

### Practice starts early

Dallas High School football players and coaches held their annual camp for youth football players last week. Dozens of mini-football players were given instruction on the fundamentals of the game and ran through a series of drills. On the final day the players were taught five plays they tried out against the high school players.

Ted Jackson, Dallas head coach, said the three-day program wasn't just about football. Greg Skrepenak, a guard for the Oakland Raiders, stopped by the first day to talk about the importance of keeping up with school work and avoiding drugs. Skrepenak had been running at the high school track and responded immediately when asked to talk to the boys. "He's just a wonderful guy," Jackson said. "You just have to ask him once."

In photos, far right; Michael Murphy took off on a pass pattern as Joe Saraka prepared to throw him the ball. Near right, Curt Montz was set to snap to Jon Barbose. Ben Coslett manned the blocking pad.

POST PHOTOS/IRON BARTIZEK



### St. Paul's hosting Vacation Bible school

"Hooked on Jesus - Part II" is the theme for this year's Bible School to be held at Shavertown United Methodist Church, 163 North Pioneer Avenue. It begins Sunday, August 15 from 3-5 p.m. followed by a pot luck picnic with parents. The hours for the remaining classes will be Monday through Thursday, August 16-19 from 9 a.m. to noon. Our time together will feature crafts, singing, storytelling, and special snacks. We'll even have a teen class! This program is presented in conjunction with St. Paul's Lutheran and Prince of Peace Episcopal Churches. To register, please call 675-3616.

# HEALTH & FITNESS

## Martial arts teacher joins fight against asthma

Sifu (teacher) Gary R. Barnes, owner and director of Barnes Kenpo Karate in Dallas, knows all too well the feeling of not being able to breathe while caught in the strangling grip of an asthma attack. He has variously described the experience as a feeling of desperation; as if you are slowly being squeezed to death. He has lived with asthmatic bronchitis since he was a child. For a good part of his early life the disease was kept under control by inhalers, prescription medication, and weekly visits to the doctor for painful injections. That is, until he discovered the Martial Arts. Now, at age 34 he is doing something to help young people deal with the condition.

"As a kid, and then later as a young adult, my condition was serious enough that I came very close to dying several times," he says. "But, for me, the hardest part wasn't the physical effects. I was jealous that other kids could participate in physically demanding activities, while I usually sat on the sidelines. In school, gym class was a nightmare. At the very least, I would have to stop what I was doing and use my inhaler. An asthma attack can be the most frightening feeling in the world - it's like using a straw to suck air through a wet blanket; and on another level it can be very embarrassing, or humiliating, especially for a child or teenager, since you feel excluded from many activities. I want to be a role model, and show kids it doesn't have to be that way."

Recently Barnes has been working with the Wyoming Valley Chapter of the American Lung Association, serving on the planning committee for Camp Asthmacadabra, which is to be held August 12-15 at YMCA's Camp Kresge in White Haven.

Sponsored by the American Lung Association and the Max and Lorraine Foundation, Camp Asthmacadabra is a special summer camp for children ages 7-12 who might otherwise be denied a

camping experience because of their asthma. The camp's main goal is for children to have fun while gaining a better understanding of their asthma, increasing their self-confidence, and enhancing their ability to cope with their respiratory condition.

"My karate school, the Lung Association and the Max and Lorraine Foundation share much of the same philosophy. In addition to working on the committee I will serve as a camp counselor," said Barnes. "I will be teaching several introductory karate classes to the campers over the course of the three days. Besides the usual kicking and punching - the 'fun stuff' - I will emphasize a unique breathing exercise that was very helpful to me in controlling my condition when I was without my medication. I will also concentrate on building self-confidence and self-esteem, and developing a 'can do' attitude. I

mainly want these kids to know that if I can achieve success in an art/sport as physically demanding as Martial Arts, they can too. I'm no different than they are. And they're no different than anyone else. It all starts with belief. Belief in oneself is the cornerstone of both what Barnes teaches at his school, and part of his philosophy of living.

"That's why I will never say that I am an asthma sufferer," he states. "In our lives pain, in some form, is inevitable; suffering on the other hand is always optional. Suffering is an attitude, a state of mind. If I say I am an asthma sufferer, I become a victim and a slave to my condition. I acknowledge its existence, of course, but I do not allow it to have any power over me. This frees me to be, do, and have whatever I put my mind to. You soon realize that our only limits are those we place upon ourselves."

Evidence of the power of that belief can be found in the 29 to 31 karate and Cardio Kickbox classes that Barnes personally instructs every week.

"There is literally no ceiling on what a person with asthma can do, if they have the right attitude and the commitment to excel. That is why, as someone with firsthand knowledge of asthma and its frustrating effects, I want to see every aspect of this important camp succeed. Kids need this, to see that they are not defined by the disease."

For further information on registering your child for Camp Asthmacadabra, please write to Camp Asthmacadabra, c/o American Lung Association, N. Franklin Street, Wilkes-Barre, PA 18701. Or call (570) 823-2212.

For more information on Barnes Kenpo Karate, stop by the school at 132 Memorial Highway, Dallas, or call (570) 674-5611.

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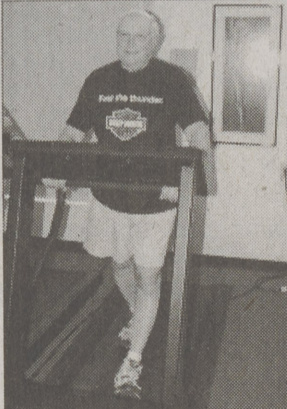
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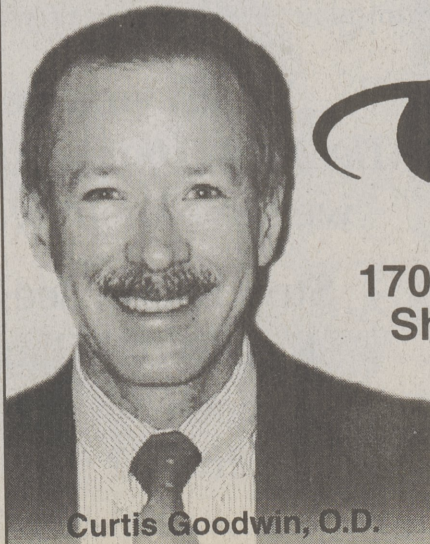
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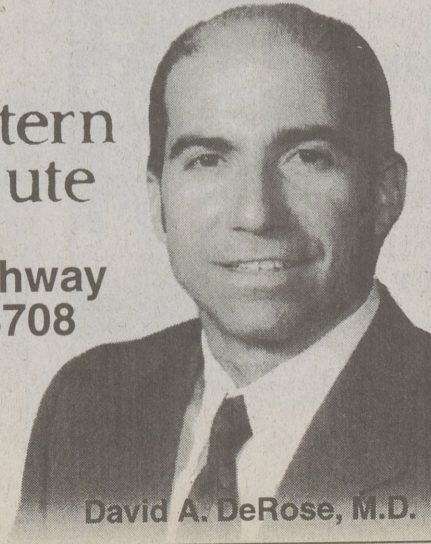
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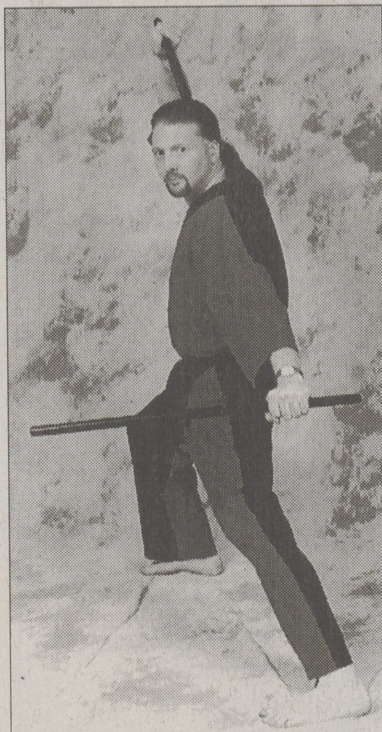
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Curtis Goodwin, O.D.



David A. DeRose, M.D.



Gary Barnes is helping others to live a full life despite asthma, as he has done.

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Pictured left to right: Gwen M. Galasso, M.D.; JoAnn Maranki, PA-C; Scott S. Prince, D.O.

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