

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 Spencer.

Second honors: Laura Casey, Patrick Kalish, Sophia 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,

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 Sobek.



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

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) were part of an afternoon assembly.



Joseph Sorick described a sword to Trudy Clemson.

Public swimming at Dallas Middle School pool

Dallas School District has announced the public aquatic programs for fall and winter 2004-2005 at the district natatorium in the Dallas Middle School.

Public swimming sessions are Wednesdays and Fridays, from 6:30 to 8:30 p.m. and Sunday afternoons from 2 to 5 p.m.

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.



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.

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 CE, Metz D, Leggett A, Labrot 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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