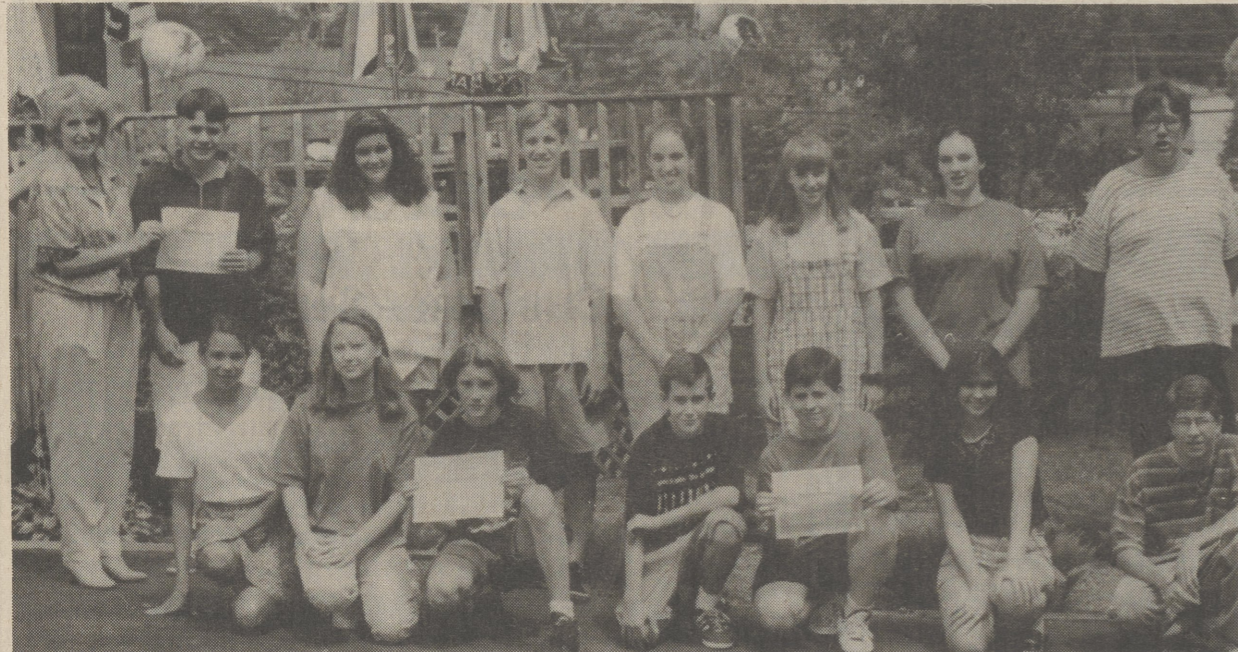




New musicians join ranks of Marching Knights

The award-winning Lake-Lehman Band has welcomed 25 new members to its ranks. New musicians are, from left, first row: Gerald Grady, Michael Rakowski, Sam Anderson, Ed Wallo, B.J. Lewis, Ken Sprou, James Yozwiak and Daniel Mariner; second row: drum major Katie Martin, Melissa Sutton, Joy Emmett, Casey Wilchinski, Lisa Pierce, Breean Davies, Renne Sedorowicz, Jan Emmett, Tina Simon and drum major Matt Link; third row: Jessica Milbrodt, Amy Roberts, Jessica Britt, Jill Sands, Melissa Schober, Stephanie Card, Natalie Shishkowski, Katie Boice and Amanda Boyle. Absent from photo: Mike Smith. The band is directed by Edward A. Richards, assisted by Maureen Richards.



Meadows Nursing Center honors teen volunteers

The Meadows Nursing Center recently honored teen volunteers at a pizza party to thank them for donating 708 hours of service to residents during the summer.

Certificates of appreciation and McDonald's coupons were awarded by Mailyn Gregorski, director of volunteers to first row from left Nicki Julian, Amy Sorber, Tabitha Beck, Robert Nehrer, Bryan Wagner, Jennifer Moran and Jeff Ryan, standing, Marilyn Gregorski, Bryan Bachman, Stacie Swire, Jonathan Roskos, Alison Roskos, Elizabeth Muscavage, Rebecca Stylinski, and Anthony Plata.

Also honored were Stacie Antosh, Leanne Browski, Jennifer Buzunis, Katie Creamer, Adrienne Harbison, April Naugle, Jennifer Noon, Kara O'Brien, Nichole Parry, Jamie Piatt, Jacqui Prother, Kristyn Race, Christina, Nicole and Claire Krause, Lena and Michelle Kuehn, Maria Wright and Tara Slocum.

The fall Teen Volunteer program will begin October 2. To register, please call the Volunteer Department at 675-8600, Ext. 138.

Free workshops offered for parents

The Luzerne County District Attorney and the Luzerne Intermediate Unit 18 will sponsor a parenting education series featuring workshops designed to assist parents in addressing many issues facing their children.

Parents may select workshops from a group of five, to be presented twice nightly on September 25 and 27 and October 3 and 5, with the free workshops begin-

ning at 7 p.m. each night.

- Topics to be discussed are:
- How to improve your children's self-esteem and help them maximize their potential.
 - Teaching your child to respect him/herself and others.
 - Developing effective communications strategies - how to talk and listen to your children.
 - Helping your child deal with peer influence and select healthy

peers.

- Decision-making with your children.

Locations are:
 September 25: Wilkes University's Marts center.
 September 27: LCCC, Auditorium 31.
 October 3: Penn State Lehman campus - science buildings.
 October 5: Wyoming Area High School.

SCHOOL MENUS

The following school lunch menus are for the week of Sept. 28 - Oct. 4. All lunches include milk.

DALLAS SCHOOLS

THURSDAY - BBQ Chicken w/ roll or pizza, mashed potatoes w/ gravy, garden peas, jello.

FRIDAY - Cheeseburger/bun or pepperoni pizza, French fries, assorted fruit.

MONDAY - Chicken nuggets w/BBQ or honey and rice or Flying Saucer sandwich (bologna, ham-cheese), mixed fruit, chilled pears.

TUESDAY - California cheeseburger on bun or ham/cheese on white, French fries, fruited jello w/topping.

WEDNESDAY - French toast sticks w/sausage-syrup or Turkey and cheese on wheat, fruit juice, rosy applesauce.

GATE OF HEAVEN SCHOOL

THURSDAY - Potato pancakes, applesauce, roll, carrot/celery stix.

FRIDAY - Pizza, salad, pears.

MONDAY - Hot dogs w/bun, baked beans, cheese stix, peaches.

TUESDAY - Salisbury steak/gravy, roll, buttered potatoes, wax beans, fruit cocktail.

WEDNESDAY - Hamburg/bun, chips, pickles, lettuce/tomato, pears.

LAKE-LEHMAN SCHOOLS

THURSDAY - Chicken nuggets w/honey dip, mashed potatoes/gravy, mixed garden vegetables, roll/butter, chocolate pudding.

FRIDAY - Pizza or peanut butter/jelly sandwich, carrot/celery sticks, potato chips, fruit cup.

MONDAY - Chic-n-sub on roll w/lettuce-tomato, vegetable soup/crackers, pears.

TUESDAY - Turkey barbecue/bun w/relish, hash browns, honey glazed carrot coins, vanilla pudding.

WEDNESDAY - Spiral macaroni w/Italian meat sauce, tossed salad/dressing, roll/butter, fruited jello.

WEST SIDE TECH

Breakfast

THURSDAY - Sausage/roll or cereal, juice, pastry.

FRIDAY - Coffee cake, choice of cereal, apple juice or fruit.

MONDAY - Banana bread, cereal, juice.

TUESDAY - French toast/syrup, cereal, juice.

WEDNESDAY - Oatmeal cookies, cereal, juice, fruit.

Lunch

THURSDAY - Salisbury steak, mashed potatoes, seasoned corn, dinner roll, chocolate cake.

FRIDAY - Turkey or tuna hoagie w/lettuce-tomato, oven ready fries, fresh fruit.

MONDAY - Cheese steak hoagie, peas/carrots, peaches.

TUESDAY - Taco's w/trimmings, corn cobbettes, fruit.

WEDNESDAY - Pierogies w/onions, chef salad, applesauce, brownies.

March of Champions at L-L October 1

The award winning Lake-Lehman Marching Black Knights will host the annual "March of Champions" at the high school October 1, starting at 1:30 p.m.

Nine high school bands will compete and the Lake-Lehman Band will perform in exhibition.

The public is invited. Refreshments will be available.

Admission is \$4.00 for adults and \$2.00 for students.

New Lake-Lehman phone number

Lake-Lehman School District has installed a new telephone system and the procedure to reach the high school has changed. To call the high school, you must now dial 675-7458, which rings directly in the high school office. All other phone numbers remain the same.

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