

# Some ideas for those hard-to-buy-for people

By GREGG HOWARD  
Copley News Service

The holiday season could be cited as a study in contradictions.

Fitness fanatics who usually eat right and exercise regularly find themselves with an agenda full of late-night get-togethers where they guzzle gallons of eggnog and other high-calorie holiday delights.

By the time Dec. 31 rolls around, everybody's ready to toast the new year with pledged regimens of exercise, diet and general good health...at least until the next holiday season.

Both extremes of the holiday season - self indulgence and self-renewal - can come together in the gifts you choose this Christmas.

Unwrapping a healthy gift is just as much fun

as unwrapping a box of calorie-laden goodies, and your gift could benefit the recipient's overall health throughout the coming year.

Here are eight healthy gift ideas you should consider for the health-conscious loved ones on your list:

**Personalized training:** Pulse monitors have grown up and are no longer limited to simple digital readouts. With the right options, these handy devices can give athletes the expertise to transform a workout into a highly personalized fitness program. For example, Bodyguard's new wristwatch-style monitor measures the pulse with a finger or earlobe sensor via an optoelectronic pulse detection and can be programmed with an individual's maximum and minimum pulse rate.

Other options include a buzzer that can be

activated to beep in synchronization to the pulse, a pulse recovery function that automatically measures an individual's pulse three and five minutes immediately after a prolonged workout, a clock with 12- or 24-hour display, stopwatch, lap timer and check-point alarm.

**Plants:** In searching for a biological air purifier for space stations, NASA scientists have discovered the common spider plant fights indoor air pollutants like formaldehyde, nitrogen dioxide and carbon monoxide.

If you'd rather give something more exotic, several other varieties - the Chinese Evergreen, the Peace Lily and the Golden Pothos - work well. Also, consider an aloe plant; its healing salve can do more for the skin than many commercial creams.

**Pets:** Whether for companionship, fun or

therapy, pets are good for our health. Pets fill a human need - the need to love and care for another living thing. Match the pet to your loved one's lifestyle and personality and be sure to evaluate an animal's specific needs' before purchase, advises the Pet Information Bureau.

**Soothing sounds:** Would a certain name on your list sleep better at night if he or she were lulled by rolling surf, soft rainfall or a soothing waterfall? Look into sound synthesizers, like the Marsona 1200 Sound Conditioner that masks annoying noise with electronically synthesized sound.

**Rowing to fitness:** Many Americans are rowing their way to fitness because with rowing machines they can work all major muscle groups while improving cardiovascular strength.

**Valentine's**  
THANKSGIVING SPECIAL  
Free Jewelry Cleaner  
with any Jewelry Purchase

**20% to 50% OFF**  
ALL DIAMOND JEWELRY

MON. & SAT. 10-5 Route 309, Dallas, PA 18612  
SUN. 12-5 (717) 675-6945

## Special Holiday Gift Ideas



**Find Gifts For The Whole Family For Christmas**

Jeans \$10 - Up  
Cord Pants \$10  
Ladies', Men's & Kids'  
Western Dress Shirts \$10  
Down Jackets & Vests  
Woolrich Sweaters  
Jogging Pants - Acme -  
Hikers - Sneakers - Shoes  
ALL AT OUTLET PRICES!

**JEAN STORE**  
Next to Cannon Towel Outlet  
Memorial Hwy., Dallas  
Daily 10-8; Sunday 1-6 675-5069

**IMAGES . . . A HAIR SALON**  
NARROWS SHOPPING CENTER, EDWARDSVILLE  
We Want To Emphasize The New You

**Thanksgiving SALES**

**PERMS - YOUR CHOICE**  
Now 20% OFF  
**\$20** (Reg. \$25) **OR \$28** (Reg. \$35)  
Includes Cut (Longer Hair Extra)

**WASH, CUT, BLOW DRY**  
Now 15% OFF  
**\$8.50** (Reg. \$10)  
(Longer Hair Extra)  
Let Us Create Your Image

Mon., Tues., Sat. 8 - 5  
Wed., Thurs., Fri. 8 - 9 **288-4410** Or Come In

**WE WILL NOT BE UNDERSOLD LAYAWAY NOW FOR CHRISTMAS**

600 BIKES ASSEMBLED & IN STOCK TO CHOOSE FROM

LOW OVERHEAD, VOLUME BUYING MEANS SAVINGS TO YOU . . .

Don't Know What To Give Him Or Her?  
**GIFT CERTIFICATES AVAILABLE**

Check Around Then Come To  
**OLD MILL BIKE**  
For The Best Deals On Bikes, Parts, Skateboards And Accessories!  
"WE'RE THE COMPLETE BIKE SHOP"  
"WE WILL NOT BE UNDERSOLD!"  
**OLD MILL BIKE SHOP**  
1320 EXETER AVE., W. PITTSSTON  
Phone 655-4262

**Christmas Bargain Buy**

**WRAP IT UP AT NAPA**  
Popular NAPA gifts at unheard-of Bargain Buy savings

**Nylint Napa 18-Wheeler**  
Made of Steel  
**\$16.95**

Dallas Auto Parts  
558 Memorial Hwy., Dallas  
675-2143

**pre Christmas Sale**

**20% - 50% OFF**  
Entire Line Of Merchandise  
THROUGH TUESDAY, DECEMBER 2, 1986, ONLY

**Heart of Fashions**

Rt. 309 - 415 Plaza, Dallas . . . 675-8878  
Open Mon., Tues., Wed., Sat. 10-6; Thurs., Fri. 10-9  
VISA - MASTERCARD - DISCOVER CARD  
Roxanne Opalicki, Owner/Manager

**A DELECTABLE HOLIDAY GIFT...**  
World Famous  
**Sweetie Bear Cookies**  
and  
Plush Toys

MAIL ORDERS ACCEPTED

**LE CROISSANT CAFE**  
41 S. Main St., W-B; 824-5566

**NEVER BEFORE AT THIS PRICE!**

**HOLY BIBLE**  
ON 14 TAPES

**KING JAMES VERSION \$19.95**

**JOE NARDONE'S GALLERY OF SOUND**  
•Dallas Shopping Center

**THE TAN GENERATION**  
"The Tanning Salon Dedicated To Tanning Only"

**SANTA'S Gift SUGGESTION...**

**Gift Certificate**

VOID the Amount of  
Merry Christmas  
The Tan Generation  
Dallas Corners Building  
Rt. 415  
Dallas, Pa.

**INTRODUCTORY SPECIAL**  
\$40 Now thru 12/31/86  
We guarantee you'll have a tan after completing the introductory program.

**Come In For A FREE SESSION**

Dallas Corners Building; Rt. 415  
Dallas  
675-4412

**BACK MOUNTAIN VIDEO**  
HOLIDAY SPECIALS

Matinee **99¢** (Return Same Day By 5)  
Special

Fri.-Sat. **3 for \$7.50** (Return 2 Days Later Before Closing)  
Special

Fernbrook Plaza, Rt. 309, Dallas  
Mon.-Sat. 10-9  
Sun. Noon - 5  
**675-6199**

**STOCKING STUFFER SALE**

**20% OFF**  
• All Hair Brushes  
• Mousses • Gels  
• Hair Sprays  
by Sebastian & Nexxus

**JCPenney STYLING SALON**  
Wyoming Valley Mall, W.-B.  
825-5689

**Christmas Sale**

UP TO **50% OFF**  
Selected **BALLS BAGS SHOES**

**Back Mountain Bowl**  
Memorial Highway, Dallas  
675-5026  
Daily 10 - Midnight; Sun. 11 - Midnight

**CREATIVE CUSTOM FRAMING!**

**LINDEN STREET GALLERIES**  
FINE ART & FRAMING

LOWER LEVEL GAR BLDG.  
PENN AVE. & LINDEN

Indian & Western Style Merchandise

• MOCCASINS  
• Indian Woven Rugs  
• PONCHOS

Boots  
• SHIRTS  
• SLACKS  
• BLOUSES

**Indian Joe Eagle Leather Craft Shop**  
20 West Broad St. Naticoke, PA  
735-8774

• HAND CRAFTED LEATHER GOODS  
• Greeting Cards

• PICTURES  
• INDIAN BLANKETS  
• HATS

**30% OFF ON ALL**  
14-KARAT GOLD AND STERLING SILVER  
**Jewelry**  
(excluding coin jewelry)  
WITH THIS COUPON  
Expires December 15, 1986

**TOM OCHMAN**  
Coins and Jewelry

**18 CHURCH ST., DALLAS**  
(NEXT TO REA & DERRICK)  
**PHONE 675-5872**  
OPEN MON. THRU SAT. 10-4  
OPEN THURS. & FRI. EVENINGS 6:30 TO 8:30