



Sharon Spencer

She's kept busy, but likes to cook

By CHARLOT M. DENMON
Staff Correspondent

Sharon Spencer, her husband, William, and their son, Shaun, live in a modern log cabin on Sorber Mountain in Lake Township. Situated on the top of the mountain, the surroundings are an ideal setting for their log home. A large porch across the front affords them a gorgeous view of the valley below.

Sharon's husband, with some help from family members and friends, built the log house himself. He also built a large natural wood hut which blends beautifully with the natural log walls.

The former Sharon Shurmanek of Chase, both she and Bill graduated from Lake-Lehman. It was in school that Sharon met Bill and, in 1972, married him. They built their home on Sorber Mountain eight years ago, deciding on the log house because it blended so naturally with the environment.

An L.P.N., Sharon is employed in the offices of Drs. Sherwood, McIntyre and Gardner in Tunkhannock, where she thoroughly enjoys her work. Recently, she joined the Ladies Country League at Bonomo's Sports Center, an activity she finds both fun and relaxing.

Sharon also plans to try quilting a needlecraft which fascinates her. When she has the time, she does acrylic painting, usually decorating pieces of pottery or china.

Kept busy chauffering Shaun to various athletic practices, Sharon

does not have a lot of leisure time. When she does have the time, she enjoys cooking and likes to plan entire menus such as those she shares with Dallas Post readers this week.

Sharon submitted recipes for an entire meal including punch, vegetable casserole, meat entree and dessert.

The Party Punch can be made in large quantities for entertaining or in smaller amounts to serve at family dinner. The Broccoli Casserole is a family favorite and easy to prepare. It is delicious served with the Honey Soy Chicken which makes a nutritious, low-fat but tasty entree. To top off a delicious meal, serve Cherry Coconut Roll. This recipe takes slightly more time to prepare but the end result makes it well worthwhile.

For those homemakers interested in a dinner for family or friends, we suggest they try the above recipes. We are certain they and their dinner guests will enjoy them.

PARTY PUNCH
1 6-oz. can frozen orange juice
2 cans water
1 lg. can pineapple juice (46-oz.)
1 c. sugar

Freeze in round containers. When ready to serve punch, put containers of frozen ingredients into punch bowl. Pour one quart of ginger ale over frozen ingredients and slush it up with a fork.

HONEY SOY CHICKEN
Sauce:
1/3 c. soy sauce
1/2 c. honey



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Preparing dinner

Sharon Spencer has just completed preparing Honey-Soy Chicken and gets ready to put it in her oven to bake for their evening dinner.

1/3 c. brown sugar
1/3 c. catsup
1 crushed garlic clove
Salt & pepper

Sauce will pour over 12 pieces of chicken. Bake at 350 degrees for one hour. Cover chicken for first half hour, then cook uncovered for duration. Sauce will thicken. May have to turn chicken several times.

BROCCOLI CASSEROLE
2 boxes frozen broccoli, whole pieces
1 sm. onion
2 sticks celery
4 T. margarine
2 c. cheddar cheese
1 can mushroom soup
1 can water

Cook broccoli 'til tender; saute onion and celery in oil until tender. In a bowl, mix mushroom soup, water, cheddar cheese, celery, onions and margarine. Chop broccoli into bite size pieces and put in Pyrex baking dish and pour mushroom soup mixture over top of broccoli. Top with Italian bread crumbs. Bake uncovered at 350 degrees for 30 minutes.
CHERRY COCONUT ROLL
6 c. flour

1/2 c. sugar
3 T. baking powder
3 sticks margarine
3 eggs
1/2 can cream
1/4 c. water
1 T. vanilla
1 T. almond extract

Mix the above mixture, blend and knead. Roll out to make a roll.

Filling:
2 boxes coconut
2 bottles maraschino cherries (10 oz. bots.), chopped. (Save juice)
2 T. butter
2 eggs, beaten
1 T. cornstarch

Mix all ingredients together. If too thick, add some cherry juice. Spread mixture on dough and roll. Brush top of rolls with eggs and cream. Bake at 350 degrees. Check bottom of rolls, if brown they are done.

School menus

(Following are cafeteria menus for area school districts for the following week.)

LAKE-LEHMAN SCHOOLS
March 19 - 26

Junior High & Elementary
WEDNESDAY - Turkey bar-b-q on bun w-relish, hash brown oval, buttered corn, chocolate pudding, milk.

THURSDAY - Macaroni beef casserole, green beans, Parker House roll-butter, ice cream, milk.

FRIDAY - Batter dipped fish on bun, tartar sauce, French fries, cabbage salad, cherry crisp, milk.

MONDAY - Hot dog on bun, mashed potatoes, steamed sauerkraut, peaches, milk.

TUESDAY - Chicken nuggets w-dip, French fries, applesauce, cookie, milk.

WEDNESDAY - French bread pizza, tossed green salad, potato chips, apricots, Easter Cake, milk.

Senior High
WEDNESDAY - Turkey bar-b-q w-relish or hamburger on bun, cheese squares, hash brown oval, buttered corn, chocolate pudding, milk.

THURSDAY - Macaroni beef casserole, tossed green salad, Italian bread-butter, ice cream, milk.

FRIDAY - Batter dipped fish w-tartar sauce or hot dog on bun, French fries, cabbage salad, cherry crisp, milk.

MONDAY - Ham patti or hamburger on bun, sliced cheese, shredded lettuce, candied sweet potatoes, corn, apple pie, milk.

TUESDAY - Chicken nugget w-dip, French fries, Parker House roll-butter, applesauce, cookie, milk.

WEDNESDAY - French bread pizza, tossed green salad, potato chips, apricots, Easter cake, milk.

GATE OF HEAVEN SCHOOL
March 19 - 26

WEDNESDAY - Baked chicken-gravy, mashed potatoes, corn, cranberry sauce, cake, milk.

THURSDAY - Meat ravioli w-sauce, green beans, fruit cocktail, milk.

FRIDAY - Pizza, salad, pears, Tasty cake, milk.

MONDAY - Hamburg-bun, cheese, pickles, chips, fruit cocktail, milk.

TUESDAY - Bake ziti, Italian

bread-butter, fruited jello, cookies, milk.

WEDNESDAY - Tacos, Mexican beans, pineapple, cookies, milk.

DALLAS SCHOOLS
March 19 - 26

WEDNESDAY - Macaroni Creole w-new meatsauce and freshly made bread or Sloppy Joe on soft roll, tossed salad w-French dressing, peaches in syrup, choice of milk or juice.

THURSDAY - Chunks of turkey in gravy over bread or plump hot dog on roll, fluffy potatoes w-gravy, corn kernels, choice of milk or juice. Bonus: Giant peanut butter cookie.

FRIDAY - Fish fillet w-tartar sauce on roll or grilled cheese sandwich, au gratin potatoes, green peas, choice of milk or juice. Bonus: Chocolate peanut butter pudding.

MONDAY - Pork barbeque sandwich w-special sauce or peanut butter-jelly sandwich, French fries, pineapple topped w-coconut, choice of milk or juice. Bonus: Mini donut.

TUESDAY - Easter dinner - Roast chicken w-oven stuffing, whipped potatoes-gravy, candied sweet potatoes, corn, choice of milk or juice. Bonus: Cherry tart. (Jr. High Easter Buffet).

WEDNESDAY - Frankfurter on roll plain or w-cheesauce or Sloppy Joe on soft bun, crisp potato chips, buttered green beans, oranges wedges, choice of milk or juice.

Breakfast is most important

We have all heard that "breakfast is too important to miss." However, the habit of breakfast skipping still prevails.

According to Dairy, Food and Nutrition Council, breakfast is a prime time to replenish the body's lowered nutrient supplies for a new day. Skipping or skipping breakfast makes it difficult to get all the needed nutrients later from meals or snacks. Research shows that breakfast eaters are better able to think and learn during morning hours, can do more and better work, react quicker and tire less easily.

Teenage girls and women have the poorest breakfast habits. They give such reasons as (1) not hungry; (2) watching weight; (3) food in the morning "makes me sick;" (4) not enough time.

Enjoy traditional breakfast foods or try "different" ones to spark interest. To encourage better breakfast habits:

(1) Offer noneaters one food at

first - fruit or cheese, a cup of cocoa or milk - and add more food gradually in the next two or three weeks.

(2) Keep breakfast-ready foods on hand -ready-to-eat cereals, milk, fruit, juice, cheese or eggs.

(3) Plan a two-week "Give Breakfast a Try" time. Urge "skippers" to join, then honestly assess if they feel and perform better when they eat. Without breakfast, dieters are more apt to overeat at lunch. Studies show weight reduction is much easier to manage when breakfast is eaten.

A breakfast which supplies about one-fourth of the day's protein, calories, minerals, and vitamins is recommended. This amount helps the body perform more efficiently than a larger or smaller morning meal. For those who choose a midmorning snack instead of breakfast, studies show that a midmorning snack improves performance for breakfast skippers by only 45 percent.

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