

# The DALLAS POST

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SUBMITTED PHOTO

Dr. Mary Walters, a chiropractor and Dallas resident, uses a handheld device to perform veterinary orthopedic manipulation on a dog. During VOM, a person works the small, handheld device down an animal's spine to locate areas of miscommunication. If a problem area is encountered, a knee-jerk response is produced from the spine. The same instrument is used to correct the problem by putting energy into the affected area.

## She helps animals get on their feet

By REBECCA BRIA  
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With the use of a simple handheld device, many animals have regained their ability to go for walks and chase the mail carrier.

Utilized through a process called veterinary orthopedic manipulation (VOM), the device is a healing technology that locates areas of the animal's nervous system that have fallen out of proper communication. Founded by veterinarian Dr. William Inman in the 1980s, VOM has caught on as an alternative form of medicine to help animals with changes in their spine.

Dr. Mary Walters, a chiropractor and Dallas resident, practices VOM.

Walters, 49, heard of VOM a few years ago in an article in one of the journals she receives at her chiropractic office in Forty Fort. As an avid animal lover, she took an interest in VOM and enrolled in a four-day training course in Philadelphia. Walters spent three days learning information in a classroom-like setting at a hotel. On the final day, she completed hands-on clinical training on horses at stables.

"It's just rewarding to see any animal that wasn't able to take walks or move around very well and see them make a complete change and run in their yard again and go for walks and be happy like they're supposed to be," Walters said.

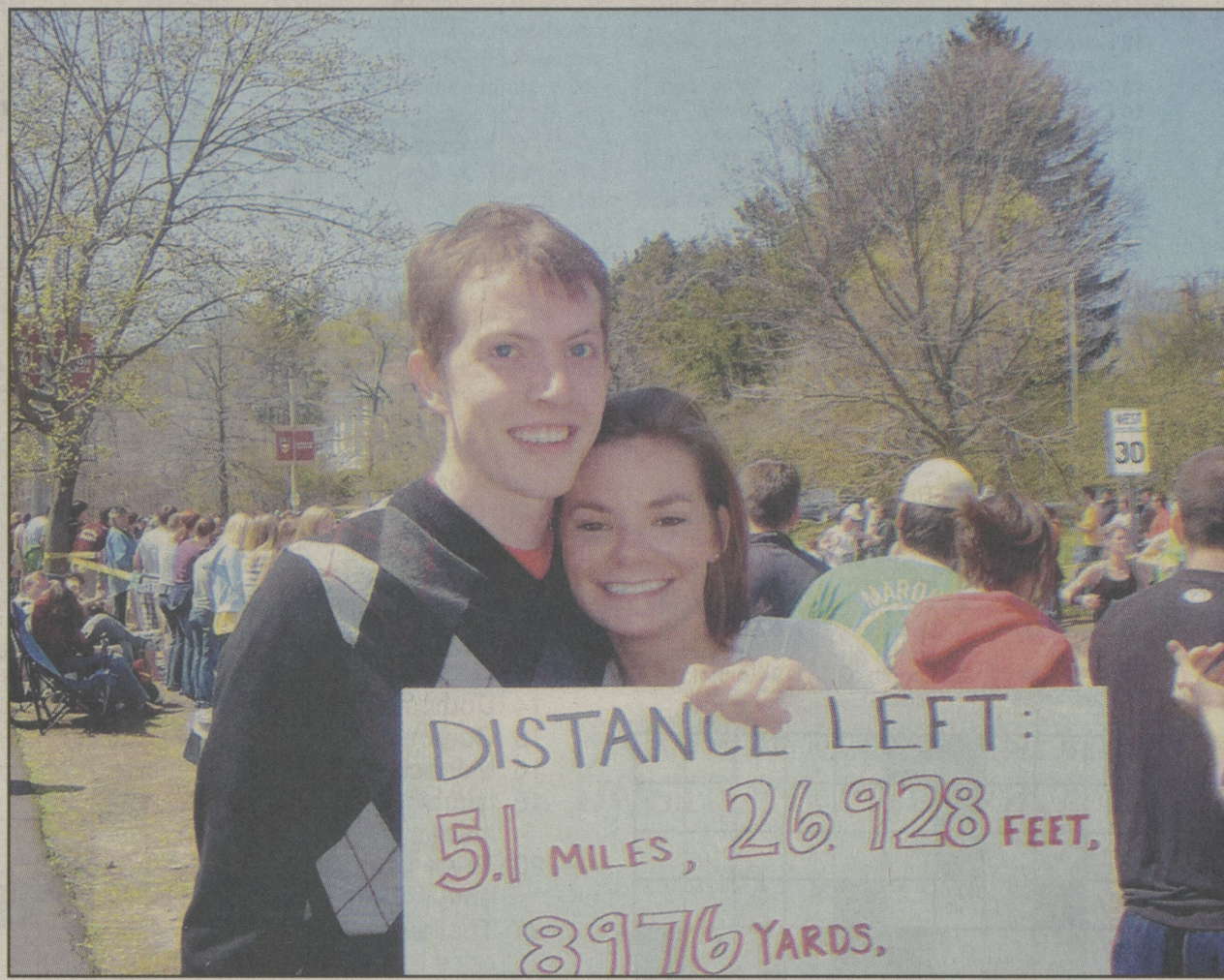
During VOM, a person works the small, handheld device down an animal's spine to locate areas of miscommunication. If a problem area is encountered, a knee-jerk response is produced from the spine. The same instrument is used to correct the problem by putting energy into the affected area.

Walters says the device is employed because it is quicker than human hands and painless to animals. She has even used it on her own dogs, Petunia and Olive.

VOM can be used on all types of animals with a spine. It routinely treats conditions such as arthritis, progressive lameness, Wobbler's Disease, hip dysplasia, disc disease, performance and behavioral problems and even organ dysfunctions.

Walters works primarily with dogs and has seen many Labradors because they often have hip and shoulder troubles. She has never encountered

See ANIMALS, Page 9



SUBMITTED PHOTO

Patrick McMahon, left, and Allison Boris show off a sign at the 2008 Boston Marathon. The two, who are 2005 Lake-Lehman graduates, watched the event from the Boston College campus and made signs for friends who were participating. McMahon and Boris will run in this year's marathon to raise money for charitable organizations.

## Charity runners

### Duo will run Boston Marathon to support causes

By REBECCA BRIA  
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#### TO DONATE:

To donate to support Boris or McMahon and the charities they represent: Boris - Boston College Marathon Team (Allison Boris), Lynch School of Education, Campion Hall, Room 297, 140 Commonwealth Ave., Chestnut Hill, MA 02467  
McMahon - [www.firstgiving.com/mc-marathon4gokids](http://www.firstgiving.com/mc-marathon4gokids)

When Allison Boris and Patrick McMahon watched the 2008 Boston Marathon from the campus of Boston College, the two knew it was something they wanted to do.

Boris and McMahon will each be running in the 113th annual Boston Marathon on April 20 to raise money for separate charitable organizations in the Boston area. The 26-mile Boston Marathon is the world's oldest annual marathon.

The friends are both 2005 graduates of Lake-Lehman Junior/Senior High School and attend college in Boston. They originally met at a young age because their fathers knew one another through dentistry.

"Last year was the first time I had been in Boston for the marathon, and I couldn't sit still because it was so exciting and inspiring," Boris said. "I think Pat and I both realized that afternoon that we couldn't just stand on the sidelines and watch again without proving to ourselves that we could do it, too."

Boris and McMahon gained automatic entry into the marathon, without qualifying for a minimum time de-

termined by age, through the charity program of the Boston Athletic Association. The association grants 15 waivers for runners in the Boston Marathon to a limited number of charitable organizations in the Boston area. Charity runners must be able to complete the marathon within six hours and raise \$3,000 for their charity.

"I think it would have been pretty difficult to qualify," McMahon said. "I think this is one of my only options to run the Boston Marathon while I'm here at school."

The son of Martin and Tamera McMahon, of Lehman Township, McMahon, 21, is a fourth-year student in the five-year chemical engineering program at Northeastern University in Boston. Although he lettered in cross country, soccer, basketball and volley-

ball in high school, McMahon has never run a marathon.

McMahon is running on the GoKids of the University of Massachusetts at Boston team. Go Kids is a state-of-the-art youth fitness research and training facility. Established in 2007 with the collaboration of Children's Hospital Boston, Go Kids Boston provides children with "personalized instruction and support to become more physically active, improve fitness, eat nutritiously and gain self-confidence."

"I actually hadn't heard of the organization before I started looking for the organizations online," McMahon said. "I know child obesity and less than ideal health conditions are in children, so I figured it would be good to help an organization that would help kids become more healthy and active."

A 21-year-old senior human services major at Boston College, Boris is the daughter of Susan Boris, of Shavertown, and the late Dr. Frank "Buddy" Boris. At Lake-Lehman, she was a member of the field hockey, swim and track teams and also played field hockey in college. But like McMahon, she has never run a marathon.

Boris is no stranger to charity work. She and her fellow teammates on the

See RUNNERS, Page 9

## ASH WEDNESDAY OBSERVED



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Michael Gatusky, a sixth-grader at Gate of Heaven School in Dallas, receives ashes from Fr. Kevin Mulhern, pastor, as Christians in the Back Mountain begin the 40-day season of Lent.

## Polar Plunge set for March 21

The fifth annual Polar Bear Plunge will be held at noon on Saturday, March 21, at Garrity's Reality, Pole 89, at Harveys Lake. Participants run into the water from the shore, dunk their heads underwater or take a quick swim and run back to dry land.

Started in 2005, the Polar Bear Plunge was the idea of Lake-Lehman Junior/Senior High School swim team coach Maureen Devine. Alumna swimmer Allison Boris and her teammates collaborated and decided to raise money for the American Cancer Society in tribute to Boris' father, an area dentist who died from colon cancer in 2003.

Each year since 2006, the plunge has been put on as a senior project by several Lake-Lehman students.

A minimum donation of \$10 is required to participate. Participants under 18 must have a parent or guardian present at the event.



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Caitlyn Bodart swims and wins the 100 IM in a recent Dallas Mountaineers Aquatics Club event.

## Use of DMS pool is now available to all

By REBECCA BRIA  
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Swimming may be the last thing on many people's minds during the bitter cold and snowy weather. But anyone can enjoy indoor swimming year-round in a heated pool at the Dallas Middle School Natatorium.

Formerly restricted to Dallas School District residents, public swim and aquatic programs at the pool have recently been opened to everyone in the general public to attract greater use of the facility. The public may access the pool to engage in indoor lap and recreational swimming for a daily fee of \$2 per person during open swim times.

"It is truly a jewel of a facility," said Matt Stretanski, pool manager and an eighth-grade social studies teacher at the middle school. "It is the only 'stretch pool' (with a moveable bulkhead) in this area."

No one under 18 years of age is admitted into the pool without a parent or guardian, who must stay with his or her child at all times. Public swim is canceled on vacation days for the school district, with the exception of summer vacation.

Pool rules are based on Pennsylvania health codes and recommended American Red Cross pool safety guidelines, which are posted throughout the pool area. Lifeguards are on duty and enforce pool rules during open swim hours and all other programming.

Winter hours for public swim are 8 to 9 p.m. on Monday and Wednesday, 6 to 8 p.m. on Friday and 2 to 5 p.m. on Sunday.

"Our Sunday afternoon open swim is the biggest and has increased in popularity during the new year," said Stretanski, who also served as the Dallas High School swim coach for 14 years until the 2008-09 season. "We have between 20 and 40 swimmers during the 2 to 5 p.m. open swim. I added a second lifeguard due to the number of people we had attending."

The Dallas Middle School Natatorium opened after a renovation of the school in 2002. The pool was closed last summer due to a re-tiling project.

"When the pool was constructed, the walls were not prepared properly to hold the 11 feet of tile that circles the pool deck," Stretanski said. "There were sections of tile that were falling off the walls. The renovation included removing all the tiles from the wall and starting over."

The Dallas School District physical education and wellness curriculum runs advanced learn-to-swim and water safety programs for district residents during the school year. A spring water polo clinic will be held from 3:15 p.m. to 4:45 p.m. on Mondays, Tuesdays and Thursdays from March 16 to April 2 at the Dallas Middle School Natatorium. All students in grades six through 12 are eligible to participate.

The clinic will teach students the fundamentals of water polo. They will take part in drills, learn the United States Water Polo rules and play scrimmage with players of equal ability. The cost is \$45 per participant.

A competitive swimming clinic will be offered from April 6 through April 30 at the pool. Final details are still being worked out and will be available soon. Summer swimming les-

See POOL, Page 9

