



Dallas and Lake-Lehman school bus schedules inside

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SERVING THE COMMUNITIES OF THE DALLAS & LAKE-LEHMAN SCHOOL DISTRICTS



SPORTS

Double sessions continue for high school athletes. Pg 9.



SCHOOL

Top elementary stock pickers, this time with names! Pg 10.



COMMUNITY

Lake-Lehman Band Boosters car show draws 240 entries. Pg 12.

Young man on a journey to beat ALS

By ELIZABETH ANDERSON
Post Correspondent

In March, Todd Van Bodegon-Smith was handed a death sentence by a prominent New York neurologist. But he refuses to accept the death warrant served on him.

After seven years of suffering from the debilitating effects of Lyme Disease, Todd was told he had ALS or amyotrophic lateral sclerosis — also known as Lou Gehrig's Disease — a neuromuscular disease characterized by progressive muscle weakness resulting in paralysis.

"I decided that I needed to do something about it," said Todd. "My brother, Kai, who was in China, said, 'Quit your job, take a break and do something. If you're not going to do it now, you'll never do it.'"

Almost immediately, he went to California and began working with two psychologists doing visualizations and imagery and practicing positive affirmations. Three times a week, he received acupuncture treatments.

ALS is almost always fatal. Fifty percent of ALS patients die within 18 months. There are rare cases where the disease progression plateaus or stops. There are a few cases of people reporting a reversal of symptoms.

In California, Todd met just such a woman — Judy Johnson.

"Her grandmother, mother and sister all died of ALS," said Todd. "She was diagnosed with it, and she beat it."



POST PHOTO/ELIZABETH ANDERSON

Todd Van Bodegon-Smith, right, is battling Lou Gehrig's disease with help and support from his brother Kai, left. Todd will travel to China next month to take part in alternative Chinese medical practices in Todd's effort to beat the ailment.

Todd intends to beat it also. "Judy asked me, 'What is this (disease) about for you? Are you willing to do the work, the personal work, for yourself, to beat the disease?'" Todd said. "I honestly believe in my heart that I am moving away from it."

He will make part of his journey to be healed with his younger brother, Kai Van Bodegon-Smith, half way around the world to China.

Kai has been working in China for

the last two years, teaching English to children and studying Chinese medicine in his own quest for answers to the questions Western medicine cannot answer.

"There aren't any coincidences," said Todd. "Everything happens for a reason. I don't think there is any doubt that Kai was over in China finding out about Chinese medicine to help me."

His brother's ALS diagnosis had left

Kai feeling frustrated and helpless because he did not know enough to help him. It took Kai a year to find a Chinese doctor practicing the traditional Chinese medicine he had been looking for.

"I was thinking to myself that I needed to learn as fast as I could," said Kai. "I became more and more motivated to study." While on a holiday he told a friend about his search.

See BEATING ALS, pg 8

L-L High School will make Sept. 3 deadline

By ELIZABETH ANDERSON
Post Correspondent

LEHMAN TWP. — The Lake-Lehman High School will be open as scheduled for the first day of school, September 3. The athletic field will be completed by Saturday, Aug. 31.

District Superintendent Robert Roberts said he did a walk-through of the building with the architect, Douglas Trumbower, Friday and "all of the existing high school with the exception of the renovation to the art room is completed." Work will continue on the new portion of the high school.

Roberts said some materials did not arrive on time, forcing priorities on the construction/renovation project to switch from the new portion of the building to completing the existing structure. The freshman hall and the main hall of the old building are completed, as are a couple of rooms in the new construction area. The library will not be ready until the end of September due to furniture delays.

"There will be minor inconveniences as you might expect," added Roberts. "But we will be ready to go."

"That is a big worry off me and it saves considerably on the price of Tums that I have been eating by the handful lately."

See L-L HIGH SCHOOL, pg 8

New Lake-Lehman busing scheme separates students by age

There will be new starting times for some of the schools in the Lake-Lehman School District this school year. The high school and middle school will continue to start at 8 a.m. Lehman-Jackson and Lake-Noxen elementary schools will be starting at 8:25 a.m. with a half hour later starting time at of 9:05 a.m. for Ross Elementary. Dismissal times will remain the same as last year.

Common planning time for the elementary teachers will be instituted at all three elementary schools due to the success of a three-year pilot program at Lake-Noxen. Teachers at Lehman-Jackson and Lake-Noxen will arrive at 7:45 a.m. to do their planning with school starting at 8:25 a.m. Teachers at Ross Elementary will begin their day at 8:30 a.m. and the doors will open to students at 9:05 a.m.

Buses will pick up and deliver students to Lehman-Jackson and Lake-Noxen elementary schools and then do a double service run through the Sweet Valley area to pick up Ross students at later times.

A dual busing system has been instituted by the district separating the elementary school children from the older students, with the exception of the sixth graders. Sixth graders and junior and senior high school students will ride the same buses. Elementary students will have their own buses.

With the completion of the Ross Elementary School construction project, about 70 students will be transferred from one elementary school to another, with 43 students being transferred from Lehman-Jackson to Ross.

by Elizabeth Anderson

On principle, supervisors send back \$8 bills to county assessor

By ELIZABETH ANDERSON
Post Correspondent

LEHMAN TWP. — Lehman Township supervisors decided at Monday night's meeting to refuse to pay two bills of \$8 each submitted to the township by the Luzerne County Board of Assessors. The assessor's office wants to split the cost of property tax reassessments between the county, school district and municipalities.

"Lehman Township has nothing to do with the assessment value of the property. We have nothing to do with hearing someone's appeal with the assessment of the property," explained Chairman David Sutton. "Unless somebody opposes it, my recommendation would be to not pay this bill." The other supervisors agreed, calling the billing arbitrary, and the motion was passed.

In an effort to reduce the incident of traffic accidents, Lehman Township will install and test "Briteside" reflective panels to stop signs at two

intersections in the township at Mountainview Road and Old Route 115 and Mountainview Road and Market Street. Serious accidents have occurred at the intersections in the past.

Rumble strips to keep people from wandering across the centerline were recently set into the center of a nine-mile stretch of Route 118 between Lehman and Red Rock in Luzerne County as part of a state Department of Transportation (PennDOT) safety project.

State Rep. George C. Hasay (R-117) met with local officials and PennDOT representatives at the Lehman Township municipal building in May of this year, announcing a public service road safety campaign where he proposed the rumble strips.

The Lake Silkworth Protective Association received a Growing Greener grant for \$15,852 for the outlet bank restoration. It will be used to

See LEHMAN, pg 3

Vodzak presented William W. Kubis Award

Rebecca Vodzak, an eighth grade student at the Dallas Middle School, was recently presented the William W. Kubis Award at a recent assembly.

The award is presented annually to the Dallas Middle School student who exemplifies a positive attitude toward the responsibilities inherent in being a good student and citizen.

Rebecca is the daughter of John and Ann Vodzak of Dallas.



INDEX

16 Pages, 2 Sections
Calendar.....16
Classified.....13-15
Crossword.....10
Editorials.....4
Obituaries.....2
School.....5-7
Sports.....9-10

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