

Fitness

(continued from page 1)

area, and is also the training ground for several competitive weight-lifters, including 16-year-old Josh Butler, a four-time world champion.

Northeast Pain started out with about 90 members and has since grown to include over 300 at the Dallas location. The company expanded in the past year, opening locations on Dunmore, Kingston, and Tunkhannock.

Specialized Therapy And Rehabilitation (STAR), in the Dallas Shopping Center, is, like Northeast Pain, primarily devoted to rehab and therapy. "We do offer personal training by appointment, but most of our clients are here for medical reasons," says manager Jay Kelly. STAR has several doctors on staff, as well as a dietitian, "to monitor clients' progress and ensure their safety," says Kelly.

"If it took 10 years to put the weight on, it's not going to come off in a month."

Jay Kelly
Specialized Therapy and Rehabilitation

Yet with all the resources now available, people still tend to abandon their fitness regimen shortly after beginning it. "Motivation is very hard for some people to maintain, mainly because they start out with unrealistic goals," says Kelly. "If it took 10 years to put the weight on, it's not going to come off in a month." A spokesman for the Powerhouse Gym adds, "People want immediate results, and don't realize the dedication required to maintain a healthy regimen."

Also, many people start to exercise, but don't adjust their eating habits accordingly. "If you don't eat properly, you can exercise all you want, but you're not going to lose any significant weight," says Kelly. People also have trouble changing their diet simply because they're so used to eating poorly. "Old habits die hard, especially in this area, where fast food chains are the predominant restaurants, which is why we have a cafe on site which offers healthier fare."

The surroundings you work out in are also important for staying motivated. Many people give up "home" exercise programs because there are too many distractions present. "You need an environment which makes you want to work out, with no distractions. If you go to a gym, you know you're there for one thing only," says Buckley. And while some do well on their own, the majority of people benefit from working with a personal trainer. "Having someone to act as your conscience keeps you focused, and ensures that you don't injure yourself," Buckley added.

Different factors come into play when choosing a gym or health club. The type and condition of the equipment is very important. "Good equipment ensures the exercise is done properly, and reduces the risk of injury," says Buckley.

Also, make sure the equipment meets your personal needs. For example, a rehab-oriented facility may not have the amount of weight a serious bodybuilder or weightlifter needs.

Ventilation and heating are also important. "People's body temperatures rise with exertion, and when there are several people working out in the same airspace, the combined heat coming from their bodies can actually make the room's temperature rise, and a facility has to be equipped to handle it in order to maintain a safe environment where temperature is constant," says Kelly.

Anyone interested in beginning a fitness program or joining a gym or health club may contact the following for further information:

Ernie's Health & Fitness, 674-2420.

Powerhouse Gym, 675-0316, Northeast Pain & Rehab, 675-6554.

STAR Fitness, 674-6017.

"You need an environment which makes you want to work out, with no distractions."

Steve Buckley
Ernie's Fitness

Call 675-5211 to Advertise

Trail

(continued from page 1)



Wildcat Falls cascades through the Back Mountain Trail.

Luzerne Borough, it runs parallel to route 309 past the Shavertown and Dallas shopping centers and behind College Misericordia to Harveys Lake.

ASTA has two goals for the trail, one long-term and one short-term. The former is to convert the old railway into a 47-mile trail from Luzerne to Dushore. The latter is to raise enough money by summer to start construction on the first mile from Parry Rd. in Luzerne to the Wildcat Falls.

ASTA will hold a walking event on this stretch June 7, National Trails Day to introduce the public to the beauty the trail offers. This particular stretch is wonderful in that between the rustling of the leaves and trickle of the creek below, the highway is muffled to a slight hum. Walking along the path, one can see the sculptured stone wall, which was built for the railway and leads nature lovers to the falls.

In order to begin financing, ASTA, PennDOT and Kingston Township formed a partnership to obtain a \$50,000 state grant.

ASTA has made a 20 percent match to the grant. As of December, \$10,000 has been collected from 125 dues-paying members, companies and individual donations. That money covers the design phase of the first 2 1/2 miles of the trail from Luzerne to Carverton Rd. Now ASTA must raise approximately \$50,000 more to actually construct the first mile.

The effort is headed by Judy Rimple of Dallas, who is passionate about the project because she has seen its immense benefits at work in other communities around the country. "The trail is beneficial because it provides recreation

"It provides a nice safe place for people to get away from traffic."

William Leandri
Luzerne National Bank president, trail supporter

and safe access to the outdoors away from traffic," she said. "It will also be accessible to people of all ages and abilities."

Rimple explained ASTA's plans for raising the \$50,000. "Right now we are asking local corporations for their support," said Rimple. "Then in the spring we will sell chances to win a Walk In The Woods' quilt. Also, we are bringing in a speaker from National Heritage Park." National Heritage Park is a linear park system that connects and preserves local history, such as that of coal transportation through the Wyoming Valley.

Rimple points out that the trail not only preserves our local history, but increases local revenue. "Trails help the local economy. Bike shops, restaurants and bed and breakfasts statistically do well near trails," she said.

A study of Wisconsin's Sugar River Trail showed trail users spending between \$400,000 and \$600,000 along the route each year. A Conservation Fund study showed that 50% of a community with a trail use it.

Some local businesses are enthusiastic about contributing to the project. Joel Eneboe of Bike Works in Dallas sees it as a project that can't lose. "Anything that

promotes cycling and exercise is good. The trail benefits the community on many levels. It promotes health and getting people out seeing the environment," said Eneboe, who finds Rimple's work commendable. "Judy is doing a lot by herself, which shows her dedication and appreciation for what the trail can be."

The Luzerne National Bank also supports the trail. "It's a great project, it builds instead of tears down," said William Leandri, bank president and a Dallas resident. "It provides a nice safe place for people to get away from traffic. It is also good for the economics of the area."

As people learn more about the trail, the more they agree it's a viable project. Approximately 80 percent of ASTA's members are from the Back Mountain. Rob Lewis of Shavertown is ASTA's secretary and thinks there is a need to have more trails. "It promotes health, exercise and socializing. We need a place where we can get around without using a car," he said.

The trail still needs landscaping, benches, signage, grading, drainage and parking access to name a few items. Rimple is applying for a \$20,000 grant to go towards the construction of the first mile. ASTA must match this grant.

Despite the huge sums of money that must be raised Rimple is optimistic as she strides towards the future. "Our goal is to gain twice as many members by next year," she said.

If you would like to help, write the Athracite Scenic Trails Association at P.O. Box 212, Dallas, PA 18612, or call 717-675-9016.

FINAL COUNTDOWN DAYS...

DURING OUR YEAR-END TAX DISPOSAL CLOSE-OUT! NOW THRU DEC. 31, THE EYES OF UNCLE SAM ARE ONCE AGAIN UPON US TO SELL EVERY PRE-OWNED CAR OR TRUCK ON THE LOT OR FEEL THE TAX BITE!

TO AVOID YEAR-END TAXES, 286 CORPORATION DISCOUNTS...

UP TO: **70% OFF** N.A.D.A. RETAIL PRICE!

BUY NOW AND TAKE DELIVERY OF A CHOICE PRE-OWNED VEHICLE AT TERRIFIC REDUCTIONS! YOU HELP US AVOID THE TAX BITE, WE'LL PASS THE SAVINGS ON TO YOU!

<p>94 CHEVY CAVALIER WGN. Auto., Air, Stereo \$6395</p>	<p>94 FORD ESCORT LX Auto., Air, Power Equipped \$6495</p>	<p>93 DODGE DYNASTY SDN. V6, Auto., Air, Tilt & Cruise, 20K Miles, Factory Warranty \$7495</p>	<p>95 TOYOTA COROLLAS Low, Low Miles, Auto., Air, Stereo, "10 to Choose From" \$9,995</p>	<p>96 NISSAN SENTRA SXE SEDANS Low, Low Miles, Full Power, "20 to Choose From" \$10,995</p>	<p>94 FORD TAURUS SDN. V6, Auto., Air, Power Equipped \$6750</p>	<p>93 CHEVY CORSICA LT SDN. Auto., Air, Stereo \$7495</p>	<p>94 FORD TAURUS SDN. Auto., Air, Stereo \$7495</p>
<p>93 CHRYSLER LEBARON SDN. Black Beauty, Full Power, Wire Wheels \$7995</p>	<p>95 FORD ESCORT LX SDN. Auto., Air, Power, Factory Warranty \$7995</p>	<p>91 TOYOTA EXTRA CAB 4X4 PICKUP 5 Spd., Air, Stereo Cassette \$8995</p>	<p>96 CADILLAC ELDERADO Roadster Top, Leather, Full Power, Alloy Wheels \$11,995</p>	<p>93 LINCOLN TOWN CAR Signature Series, Full Power, Just 28K Pampered Miles \$16,995</p>	<p>94 PONTIAC GRAND AM SE V6, Full Power, Alloy Wheels \$7495</p>	<p>94 CHEVY LUMINA APV V6, Auto., Air, Power Equipped \$7795</p>	<p>95 CHEVROLET CORSICA Auto., Air, Power, Alloy Wheels \$7950</p>
<p>91 FORD E-350 CARGO VAN "Ready for Any Job!" \$8895</p>	<p>95 DODGE CARAVAN V6, Auto., Air, Tilt & Cruise \$8995</p>	<p>94 OLDSMOBILE CUTLASS SUPREME 8. Miles, Local One Owner Beauty \$9650</p>	<p>95 LINCOLN MARK VIII Leather, Full Power, One Owner, Factory Warranty \$17,495</p>	<p>95 CADILLAC DEVILLE Roadster Top, Full Power, Leather, Alloy Wheels \$21,300</p>	<p>92 MAZDA MPV Full Power, 7-Passenger, Moonroof \$7995</p>	<p>94 PONTIAC GRAND PRIX SE Full Power, Alloy Wheels, "Choose From 2" \$8495</p>	<p>93 MAZDA 626 SDN. 5 Speed, Full Power, Local Trade \$8850</p>
<p>90 JEEP CHEROKEE LIMITED 4X4 Leather, Full Power, Gold Pkg. \$9650</p>	<p>94 JEEP WRANGLER 4X4 5 Spd., Power, Stereo \$9995</p>	<p>92 CHEVROLET S-10 BLAZER 2DR. 4X4 Full Power, Two-Tone Paint, Alloy Wheels \$9995</p>	<p>95 LINCOLN CONTINENTAL Leather, Full Power, Alloy Wheels \$16,995</p>	<p>96 MITSUBISHI ECLIPSE RS Auto., Air, Power, Factory Warranty \$14,400</p>	<p>92 LINCOLN CONTINENTAL Signature Series, Full Power, Leather, Moonroof \$8995</p>	<p>89 JEEP WRANGLER 4X4 6 Cyl., 5 Spd., Air, Laredo Pkg. \$8995</p>	<p>94 MITSUBISHI ECLIPSE GS Auto., Air, Power, CD Player \$9995</p>
<p>95 CHEVY LUMINA SDN. V6, Auto., Air, Full Power \$9995</p>	<p>95 CHEVROLET ASTRO CARGO VAN V6, Auto., Air, Full Power \$10,800</p>	<p>92 CADILLAC SEDAN DEVILLE Leather, Power Equipped, Alloy Wheels \$12,995</p>	<p>96 MITSUBISHI ECLIPSE RS Auto., Air, Power, Factory Warranty \$14,400</p>	<p>94 CADILLAC DEVILLE Full Power, Alloy Wheels, "Choose From 2" \$14,995</p>	<p>93 PONTIAC BONNEVILLE SE Full Power, Hunter Green Beauty, Alloy Wheels \$10,800</p>	<p>95 MERCURY VILLAGER Wag., 7 Pass., Full Pwr. \$10,900</p>	<p>94 EAGLE TALON "All Wheel Drive," Full Power, Leather, Sunroof, CD Player \$11,800</p>
<p>94 FORD EXPLORER 4 DR. 4X4 Full Power, XLT Pkg., Alloy Wheels \$13,995</p>	<p>93 CADILLAC DEVILLE Leather, Roadster Top, Liberty Edition \$15,995</p>	<p>94 LINCOLN CONTINENTAL Leather, Full Power, Alloy Wheels \$16,995</p>	<p>95 OLDSMOBILE AURORA V6, Leather, Moonroof, "Can't Be Told From a New One!" \$16,995</p>	<p>96 MITSUBISHI ECLIPSE RS Auto., Air, Power, Factory Warranty \$14,400</p>	<p>94 CADILLAC DEVILLE Full Power, Alloy Wheels, "Choose From 2" \$14,995</p>	<p>95 OLDSMOBILE AURORA V6, Leather, Moonroof, "Can't Be Told From a New One!" \$16,995</p>	<p>95 OLDSMOBILE AURORA V6, Leather, Moonroof, "Can't Be Told From a New One!" \$16,995</p>

8 SOUTH KEYSER AVE., TAYLOR, PA

HOURS: MON.-FRI. 8AM-10 PM SATURDAY 8AM-6 PM

286 Corporation **693-0555**

CREDIT PROBLEMS? MR. CLEVER CAN HELP! 1-800-521-5999

Safeguard ASK ABOUT OUR SAFEGUARD USED VEHICLE PROTECTION PLAN! LARGEST USED CAR & TRUCK DEALER IN THE NORTHEAST!