

Students jump for a cause

By M.B. GILLIGAN
Post Correspondent

DALLAS TWP. — Depending on which study you read, somewhere between 10 and 25 percent of American adolescents are obese. According to the U.S. Centers for Disease Control, close to nine million children between six and 19 years of age are considered obese or overweight. Much of the problem is associated with lack of exercise and a diet full of fast foods.

Elementary students in the Dallas School District are learning how to counteract that trend and support the American Heart Association in the process.

"We are asked to participate in a lot of fundraisers throughout the year but I stick with 'Jump for Heart' for the AHA," said Karen Arnaud, health and wellness teacher at Wycallis Elementary School. "I think their three main goals are very important."

Those goals are: eating healthful foods, getting enough exercise, and living a tobacco-free life.

"I stress good example and being active by doing things that don't cost a lot," said Mary Ehret, a licensed dietician who is an educator with Penn State's Cooperative Extension Program in Luzerne County. "You can walk, jump rope or turn off the television and dance for 15 minutes. Even parking your car far from the door of the grocery store sends a powerful message to a 5-year-old."

Other healthful examples of family recreation Ehret recom-

mends include hiking on Rails to Trails, taking advantage of family swim times at the Dallas or Misericordia pools, or simply playing catch. She also suggested that parents could set a good example by walking around the track during practice time for their children's various sports.

"We are trying to stress positive things in our wellness classes and this 'Jump for Heart' fundraiser is a good way to do it," said Arnaud.

Students request donations from families, friends, and neighbors, in exchange for a pledge to jump rope during their Wellness classes.

"Younger students work with hula hoops and the balance beam," said Arnaud. "They also put spots (flat, colored discs) on the floor and jump from one to another."

Not all of the students collected money, but they all did some kind of jumping activity in class during the week. For example, girls in the fifth grade classes challenged each other to see which group of six would have the highest combined total. McKenzie Kelly's 80 consecutive jumps helped her group reach a total of 385 jumps.

This year's drive was very successful at Wycallis Elementary where students raised over \$6,000 for the American Heart Association. Top earners were: Casey Bloch, \$400; Sam Savoy, \$235; J.C. Candeloro, \$200; and Thea Treslar, \$125.

Dallas Elementary totals are not yet available as they just finished their event this week. They hope to meet or surpass last year's total of \$10,226.



FOR THE POST/M.B. GILLIGAN

From left Michael Teberio, Steven Haughwout, and Jason Crispell "Jump for Heart."



Becky Sweetra swings the rope for McKenzie Kelly, who helped her team with 80 consecutive jumps.



Some of the Wycallis Elementary fifth graders who participated are, from left: Jen Corbett, Missy Henry and McKenzie Kelly. In rear, from left, are: Chelsea Hunter, Gabby Byczek, Sam Savoy, who collected \$235, Becky Sweetra and Danielle Shaver.

Summer Youth Program accepting registrations

Penn State Wilkes-Barre's Summer Youth Program, with complete descriptions and cost information for 40 challenging and enriching programs, is now available at the campus and on-line at www.wb.psu.edu/ce.

The camps provide challenging and enriching activities for students 2-18 years old. Created to develop or spark and interest in science and technology, camps are also available for budding artists, journalists, and sports enthusiasts. Hands-on activities, experiments, and projects with experienced instructors are geared to each grade level.

Seventeen new camps have been added, including camps for pre-schoolers and early morning and late afternoon camps, designed to help working parents. Discounts are available for children registering for three or more camps. Students may purchase lunch or may bring lunch from home.

While children attend camps, parents/guardians are welcome to use the campus library or the exercise/weight room in the Athletic Building. Camps start June 21 and run through July 30. For more information, or a complete brochure, call Lisa Lunderman at 675-9220 or email lal21@psu.edu.

Noble participates in Honors Band Festival

Matt Noble of Dallas was one of 150 high school musicians from six states to participate in the 12th Annual Honors Band Festival, hosted by Susquehanna University.

Noble, who plays trumpet, auditioned to take part.

Occupational therapy summer camp at College Misericordia

The Occupational Therapy Department at College Misericordia is again sponsoring a residential summer camp for students interested in occupational therapy as a possible career choice. The camp will be held July 11-14, on the college campus.

The camp is designed to educate high school juniors and seniors who would like to learn

more about careers in occupational therapy. During the three-day camp students will have a chance to work with persons with disabilities both at the college and in the community, have an opportunity to meet and interact with faculty members, and be hosted by several current junior level occupational therapy students.

Students who will be juniors

or seniors in the 2004-2005 academic year are encouraged to apply. Applications are available through school guidance counselors after March 1 or online at the OT web page, www.misericordia.edu. The deadline for applications is April 15. Students who are selected to participate will be notified by May 15.

Send your news to The Post by e-mail.

thepost@leader.net

Digital photos welcome, too!



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One day each week during April, May, June and July, one of the automobile dealers listed below will feature the ace shown above in their ad. Find the ace, drop the completed form at the Waterfront, 670 N. River St., Plains, or e-mail the automobile dealer's name to www.thewaterfrontcomplex.com. ONE DINNER will be awarded monthly. The Grand Prize Weekend in New York City will be chosen by random drawing from all entries at the conclusion of the contest.

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