

Ann Marie Fowler completes New York City marathon on first attempt

By CHARLOT M. DENMON
Staff Writer

Until two years ago Ann Marie Fowler seldom, if ever, gave running a second thought. Marathons were the farthest thing from her mind until her brother convinced her to go with him to New York and watch him run in that city's annual race.

Watching him and the other runners give their all to complete the run, Ann Marie became interested and decided she might try running.

"I used to watch my brother run when I went to visit him and it looked like fun but when I'd come home I would forget about it. It wasn't until I went to New York City with him and watched him complete the 26.2 mile New York Marathon that I decided to try running," Ann Marie said.

Ann Marie started running in May, 1987, and although runners usually wait two years before entering the New York run, her brother Gene, talked her into applying in 1987.

Her application was accepted but Ann Marie held it over until 1988. She did go to watch the race with her brother again in 1987. He, incidentally, has run in and finished the marathon three times.

In 1988 Ann Marie entered and achieved the goal of many marathon runners, she completed the 26.2 race finishing in five hours, 18



Ann Marie Fowler

"You compete against yourself in a marathon - whatever the distance."

Ann Marie Fowler
Marathoner

minutes and 33 seconds.

"My time wasn't the best but finishing is the achievement all marathoners try for," explained Ann Marie. "You compete against yourself in a marathon whatever the distance."

There is usually a Resolution Run after Christmas and Ann Marie said

she will probably enter in this race.

For the New York City run, she started training in the spring of 1988. She read "Schedules by a Runner" and followed its schedule set up to finish. When Ann Marie made it to 12 miles, every other Sunday she would run a longer distance and keep increasing until she reached the distance of the New York run.

While training she ran in the morning but since the marathon she has run only once or twice. When she begins serious training she will run six or seven days each week. She wants to keep up the basic plan to prepare to run in the Marine Marathon in Washington, D.C.

Ann Marie, wife of Dallas Police Chief John Fowler, is employed at J.H. Williams & Co., accounting firm in Kingston.

"I usually run alone because it is then I find time to clear my mind and get rid of stress. Once you get started to run seriously, you enjoy it and really feel good," Ann Marie said.

Ann Marie was involved in sports when in school but since then has had little interest except in softball which she and her husband play during the summer on a mixed team in a league.

"Running-try it, it's refreshing and makes one feel good," Ann Marie recommends.



Egg Nog social

Dallas Kiwanis members held their annual holiday egg nog for the 15 Kiwanis clubs of Division 14-H and all the other service clubs in the Back Mountain area last week. Hosting the event, above, first row from left; John Bossart, Charles Kishbaugh, James Marley, Clifford Parker; back row, for left, John Navich and Reese Pelton. (Photo by C.M. Denmon)

Teacher

(continued from page 1)

1988 year. Millauskas' ability and talent to motivate the students to perform at their best was recognized by the school directors, who also passed a motion to formally congratulate the Lake-Lehman Marching Band for winning the Atlantic Coast Championship, Group 11 division.

Public comment during the Lake-Lehman School Board meeting came from Dr. Mitchell Soloman, who lives in Jackson Township and has children in the Lehman-Jackson Elementary School.

"I have heard from some of the teachers during a recent open house at the elementary school that when unruly children have to be punished, less attention is paid to the other

children. Is there a limit to classroom size?" asked Soloman.

Superintendent Borchetta said that the district had to look at class size in terms of cost effectiveness, and recent research has not shown that class size interferes with academic achievement.

Borchetta added that the district has a policy under which students can be assigned to schools which are not geographically the closest for the purpose of more even distribution of class size.

The board also accepted a \$3,500 check from the Lake-Lehman Booster Club. The money will be used for a new public address system in the high school gym.

Budget

(continued from page 1)

Major expenditures in the 1989 budget include: executive \$58,300, police protection \$206,713, planning and zoning \$25,746, and highway maintenance including general services, street cleaning, snow removal, traffic signals, construction, and related items close to \$300,000.

Township will take over, fix up Pioneer Avenue

The supervisors also passed a motion to accept control of Pioneer Avenue from the Pennsylvania Department of Transportation subject to satisfactory financial settlement with PennDOT. The township plans to take over Pioneer Avenue the first of the year, and will receive \$4,000 per year in liquid fuel tax to maintain the road.

Once the township acquires Pioneer Avenue, the road will get extensive repair, including storm drain installation and road resurfacing.

In other business, an ordinance to ban trucks from North Main Street in Shavertown was passed. The ordinance was sought because of traffic hazards on the street caused by the detour of trucks from Route 309. There will be a \$50 fine for trucks caught in violation of the ordinance.

A motion was passed to approve the recommendation of the planning commission for a conditional use by St. Therese's Church regarding the use of a family residence owned by the church as classrooms, subject to compliance with building renovation permits and Department of Labor and Industry approval.

Ag land zoned for subdivision

The second and final reading of an ordinance rezoning the property

DER

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Salla also reported that he is still waiting for copies of all the member municipalities ordinances.

Citizens from High Point Acres, Stone Hedge and Rose Village in Shavertown attended the meeting to report that their service was interrupted for several hours during the past week. They did say that they had received a boil advisory through the media but not personally from the water company. They learned at the meeting that the advisory did not have to be a person to person one.

The next meeting of the water commission will be January 5, 8 p.m., at Kingston Township Municipal Building, Trucksville.



Pet of the week

Someone dropped off this beautiful black and white domestic shorthaired cat in Scranton. A pet lover brought the full grown male cat into the SPCA where he hoped someone would adopt it.

Gentle and quiet, he would make a great pet for a child or older person.

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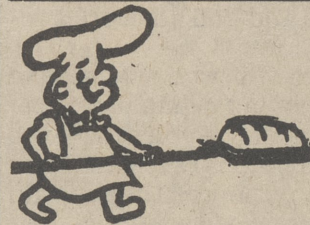
Left to right seated: Robert Zapotoski, Ronald Bartizek. Left to right back row: Charlotte Bartizek, Karen Cundiff, Olga Kostrobala, Charlot Denmon, Sarah Lundberg

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