

SCHOOL MENUS

The following school lunch menus are for the week of December 4 - 11. All lunches include milk.

DALLAS SCHOOLS

THURSDAY - Select one: Hot turkey sandwich w/gravy, hot ham/cheese, pizza, PB&J sandwich; Select one or two: Candied sweet potatoes, corn, chocolate pudding.

FRIDAY - Select one: Grilled cheese, chicken nuggets, pizza, PB&J sandwich; Select one or two: Tomato soup/crackers, chilled pineapple.

MONDAY - Select one: Chicken nuggets, cheeseburger, pizza, PB&J sandwich; Select one or two: Buttered rice, green beans, orange smiles.

TUESDAY - Select one: Meatball sub, cheeseburger, pizza, PB&J sandwich; Select one or two: tossed salad w/dressing, sliced peaches.

WEDNESDAY - Select one: B.B.Q. chicken, cheeseburger, pizza, PB&J sandwich; Select one or two: mashed potatoes w/gravy, tender peas, jello.

GATE OF HEAVEN SCHOOL

THURSDAY - Tacos, meat-lettuce-tomato-cheese, pineapple.

FRIDAY - Pizza, carrot/celery stix, mixed fruit.

MONDAY - No school. Parent/Teacher conferences.

TUESDAY - 11:00 Dismissal. No lunch.

WEDNESDAY - Chicken pattie w/bun-lettuce, chips, pickles, peaches.

LAKE-LEHMAN SCHOOLS

THURSDAY - Tacos w/cheese-lettuce-tomato-taco sauce, seasoned rice, lightly buttered corn, cherry fruit bars.

FRIDAY - French bread pizza, celery/carrot sticks, potato sticks, pineapple tidbits.

MONDAY - Hot dogs/bun, cheese square, seasoned broccoli, peaches.

TUESDAY - Sloppy Joe on bun, potato wedges, seasoned green beans, fruit cup.

WEDNESDAY - Italian meatball sub w/sauce-cheese, golden whole kernal corn, pineapple tidbits.

WEST SIDE TECH

Breakfast

THURSDAY - Oatmeal, cereal, juices, fruit.

FRIDAY - Coffee cake, cereal, juice, fruit.

MONDAY - Coffee cake, cereal, juice, fruit.

TUESDAY - Hot ham/cheese, cereal, juice, pastry.

WEDNESDAY - Blueberry muffin, cereal, canteloupe, juice.

Lunch

THURSDAY - Taco's w/lettuce-tomato-salsa tangy sauce-cheese, seasoned corn, chocolate cake glaze.

FRIDAY - Pizza, veggies/dip, chilled fruit.

MONDAY - Cheese burger/soft bun, golden corn, carrots, chilled fruit.

TUESDAY - Pasta/meat sauce, mozzarella cheese, tossed salad/dressing, peach cup.

WEDNESDAY - Grilled cheese, tomato soup, Italian roast potato chunks, pumpkin bars.

Meadows Center seeks volunteers

The Volunteer Department at the Meadows Nursing Center, Dallas, is seeking volunteers to help escort residents to and from beauty shop appointments at the center's Beauty Shop. Morning and afternoon assignments are available on a substitute basis. Training provided. Please call the volunteer department at 675-8600. Ext. 138.



SKI TIP #4

by Sean O'Shea

Q. What can I do if my feet get cold?

A: Warm feet need good blood circulation. Pressure points or even wrinkled socks will reduce circulation. You may find that synthetic socks are warmer because they don't hold moisture like cotton or wool. For people with poor circulation, electric heaters can be added to most ski boots.

VISA LAYAWAYS ACCEPTED

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Marking Veterans' Day, from left, row 1: Charles Stajewski, Edmond Brooks, Jaclyn Stajewski, Jeff Emanuel, Leon Emanuel and Thomas Jenkins. Row 2: John Tasco, commander; Walter Galka, Bethany Brown, student council president; Anthony Martinelli, principal; John George, Thomas Reese, Edward Buckley, and Kelley Adams.

Middle school pays homage to veterans

DALLAS - The Dallas Middle School commemorated Veterans' Day 1996 by having a special assembly. The program included patriotic songs sung by the chorus and the students.

Anthony Martinelli, principal, gave an explanation of the importance of remembering the sacrifices veterans have made for

America. Martinelli introduced the grade level winners of "A Special Veteran in My Life" essay contest. All the winners wrote about their grandfathers.

Sixth grader Charles Stajewski wrote about Edmond Brooks. Jeff Emanuel, a seventh grade student, wrote about Leon Emanuel and eighth grade winner Kelley

Adams' essay was about Thomas Jenkins. Each winner read their winning essay to the assembly.

The program honored all the veterans who were chosen as subjects for the essay contest. All Back Mountain veterans were represented by members of the Dallas Isaac American Legion Post 672, Dallas.

Market gains honor for work with L-L students

The Luzerne Intermediate Unit is proud to recognize Mountain Fresh Supermarket, Route 118, Sweet Valley, for devoting their time and efforts to work with students from the Lake-Lehman School District in a community based training program.

The supermarket, owned and operated by Joe and Norma Mazaika, has been involved in training students for over one year. The concept of community based training programs is to extend the classroom out into the community businesses. These non-paid training experiences allow students to receive vocational training while being very cost effective for the employer.

In training programs like this one, students learn job skills, responsibilities, and preparation for the world of work. The Luzerne Intermediate Unit and Lake-Lehman High School are continually looking for businesses that are interested in becoming training



Learning the skills from left are, Phil Lipski, teacher, Lake-Lehman High School; Norma Mazaika, owner, Mountain Fresh and Brian Novicki, Transition Specialist, LIU 18.

sites. If you would like more information on community based training please contact Brian Novicki, LIU, at 287-9681 or Phil Lipski, Lake-Lehman High School, 675-7458.

Lake-Lehman Middle Level 1st period honor roll

Mr. Robert O. Roberts, principal, Lake-Lehman Middle Level Education Building, released the honor roll for the first marking period consisting of 14 Honors with Distinction; 107 High Honors and 69 Honors.

7TH GRADE Honors with Distinction: James Belles, Stefanie Bendik, Lindsay Boris, Adrienne Fallon, Micheline Horvath, Hollie Nickalls, Michael Simon, David Walters.

High Honors: Joshua Baranowski, Olivia Barrall, Angela Basta, Matthew Belles, James Brady, Bryan Buckman, Nicholas Callahan, Jeffrey Carroll, Gina Chocallo, Gina Coombs, Clifford Culver, Leigh Dodson, Michael Dulebohn, Janna Elston, William Evans, Carrie Foster, Stephen Honeywell, Jason Humenanski, Dwayne Kalinay, Walter Karl, Danielle Kern, Eric Kowalek, Anthony Lubinski, Jason Mahle, Kirk Makarewicz, Colin Martinson, Kari Maskalis, Joshua Maye, Brian McMahon, Lydia Ngonyi, Sara Pegarella, Alyson Piatt, Gregory Piazza, James Rhodes, David Raubia.

Also, Dina Sarmonis, Jaclyn Schaffner, Clint Smith, Louis Spaciano, Melissa Sutliff, Crystal Tillery, Joseph Walko, Hanna Weisberger, Patricia West, Amy Womelsdorf, Ashley Yanchik, Joseph Yankoski.

Honors: Chelsea Andrews, Charles Besteder, Crystal Boice, Amanda Boytin, Jessica Caines, Jennifer Chulick, Rebecca Clark, Amanda Daubert, Cassandra Dyches, Chase Edmister, Christie Gordon, Casey Holcomb, Iris Johnston, Jeffrey Kabosky, Courtney Kosakowski, Troy Long, Dawn Newell, Joanna Oliver, Kevin Olshefski, Christine Parsons, Suzanne Pierce, Heather Prescott, Zachary Ragukas, Cody Raspen, Kristen Ruda, Chad Sakoski, Nichole Seiwel, Joshua Sutton, Sarah Swire, Megan Tribendis, Aron Visneski, Stephen Vrabel, Geoffrey Walp, Stephanie Weaver.

8TH GRADE Honors with Distinction:

Sarah Davis, Christine Hudak, Melissa Rossick, Anthony Sikora, Chelsea Taras, Amy Zameroski.

High Honors: Alyson Bevan, Kathleet Britt, John Bucha, III, Bernard Chimock, Willard Cilvik, Christopher Coslett, Scott Danouski, Breean Davies, April Eaton, Aerial Frost, Lisa Gongleski, Kelly Gower, Joshua Gregg, Jonathan Heath, Donora Hillard, Luke Kasper, Timothy Kernag, Leigh Kosloski, David Kovalik Jr., William Lewis, Kieran Lucarino, Daniel Mariner, Rebecca Martin, Justin Mendygral, Jessica Milbrodt, Laura Mitchell, Shannon Moore, Stephen Moyer, Michael Niezgodka, Edward O'Dell, Amanda Patla, Neena Patton, Terri Peiffer, John Popko, Mary Ann Powell.

Also, Amanda Ptashinski, Mandy Pugh, Amanda Jean Race, Amanda Joleen Race, Jill Sands, Courtney Sayre, Jon Schaffer, Melissa Schobert, Joshua Schraeder, Janet Schweizer, Jacqueline Scott, Natalie Shiskowski, Corin Smith, Maret Smolow, Melissa Sorber, Ryan Spencer, Kenneth Sprau, Gordon Stransky, Melissa Sutton, Alaina Swanson, Kelly Wagner, Maureen White, Kasey Wilczynski, Laura Yankowski, James Yozwiak.

Honors: Stephen Arnold, Melissa Brelsford, Nichole Britt, Janine Brody, Nicole Butler, Kara Cadwalader, Eric Casey, Bonnie Culver, Steven Devens, Amy Donavan, Thomas Dougherty, Adam Edmister, Jacqueline Faillace, Matthew Harrison, Michel Henninger, Matthew Hinton, Michael Hoprich, Arlette Kline, Jaimie Kovaleski, Justin Krochta, Richard Maciejczak, Kaitlyn Maculloch, Adam Morris, Irvin Nulton, Brian Peiffer, Francisco Perez, Amy Roberts, Francis Rogan, John Sharkus, Christinas Simon, Eric Sprau, Andrea Steele, Ashley Straub, Latoya Tarboro.

Lake-Lehman Twp. taxpayers to meet

The Lake-Lehman School District Taxpayers Association will hold their monthly meeting Dec. 5, at the Lehman Township Municipal Building. The meeting will start at 7:30 p.m. with a discussion on the addition of \$1.9 million to our present debt of \$8 million.

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