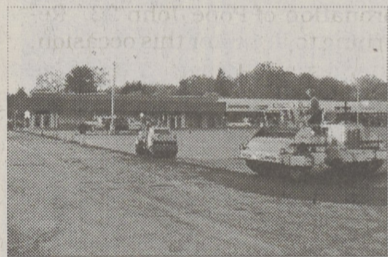
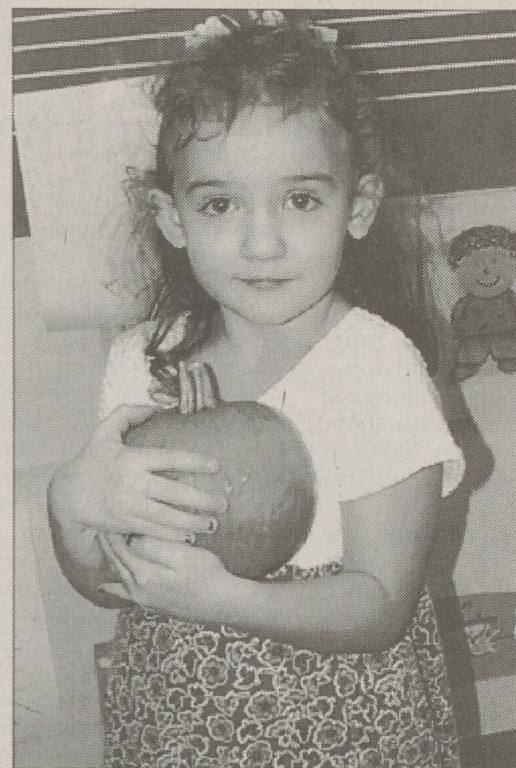




Pumpkins and parades for Halloween

Lake-Noxen School and the Head Start program there held Halloween festivities last week. The children paraded through the school in their costumes, then "found" pumpkins. At left, Shane Stark showed his talons during the parade. Sarah Lowery, right, cradled her pumpkin, while Audrey Edwards, lower right, held hers up for the photographer. Forming a "Halloween Circle," below, clockwise from lower left, T.J. Schultz, Teddy Ely, Stephanie Morrison, Sarah Lowery, Jacob Titus, Shiamah Teetsel, Audrey Edwards, Dakota Tarus, Stephen Sherwood, Tom Murphy.

POST PHOTOS/CHARLOTTE BARTZEK



The parking lot at the Shavertown Shopping Center was paved last week in anticipation of the opening of Thomas' Market.

New market to open later this month

SHAVERTOWN - Three young business owners are watching their dreams materialize right in Shavertown. Chris and Pam Evans and Tom Beseski, owners of Thomas Family Market, Inc., are counting down the days until their second store opens in the Shavertown Shopping Center where BiLo supermarket used to be. They already own one store in Larksville.

"It's going very well," said Chris Evans, who is busy every day getting the store in order. With the help of contractors they are building a bakery, hot foods, seafood and homemade foods sections.

"People will really be surprised when they walk in here for the first time. They haven't seen anything like (what we'll offer) in this building in 30 years," said Evans, who is excited about the planned mid-to-late November grand opening.

Beanie Baby raffle

Chances will be available Nov. 9-13 at Little People Day Care for \$1 each. A drawing will be held for Jabber, Glory, Whisper, Fortune and Valentino. Proceeds benefit local schools.

Little People is located upstairs in the Back Mountain Memorial Library building, at 96 Huntsville Rd., Dallas. Call 675-6557 for information.

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Senior Lifestyles

Exercise and the elderly

By **TIMOTHY MCCONNELL, Ph.D.**
Exercise Physiologist
Geisinger Medical Center

You may have read about the 89-year-old fellow who climbed a mountain in Antarctica. Was he off his rocker?

You bet. And more of you old folks should get off your rockers, too, if you're in relatively good health. It would do you a world of good, physically and mentally. For example, a regular exercise regimen can:

- Slow the aging process.
- Strengthen bones against that great bone-destroyer, osteoporosis.
- Boost your tolerance for body sugar (glucose) and lower your risk of developing diabetes.
- Firm up sagging muscles.
- Improve flexibility.
- Reduce your risk of injury from a fall.
- Help you lose weight or maintain your ideal weight.
- Alleviate stress and depression.
- Give you a sense of accomplishment, something to brag about.

To achieve an improved level of fitness, you don't have to climb a mountain in Antarctica, go bungee-jumping off the Empire State Building, or run in the New York City marathon (although a 90-plus fellow does that regularly). A walk in the park, a little Ping-Pong, or a couple of foxtrots will do nicely. So, when was the last time you jitterbugged?

- Bowled?
- Rode a bicycle?
- Played catch with a grandchild?

All of those activities can help you recapture your youth, or at least a little piece of it. And they

can put a smile on your face and a purr in your ticker.

What's that? You say you're too far over the hill? You say you just can't hack it? Well, a recent study involving 100 patients of a nursing home proved that even the very frail and the very sedentary can benefit from physical activity. After 10 weeks of regular exercise, four patients who used walkers graduated to canes. And all 100 patients could walk an average of 12 percent faster than before and climb stairs 28 percent faster!

But before you head out to buy sneakers, see your physician for a thorough checkup that will tell you how much and what kind of exercise you can tolerate.

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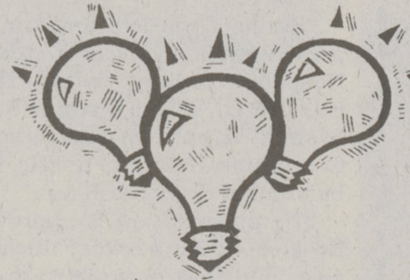
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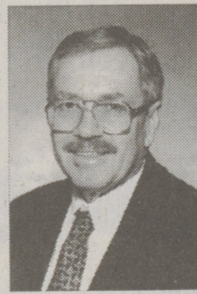


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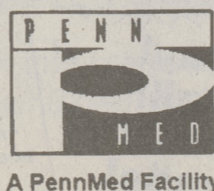
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