAY**--Pork bar-b-q, relish, chips, carrot-celery sticks, peaches, cake, milk.  
**THURSDAY**--Turkey w-gravy, rice, buttered corn, fruit cocktail, make your own sundae, milk.  
**FRIDAY**--Pizza, vegetable beef soup, pears, stuffed celery, Tastykake, milk.  
**MONDAY**--Cheeseburgers, potato puffs, pickles, mixed vegetables, pineapple, milk.  
**TUESDAY**--Chili over rice-saltines, peaches, carrot-celery stix, cookies, milk.  
**WEDNESDAY**--Steak hoagies, French fries, cheese, cole slaw, pears, cherry jello, milk.  
**THURSDAY**--Tacos, Mexican beans, applesauce, Tastykake, milk.

### FRIDAY--No School.

### DALLAS SCHOOLS

Feb. 6 - 12  
**WEDNESDAY**--All beef cheeseburger on roll, fresh celery sticks, macaroni salad, choice of milk or juice, or toasted cheese sandwich w-turkey noodle soup and potato chips or freshly baked pizza. Bonus: Peanutbutter cookie.  
**THURSDAY**--Baked lasagna, Italian bread-butter, garlic bread in Jr., Sr., fresh lettuce wedge w-dressing or Triple decker PB&J sandwich w-vegetable soup and potato chips or freshly baked pizza, choice of milk or juice. Bonus: Ice Cream treat.  
**FRIDAY**--McDallas Chicken sandwich w-lettuce, vegetable pickup sticks or tuna fish hoagie w-mine-strone soup and potato chips or freshly baked pizza, choice of milk or juice. Bonus: Artic Orange Gelatin w-whipped topping.  
**MONDAY**--Bunwich (sliced hot ham-cheese wrapped in foil on seeded roll), oven baked French fries, pear slices, choice of milk or juice, or Italian hoagie w-chicken noodle soup and potato chips or freshly baked pizza.  
**TUESDAY**--Texas hot dog w-beef sauce, or plain hot dog, fresh carrotsticks, Bonus: birthday cake, choice of milk or juice, or Italian hoagie w-vegetable soup and potato chips or freshly baked pizza.



**WHAT'S COOKING** — Maureen Doerfler's family says, "Mother's cooking is good." From left, Shannon Mack, Michael Doerfler, Maureen and John Doerfler, Phil Latella and Doug Doerfler take time out from their tasty dinner to pose for a photographer. (Photo by Charlot M. Denmon)

## Teacher tries to fit love of cooking into her busy family's schedule

By CHARLOT M. DENMON

Maureen Doerfler of Harveys Lake likes to cook and bake, especially when she has the time to experiment with new dishes or a combination of foods which make a delicious meal.

"Since I have been teaching, I don't have the time to do a lot of preparing so when we get a snowy day, I spend most of it in the kitchen making the goodies my family enjoys so well."

Maureen is the wife of John Doerfler, who has been a member of the Dallas Intermediate School faculty for the past 12 years. John first served as an elementary guidance counselor but when that position was phased out, he was appointed as a sixth grade teacher.

The Doerflers moved to the Back Mountain area from Southwestern Pennsylvania 12 years ago and enjoy this area very much. Maureen, who graduated from Indiana State University with a degree in elementary education. Recently, she has been a substitute elementary

teacher in the Lake-Lehman School District. Presently, she is with the remedial math program at the Lake-Noxen Elementary School and many afternoons she has been substituting at the other elementary schools in the district.

The Doerflers have two sons, Doug, age 14, and Michael, age 11, both students in the Lake-Lehman School District. Doug is in ninth grade and plays the trumpet in the senior high school band. He also plays soccer in the Back Mountain

Youth Soccer League and this year joined the Lake Lehman team. Michael, whose twin brother, Andy, died in January, 1984, is a sixth grade student at Lake-Noxen. He plays basketball in the PTA program.

The Chicken Oriental and Pineapple Salad make a delicious dinner when serving guests or for one's own family. The recipe for the Sugar Cookies makes a tasty, crisp cookie, great for topping off a heavy meal or for an evening snack.

## How to deal with fat kids who really want to be skinny

Being overweight is no fun—especially when you are young. Obesity in young children is a problem that becomes a bigger problem when the child grows into an overweight adult. And the solution begins at home.

According to Billye June Eichelberger, chief public health nutritionist in the state Health Department, a parent who nags and bickers at an overweight child is likely to be defied.

"The child can be secretly defiant by eating outside the home or sneaking food into the bedroom, openly defiant by gorging at the dinner table," Eichelberger says.

"One approach is to get the youngster's cooperation by making weight control a game—and an educational one at that."

Eichelberger says there are any number of reasons why a child overeats and it is important to get at the

root of the problem. Parents also need to examine their own eating habits. High caloric foods and snacks should be replaced with low caloric foods such as fruits and vegetables.

It is important to remember that a growing child should not be placed on a weight reduction diet. The goal is to have the child grow out of the weight—the weight remaining stable, while the child continues to grow. It is essential that the child have adequate and appropriate food during the growing years.

One way you can help your children with weight control is to get them to change their leisure time habits. Instead of allowing them to sit around snacking, get them involved in physical activities. Walking, bicycling and other sports are excellent activities to burn up excess calories.

## Parochial schools note special holiday

By JOAN KINGSBURY

During the week of Feb. 4-9 Gate of Heaven School joins with parochial schools throughout the United States in celebrating Catholic Schools week. Theme for the week is "Sharing the Vision, Teaching Values."

One hundred years ago Catholic bishops met in Baltimore to establish parochial schools in the United States.

Today there are over 7900 Catholic elementary schools and 1480 secondary schools in the United States.

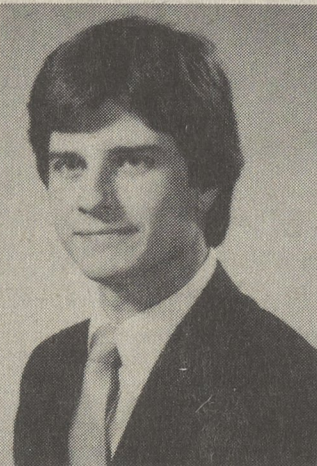
In the Diocese of Scranton there are 62 elementary and ten secondary schools. Throughout the Diocese schools showed a 47 percent increase in enrollment this year. Gate of Heaven showed an increase in enrollment over last year and projects a slight increase in the 1985-86 school year.

According to Sister Davida Morgan, principal of Gate of Heaven, in addition to the regular standard elementary curriculum, this year the school has added an instrumental music program for all grades, art history in 7th grade,

math and English tutoring for both accelerated groups and groups who need additional help for their regular classroom subjects.

Throughout Catholic Schools Week special events are planned. Following the reading of the proclamation on Catholic Education issued by Representative Paul Kanjorski in his Washington Office by Susan Schultz, the events begin. Planned are a pep rally, girls free throw contest, open house for parents, teacher appreciation day, Religion bowl, student appreciation day, poetry reading contest.

### Dr. Ferraro is OB-GYN Certified



DR. MICHAEL M. FERRARO

OB-GYN Associates of Kingston are pleased to announce that Dr. Michael M. Ferraro has recently completed all requirements for certification in the American College of Obstetricians and Gynecologists. Dr. Ferraro is the most recent member of the group of Dr. Benowitz, Dr. Griesmer, Dr. Gunster and Dr. Frye practicing gynecology, obstetrics, infertility and gynecologic endocrinology. Dr. Ferraro is a graduate of Wilkes College and Hahnemann Medical College and Hospital, Philadelphia, Pa. He completed his post-graduate training at the University of Massachusetts coordinated Obstetrics and Gynecology residency program. He was appointed Chief Resident at both Memorial Hospital and at the University of Massachusetts Medical Center in Worcester, Massachusetts. During his residency, he received extensive training in tubal microsurgery, including tubal reversals and primary infertility. Dr. Ferraro has medical appointments at the Wilkes-Barre General Hospital and the Nesbitt Memorial Hospital.

Dr. Ferraro is the son of Mr. Lorenzo and Joan Ferraro of Kingston and is married to the former Ann Reilly. Dr. Ferraro and his wife, Ann R. Ferraro, have 2 children and presently reside in Wyoming.

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