

LONG TRAIL SCHOOL

founded 1975

For immediate release: December 17, 2007

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Matters of the Heart At LTS

Dorset, VT—Dr. Stanley Shapiro, an eminent cardiologist at Rutland Regional Medical Center and occasional lecturer at Middlebury College, visited Long Trail School's 8th grade to talk about cardiovascular health. While his primary focus was the mind/body/heart connection, Dr. Shapiro covered numerous topics. LTS 8th graders learned about the effects of smoking, how their current eating habits can effect them later in life, and about the various stages of heart disease.



Dr. Stanley Shapiro shows two LTS 8th graders his 3-D heart model on a recent guest lecture visit.

“Dr. Shapiro did a wonderful job of covering complicated concepts at an age-appropriate level,” says Erin Duffy, the hosting science teacher. “These students walked away with a wealth of knowledge that will serve them well in their own health decisions.”

Dr. Shapiro, who brought 3-D models of the heart and showed slides on blood flow and the vascular system, invited the students to visit him in his practice so he could show them his day-to-day work.

Cory, grade 8, took away some useful knowledge, “For my heart’s sake, I will never start smoking...EVER.”

Long Trail School combines rigorous academics and a personalized curriculum for grades 6-12. For more information, please contact at 802.867.5717.