

Dallas Middle School announces honor students

The following Dallas Middle School students have been named to the honor roll for the second marking period. Honors with Distinction, 3.8 to 4.0, no D's or F's; First Honors, 3.3 to 3.79, no D's or F's; Second Honors, 2.8 to 3.29, no D's or F's.

Sixth Grade:

Honors with Distinction: James Brown, Andrea Carr, Aleona Chinikaylo, Monica Esopi, Hilary Grube, Michael Jayne, Jacob Reinert, Matthew Scherer, Amanda Thompson, Scott Webb.

First Honors: Griffin Adams, Eric Baines, Taylor Bowman, Ryan Bump, Erik Cannon, Allison Considine, Kimberly Coscia, Maria Darbenzo, Rebecca Darling, Dominique DeAngelo, David Dewitt, Christopher Ellis, Hunter Englehart, Daniel Fasulka, Matthew Frey, Steven Gulotta, Kacey Hall, Kelsey Haney, Danielle Harding, Jacob Hebda, Scott Heuer, Mitchell Hogue, Jessica Holdren, Hilary Hoover, Kaitlyn Kennedy, Alexis Kolbeck, Christopher Kurent, Chad LaBar, Nicholas Lombard, Dana Manganello, Dana Martin, Eden May, Andrew McCabe, Kori McGee, Brigid McGovern, Devon McMahon, Victoria Mihal, Kaitlyn Monahan, James Monk, Sarah Muldoon, Amber Mulhern, Ashleigh Napierkowski, Jordan Nulton, Sean O'Donnell, Cara Olson, Cody Plesnar, Jamie Ratowski, Katelyn Reinert, Tyler Rice, Jennifer Ruttalis, Casey Scafella, Ariane Schott, Matthew Shaver, Bradley Sherman, Marina Skerofilax, Kaitlyn Slaff, Alexandra Smith, Aubrielle Smith, Christine Snedeker, Jacquelin Stasik, Rebekah Stuart, Kai Szulborski, Matthew Titus, Amanda Tomaselli, Paul VanLoon, Adam Vercinski, Amanda Walton, Kyle Weaver, Kristen Yavorski.

Second Honors: Irina Ackerman, Michael Adams, Ellen Arnaud, Jennifer Baker, David Balmer, Kevin Barry, Jodi Bartorillo, Miranda Baur, Anthony Bevevino, Jessica Bolton, Michael Calkins, Christopher Dailey, Alissa Derby, Michael Diaco, Kristin Doan, Michael Dompkosky, Taylor Dougherty, Taylor Dunn, Matthew Fernandez, Elise Fields, Chelsea Fufaro, James Griffith, William Haller, Devon Harris, Nicole Hilstolsky, Kayla Kaufmann, Sarah Kerpovich, Mark Klutcho, Benjamin Lewis, Susan Mazula, Egan Mengerlinghausen, Shawn Mitchell, Pandora Nicholas, Amanda O'Brien, Kyle Parsons, Tyler Patton, Colleen Pike, Crystal Razawich, Christopher Rose, Krystle Scales, Danielle Schmidt, Chelsea Shaver, Eric Shaver, Jillian Shultz, Matthew Silvestri, Joshua Stephens, Buck Taylor, Alexandra Treslar, Samuel Van Horn, Ashley Williams, Jenna Woychick, Anne Yoskosi, Sean Ziller.

Seventh Grade:

Honors with Distinction: Preston Balavage, Nicole Clemson, Katelyn Confer, Molly Gilligan, Katrina Heintz, Mary Ketchner, Kevin Pierce, Meghan Pietracchini, John Prater, Brook Selsenski, Joshua Shaver, Stacey Stepniak, Austin Thomas, Kristina Toussaint.

First Honors: Mariel Adams, Leigh Ann Amico, Mitchell Artzma, Kelsey Augustine, Samantha Backus, Erin Belles, Andrew Besecker, Jeremy Bess, Candice Bittner, Molly Breazeale, Jaclyn Buckman, Andrew Clouse, Nathan Delmar, Adria Eckert, John Ellis, Joseph Evans, Sarah Flannery, Eric Fritzes, Christiana Gebhardt, Britani Giampietro, Mark Gilbert, Mary Elizabeth Gulotta, Elena Habersky, Patrick Healey, Koryn Henry, Megan Hine, Alyxandra Howard, Christos Iliadis, Jill Jackson, Bradley Johnson, Leah Kaiser, Sarah Kennelly, Jared Kern, Britany Kneal, Konrad Kraszewski, Morgan Kunkle, Frank Kus, Alexis Kuzma, Steven Luksa, Maria Maas, Alexandra Madaya, Elizabeth Martindale, Michael Mazur, Alyssa McEntee, Frank McGee, Cody McHutchison, Michael McLaughlin, Carli Menzel, Henry Messinger, Nickolas Mihal, Erica Miller, Kristen Miller, Noelle Miller, Kathleen Montz, Dianna Morgan, Abigail Mulhern, Danielle Nafus, Shauna Phillips, Kyle Piazza, Lauren Pieczynski, Amy Polachek, Roxanne Popple, Hillary Pratz, April Rattigan, Nicole Redinski, Timothy Ropel, Hillary

Schaub, Cory Shaver, Scott Skammer, Alexander Slocum, Kendra Spears, Rebecca Stasik, Edward Stredny, Christian Szot, Kayla Turchin, Erika Turner, Ryan Urzen, Nicole Van Etten, Ryan Williams, Rebecca Yannuzzi, Ashley Zerfoss.

Second Honors: Matthew Alles, Stephanie Ashley, Joshua Backes, Abigail Baltimore, Hannah Bestwick, Tristan Bethel, Christopher Bittenbender, Aaron Butler, Brent Carder, David Carey, Tyler Coleman, Bryan Darling, Scott Daube, David DeJesus, Michael Dennis, Johann Evans, Daniel Fritsky, Scott Gallup, Colin Grube, Garrett Hann, Michele Harvey, Brian Haughwout, Adele Hawk, David Hilstolsky, Matthew Hilstolsky, Zachary Hilstolsky, Lane Hogue, Russell Jenkins, Frank Kotowicz, Michael Kretschmer, Wesley Landers, Jeffrey Lanunziata, Cierra Leonardo, Janelle Marshallick, Derek Martin, Brian Mercado, Steven Meskers, Michael Moore, Erica Morgan, Kara Musto, Devon O'Brien, Lauren Parrish, Nathan Pietrzak, Chelsea Pike, Ann Marie Ratchford, David Scherer, Alicia Sebastian, Ryan Shannon, Joshua Simonovich, Ashly Stivers, Sarah Szczubski, Mark Szot, Christine Toman, Jane Tomkinson, Amanda Wolfe, Thomas Youells, David Zurek.

Eighth Grade:

Honors with Distinction: Rebecca Banks, Christopher Box, Eric Danko, Christopher Jayne, Lauren Kelly, Rachel Kesselman, Erica Lisses, Alyssa Pyros, Virginia Reinert, Nicole Rivero, Rosemary Shaver, Diana Smith, Kasia Szulborski, Jordan Thimot, Ilya Volodarsky.

First Honors: Matthew Alfano, Justin Baldoni, Casey Baldwin, Kylee Besecker, Micah Cameron, David Carey, Cory Conrad, Matthew Crane, Alyssa Cybulski, Erin Delaney, Alexandra Dervin, Tara Dombzalski, Samantha Elston, Allison Evans, Alexander Gallagher, Harry Giacometti, Kelci Gibbons, Michelle Gibbons, Daniel Gilbert, James Gittens, Melissa Gorski, Michael Gross, Hannah Grube, Albert Haasz, Douglas Harding, Megan Hiscoc, Aaron Hogan, David Hunter, Andrew Judge, Kristen Justice, Anna Kamen, Mallory Kern, Stephanie Kiluk, Alexa Kirk, Danielle Krawetz, Matthew Lomascolo, Mona Lottipour, Stacey Major, Chelsea Martin, Gretchen Mengerlinghausen, Myer Messinger, Frederick Mihal, Heather Mines, Bethany Mulhern, Ashley Myers, Alexandria Napierkowski, Katherine O'Brien, Kristen O'Brien, Stephen Pearson, Ryan Phillips, Clifton Pisaneschi, Emily Polachek, Joseph Pretko, Evan Razawich, Vitangelo Recchia, Lee Riccetti, Kaley Roberts, Michael Ruttalis, Kimberly Scott, Paige Selsenski, Syngen-Starr Servidio, Christopher Shaver, Christopher Skevofilax, Erica Slocum, Jillian Spring, Joseph Stachnik, Peter Steve, Lindsay Szalkowski, Daniel Taroli, Britany Thomas, Bailey Van Jura, Shana Weinstock, Jason Young, Lauren Zimmiski.

Second Honors:

Zachary Aciekewicz, Margo Aideuis, Michelle Banta, Cecilia Besecker, Courtney Besecker, Peter Blanchard, Joshua Bloch, Seth Brakefield, Zachary Breck, Cody Brister, Kevin Buckman, Joseph Collini, Mark Covert, Jason Darling, Nicholas Diaco, Andrew Edgar, Lyndsay Ellis, Adam Farrell, Matthew Glicini, Justin Hall, Joshua Hilstolsky, Raymond Hoffman, Kelsey Hughes-Blau, Amanda Hules, Graham Karasinski, Michelle Keller, Laura Kerpovich, Eric Klepar, Corrine Klug, Christopher Korsun, Sean LaBar, Sarah Luke, Andrew Martinez, Brittany Matosky, Christopher McDermott, Michael McHutchison, Frank Miller, Katlyn Moran, Christopher Mozelski, Patrick Murray, Joshua Pavlico, Rebecca Pensak, Daniel Persing, Paul Precone, Nicole Rave, Justin Rice, Anthony Roppa, Kevin Rose, Anthony Rubbico, Stephen Sabol, John Scafidi, Cherylanne Scales, Stephen Schilling, Leslie Serino, Bruce Sobocinski, Jenna Stanish, Caitlin Trainor, Christopher Vassello, Michael Walton, Aarika Whittle, Kyle Williams, Christopher Wilson, Charles Yavorski, Katrina Yuhas, Frank Ziegler.



Accelerated readers honored

Dallas Middle School's highest point earners in the Accelerated Reader Program were recently honored at an assembly.

The leading readers for the first marking period were: Monica Esopi, sixth grade; Patrick Healey, seventh grade and David Hunter, eighth grade.

Pictured from left: David Hunter, Patrick Healey and Monica Esopi.

Head Start taking applications

Luzerne County Head Start Inc., which serves Luzerne and Wyoming counties, is accepting applications for the 2004-05 school year. This federally funded preschool program provides free services in education, health, social services, parent involvement, nutrition, transportation and disabilities. The program is available to children who will be age 3 or 4 on or before Sept. 1, 2004. For more information, call one of the following numbers:

Dallas Center: 674-1062 or 674-1063

Lake-Lehman Center: 639-2465 or 639-2456

Lehman-Jackson Center: 675-7820 or 675-7784

Shickshinny Center: 542-2505

Staff will be available at the end of March or early April for evening recruitment. Call the appropriate center for dates and times.

When applying, bring the child's birth certificate, shot record, Social Security card for parent and child, medical card or insurance card and proof of last year's income.

Dean's list

The following students from the local area have been named to the dean's list at their college or university:

Bucknell University
Ryan Gryskevicz, Dallas; Dustin Kapsion, Dallas.

E. Stroudsburg University
Joelle Luzzi, Shavertown; Jeffrey Pilch, Dallas; Amy Ruda, Dallas.

Mansfield University
Ashley Bonay, Sweet Valley; Lana Burke, Sweet Valley; Erin Cragle, Sweet Valley; Michelle Mancke, Dallas; Erica Naessig, Harveys Lake; Vanessa Wengener, Sweet Valley.

Penn State University Park
Michael S. Niezgod, Jackson Township.

Syracuse University
Lindsay Romanowski, Shavertown.

Graduates

The following students from the local area have graduated from their respective college or university:

Kutztown University
William Duda, Dallas, BSBA Business Administration/Marketing.

Brown on Sem dean's list

Sara Brown, of Shavertown, earned dean's list high honors at Wyoming Seminary Upper School for the second trimester. Her name was omitted from a list published in the Feb. 1 issue of The Post.

Winter grads from Penn State

The following area residents received degrees in winter graduation ceremonies at Penn State campuses. They are listed by name, hometown, campus and degree:

Katherine J. Austin, Dallas, University Park, BS Biobehavioral Health; Kimberly S. Boyle, Dallas, Wilkes-Barre, BS Business; Karen L. Brace-Hodde, Dallas, Wilkes-Barre, BS Business; Janet M. Connolly, Dallas, Wilkes-Barre, BS Business; Richard P. Douglas, Dallas, University Park, BS Mathematics; Danielle L. Kamine, Dallas, Fayette, BA Administration Of Justice; Jenelle M. Kerr, Dallas, Wilkes-Barre, BS Electrical Engineering Technology; Michael J. Kostrobala, Dallas, University Park, BS Mathematics; John D. Krohn, Dallas, University Park, BS Crime, Law, And Justice; Richard J. Samanas, Dallas, Harrisburg, BS Finance; David S. Shaner, Dallas, Wilkes-Barre, BS Business with High Distinction; Nicholas J. Arnone, Harveys Lake, University Park, BS Electrical Engineering; Jay T. Davenport, Hunlock Creek, University Park, BA English; Jennifer L. Maher, Hunlock Creek, University Park, BS Elementary And Kindergarten Education;

Jeffrie E. Welby, Lehman, University Park, BS Elementary And Kindergarten Education; Carson D. Hawke, Tunkhannock, Wilkes-Barre, BS Business; Brian R. Puza, Tunkhannock, Wilkes-Barre, AS 2yr Information Sciences and Technology; Bernard C. Scranta, Tunkhannock, Erie, BS Electrical Engineering; Erik B. Traver, Tunkhannock, University Park, BS Agricultural Science; Mark P. Savignano, Tunkhannock, Wilkes-Barre, AS 2yr Information Sciences and Technology; Stephen M. Bolin, Trucksville, Wilkes-Barre, BS Business; Russell T. Eyet, Shavertown, University Park, BS Secondary Education with High Distinction; Barbara A. Lisi, Trucksville, Wilkes-Barre, BS Business; Kazuyuki A. Nishi, Shavertown, Wilkes-Barre, BS Electrical Engineering Technology; Stacy L. Rosenbaum, Shavertown, University Park, BA Speech Communication; Joanne Shoemaker, Shavertown, Study Abroad Program, BS Management Science, Information Systems, and International Business; Jason M. Smith, Shavertown, Wilkes-Barre, BS Business; Michael J. Milunic Shavertown, University Park, BA History.

Wilkes winter grads

Wilkes University President Joseph E. (Tim) Gilmour conferred 74 bachelor's and 161 master's degrees during the University's annual Winter Commencement held January 18. The following graduates are from the Back Mountain:

Rebecca Menges, Dallas, Bachelor of Business Administration; Kevin Moran, Harveys Lake, Master of Science Education; Erica Boyer, Shavertown, Bachelor of Arts Psychology; Mark James, Shavertown, Bachelor of Arts Communications; Marisa Michaels, Shavertown, Bachelor of Arts Psychology; Adam Mplesky, Shavertown, Master of Business Administration.

Wilkes dean's list students for fall 2003

Wilkes University Provost Maravene Loeschke announces the dean's list for the fall 2003 semester. Students must carry a minimum of 12 credits and achieve a 3.4 grade point average. The following students are from The Post's coverage area:

Kathryn Skaluba
Center Moreland; Bridget Giunta, Dallas; Brianna Heron, Dallas; Maureen Hozempa, Dallas; Christopher Kane, Dallas; Lindsey Klish, Dallas; Scott Llewellyn, Dallas; Megan McAndrew, Dallas; Rebecca Menges, Dallas; John Mishanski, Dallas; Katrina Rosser, Dallas; Max Roth, Dallas; Jaclyn Stajewski, Dallas; John Treven, Dallas; Vanessa Velikis, Dallas; Melissa Wilcox, Dallas; Jane Wisniewski, Dallas; Carlos Candelario, Harveys Lake; Cecelia Candelario, Harveys Lake; Matthew Navin, Harveys Lake; Jennifer Sutton, Lehman; Erica

Boyer, Shavertown; Karen Congdon, Shavertown; Richard Frantz, Shavertown; Jonathan Morgan, Shavertown; Corey Pajka, Shavertown; Matthew Reschauer, Shavertown; Erica Swatko, Shavertown; Robert Burns III, Trucksville; Leanne Piasta, Trucksville; Amber Lawson, Meshoppen; Julie Keller, Tunkhannock; Jennifer Ramil, Tunkhannock; Henry Roote, Falls.

RESEARCH MATTERS

by
Dr. David J. Madeira

"How Safe Is Your Painkiller?"

Previously in this column I have reported on how scientific studies have demonstrated that NSAIDs, even when used correctly, can cause stomach bleeding, kidney damage, and even death. Now the FDA is putting the focus on the popular drug acetaminophen.

More than 56,000 emergency room visits a year are due to acetaminophen overdoses, and about 100 people a year die after unintentionally taking too much, according to Food and Drug Administration (news - web sites) estimates.

Some consumers swallow extra pills in hopes of faster relief. Others unknowingly ingest too much by taking more than one acetaminophen-containing remedy.

Best known by the Tylenol brand, acetaminophen is present in more than 600 products that treat pain, coughs, cold, flu. Most are nonprescription, but there are some prescription ones, such as Vicodin. Often the ingredient is listed only in the label's fine print or, for prescription drugs, with the confusing abbreviation APAP.

But the FDA's new campaign falls short of recommendations of its own scientific advisers, who in 2002 urged that warnings be placed directly on the labels of over-the-counter painkillers to ensure users know these risks.

"I'm a little angry" at the small effort, said Kate Trunk of Fort Myers, Fla., who has urged the FDA for three years to increase acetaminophen warnings after her 23-year old son died from an unintentional overdose after a wrist injury.

If you are looking for a drug free way to treat musculoskeletal pain, we can help. We have effective treatments that get to the root of the problem. We can also recommend safe, non-toxic food based therapies that can relieve your pain while you heal. Even chronic pain is often significantly relieved in days.

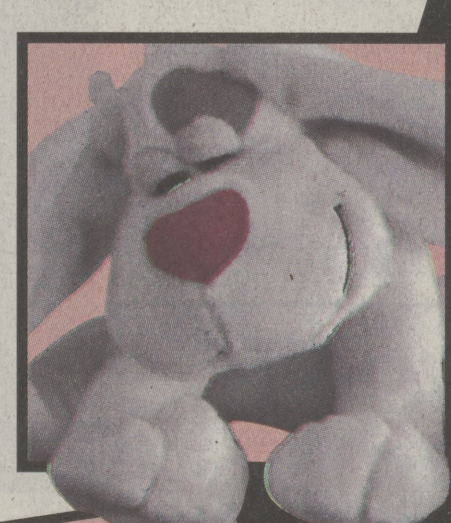
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