



They're number one

The Lake Silkworth Area Lions have been named the number one club in District 14W for the past year by Past District Governor Stephen Yokimishyn. District 14W is comprised of 40 Lions Clubs throughout Luzerne County. Governor Yokimishyn recently visited the Lake Silkworth Area Club to present a "Number One Club" banner and a trophy to the club in the district with the most increased membership, which past president George Pavlick shows off.

Lehman Haunted Barn to offer special kids' shows

For the fourth year, the Lehman Haunted Barn is presenting children's shows for children in third grade and under.

These children's shows will include a short movie, refreshments, free gift and a flashlight tour of the Haunted Barn without the usual Ghouls jumping out.

The cost for children's shows is \$3.50 per person. Shows will be held on Oct. 22 from 1-2 p.m. and 2-3 p.m.; Oct. 23, from 2-3 p.m. and Oct. 29, from 1-2 p.m. and 2-3 p.m.

Reservations must be made in advance due to the severely limited seating and children must be accompanied by an adult.

Call 717-675-2985 for reservations and additional information. The Haunted Barn is located behind the Lehman Post Office in Lehman.



SPOOK-TACULAR! - Working at the Haunted Barn are front row, Judy DeGeorge, Crystal Covert, Nikki Tattersal, Nina Van Camp, Amber Atherholt, Tania Atherholt; back row: Tabitha Beck, Sandy Dobrowski, Diane Alters, Michelle Alters, Lillian Ellsworth, John Dawe.

Health & Fitness

Stretching can improve the quality of your life

By **TIMOTHY McCONNELL, PH.D.**
Exercise Physiologist
Geisinger Medical Center

Have you ever wondered how ballet dancers manage to bend, flex, leap and pivot with such ease and grace?

Stretching is one of the keys. In those familiar, many-mirrored rooms paved with hardwood floors and tears of frustration, ballet dancers spend long hours bowing, reaching, twisting, and turning in order to maintain elasticity of muscle and tendon. As a

result, they move across the stage with agility and vigor of a 20-year-old even though they may be 40 years old - or 50 or 60.

We can all take a lesson from ballet dancers - namely, that regular stretching helps keep muscles and ligaments supple and limber, and joints flexible, whether we are young, old or in-between.

Regular stretching exercises can help you to:

- Reduce your risk of back, leg and arm injuries.
- Improve your posture.
- Relieve tension and promote

relaxation.

- Minimize the shortening of tendons in old age, enabling you to stoop, reach, tie your shoes, or pick up your grandson or granddaughter.

- Maintain your golf swing, your bowling delivery and your tennis forehand.

- Be better conditioned for vigorous exercise such as walking, jogging, hiking, swimming, skiing and riding a bike or a horse.

You can stretch anywhere anytime, or whenever you feel stiff from sitting or standing. Many

people set aside 10 or 15 minutes in the morning to go through routines outlined in the many books available at most libraries and bookstores. Typical routines include shoulder, neck and arm stretches; thigh, calf, and hamstring stretches; and pelvic tilts, knee pulls, back stretches.

Here are some tips:

- Before embarking on a stretching program, ask your physician - or health professional the doctor recommends - to suggest stretching routines that are right for you. That step is especially

important for pregnant women, who can benefit significantly from certain kinds of stretching and exercise.

- Go slowly, building strength and stamina as you proceed from simple stretches to more difficult ones.

- Do your routines on a non-slip floor.

- Never force or rush a stretch. Instead work at your own pace within your own limits. A good rule of thumb is to stretch until you feel tension, then maintain your position for 10 or 15 sec-

onds.

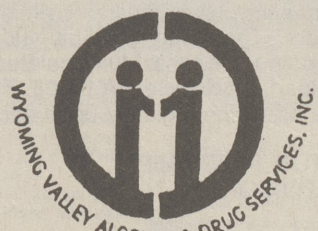
- If the stretch causes pain or discomfort, stop immediately. On the second try, stretch only until you feel a little more tension, then hold the position again. If the tension gradually diminishes, you've executed a proper stretch.

- Come out of each stretch slowly and carefully.

- Don't bounce while stretching. Doing so can tear muscles, causing scar tissue that reduces flexibility.

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