

The DALLAS POST

50¢

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Challenging others to lose weight

By REBECCA BRIA
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Christin Snyder did it and she wants others to do it, too.

The 37-year-old Shavertown resident lost 50 pounds this year and now wants to help others trying to lose weight or maintain fitness. So she has started the Six-Week Back Mountain Fitness Challenge.

"Back in January, I had entered a weight loss contest through Kmart and that motivated me. I started working out and I lost 50 pounds," Snyder said. "I thought about having something like that in our community to support people in the Back Mountain and I wanted it to focus more on fitness than weight loss. It's kind of a pay it forward thing."

In Snyder's free challenge, participants will weigh in anytime between 6 and 8 p.m. on November 10 and 24 and December 8 and 22 at the Lehman-Idetown United Methodist Church.

Each person will log his or her workouts on a fitness Web site and will be awarded points for exercising. Each time someone registers a workout, he or she is eligible to win a prize of up to \$1,000 in value from the site.

The person with the most points at the end of the six weeks will win a gift basket containing an exercise DVD, strength training bands and other fitness items. Snyder stresses the challenge is not meant to belittle anyone. No one will lose points for gaining weight and weigh-ins will be done in private.

"They won't be weighed in front of other people; they will walk behind their barrier," Snyder said. "This is all a positive thing. Nobody's going to be mad at you or take points away for your weight. The only reason for your weigh-in is so you can see what you're doing. A lot of people don't even ever weigh themselves."

According to Snyder, officials of the Lehman-Idetown United Methodist Church agreed to host the weigh-ins because they support fitness.

Long hours spent working and little exercise caused Snyder to gain weight after college. She started hiking and exercising with her two dogs and was soon

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Do you or someone you know have a real life inspirational story that you would like to share with readers of The Dallas Post? If so, please contact us at 675-5211 or by e-mail at news@mydallaspost.com.



State representative Karen Boback is congratulated by Bobby Zambetti, a member of her campaign staff, after winning a second term in the 117th Legislative District. Boback defeated Democratic challenger Russ Bigus, of Dallas Township.

CHARLOTTE BARTIZEK PHOTOS/ FOR THE DALLAS POST

Boback wins big time

State Representative Karen Boback entered the Lakeside Skillet at Harveys Lake around 10 p.m. last Tuesday evening to loud cheers and a round of applause. Boback had defeated her Democratic challenger Russ Bigus, of Dallas Township, by a margin of 15,596 to 6,600 votes, earning the right to a second term in the 117th Legislative District.

Boback gained the seat two years ago after long-time legislator George Hasay retired. Her hardest test came in that year's primary where she beat a large field of Republican contenders. She then went on to take the general election in a landslide.

Back Mountain areas included in the 117th Legislative District include Dallas, Franklin, Lake and Lehman Townships, Dallas and Harveys Lake Boroughs. Areas

of Wyoming County included in the district include Eaton, Exter, Forkston, Monroe, North Branch and Northmoreland Township, Noxen and Windham Boroughs.

Representative Phyllis Mundy, D-Kingston, ran unopposed for another term in the 120th District which encompasses Jackson and Kingston Townships, including Shavertown and Trucksville.

Mundy, 60, was first elected to that district in 1990.

Voters turned out in record numbers for this General Election which saw Illinois Senator Barack Obama emerge as the first African-American president in history, defeating Republican candidate John McCain. The huge turnout caused significant delays in some precincts during the morning and early afternoon hours.



Russ Bigus, who challenged incumbent State Representative Karen Boback in the 117th District, reviews early returns Tuesday night with members of his campaign staff. From left, are Dora Abod, Lynn Vincent and Diane Dwyer.

Some voters at the Trucksville United Methodist Church Education Building on Church Road in Kingston Township waited as long as 11/2 hours to cast their ballots.

According to Leonard Piazza, director of the Luzerne County Bureau of Election, some precincts saw 75 to 80 percent of registered voters casting ballots in this election.

Bookshop celebrates 10th anniversary

By REBECCA BRIA
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In appreciation of its customers and their support over the years, The Slightly Read Bookshop at the Back Mountain Memorial Library will hold its 10th Anniversary Open House from noon to 4 p.m. on Wednesday, Nov. 12, complete with cake, punch, sales and surprises.

In celebration of the anniversary, the bookshop is holding a "10 Cent Sale" during the anniversary open house where a select group of adult books will be sold for 10 cents each.

An additional sale at the bookshop will be held during the first two weeks of Novem-



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

ber where all fiction and non-fiction books, audiotapes, VHS tapes, DVDs and puzzles will be sold at half-price plus 10 cents.

Slightly Read Bookshop manager Fred Krohle says the idea of the bookshop came from a book tent that Florence

Crump ran each year at the annual Back Mountain Memorial Library Auction. Crump had more books than she could handle, so when architect Paul Rodda was designing the children's wing addi-

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OLD SHOE GOES TO LEHMAN



JONATHAN J. JUKA/ FOR THE DALLAS POST

Lake-Lehman football coaches and players pose with the Old Shoe trophy they earned by defeating Dallas, 27-22, in the annual game between the two Back Mountain rivals. Lake-Lehman now has possession of the trophy for the first time in eight years. For more photos of the Old Shoe Game, please turn to page 11.