

Hilary Grube and Ashleigh Napierkowski looked over a display of memoribilia.

Veterans' Day at **Dallas Middle School**

The Dallas Middle School Social Studies Department, headed by Mrs. Sue Holthaus and Mr. Matthew Stretanski, presented a Veterans' Day Program to the student body.

Students brought in pictures, uniforms, and other items from the wars and conflicts that our veterans participated in over the decades. A sing-a-long of patriotic songs and the reading of a poem about our country's history (written by social studies teacher Anthony Chiarucci) vere part of an afternoon assembly.



Joseph Sorick described a sword to Trudy Clemson.

Public swimming at Dallas Middle School pool

programs for fall and winter 2004-2005 at the district natatorium in the Dallas Middle

Public swimming sessions

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 cycloaxygenase-2 (COX-2). They also

know that when COX-2 is inhibited,

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

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

1. EPA/DHA (a.k.a. omega-3 fatty

acids or fish oil) are the precursors to the bodies natural anti-inflamitories.

Make more anti-inflamitories 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

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

If you are looking for a Doctor who can help you put together the pieces with well- documented scientifically

without the side effects.

with Dr. Madeira today

biochemical pathways. 3 prominent examples are:

tissue repair.

have dire, even fatal consequences.

inflammation and pain are reduced.

Dallas School District has are Wednesdays and Fridays, announced the public aquatic from 6:30 to 8:30 p.m. and Sunday afternoons from 2 to 5

> The pool is open to the public for lap and recreational

swimming during those times. No one under 18 will be admitted without a parent or guardian. Proof of residence and \$2 daily fee apply.

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Gate of Heaven School honor students

Gate of Heaven School has announced the honor roll for the first marking period:

SEVENTH GRADE

Honors with distinction: James Amarando, Emily Banas, Jennifer Boland, Meredith Moga, Mikaela Pricher.

First honors: Jill Cawley, Amber Golhardt, Chelsea Kon, Samarah LaFoca, Rebecca

Kalish, Patrick Maruzelli.

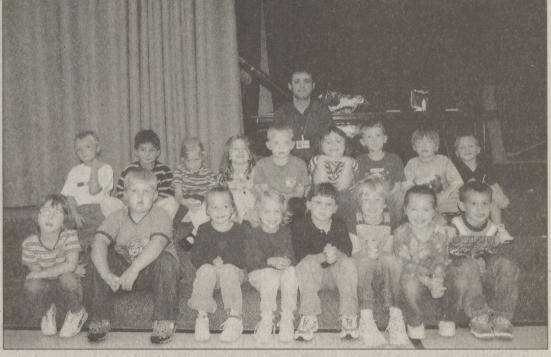
EIGHTH GRADE

Honors with distinction: Casey Hampsey, Casey Judge. First honors: Emily Baut,

Joseph Byczek, Erin Crossin, Yahan Derby, Patrick DeRojas, Serena Fulton, Emily Griswold, Megan Jordan, Lucianna Kocher-Bond, Alexandra Lacey,

Second honors: Laura Casey, Colleen Leahigh, Sarah Moga, Laurie Ann Shevock, Carolyn Suhocki, Zachary Wallick, Bryan Weaver, Abbey Zurad.

Second honors: Samantha Condo, Breann DeRemer, Erin Dougherty, Colleen Frederick, Anne Marie Greenhalgh, Conor Harrington, Thomas Horn, Adam Karwaski, Nicholas Latosek, Taylor Lawler, Megan Millo, John Petroski and Jennifer Sobeck.



Students take 'flight'

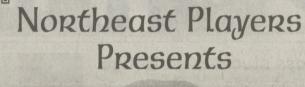
The Lehman-Jackson PTA recently sponsored their first assembly for the students entitled "Flight," which was presented by The Franklin Institute Traveling Science Show. Several students were chosen during the assembly to help demonstrate the forces of flight. Students from Mrs. Thompson's kindergarten class are shown with Franklin Institute Traveling Scientist Jason Bala:

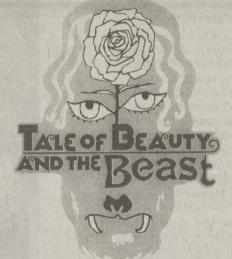
From left, front row: Sierra Titus, Nathan Mutchler, Samantha Good, Stephanie Slevenski, Jake Selingo, Katie Strohl, Makalie Blazick, Jacob Sutliff.

Second row: Nicholas Hall, Zachary Zaleskas, Jacqueline Sharon, Devin Lindley, Nicholas Wnuk, Sarah Sabaluski, James Miller, Samuel Ciravolo, David Thomas.

Send your news to The Post by e-mail.

thepost@leader.net Digital photos welcome, too! Deadline for submitted news is Wednesday at noon.





Tuesday/ December 14-9:30 am & 1:30pm Wednesday/ December 15-10:00 am Friday/ December 17-7:00 pm Walsh Auditorium/

College Misericordia/ Dallas PA Tickets: \$8 - Adult \$5 - 12 years & under \$4.50-Reserved School Groups of 10 or more Box Office - 675-4333

SEAN'S SKI TIPS



- Q. How can I best improve my abilities?
- A. Take lessons and go more often!!

Gountry

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