

# Sports



## Club recognized

The Lake-Lehman School Board recognized the Lehman Lions Mini-Football Club at its November meeting for posting an outstanding season of eight wins and 0 losses, scoring 176 points against the opposition, while allowing only 12 points to be scored against them. This record won for the Lehman Lions the Suburban League Championship and the Superbowl victory. Pictured above are members of the team, cheerleaders, coaches, advisors, and school officials.



## Trophy awarded

Head Coach, Mike Annetta, of the Lehman Lions Mini-Football Club presents the Suburban Football League Championship Trophy to Mr. John J. Oliver, Principal of the Lake-Lehman Junior High School. Although the Lehman Lions are a community group, most of the players and cheerleaders attend Lake-Lehman Junior High School.

## Typographical error proves misleading

In the story about the Dallas High school field published in the Nov. 21 issue of the Dallas Post, a phrase in the next to last paragraph was incorrect due to a computer error. The sentence should have read "The sodding was not done recently but in 1976 or 1977 by Dallas Nursery and Landscaping." Former Dallas Coach Jack Jones verified this dating, stating that he was coaching at the time the field was sodded and in excellent condition.

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## STRIKES AND SPARES

The Pintos shut out Aries in the Iдетown Compact League despite D. Doty rolling 523 for the losing team. Corvettes took three from the Camaros while the Firebirds were picking up three from the Citations. J. Thomas knocked down pins for 513 to lead the Capris by three points from the LaBarons.

In the Back Mt. Church League Carverton A took all from Carverton B with C. Remley's 510 high series for both teams. Dallas A blanked the Orange men while Shavertown A copped three from Shavertown B whose B. Walko hit the pins for 529 and C. Kazokas rolled 514. Maple Grove lost three to Trucksville B whose E. Higgins set the pace with 537. Trucksville C divided evenly with East Dallas. Trucksville's C. Cobleigh scattered pins for 202-200 (543) and East Dallas had R. Witkoski's 534.

L. Isaacs scattered pins for 534 to lead Stymioe to four points from Spanky in the Our Gang League. Spanky's M. Grossman toppled pins for 185. Waldo shut out Darla and L. Cooper's 520 led Alfalfa to three points from Wheeler. D. Jenkins 543

was high for the losing five. B. Grieves 222 aided Porky in taking three from Buckwheat whose E. Dingle rolled 518.

In the Bowlerette League Brent Long lost three to the Hoagie Bar and C. Badman's 189-185-188 (562) sparked Tom Reese girls three point win over Franklins.

Jean Shop set back Mahaffey Oil in the Imperiale League by taking four points led by D. Garnett's 170-174 (494) and M. Neifert's 188 (473). J. Mekeel rolled 183 (492) to lead Hoof 'N Paw to three points from Humphrey's Apparel, whose I. Katyl hit 171 (481). Lombardo Bakery picked up three from Scavone Motors aided by J. Clark's 183 (475).

In the Bonomo Major League Sweet Valley Outfitters blanked Brown's Oil paced by Glen Mazer's 579 and R. Bonomo, Jr.'s 552. B. Varner added 520. J. Roan knocked down pins for 560 for the oil men. Charlies All Stars picked up three from the Hambos sparked by K. Spencer's 548. F. Cornell rolled 536. K. Orkwis hit 527 and C. Williams gave 519. R. Bennett walloped pins

fro 264 (613) for the Hambos. Beach Combers divided evenly with Back Mt. Sporting Goods and G.H. Harris split 2-2 with Bermudas. High scorers were A. Wendell 216-216 (611), H. Harris 236 (561), E. Harris 546, F. Tregan 530 and A. Smith 218.

Finos took three points from Harris Associates in the George Shupp League led by K. Youngblood and R. Bonomo who each rolled 562 series. Youngblood also hit 244. T. Shalata posted 215 (550), C. Glasser hit 530 and R. Mekeel gave 526. A. Wendel blasted the pins for 253 (627) for Harris. SCID shut out Katyl TV paced by K. Orkwis' 531. Gino's Shoe Store picked up three from Steeles Restaurant aided by G. Kazokas' 556. S. Wickard rolled 529 for Steeles.

In the Ladies Country League Gordon Insurance took three from Bonomo's Sports Center, Fashion Vending earned three from G.H. Harris Associates and Castlettes, copped three from Grotto Pizza.

High scorers were F. Allabaugh 171 (494), A. Hospodar 487, E. Shurleski 171, and C. Smith 177 (477).

## Starting a program? Follow these tips

The following physical fitness tips, provided by the President's Council on Physical Fitness and Sports, are invited to help guide the average, healthy adult in starting or maintaining a fitness program. They cover some of the basic principles required for a minimum fitness level.

### THE FIRST STEP

Most authorities recommend that individuals over age 35 who have previously been inactive, or persons suspecting a medical problem, obtain a physician's clearance before beginning a vigorous exercise program.

### THE SHAPE YOU'RE IN

Taking a fitness test is a good way to get an idea of what shape you're in when you start an exercise program, and how to gauge your progress. Standard tests exist which measure cardiorespiratory endurance, flexibility, muscle strength and endurance and body fat.

### GIVE YOURSELF GOALS

Studies show that you are more likely to stick with your exercise program if you establish specific and realistic goals and schedules. Set aside a regular time for your workouts and set goals for distance covered, games completed or exercises performed.

### THE RIGHT BALANCE

A balanced workout consists of three types of exercise: Strength (calisthenics and weight training); endurance (aerobic, running, swimming, cycling, walking briskly); and flexibility (stretching, bending, twisting). You should include all three in your program.

### USE IT OR LOSE IT

You can't hoard physical fitness. At least three balanced workouts a week are necessary to maintain a desirable level of fitness.

### THE TRIGGER EFFECT

One of the most important benefits of exercise is its positive influence on personal habits. Persons who exercise become more health conscious and are more likely to modify or eliminate practices such as smoking or over-eating.

### THE RIGHT BEAT

Exercise intensity for aerobic conditioning is measured by heart rate. A good activity level is 70 percent of your maximum heart rate, which is determined by subtracting your age from 220. Thus, the recommended exercise heart rate for a 40-year old person is 126 (220 minus 40 times 70 percent).

### THE LOWER THE BETTER

People who are physically fit generally have lower resting heart rates than those who are not which means that their hearts don't have to work as hard to pump blood. A

reduction of 10 beats per minute in a person's resting heart rate can save over 3 weeks of work for the heart over the course of a year.

### WARMING UP, COOLING DOWN

To avoid excess strain on the heart, and injury to your muscles, warm up for about 5 minutes, before working out, and cool down after exercises. Never abruptly stop exercising. The sudden stop in motion may cause lightheadedness or muscle cramping.

### BUILD UP YOUR MUSCLES

As a general rule, gains in muscle strength are made by lifting heavy weights a limited number of repetitions. Gains in muscular endurance involve lifting lighter weights numerous repetitions.

### STRONG YET FLEXIBLE

The idea that heavy muscular development inhibits movement is false. Studies show that strength training speeds up reaction time, and with stretching exercises, does not lessen flexibility.

### FAT OR MUSCLE?

Exercise does not convert fat to muscle. The right combination of exercise reduces fat tissue while building muscle tissue. Since muscle is heavier than fat, you may reduce body measurements without reducing body weight.

### OVERWEIGHT MEANS LESS EXERCISE

Recent studies show that approximately half of all overweight people don't eat any more than their leaner neighbors. However, they do get much less exercise.

### GET THE FACT OUT

Excess fat is dead weight that must be moved around by the muscles fed by the heart. Extra fat makes all activity more difficult and reduces the body's working efficiency.

### SPOT REDUCING WON'T WORK

There is no such thing as "spot-reducing" exercises that eliminate fat from selected parts of the body. Exercise of sufficient frequency, intensity and duration will reduce fat deposits throughout the body, and you'll lose the most from areas where you've gained the most.

### REPLACE THE WATER YOU LOSE

During strenuous activity in hot weather, the body may not be able to replace water as fast as it is lost. Therefore, to prevent dehydration, you should drink water before, during and after your workout.

### UNFIT FASHIONS

Never wear rubberized suits when exercising. They keep perspiration from evaporating properly and can cause body temperature to reach dangerously high levels.

### SWEATING ISN'T WEIGHT LOSS

Sauna, steam and mineral baths and other forms of "perspiration therapy" are often advertised as means of achieving fitness. While they may have some tranquilizing and relaxing effects, and can produce temporary weight loss, they have no true fitness value.

### PREVENT THE COMMON INJURIES

Most exercise injuries are to the muscles and joints. They are usually caused by insufficient warm-up, exercising too hard or too long, or by trying to do too much too soon. If such injuries do occur, try switching to swimming, which is a non-weight bearing activity.

### STARTING OVER

If you have to skip exercise temporarily because of minor illness or injury, wait until you have recovered before resuming workouts. Start at no more than two-thirds of your pre-injury exercise level and work yourself back into shape. If possible, continue exercising those parts of your body during recovery that are not injured.

### R.I.C.E.

The basic formula for treating an injury to the muscles or joints is Rest, Ice, Compression and Elevation, applied immediately after injury. In severe cases, and if pain and swelling persist, seek help from a physician.

### USE EXERCISE TO REDUCE TENSION

Exercises, such as neck movements are a good way to reduce

tension. Move head forward, back and to each side, returning head to upright position after each movement. Avoid rotating your head in complete circles since this can damage the upper spine.

### DRESS APPROPRIATELY

When exercising in cold weather wear several layers of light clothing instead of one or two heavy layers. The extra layers help trap heat, and are easy to remove if you become too warm. In hot weather, light color garments made of absorbent materials such as cotton, reflect the sun's rays and allow heat to escape.

### PROTECT YOUR LOWER BACK

Sagging abdominal muscles and lower back inflexibility often cause chronic lower back pain and stiffness. Lower back stretching exercises and abdominal strengthening exercises such as bent-knee sit-ups should be performed on a regular basis.

### DON'T BOUNCE WHEN STRETCHING

When doing flexibility exercises don't bounce. Stretch gently and slowly, for a count of ten, without feeling pain. Muscles that have been warmed up stretch easier and are less likely to be injured.

### DON'T EXERCISE AFTER EATING

Avoid strenuous exercise for two hours after eating. Both digestion and exercise place heavy demands on the circulatory system, and the double-load can tax your system.

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