

## Get Moving

MONTROSE (Susquehanna Co.)—If you are like many folks this time of year (myself included) you may be finding it more difficult to get moving. It's no secret that it's beneficial to be physically fit.

When you are fit you look and feel your best. You have the strength, flexibility, and endurance you need for daily activities.

Balancing work, family life, and leading a healthy lifestyle can be challenging. In addition to fitting all of your responsibilities into the day, it's important to eat nutritious, tasty meals, and to include regular physical activity to help you look and feel your best.

If you are already moving regularly, don't stop. If you do not currently exercise, become more active by just moving

more. When you increase your physical activity level or exercise, you gain muscle. Muscle uses more calories than fat tissue, but takes up less space. Also, your leaner body uses extra energy both while you are exercising and for 24 hours afterwards.

As you gain muscle and lose fat you may begin wearing a smaller size, eat more and stay at the same weight or eat the same amount and lose weight. Fitness has other health benefits, too. Exercise aids sleeping, helps to keep blood pressure and stress under control, and promotes emotional well-being. Folks who exercise regularly reduce their risk of heart disease, diabetes, and osteoporosis.

So . . . What are you waiting for? Let's get moving!

Please start slowly and listen

to your body. Don't be an all or nothing person. Start with 10 minutes of walking or using a piece of equipment, when it gets easier increase your time. If you start exercising too fast or too hard and you don't pay attention to your body's signals you will talk yourself into not exercising anymore. If you have not been exercising, talk to your physician before you begin any new exercise program.

Make sure you choose an exercise/activity that you enjoy. Find a friend to do it with. It's harder to back out when you know someone is depending on you. This will also keep you motivated. If you miss a day or two don't punish yourself. Get back to your routine as quickly as possible. It is also important to include a variety of activities when you exercise. Exercises

such as weight-lifting, leg lifts, abdominal crunches, and push ups are examples of weight bearing exercise and increase the strength of muscles, bones, and joints. Aerobic exercises such as brisk walking, jogging, cycling, or swimming increase your endurance.

Don't try to exercise on an empty stomach. If you have not eaten for several hours, you will soon run out of energy and feel lethargic. Eat something high in carbohydrates within two hours before your exercise. Just half a

bagel, a handful of pretzels, a piece of fruit, or a carton of non-fat yogurt is enough to help you perform at your best.

Remember to drink plenty of water or other fluids before, during, and after exercise. Always remember to stretch before and after exercising to increase flexibility, reduce stiffness, and lessen your chance of injury. It is important to set realistic goals. Pick activities you enjoy. If you get bored, try something else, but keep moving!!

## Spring Craft Show

RUTGERS, N.J.—The Seventh Annual Breath of Spring Craft Show is being held on March 18, from 10:00 a.m. to 4:00 p.m. at the Hunterdon County Extension Center on route 31 north of Flemington. Admission is \$1.

This show is made up of

excellent crafters with hand made crafts: wood carvings, weaving, folk art, American Girl Doll clothes, dried herbs and flora, jewelry, Easter items and much more.

Make it a family day! There will be crafts for children to make and a visit from the Easter Bunny. Also available will be a variety of spring plants, baked goods, and a lunch menu. Hope to see you on Saturday, March 18. This event benefits the N.J. State 4-H Association.

## You Ask, You Answer

(Continued from Page B16)

**ANSWER** — G. Sweitzer, Airville, wanted information on converting five to ten horsepower gasoline engines to run on kerosene instead of gasoline. Thanks to Joseph Fisher for writing that his father had a McCormick Deering five horsepower that had a small cup for gas. As the engine warmed up, he slowly switched from gas to kerosene or used only gas. Either way, no changes were needed.

**ANSWER** — A reader wanted to know if the cross stitch store, Stitch in Time, which had been at Brickerville, had moved elsewhere or if it went out of business? Thanks to D.M. Weiss and several others for writing that the shop went out of business.

**ANSWER** — Mr. Serventi has a coal stove Lennox Furnace Co., Equator #QC 65/Q065. The center shaker is broken, and Serventi wanted to know where he can purchase either a new or old replacement part. Thanks to Richard Herring Sr., for writing that several dealers are located in the West Chester area: Wesley G. Wood Inc., West Chester, PA. Call (610) 431-2626 or (610) 692-5252.

**ANSWER** — Joyce Gable, York, wanted to buy a cannister set in the folk art pattern by Pfaltzgraff. Thanks to Annie S. Kauffman who writes that she has one to sell. Write to her at 1624 Cambridge Rd., Honey Brook, PA 19344.

**ANSWER** — W.V. Haagen wanted the words to the following song. Thanks to Pauline Sensenig, Gladys S. Martin, Ephrata; Meg Bush, Elmira, N.Y.; Roger Garber, Chambersburg; Amanda King, Churchtown; Moses Renno, and others for sending similar versions.

### Bill Grogan's Goat

There was a man. Now please take note, There was a man, who had a goat. He loved that goat. Indeed he did. He loved that goat just like a kid.

One day that goat felt frisk and fine, ate three red shirts, right off the line. The man, he grabbed him by the back and tied him to a railroad track. Now, when that train hove into sight, that goat grew pale and green with fright. He heaved a sigh, as if in pain, coughed up those shirts, and flagged the train.

### William Halls Goat

There was a man named William Hall, he brought a goat way back last fall.

He did not buy this goat for fun, he bought it for his little son.

One day this goat, so big and fine, spotted a red shirt on the clothesline.

He rolled the shirt in a cherry ball, swallowed the red shirt, clothesline and all.

Now Mr. Goat, you're not so shy. This very day, you'll have to die.

He took him down on his little back.

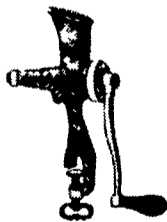
When Billy heard the whistle blow, he thought of times of long ago. With tears in his eyes, like a shower of rain, he coughed up the red shirt, and flagged down the train.

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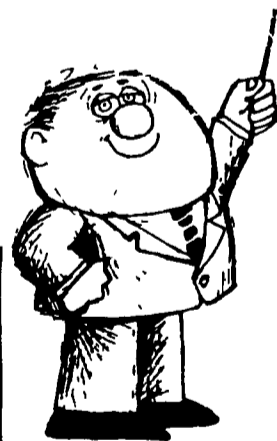


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