



Carol Stucker, Exeter Twp., had a beautiful table of ceramic goods at the Grange flea market.

Bargains and baked goods

For about a decade, vendors and bargain hunters have turned out for flea markets held at Mountain Grange 567 in Carverton. Janet Beane, whose husband Ralph is Master of the Grange, said proceeds from table rental and food sales help maintain the cinder-block building, which was built after a devastating arson fire 12 years ago that destroyed the previous facility.

The small organization — Beane says there are now 23 members, not all of them active — must among other things keep the building heated year-round to avoid frozen pipes and other damage.



Steve and Bob Rocco from Larksville, were interested in some of the hunting gear they found.

PHOTOS FOR THE POST/
CHARLOTTE BARTIZEK

RESCUERS

(continued from page 1)
given what happened next.

As Brent Schuler returned toward the docked boat after picking up a replacement wake board, Austin slipped and fell on the throttle. The boat took off, sending Mindy reeling to the stern.

The boat then charged into a nearby dock, and the two older children were thrown out. The boat overturned, trapping Mindy and Austin, the youngest, underneath.

Mindy managed to get out,

and Brent began a series of unsuccessful attempts to locate Austin under the boat. Robert Makaravage, who was fishing nearby, quickly arrived at the chaotic scene and jumped in to help Brent Schuler find his son. By then, volunteers from the fire hall had come over as well. Working together, they pulled the boat out of the water, and found the boy.

"We thought he was pretty much gone," Mindy said.

But Davis, persistently applied CPR, and revived Austin.

"They saved our son," said

the clearly grateful mother.

Betty Jane West, council president, pointed out the role the junior firefighters program played in attracting and training some of the people who helped rescue the boy. The roster includes her son, Charlie, who was one of the award recipients. "We're all proud of you," she said.

Those receiving the awards were: Davis, Dick Huerer, West, Gene Czarniak, Jill Hildebrand, James Starosta Jr., John Young, James Bonavina, Dan Bonavina, Tom Sayre, Makaravage, Charles Musial, Stuart Tripler and Jim Johnson.

RESEARCH MATTERS

by
Dr. David J.
Madeira



Who moved the Viiox?

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 Viiox 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.

Notice: Cf. Marc D. Leggett, A, Leibel 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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SEAN'S SKI TIPS

Q. How should ski and snowboard boots fit?
A. Comfortably snug. Boots should offer good ankle support with room to wiggle your toes. Too big a boot will be cold because you need to tighten it till your foot is pinched, which cuts off circulation.

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Lake-Lehman clears path for sale of old school to church

By JANINE UNGVARSKY
For The Post

LEHMAN TWP. — The Lake-Lehman School District has moved to clear the way for the sale of the old middle school to a local church.

At its Nov. 16 meeting the school board voted to absolve Lehman Township and its board of supervisors in the dissolution of the defunct Lehman Township School Authority.

According to district Solicitor Charles Coslett, this should clear the way for the township to formally dissolve the school authority it created and allow the sale of the former middle school building to the River of Life Fellowship Church for \$70,000.

Title research turned up what Coslett termed a "cloud" on the title when it was determined that the authority, which last met in 1991, still technically owned the school.

The action also allows board President Jim Mahon and the board secretary to execute any documentation necessary to complete the sale. The matter awaits action by the Lehman Township solicitor, Coslett said.

In other business, the board approved a five-year contract with Back Mountain Transit and Kabata Transportation for bus transportation for students, effective July 1, 2005.

Last week, the board had discussed putting all transportation contracts out to bid. After the meeting Tuesday, Mahon said the new contract continues the relationship between the district and two contractors who have provided excellent service to the dis-

trict. He added that the district is still considering how to handle the numerous car and van transportation routes.

"There's been a problem with how those were awarded. We'll form a committee and look at the way we're doing things."

There was some dissension in the board regarding the hiring of a guidance counselor. Susan Ryan was hired at a salary of \$37,044. Board members Mahon, Charles Balavage and Sheila Gionfriddo voted against the appointment. Before the vote, Gionfriddo expressed disappointment that the board had not chosen the person recommended by the administration.

"I have a great deal of confidence in their expertise in choosing the best candidate," she said.

In other personnel matters, the board made the following appointments: Courtney Giuliani, secondary Spanish teacher at a salary of \$34,765; Wendy Garrety, mentor teacher at a salary of \$466; David Madajewski, director of building and grounds (full time status granted after completion of probationary period); Ruth Daron, health room secretary, \$8.25 per hour, 200 days per year; Terri Novack, part-time food service worker, \$8 per hour; Judy Heller, food service worker, \$8.75 per hour; Karen Wnuk, food service worker, \$8 per hour; Jean Lipski, junior class adviser at a salary of \$1,059.

The board also accepted with regrets the resignation of Cathy Space, health room assistant, and Sandy Dobrowski, head cheerleading coach.

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