

# School Menus

## NCCHS Menu

Breakfast: Monday, March 20: Sausage and Biscuit or Cereal/Pop Tart, and Milk/Juice; Tuesday, March 21: Scrambled Egg/Bacon and Toast or Cereal/Pop Tart and Milk/Juice; Wednesday, March 22: Biscuit and Gravy or Cereal/Pop Tart, and Milk/Juice; Thursday, March 23: Breakfast Pizza or Cereal/Pop Tart and Milk/Juice; Friday, March 24: Sausage/Egg/Cheese on Bun, or Cereal/Pop Tart and Milk/Juice.

Lunch: Monday, March 20: Sloppy Joe on Bun, Ranch Wedges, Tossed Salad/Dressing, Fruit, and Milk/Tea/Lemonade; Tuesday, March 21: Chicken Nuggets, Macaroni and Cheese, Peas, Baked Apples, Bread Slice, and Milk/Tea/Lemonade; Wednesday, March 22: Pizza, Tossed Salad/Dressing, Corn, Fruit, and Milk/Tea/Lemonade; Thursday, March 23: Hot Ham and Cheese Sandwich, Fried Zucchini, Baked Beans, Fruit Salad, and Milk/Tea/Lemonade; Friday, March 24: Hamburger/Cheese on Bun, Lettuce/Tomato/Pickle/Onion, French Fries, Fruit and Milk/Tea/Lemonade.

## NCES Menu

Breakfast: Monday, March 20: Egg, Cheese, Bun, Cereal, Toast, Jelly, Apple Juice, and Milk; Tuesday, March 21: Bacon, Cheese, Biscuit, Cereal, Jelly, Juice, and Milk; Wednesday, March 22: Breakfast Pizza, Cereal, Toast, Jelly, Juice, and Milk; Thursday, March 23: Sausage, Biscuit, Cereal, Jelly, Juice, and Milk; Friday, March 24: Donuts, Honey Buns, Cereal, Toast, Jelly, Juice and Milk.

Lunch: Monday, March 20: Cheeseburger on Bun, French Fries, Lettuce, Tomato, Pickles, Grapes and Milk; Tuesday, March 21: Hot Dogs on Bun, French Fries, Pork-n-Buns, Peach Half, Chocolate Cake/Icing, and Milk; Wednesday, March 22: Fried Chicken, Sliced Bread, Mashed Potatoes, Green Beans, Peach Slices, and Milk; Thursday, March 23: Grilled Ham & Cheese, Fresh Veggie Sticks, Peach Slices, Mixed Fruit, and Milk; Friday, March 24: Pizza Burger, Potato Wedges, Veggie Sticks, Cookie, Peas, and Milk.

# Bookmobile Schedule

The Nicholas County Public Library Bookmobile will be at the following locations on Tuesday, March 21: Myers Road, Myers Station, Cassidy Creek Road, and Moorefield. It will be at Headquarters Road, Day Walk Road, Morning Glory, John Road, and Head Start on Thursday, March 23. Carlisle, Shepherd Hills Apt., Nursing Home, and Assembly of God Day Care will be serviced on Tuesday, March 22.

# NCHS grad earns EKU degree

A Nicholas County student was among 1,004 graduates to receive a degree from Eastern Kentucky University at the end of the fall semester. Favin Pope Sapp received a bachelor's degree in Nursing at the commencement held in December at Alumni Coliseum. Favin Pope Sapp is a graduate of Nicholas County High School. She is the daughter of Charles and Carolyn Pope.

# Pointers For Parents

## Difficulties In School: Options To Consider

(NAPS)—If your child has difficulties in school—is unable to read up to his or her level, or cannot keep pace with the lessons—there are several possibilities, all of which should be explored for the benefit of the child.

- Have the child's hearing checked. Hearing is linked to language development—much of how we learn to speak is tied to what we hear—so it's essential to catch such difficulties early.
- Have the child's eyesight checked. Perhaps the child cannot clearly see the blackboard, or has difficulty concentrating when reading a book. In either case, corrective lenses may help solve the problem.
- Consult a school psychologist to help determine if the child has a learning disability. Educators and clinical specialists agree that appropriate early education can help such children succeed in school, and avoid emotional problems tied to academic achievement.
- The Mary McDowell Center for Learning, in Brooklyn, New York, has an outstanding track record of accomplishing these goals. The Center works with elementary school-age youngsters who might otherwise have experienced continued academic and social failure.

# It encourages creativity and enthusiasm for learning, helping the children become eager, fulfilled and capable students.

The Center serves as a unique resource center on learning and learning disabilities for parents, educators and clinical professionals, and reaches a wide constituency through its public outreach forums given by renowned educators on current topics in the help such children succeed in school, and avoid emotional problems tied to academic achievement. Over its 16-year history, the school has received high marks from independent academic and clinical specialists, as well as enthusiastic praise from the families it serves.

The McDowell Center has just moved to a permanent home to better serve its growing student population.

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