L-L musicians honored



Tom Bassett, left, and Jake Sedorchik, of Lake-Lehman Junior/ Senior High School recently participated in the 14th Annual Luzerne County Honors Band at Pittston Area High School. Bassett played the clarinet in Regional Orchestra competition while Sedorchik played the tuba in Regional Band competition.

Students from Lake-Lehman professor of music at Blooms-Junior/Senior High School par- burg University; and Thomas C. ticipated in the 14th Annual Lu- Heinze, a retired music specialist zerne County Honors Band re- for the Palmerton Area School cently at Pittston Area High District. School.

Guest conductors at the concert were Dr. Stephen Clickard,

The Lake-Lehman Concert Band is under the direction of Greg Riley.

Students take part in Luzerne County Honors Band



Students from Lake-Lehman Junior/Senior High School who participated in the 14th Annual Luzerne County Honors Band recently at Pittston Area High School are, from left, first row, Allison Zeiler, Sierra Houck-Boyer, Megan Lee, Molly Murphy, Nina Jones, Pauline Rose, Rachel Holena and Dustin Zeiler. Second row, Joel Austin, Jon Anderson, Chris Gerlin, Stephanie Ciehoski, Tom Bassett, Matthew Yurko, Jake Sedorchik and Vito Sicorella. Absent at the time of the photo were John King, Zack Titus, Samantha Sabol, Tom Herrick, Harry Saxe, John Butler and Loreal Lamoreaux.



Dr. Bill Albert

Consumer Reports Health Ratings Center recently surveyed over 14,000 subscribers with lower back pain in the past year and Chiropractic had the most satisfied patients. 59 percent of people were 'Highly Satisfied' with chiropractic treatment.

Only 34 percent were as satisfied with their primary care doctor and physical therapy and acupuncture falling somewhere in between.

This is another great example showing chiropractic care to be exceptional with treating back pain, but that is not all we do. Headaches, knee, shoulder and other joint pains, carpal tunnel syndrome, degenerative arthritis and whiplash are just some examples of what chiropractic treatment can help with.

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