

# New books added at Back Mountain Library

The Back Mountain Memorial Library, 96 Huntsville Road, Dallas, announces the addition of the following books to their collection:

**Express:** Melancholy Baby, by Robert B. Parker; Hour Game, by David Baldacci; Northern Lights, by Nora Roberts; Blind Alley, by Iris Johansen.

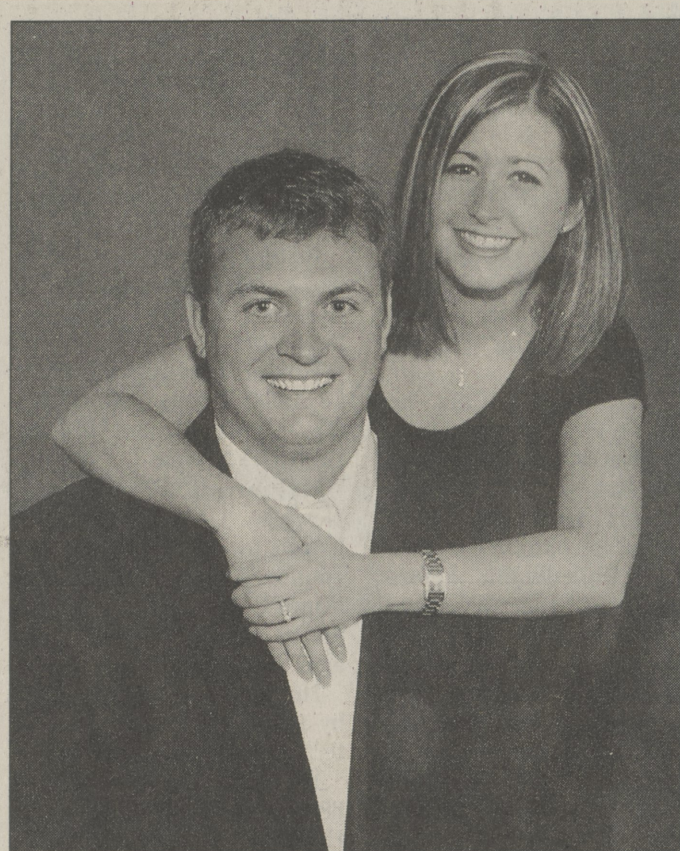
**Fiction:** Hour Game, by David Baldacci; Melancholy Baby, by Robert B. Parker; Double Shot, by Diane Mott Davidson; Savannah, or, A Gift for Mr. Lincoln, by John Jakes; Blind Alley, by Iris Johansen; Northern Lights, by Nora Roberts; Indelible, by Karin Slaughter; The Unthinkable Thoughts of Jacob Green, by Joshua Braff; No Going Back, by Jayne Ann Krentz; Winner Takes All, by Nora Roberts; See

Jane Die, by Erica Spindler; Beach Girls, by Luanne Rice.

**Non-fiction:** Rumsfeld's War, by Rowan Scarborough; Frommer's Family Vacations in the National Parks; Treachery, by Bill Gertz; Wine for Every Day and Every Occasion, by Dorothy J. Gaiter; Fodor's 2005 New York City; Fodor's London 2005.

**Biography:** St. Patrick of Ireland, by Philip Freeman; The Deadly Dance, by M.C. Beaton.

**Special donations:** The Korean Conflict, by Burton Ira Kaufman, donated by Daddow-Isaacs Post 672 American Legion; The Odd-Fellow's Textbook and Manual, by Paschal Donaldson, donated by Oneida Lodge I.O.O.F. No. 371; History of American Odd Fellowship, the First Decade, by James L. Ridgely, donated by Oneida Lodge I.O.O.F. No. 371.



John J. Oliver III and Tara Slocum

## December wedding for Oliver, Slocum

Brett and Susan Slocum of Dallas announce the engagement and approaching marriage of their daughter, Tara Lynn, to John J. Oliver III, son of John and Carol Oliver, Dallas.

The bride-to-be is a graduate of Dallas High School and Penn State University, where she earned a bachelor of arts degree in communications, majoring in advertising and public relations. Ms. Slocum is currently employed at Prudential Retirement in Moosic.

The prospective groom is a graduate of Lake-Lehman High School and was a former professional baseball player with the Cincinnati Reds and Boston Red Sox organizations. Mr. Oliver is a co-owner and vice-president of Eastern Landcare, a Dallas based landscape contracting company.

The couple will exchange vows Dec. 17 at the Shavertown United Methodist Church.



## Ryman named Dallas Kiwanis president

Lloyd W. Ryman became the new Dallas Kiwanian President at a recent meeting. Ryman outlined his objectives which included the Halloween Parade to be held Oct. 31 and the push for new members. From left, Bonnie Clark, daughter; Bonnie Ryman, wife; Lloyd Ryman, president; and Jennifer Davis, daughter.

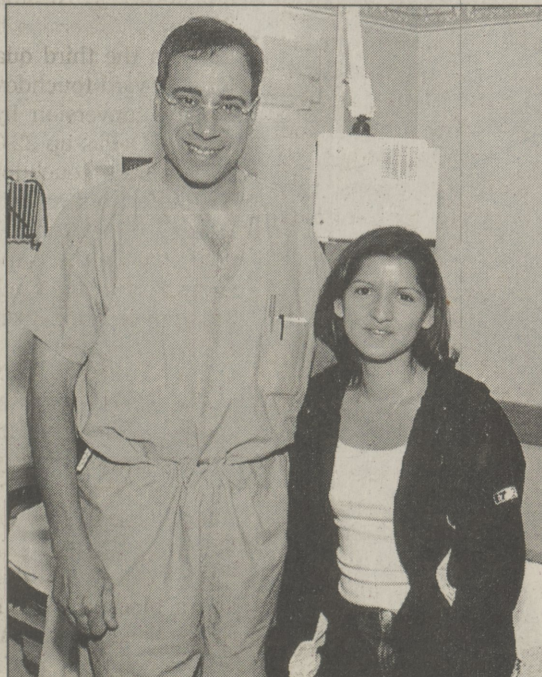


## Library receives help from service clubs

The profits from the 58th annual library auction were given a boost by the proceeds realized at the food booth managed and staffed by the Rotary Club of Dallas. Also assisting were the Lions Club of Dallas and representatives from various companies in the Back Mountain, including the Smith Hourigan Group, Century 21 who staffed the booth for an entire evening. Martha Butler, Library Director, was recently presented with a check for \$6,697 representing the net profit from the four-day operation of the booth. Pictured from left: Art Peoples, President of the Rotary Club; Rob Swales, President of the Lions Club; Eric Martin, chairman of the Rotary food booth committee; Martha Butler, library director; Joe Stager, Rotarian and library board president.

## Healing hands for young Ecuadorean

Seven years after performing major surgery that removed a large, disfiguring tumor from Lorena Verdesota's face, Dr. Francis J. Collini again operated on the young Ecuadorean woman to take out a small tumor that had appeared. For several years, Dr. Collini has visited Ecuador as a member of the "Hands Healing Hearts" team. Both surgeries were performed at



Mercy Hospital in Wilkes-Barre, the latest in September. Francis J. Collini, M.D. is shown with Lorena Verdesota of Ecuador before surgery in September.

## Lake Township tax face period ends

The face period for paying 2004 Lake Township school property and per capita taxes ends on Friday. Anyone who did not receive a tax bill should contact the office immediately.

Office hours this week are Wednesday and Thursday, 10 a.m. to 3 p.m. and 4 to 6 p.m. and Friday, 10 a.m. to 3 p.m. Call for directions to the office. If paying by mail, use the P.O. Box 218, Noxen address. All envelopes must be postmarked on or before November 12 to be eligible for the face amount.

Tax bills are mailed directly

to the homeowner. It is their responsibility to forward property taxes immediately to their mortgage company or bank for prompt payment. Any persons that have moved, and are no longer residents should inform the tax collector so that records may be corrected.

All county and municipal taxes, as well as township per capita taxes are due at the penalty value. The last day to pay all 2004 taxes is December 15.

Call the office at 639-1522 with questions regarding taxes.

## Dallas school tax deadline is Nov. 15

Dallas School District taxes for 2004 are due on Monday, Nov. 15. Payments received after November 15 are subject to a 10 percent late payment penalty. Dallas Borough Tax Collector Mark VanEtten will have office hours at the Dallas Borough Building, 25 Main St., on Saturday, Oct. 30 and on Saturday, November 6 from 8:30 to 11 a.m. and on Wednesday, Nov. 3 Nov. 10 from 6 to 8 p.m. Call 675-1878 with questions. Payments may be mailed to:

Mark W. Van Etten, Jr., Dallas Borough Tax Collector, P.O. Box 447, Dallas, PA 18612.

## LEAF COLLECTIONS

### Dallas Borough

The Dallas Borough curbside residential leaf collection program will go on through Friday Nov. 19. The hours of collection are 7:30 a.m. to 3 p.m. Monday through Friday.

Residents are asked to rake leaves only into long thin rows approximately three feet wide, at the edge of their property for pickup by the Dallas Borough leaf vacuum equipment. Leaves also may be placed in plastic bags for the curbside collection.

Direct questions to the Dallas Borough Road Dept. at 674-5362 or to the Dallas Borough administrative office at 675-1389.

### Kingston Township

The annual fall leaf pickup will take place Nov. 8 through 19. Residents are asked to have leaves bagged and placed at the curbside for pickup. The service is limited to bagged leaves only. Township crews will pick up leaves between 7 a.m. and 3 p.m. Monday through Friday. Do not sweep leaves into gutters and roadways. Bags must contain only leaves. Loose leaves may be dropped off at the composting site located behind the public works facility on E. Center Street. For more information, call the township office at 696-3809 or Public Works Department at 696-3650.

## Lake Township recycling Saturday

The voluntary recycling drop-off center for Lake Township will be accepting items Saturday, Nov. 13 from 10 a.m. to noon at the township building on Route 29. The following items may be dropped off: aluminum and bi-metal cans, clear, brown and green glass, plastic No. 1 and 2 only. No motor oil containers or scrap aluminum can be accepted.

This month newspaper will be collected at the same time, and they need to be packed tight in paper bags with glossy inserts removed. Residents are asked not to drop off items before the center opens.

## Holistic festival in Trucksville

The Holistic Dream, an organization for people interested in holistic health, natural living and related topics, will hold its first Fall Holistic Market Fair on Saturday, Nov. 13 at the Trucksville fire hall. The event will take place between 10 a.m. and 5 p.m., and will include bodyworkers and other health practitioners, artists, card readers and vendors of crafts, food, jewelry and gifts. Admission is \$1.

For more information, call 333-5402.

## Kingston Township parking ordinance in effect

Kingston Township Winter parking ordinance is effective through March 31, 2005. Under this ordinance, residents are prohibited from parking vehicles on streets between the hours of 10 p.m. and 6 a.m. daily. Vehicles also are not permitted to be parked on streets during snowstorms, or for eight hours after the end of the storm. The ordinance is designed to keep streets open and clear so that snow removal measures can be effectively

undertaken by the Public Works Department. Anyone with questions about the ordinance may call 696-1175.

## Send your news to The Post by e-mail.

thepost@leader.net

Digital photos

welcome, too!

Deadline for submitted news is Wednesday at noon.

## CANCELLATION NOTICE!

## THE MEADOWS NURSING HOME OPEN HOUSE

On Sunday, November 7 2:30-4:30 PM

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## RESEARCH MATTERS

by Dr. David J. Madeira

Who moved the Vioxx?

For some years now, scientists have known that the inflammation that triggers arthritis pain is prompted by an enzyme-protein complex called cyclooxygenase-2 (COX-2). They also know that when COX-2 is inhibited, inflammation and pain are reduced.

So here's the puzzle: Drugs such as Vioxx and Celebrex effectively block COX-2 and bring relief to arthritis patients, but as we've seen over the past few weeks, the side effects can have dire, even fatal consequences.

The solution is obvious: Inhibit COX-2 without raising heart attack risk, without damaging the liver or kidneys, and without upsetting the digestive tract. Mainstream drugs haven't solved this problem, but there are natural alternatives that reduce swelling and pain through the same or alternative biochemical pathways.

3 prominent examples are:

1. EPA/DHA (a.k.a. omega-3 fatty acids or fish oil) are the precursors to the bodies natural anti-inflammatories. Make more anti-inflammatories yourself and eliminate the need for painkillers.
2. Enteric coated proteolytic enzymes such as bromelain and papain are important in maintaining the equilibrium between clotting and clot lysis (clot-busting), speeding tissue repair.
3. Spices such as ginger and red pepper and foods such as onions and garlic inhibit COX pathways, reducing swelling the same way NSAIDs do without the side effects.

If you are looking for a Doctor who can help you put together the pieces with well-documented scientifically sound ways to reduce swelling and pain without drugs, you just found him. Please call for an appointment with Dr. Madeira today.

Nelson CF, Metz D, Legorreta A, Leibert 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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