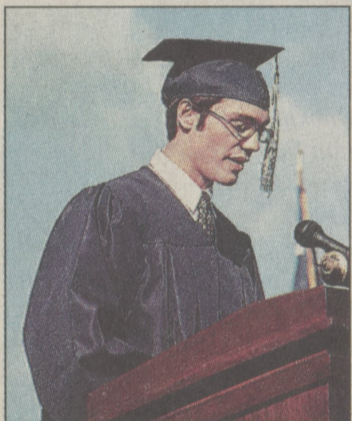


Graduation

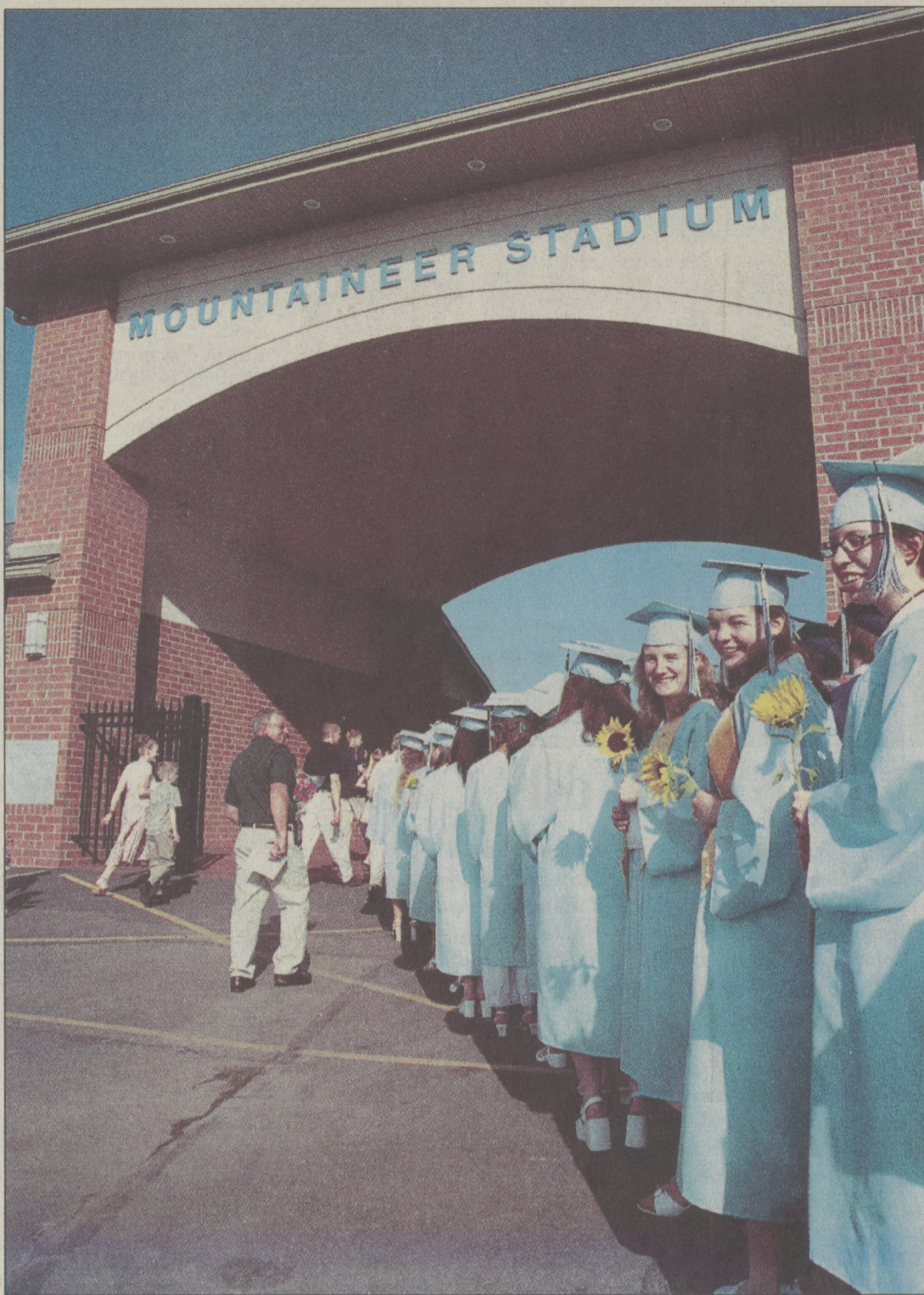
(continued from page 1)

hug, and the fire trucks went wild for ERT members Dan Piccillo and Dave Bump, yet as each walked across, no matter how loud the outburst of cheers, not one was without a smile. As the night came to a close, Lacey Cooper, Class Treasurer, gave the farewell, reminding her classmates that they would "never again be closer than this night" at graduation and then the lock-in party that followed. In recognition, as the band played the Alma Mater for the last time for these seniors, they linked arms and swayed to the music for the last time as the Class of 2003, and at the close of the music, ended by launching caps sky high and giving non-stop hugs as the fire trucks and ambulances went crazy for the 10 ERTs representing the local companies.

Congratulations and good luck to all of you. Next year we have some very large shoes to fill, as Dallas will never be the same without your familiar faces.



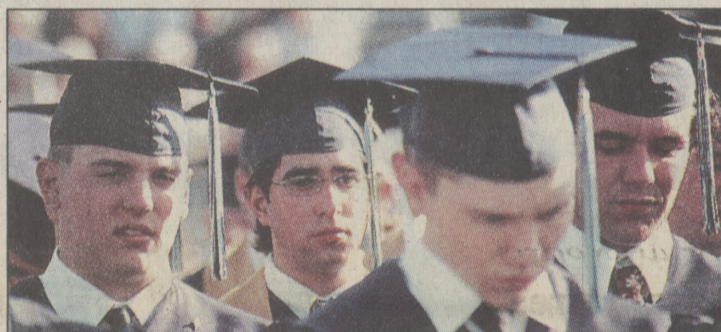
Joel Lesinski, Vice President of the Class of 2003, addressed his classmates for the last time.



Senior girls lined up to enter Mountaineer Stadium for the graduation ceremony, each carrying a sunflower blossom.



Ecstasy and agony. When he spotted the photographer, Richard Frantz, in left photo, broke out in a wide grin. Mike Yurchak, in center of photo at right, wore a more pensive expression as he pondered the end of his high school years.



POST PHOTO/M.B. GILLIGAN

Pictured after the Dallas High School graduation ceremony are the thirteen Eagle Scouts from the class of 2003. From left are: David Glicini, Peter Va Loon, Michael Yenason, Robert Murphy, Steven Losh, Paul Luksa, Daniel Smith, Peter Yurchison, Charles Stajewski, Matthew Pietrazak, Daniel Piccillo, John Gilligan and Daniel Haddle. Fellow classmate, Megan Riley, achieved Girl Scout's highest award, The Gold Award.

Local students graduate from Wilkes

Back Mountain students who received degrees during Wilkes University's 56th Annual Spring Commencement ceremony on Saturday, May 17 were:

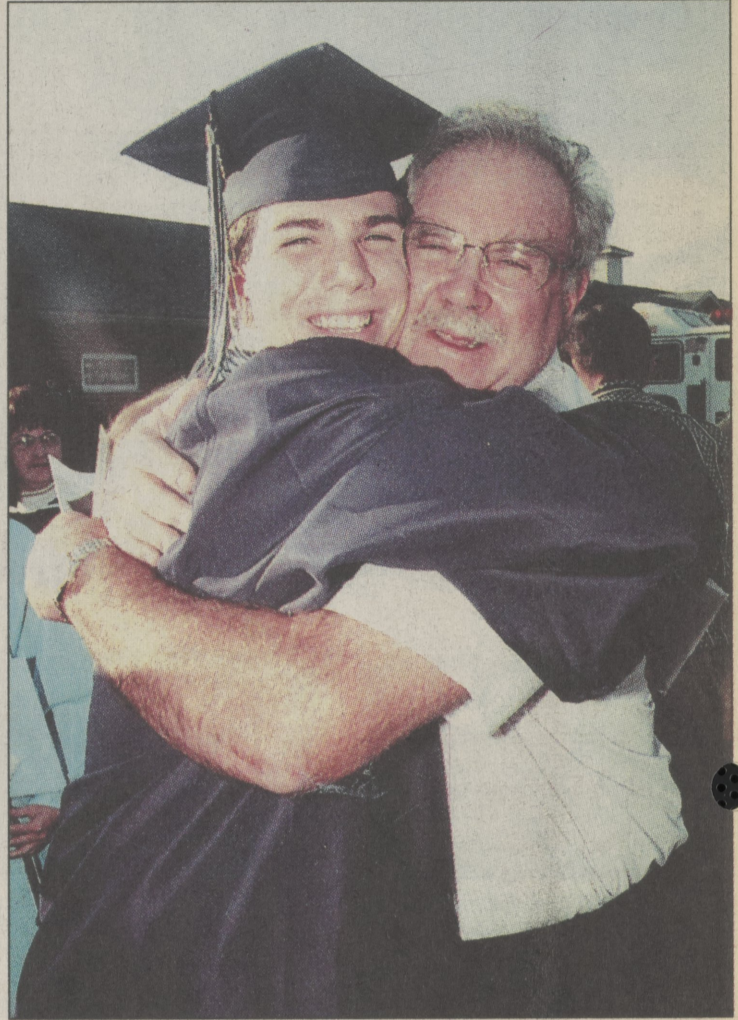
Dallas
 Stephen Batory, Master of Science Education; Laura Brody, Bachelor of Arts, English; Adrienne Camp, Master of Business Administration; Christa Chmarne, Bachelor of Science, Biology; Natalee Felten, Doctor of Pharmacy; Kevin Frank, Bachelor of Science, Environmental Engineering; Kimberly Hritsak, Doctor of Pharmacy; Ted Jackson, Bachelor of Science, Biology; Dara Lopasky, Master of Science Education; Mark Mittrick, Bachelor of Science, Computer Science; Jennifer Paczewski, Master of Science Education; Donna Richards, Master of Science Education; Holly Shiber, Bachelor of Arts, Psychology.
Harveys Lake
 Faithe Fedor, Bachelor of Arts, Psychology and

Bachelor of Art, Elementary Education; Gary Ferentino, Bachelor of Arts, Communications; Bridgette Petro, Bachelor of Arts, English; Christiana Reid, Bachelor of Arts, Sociology; Samuel Saylor, Bachelor of Science, Biology.

Shavertown
 Robert Gallagher, Bachelor of Arts, History; Jennifer Parrish, Doctor of Pharmacy; Kristin Roberts, Bachelor of Arts, English; Marcus Sowcik, Bachelor of Arts, Communications; Joseph Tarity, Bachelor of Arts, Psychology.

Trucksville
 Melissa Gallup, Bachelor of Arts, Communications; Crystal Jimmie, Bachelor of Science, Nursing.

Marcus Sowcik also received the Communications Department Award for his academic excellence and outstanding leadership and was named in Who's Who Among American Universities and Colleges.



POST PHOTOS/CHARLOTTE BARTIZEK

Two Perry Coolbaughs, the grandfather and III, hugged after the ceremony.



Jonathan Morgan snapped a photo of classmates as Eric Petrow looked on.

RESEARCH MATTERS

by
 Dr. David J. Madeira



Manipulation effective for headaches

Medical research from down under supports a growing body of scientific literature that indicates that chiropractic manipulation is very effective for something that is a real headache for millions of Americans - literally.

The study involving 200 headache sufferers was designed to look at the effectiveness of exercise, manipulation and both treatments together. All the participants who received treatment had significantly less intense headaches and had them less often. The group that did the best had both manipulation and exercises.

The most significant thing about this study is that while patients who didn't receive treatment increased their pain medication, all the patients who were treated were able to reduce their medication by 93-100%.

This is great news if you are taking drugs for headaches. Now you can try manipulation and exercise and avoid those nasty side effects so common with chronic drug use.

Source: Jull G. Trott P et al. (2002) A Randomized Controlled Trial of Exercise and Manipulative Therapy for Cervicogenic Headache. Spine 27(17):1835-1843.



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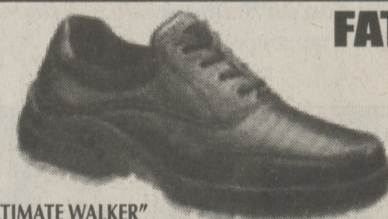
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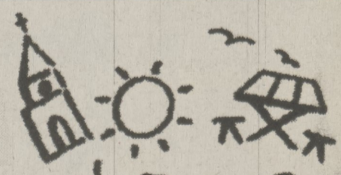


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St. Paul's Lutheran Church

Rt. 118, Dallas

July 7 to 11 from 9 a.m. to 3 p.m.

For Children Entering 1st Grade Through Children Entering 7th Grade

Our Theme This Year: "Spiritlife"

Bear Creek Camp Counselors will lead the children in Arts/Crafts, Worship, Nature Study, Music, Games

Cost: \$70 per child (includes snacks throughout the day, drinks to accompany lunches and a picnic on Friday)

Call St. Paul's Lutheran Church (675-3859) for more information or to register your child.