

Sem slates open houses for young children

Wyoming Seminary Lower School invites parents who are considering pre-kindergarten (ages 3 and 4) or kindergarten for their children to attend free open houses, to be held from 4 to 6:30 p.m. on Wed., Oct. 13 (for pre-kindergarten) and Thursday, Oct. 14 (for kindergarten) on the school's Forty Fort campus, 1560 Wyoming Ave.

The afternoon event will include tours of the school as well as opportunities to meet with teachers in their classrooms.

Sem's pre-kindergarten and kindergarten programs provide developmentally appropriate learning, individual attention and small classes.

The Lower School is now accepting applications for the 2005-06 school year. Children entering pre-school must be 3 years old prior to Sept. 1, 2005; prospective kindergarten students must be 5 years old prior to the same date.

For further information, call the Lower School admission office at 718-6610.

Kindergarten extension program at Trinity

Trinity Learning Center offers a kindergarten extension program for Dallas morning kindergarten students. This is a learning enrichment program offered Mondays and Wednesdays from 11:45 a.m. to 12:30 p.m. Transportation to the school is provided by the Dallas School District. The children should bring a lunch. The program begins with children eating lunch and then studying various enrichment challenges. For more information, call Trinity Learning Center at 675-0689.

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FOR THE POST/CHARLOTTE BARTIZEK

Lake-Lehman Homecoming Court

The 2004 Lake-Lehman High School homecoming will take place Oct. 15. The homecoming queen will be announced at half-time of the football game against Crestwood. Homecoming queen candidates and their escorts lined up for a photo last week. From left: Matthew Gragon, Marissa Mahle, Richard Schofield, Amanda Sagan, Matthew Moore, Kimberly Hartman, Shannon Lozo, Brandon Burkhardt, Brittany Kittle, Matthew Straub, Allison Boris, Andrew Josuweit.

Kindergarten preparation at Lake-Lehman

Lake-Lehman School District has scheduled a Kindergarten Readiness Program for children planning to enter kindergarten next fall. There will be four presentations throughout the school year. The first will focus on reading.

Faculty from each building

will conduct the presentation. The schedule is: Ross Elementary, Oct. 13 at 10 a.m.; Lake-Noxen Elementary, Oct. 14 at 9 a.m.; Lehman-Jackson Elementary, Oct. 15 at 9 a.m.

Register for the first presentation of the program by calling Ross Elementary at 477-4050 or

256-7897, Lake-Noxen Elementary at 639-1129, or Lehman-Jackson Elementary at 675-2165.

This program is only for children who will be age 5 on or before Sept. 1, 2005, and are planning to enter kindergarten for the 2005-2006 school year.

Register for Dallas High School nursery program

The Nursery School class at Dallas High School will begin on Wednesday, Oct. 13, for the new school year. Children participate in free play, story time, snack time, arts and crafts and outdoor play. Sessions are held Monday, Wednesday and Friday from 12:15 p.m. until 2:40 p.m. Children must be three or four years old and residents of the Dallas School District. The nursery school is held in conjunction with the Child Care and Parenting class. There is no charge and there are several openings. Children can be registered at the high school office. For more information, call 674-7208 ext. 289.

GOH receives books from Verizon Telecom Pioneers

President Audrey Brozena and Judith Betti of the Wilkes-Barre Verizon Telecom Pioneer Club recently presented books to Gate of Heaven School for its remodeled and newly computerized library. Dianne Ruch, intermediate reading teacher, fourth graders Sara Kocpczynski and Eric Yurko; and fifth graders Devin Phillips and William Fulton accepted the books on behalf of Gate of Heaven.

Sigma Alpha Lambda welcomes Zaruta

Sigma Alpha Lambda, national leadership and honors organization at the University of Pittsburgh, recently welcomed Robert David Zaruta, of Shavertown, as a new member of the organization. He is the son of Robert and Deborah Zaruta, Shavertown.

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PENNSTATE
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Friday, October 15
8:30 AM - 2:15 PM
for students in grades 10, 11, 12

- Meet Penn State faculty and learn about the many different career opportunities in engineering!
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RESEARCH MATTERS

by Dr. David J. Madeira



Chiropractic Saves Money for HMO's

When I was at the World Federation of Chiropractic 7th Biennial Congress in Orlando at the beginning of May, I came across an interesting research paper.

This 4 year study of 1.7 million patients in a California HMO was divided into 2 groups: 1 million without chiropractic coverage and 700,000 with chiropractic coverage.

The researchers discovered that chiropractic care in the managed-care setting was more cost effective on a number of levels:

- Total health-care costs were 12% lower for Chiropractic patients.
- Low-back pain costs were 28% lower for Chiropractic patients.
- Chiropractic patients had slightly more than half the inpatient stays.
- Chiropractic patients had about 1/2 the MRIs.
- Chiropractic patients had 25% less low-back surgeries.
- Chiropractic patients had 10% less x-rays.

According to Dr. Nelson, these findings could translate into \$47.5 million savings over four years if everyone in the HMO was provided with chiropractic coverage.

This study shows that adding a Chiropractic benefit does not add to the total amount of care (and therefore costs), but provides a lower-cost, more effective alternative for patients.

If your HMO is not including Chiropractic as a core benefit, they are wasting your money and your health.

Nelson CF, Metz D, Lagorata A, LaBier T. Effects of Inclusion of a Chiropractic Benefit on the Utilization of Health Care Resources in a Managed Health Care Plan. Presented at the World Chiropractic Federation



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*Offer based on first visit enrollment, minimum 12 mo. c.d. program; new members only. Not valid with any other offer. Valid only at participating locations 10/11-10/16.