

Dallas High 3rd in JETS/TEAMS Competition

Students from Dallas High School placed third in the 25th annual Junior Engineering Technical Society's Tests of Engineering Aptitude, Mathematics and Science (JETS/TEAMS). The competition, held recently at Penn State Wilkes-Barre, challenges teams of high school students to use math and science to solve real-world problems. Problems cover mathematics, chemistry, physics, biology, visual interpretation of information, computer applications, and reading analysis and interpretation. The JETS/TEAMS competition is co-sponsored by the Pennsylvania Society of Professional Engineers (PSPE), Luzerne County Chapter. Wyoming Valley West High School took first place honors and Tunkhannock Area High School placed second.



Dallas High School JETS team members, from left, seated: Dustin Bednarz, Meredith Lacey, Coral Stredney, and Samantha Simmonette. Standing: John Barnes, Penn State admissions officer; Joseph Bednash, Corey Hine, Luke Malano, Chris Biacomte, Len Matysczak, coach; and Dr. Jon Carson, Penn State Wilkes-Barre Engineering faculty member.

Summer Fun Night April 28 at Dallas

The Dallas Elementary P.T.O. is sponsoring its annual "Summer Fun Night" on Wed., April 28 from 6:30 to 8 p.m. in the Dallas Elementary School cafeteria. Representatives from numerous camps and local colleges will be on hand to help plan summer activities for children. The public is invited.

Gate of Heaven School annual academic fair

Gate of Heaven School's Annual Academic Fair will be conducted on Tuesday, April 27 (students to Gr. 2); Wednesday, April 28 (Gr. 3-5) in the elementary building; and Thursday, April 29 (Gr. 6-8) in the middle school. The fair will cover a number of disciplines from poetry and literature to science. The school complex is located on Machell Avenue, Dallas. Hours are tentatively set from 7-8 p.m. each night. The public is invited to attend. For further information, call the school office at 675-6566.



FOR THE POST/CHARLOTTE BARTIZEK

Coombs wins scholarship

Lake-Lehman High School senior Melissa Coombs was recently awarded the President's Scholarship from Indiana University of Pennsylvania. Melissa has been honored as a student who demonstrated the epitome of academic achievement. Over 200 students competed for this prestigious award. Co-principal Michael Gokay presents the award to Mellissa. She is the daughter of Charlene and Brian Coombs of Lehman, standing at right.

College Fair May 3 at Wachovia Arena

High school students and their parents are invited to attend The Pennsylvania Association for College Admission Counseling (PACAC) Northeast Regional College Fair on Monday, May 3 at the Wachovia Arena at Casey Plaza. Designed as a public service to benefit high school sophomores, juniors and their parents, this event is free and open to the public. No advanced registration is required. More than 150 colleges and universities from throughout the eastern United States and parts of the Midwest are expected to attend. Representatives from 20 financial lending institutions also will be available.

An updated list of participants can be found at www.wyomingseminary.org. The fair will be open from 9 a.m. to 12 noon, and from 6-8:30 p.m. College admissions counselors will be available during the day and in the evening, and the evening session will feature programs on financial aid and other college search-related topics. Parents and their children are encouraged to attend the evening session together. Students who want to request information from many colleges should bring pre-printed labels with their names, addresses, intended major, year of graduation and high school to

reduce time spent in filling out forms. Students and parents interested in getting more information about the fair may contact their school guidance counselors. High schools throughout the region are encouraged to make arrangements to transport their students to the fair during the morning hours. School guidance counselors interested in arranging transportation for students for the morning session may contact Michelle Lawrence-Schmude at 208-5858 or at mlschmud@kings.edu for more information and registration forms.

Occupational therapy camp at Misericordia

The Occupational Therapy Department at College Misericordia is again sponsoring a residential summer camp for students interested in occupational therapy as a possible career choice. The camp will be held July 11-14, on the college campus. The camp is designed to educate high school juniors and seniors who would like to learn more about careers in occupational therapy. During the three-day camp students will have a chance to work with persons with disabilities both at the college and in the community, have an opportunity to meet and interact with faculty members, and be hosted by several current junior level occupational therapy students. Students who will be juniors or seniors in the 2004-2005 academic year are encouraged to apply. Applications are available through school guidance counselors after March 1 or online at the OT web page, www.misericordia.edu. The deadline for applications is April 15. Students who are selected to participate will be notified by May 15.



Kids 'hop' for MDA

Trucksville Nursery School students recently participated in a "Hop-a-thon" to benefit the Muscular Dystrophy Association. They hopped for those who could not, and raised \$850 that was donated to the MDA. Shown from left, first row: Victoria Vespico, Samantha Delamater, Callista Connors, Jake Selingo. Second row: Matthew Mathers, Nicholas Wnuk, Kyle Spencer, Garrett Richard, Jonathan Adams.

Noble participates in Honors Band Festival

Matt Noble of Dallas was one of 150 high school musicians from six states to participate in the 12th Annual Honors Band Festival, hosted by Susquehanna University. Noble, who plays trumpet, auditioned to take part.

Back Mountain students named to Sem dean's list

Wyoming Seminary Dean John Gordon has announced the Back Mountain students named to the Upper School dean's list for the winter trimester of the 2003-2004 academic year.

Dean's List High Honors: Alana Allan, Shavertown; Kathryn Bartizek, Dallas; Sara Brown, Shavertown; Jacob Budin, Trucksville; Naveen Dasa, Shavertown; Kelly Dickinson, Shavertown; Ross Feinstein, Shavertown; Abigail Fried, Dallas; Sofie Grossman, Shavertown; Chelsea Halsor, Dallas; Vincent Insalaco, Shavertown; David Janerich, Shavertown; Stephen Levandoski, Dallas; Samantha Marquart, Dallas; Megan Messersmith, Dallas; Andrew O'Hara, Dallas; Aaron Richterman, Dallas; Gabrielle Richterman, Dallas; Daniel Rittenberg, Shavertown; Andrew Rogers, Trucksville; Dylan Seeley,

Shavertown; Nina Shah, Shavertown.

Dean's List: Nicole Allan, Shavertown; Rachael Anson, Noxen; Jason Brady, Shavertown; John Brady IV, Shavertown; Devin Anne Carey, Dallas; Elizabeth Clements, Shavertown; Meghan Davis, Dallas; Caitlin Delehanty, Shavertown; Elisabeth DiGiovanni, Shavertown; Tyler Dropers, Dallas; Laura Eckman, Shavertown; Jamie Flack, Dallas; David Glauber, Shavertown; Ryan Gower, Dallas; Lauren Hardisky, Shavertown; Brigitte Henry, Shavertown; Kevan Hosseini, Dallas; Rebecca Howell, Shavertown; Elizabeth Killian, Shavertown; Kaytlin Kopen, Shavertown; Michael Lloyd, Shavertown; Julia Ross, Dallas; Jillian Seeley, Shavertown; Kendra Sirak, Dallas; Corey Tarreto, Harveys Lake; Jacqueline Thomas, Dallas; Licia Witt, Dallas.

LCCC serves up information about food service, hospitality programs

Luzerne County Community College will hold an information night for its pastry arts management, food production management, hotel and restaurant management, and tourism and travel management programs on Wednesday, April 21, from 5 to 7 p.m., at Building 2, at the college's campus.

Information will be available on enrollment procedures, tuition, financial aid, student scholarships, and other pertinent information. Those in attendance will have the opportunity to meet informally with faculty members to discuss educational and career opportunities.

The event is open to the public, free of charge. Gourmet food and pastry demonstrations will be prepared and served by pastry arts students. For more information, call LCCC at 740-0343 or 740-0516.

Schweitzer named to honor society



Matthew James Schweitzer, a student at the United States Military Academy, West Point, has recently accepted membership in Golden Key International National Honour Society.

Schweitzer is the son of Steve and Anita Schweitzer of Dallas. He is a senior at West Point and plans to graduate this spring, at which point he will be commissioned a Second Lieutenant in the U.S. Army.

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RESEARCH MATTERS

by Dr. David J. Madeira

"Steroid Injections for Back Pain?"

Epidural steroid injections may not be better than placebo. This was the conclusion of the research done by Daniel Steinitz, MD, from the division of orthopedics at McGill University in Montreal. On Friday, March 12, 2004 at the 71st annual meeting of the American Academy of Orthopaedic Surgeons in San Francisco he presented the results of his randomized, controlled, double-blind study.

Fifty consecutive patients who were referred to radiology for steroid injections were randomly assigned to either a 12-mg betamethasone injection plus lidocaine and bupivacaine, or the numbing agents alone. All of the patients had confirmed pathology with either magnetic resonance imaging or computed tomography, and those who had undergone previous back surgery or steroid injections were excluded. All injections were administered by the same blinded radiologist who used fluoroscopy and radiocontrast to guide and confirm the placement, and all outcomes were measured by the same blinded clinician.

Dr. Steinitz said there was no difference in outcomes between the two groups at any time on any of the measures.

In an interview with Medscape, Dr. Steinitz said his study was important because it was one of the first to use validated assessments to analyze benefits. "We found no benefit to the addition of steroids to the epidural injection," he concluded.

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