

Chiropractor sets up shop in BMT

By CHARLOTTE BARTIZEK
Dallas Post Correspondent

Back Mountain residents and their aching backs now have a new chiropractic service to visit.

A young practitioner, Dr. Bill Albert, and his wife, Christi (formerly Boughton), have purchased a building on Route 309 in Dallas and opened a practice they call "SpineWorks." Christi serves as the office manager with help from the couple's friendly chocolate Labrador Retriever, "Moose."

Most area residents will remember the building, a small white house with a green sign going north towards Tunkhannock past the Dallas Shopping Center, as the former office of another chiropractor, Dr. John Alaimo, who has retired.

Techniques offered at SpineWorks go beyond traditional methods and use mirror imaging and traction devices to make spinal adjustments.

"We look at posture use x-rays at intervals and we do it all in-house," said Dr. Albert.

But, Dr. Albert says, "I do something a little different. I use overhead units for neck rebuilding and reshaping and I use a Berry lateral translation table. It's an advanced approach to the chiropractic art with predictable results," he said.

Dr. Albert likens his approach to "orthodontics for the spine" and guesses that a person would have to travel far out of the area to receive these advanced techniques.

"Once we align the spine, we get really good outcomes," Dr. Albert bubbles. He mentions the historic story of Dr. D.D. Palmer who, while adjusting the spine of a deaf Ohio farmer, surprised even himself



Dr. Bill Albert demonstrates the use of a spinal manipulation machine on his wife Cristie.

CHARLOTTE BARTIZEK/FOR THE DALLAS POST

when the man's hearing was restored. Dr. Albert admits to having seen some spectacular results.

While treating a young man diagnosed with ADHD, Dr. Albert noticed that a spinal alignment seemed to help the boy's spine as well as his disposition and grades.

Dr. Albert learned much of his technique as a graduate of the New York Chiropractic College in Seneca Falls, New York. He is licensed in Pennsylvania and Virginia where he worked prior to settling

in the Back Mountain.

Originally from Susquehanna County, the Alberts met at a summer school history class at Luzerne County Community College. He proposed; she accepted and the couple married. Attracted to the Back Mountain community, the couple is eager to become more involved with the community.

"It's the kind of place we want to live in now that we're all grown-up," Dr. Albert said.



Some of the Joan Harris Dancers from the Back Mountain communities who will appear in next week's production of 'Puss in Boots' are, from left, first row, Abrianna Tolomello, Dallas; Rebecca Schnabel, Dallas; Katelyn Reinert, Trucksville; Mary Gittens, Dallas; and Anna James, Shavertown. Second row, Aubrielle Smith Dallas; Gianna De Graba, Dallas; Kristen Justice, Dallas; Erin Gittens, Dallas; Amber Kinney, New Albany; Gabrielle Evans, Harveys Lake; Rebecca Kahn, Shavertown; and Kelsie Hall, Dallas.

200 ballerinas from the Back Mountain hit the stage

Nearly 200 ballerinas from the Back Mountain communities will join dancers from across the region in the Joan Harris Centre's 26th annual spring ballet.

"La Chat Boote," more commonly known as "Puss in Boots," will be staged by the Joan Harris Dancers on Saturday, April 18, and Sunday, April 19, at Meyers High School auditorium in Wilkes-Barre.

Back Mountain residents again will play prominent parts in the Harris Centre's production. Elisabeth Harris of Dallas directs "Puss in Boots." Dancing

the lead role of the Princess will be Katelyn Reinert, of Trucksville, while one of her companions will be played by Gabby Evans, of Harveys Lake, and the part of The Lady in Waiting will be portrayed by Kristen Justice, of Dallas.

"Puss in Boots" opens with three brothers receiving an inheritance from their father. One son is given the family mill, another the family cow and the third son receives only a cat named Puss, but what a cat it is! Before the story is over, Puss has introduced its owner to a prin-

cess, outwitted the horrific ogre who wants to devour the princess and her companions, captures a palace for Jean and reunites the two lovers. As with most fairy tales, everyone lives happily ever after.

"Puss in Boots" will be performed at 1 and 5 p.m. on Saturday, April 18, and at 2 p.m. on Sunday, April 19. Tickets for the ballet are \$11 in advance and can be purchased at the Harris Conservatory for the Arts in Luzerne. For more information, call 287-7977.

Adventure Family Trips of Dallas holds grand opening event

Kate and Daylene Burnside announce the grand opening of Adventure Family Trips, a web-based travel agency.

Adventure Family Trips is based in Dallas and provides a new specialty online adventure and tour travel agency that focuses on families traveling with children. Destinations featured on the site are in the Northeastern Pennsylvania, New York and West Virginia Regions and packages can be tailored to include a variety of activities and needs.

A vacation specialist will be available from 9 a.m. to 6 p.m. Monday through Friday by calling toll-free at 1-888-267-4725. For questions outside daily operating hours, a vacation specialist is available 24/7 at kate@adventurefam-



Attending the grand opening of Adventure Family are, from left, Todd Vonderheid, president/CEO, Wilkes-Barre Chamber of Commerce; Scott Burnside, Daylene Burnside, vice president, Adventure Family Trips; Kate Burnside, president, Adventure Family Trips; John L. Augustine III, Senior Director of Economic and Entrepreneurial Development, Wilkes Barre Chamber of Commerce; Carol Sweeney, Representative Boback's office; and Ruth Hughes, director, Wilkes University SBDC.

lytrips.com and also through the company's Web site, www.adventurefamilytrip.com

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