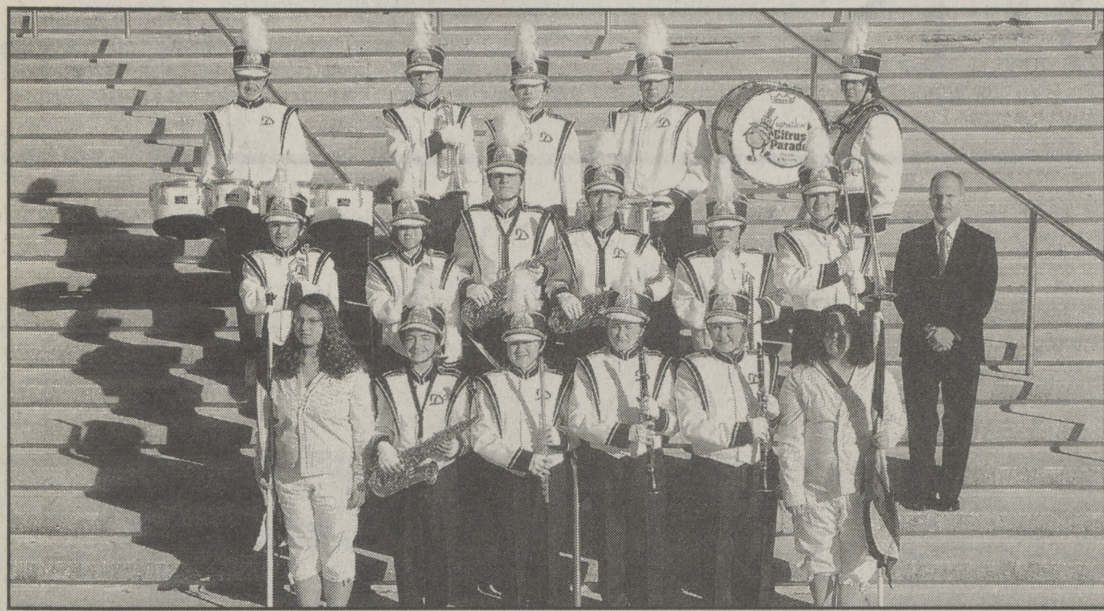


DHS MARCHING BAND PERFORMS AT CITRUS BOWL



The Dallas High School Marching Band participated in the Citrus Bowl Parade in Orlando, Florida as well as in the Macy's Parade at Universal Studios during this year's New Year celebrations. Students performed under the direction of Band Director David Smith and Drum Majors Kevin Barry and Hillary Hoover. As they marched, they played the new Dallas Fight Song which shares the melody of the Penn State Fight Song. Watch for the next local performance of the Dallas Marching Band in the Memorial Day Parade in Dallas on Monday, May 25. Members of the band who made the trip to Florida are, from left, first row, Amanda Mikolaitis, Jamie Wise, Jennifer Merithew, Grace Carolan, Jodi Hilstolsky and Ashlyn Van Deutsch. Second row, David Sebolka, Bernie Bronsberg, Kevin Barry, Hillary Hoover, Sal Polit-Moran, Andrew Arnoldi and Band Director David Smith. Third row, Brian Wise, Bryan Biesecker, Michael Mazula, Kevin Hunter and James Schwemmer.

ANIMALS

Continued from Page 1

tered an animal that was resistant to the treatment.

"I haven't come across a problem yet," Walters said. "It's almost like they sense it's something good for them. I warm up to them first. I get them to be familiar with me."

In one instance, a dog that could no longer walk was brought to her as a last resort before putting it down.

"Fortunately, this technology was successful with the animal and the animal has full function of its back legs after several treatments," Walters said. "That's where it's nice because if a dog can't walk, they may have to compromise the dog."

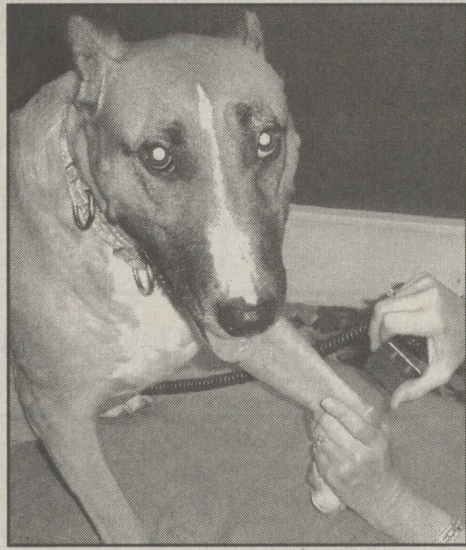
In addition to treating ailments, VOM is also used as a preventative measure to find and eradicate conditions before an animal has symptoms. According to Walters, 60 percent of a dog's nervous system can be knocked out before any clinical signs of weakness are shown.

"This technology can pick up a problem before the dog can show you it's not functioning 100 percent," Walters said. "We want to get to the animal and help before symptoms show up."

Two other techniques may be used in VOM. They are the cold laser technique, which heats at the cellular level, and myofascial treatment, which works into the muscular level to treat scar tissue or injury.

VOM isn't exactly chiropractic care for animals.

"It has similarities to some of the chiropractic modalities and functions by restoring function



SUBMITTED PHOTO

Dr. Mary Walters, a chiropractor and Dallas resident, performs veterinary orthopedic manipulation on a dog. 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.

by reducing 'subluxations' as is done in chiropractic care," says the International Association of Veterinary Chiropractors and the American Animal Adjusting Association's Web site. It uses a hand-held device that is used in a popular human chiropractic technique called 'Activator Methods' but it is not to be confused

with that technique. The differences between VOM and chiropractic care are significant and distinct."

Walters practices VOM in conjunction with a veterinary affiliate. She offers VOM at Valley Dog in Courtdale and also in veterinarians' offices. The cost of a treatment averages about \$50.

RUNNERS

Continued from Page 1

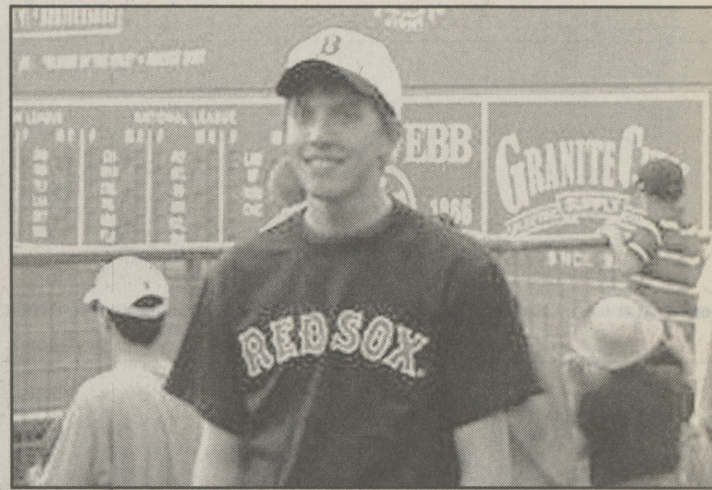
Lake-Lehman swim team founded the annual Polar Bear Plunge at Harveys Lake in 2005 to raise funds for the American Cancer Society in memory of her father.

In April, Boris will be running as part of the Campus School Volunteer Marathon Team at Boston College. The Boston College Campus educates learners ages 3 to 21 with multiple disabilities, including complex healthcare needs.

"The Campus School is located in a building where I have classes, and every day I see kids being brought to school in special vans, or being taken for strolls in their wheelchairs by students who are education majors," Boris said. "When I learned that lots of Boston College students run the marathon in order to raise funds and spread awareness, I thought that it would be a great opportunity to help these students and their families."

Though training is physically exhausting, McMahon says finding the time to train is more difficult than actually doing it. McMahon puts in three short runs during the week, a paced run on Saturday and a longer run on Sunday. He also participates in a long run with his GoKids Boston team every few weeks.

Most recently, McMahon ran the last 17 miles in the Children's Hospital Boston Marathon to prepare. He is tracking his run-



SUBMITTED TEXT

Patrick McMahon finds it harder to find time to train than it is to actually do the training required for the Boston Marathon.

ning progress on a blog at <http://mc-marathon4go-kids.blogspot.com/>.

Boris got into the routine of running again last September, but she began to seriously train over winter break in December and January and follows the Campus School Marathon Team's training schedule. She runs five days a week, with one long team run on Sunday. She also cross-trains one day a week and does yoga at least once a week to prevent overly sore muscles.

"Often times it has been difficult to fit in runs every day with class and work schedules, and I've found myself frustrated or exhausted trying to fit it all in," Boris said. "While it is sometimes challenging to get motivated to run for two or so hours in cold weather, I find that just being on Boston College's campus

and witnessing Campus School students is enough of an inspiration for me to get my running shoes on."

So far, McMahon has raised just under \$800. Boris' team has to raise \$3,000 collectively, so she is not as concerned with producing funds as she is with bringing awareness to the Campus School. Boris' team and McMahon have until race day to come up with \$3,000 for the charities they represent.

Even after the marathon is over, Boris and McMahon want to continue to be dedicated to their causes. Boris hopes to learn more about the Campus School at Boston College and other ways she can help. McMahon plans to take part in GoKids24, a 24-hour sports and entertainment festival set for May 16 and 17 to benefit GoKids Boston.

POOL

Continued from Page 1

sons will also be offered from June 22 to July 17.

In addition, lifeguard training and water safety instructor training courses are slated in the upcoming months.

Two other programs are held at the pool during the fall and winter. The Mountaineer

Diving Team, an Amateur Athletic Union (AAU) Program, also practices and competes at the pool. The program was founded five years ago and continues to be run by Dallas High School diving coach Kim Kuzma.

The Dallas Mountaineers Aquatic Club (DMAC) also uses the pool. The team is part of the Northeast Pennsylvania Age Group Swim League made up of 14 teams of

co-ed swimmers ages five through 14.

Detailed information about aquatic programming can be found on the Dallas School District Web site under the aquatics programs tab. For more information about aquatic programs offered at the Dallas Middle School Natatorium, contact Matthew Stretanski at Dallas Middle School at 674-7243 or at mstretanski@dallasd.com.

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