

## LION

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Pyle moved into the Kappa Delta Rho house and lived there along with the late Bob Rave, of Dallas, and his other fraternity brothers. He tried out for the Blue Band, was admitted and played in the band until graduating in 1950. He went on to earn a master's degree in school of administration from the University of Pittsburgh in 1957.

A retired educator, George was a high school teacher and band director at Elders Ridge High School in Elders Ridge, Pa. He was also a high school teacher at Chestnut Ridge High School in New Paris, Pa., where he met his wife, a vocal teacher at the school at the time. He also served as a high school principal at the former Greenfield-Kimmel near Altoona from 1958 to 1960 and at Palmerton High School from 1960 to 1967.

The Pyles moved to Dallas in 1967 and George served as administrative director of West Side Vocational-Technical School from 1967 to 1988 while Carole worked as a librarian for many years at Lake-Lehman High School.

The Pyles hold two sets of



George Pyle, of Dallas, a Penn State alumnus, will be cheering on the Nittany Lions during this year's Rose Bowl.

season tickets to home football games at Beaver Stadium. The couple travels to games in their RV which features a painting of the Nittany Lion on Plexiglas created by their daughter, Chrisan Holton, of Tampa, Fla. The couple also has two other children, Kurt

Kyle, of Johnsonburg, Pa., and Gretchen Slater, of Edgewood, Md., three grandchildren and twin great-granddaughters.

"Joe (Paterno) is getting up in age and it would be nice for him to win the ball game," Pyle said. "Plus, you always want your team to win."



Joe Klemone, right, a personal trainer at Odyssey Fitness Center, works with clients at the club.

## JOE

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man in 2006, Klemone is currently a business student at Luzerne County Community College and plans to earn a degree in Business and Sports Management from College Misericordia. While working part-time at a local grocery store to help with school expenses, he decided to look for a job more in tune with his interests.

In November 2007, he took the trainer's test with the Aerobics and Fitness Association of America (AFAA) and became a Certified Personal Trainer. After spending time assisting in the strength and conditioning program at a local school, he joined the staff of Odyssey Fitness Center in Wilkes-Barre.

This fall, Klemone furthered his fitness education and is now a Certified Exercise Physiologist through the National Academy of Sports Medicine (NASM).

As a personal trainer/exercise physiologist, he works with a variety of clients and helps people make positive changes in their lives. It is those aspects of the job that attracted him to a fitness club instead of pursuing coaching.

"I like working at Odyssey because I get to work with clients of all ages and abilities," Klemone explains. "It gives me the opportunity to work with and help people at different fitness levels and it never gets boring."

One client Klemone has helped is 56-year-old Elena Schraeder, of Wilkes-Barre, who joined the fitness center to try to improve her health. Suffering from kidney disease, diabetes, heart disease and COPD (lung disease) and also recovering from knee surgery, Schraeder began a training program with Kle-

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Joe Klemone  
Personal trainer at Odyssey Fitness Center

mone to improve or eliminate some of her ailments. Together, she and the young trainer worked on balance and strengthening exercises.

Schraeder has made great progress physically, regaining balance and movement in her knee and keeping her diabetes under control.

But the physical progress she has made is only part of her success and she credits Klemone with helping her overcome emotional difficulties as well.

"When I first started working with Joe," she explained, "I was very depressed."

Along with the physical training, Klemone taught Schraeder visualization techniques and took special care to give her achievable goals to boost her self-confidence.

Schraeder gets emotional when she talks of how much Klemone has helped her.

"I can't find the words to tell you what he has done for me," she explains with tears in her eyes. "Joe has given me back my life."

Jim Mundy, 54, of Plymouth, echoes Schraeder's sentiments, explaining that the mental/emotional benefits of the training are just as important as the physical benefits.

"Sometimes we get negative about ourselves, how we look, how we feel about ourselves," he said. "So the exercise I do with Joe helps with those things and helps to keep me mentally alert."

Mundy began training with Klemone to boost his weight

loss efforts. The program has been successful and he has been able to lose and keep off 35 pounds.

Mundy says that Klemone's age never crosses his mind.

"I'm impressed with him," Mundy says of the young trainer. "For someone his age, he is very disciplined, professional and knowledgeable. He is not afraid to push me, but also seems to know when to pull back. He really has a presence."

It's that "presence" or quality that inspires confidence in Klemone's clients. Other clients praise the trainer for his patience and ability to tailor a workout for the individual client. It's just as typical to see him working with young athletes to prepare them for athletic competition as it is to see him working with middle-aged and older clients who have different fitness goals.

Klemone takes the time to get to know his clients and pushes them to achieve goals they may never have thought they could achieve. Whether he's training a star athlete, a middle-aged man or woman trying to lose weight or a client with sensitive health issues, he offers knowledge and professionalism beyond his years.

In return for giving his all to each client, Klemone gets the satisfaction of knowing he has made a difference in someone's life.

His own words say it all: "The best part of what I do is knowing that I can help change someone's life."

## NATIONS

Continued from Page 1

have the opportunity to see it as well."

Students in the Japanese group also got their costumes from their group's country.

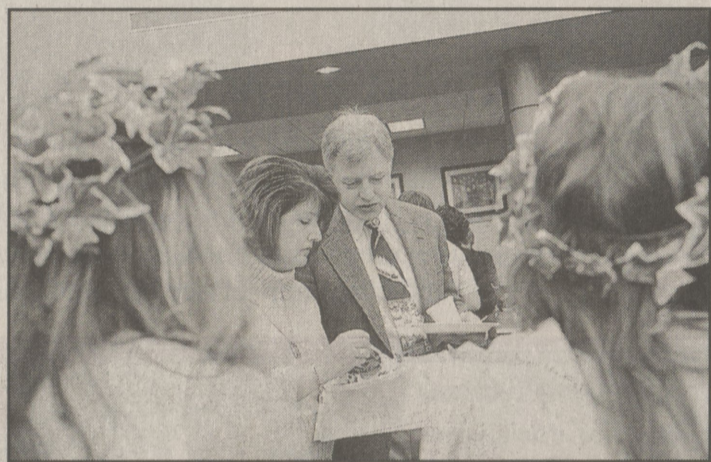
"My granny's boyfriend lived in Japan and we got them ordered and tailored in Japan," said Brittany Adams. "All of the decorations are also Japanese."

Those decorations included Brittany Adams' key table and Kaitlyn Martin's jewelry box.

Three of the seven groups were made up of members of only one gender. Greece and China's group members were all girls and Italy's group was comprised of boys.

Josh Everett, of the Italian group, serenaded those who came to the table by playing an Italian song on his guitar.

"I know other songs, but they're not Italian," he said.



Fred and Cindy Bloom try some of the Greek specialties at the International Dinner at Lake-Lehman High School.

Mexican group member Jenna Barski donned a Mexican dress she rented from Costumes by Barbara in Luzerne. Kristen Baker constructed a piñata from a balloon, newspaper, flour and water.

Gorski says the students will be graded on seven aspects, in-

cluding food, physical menus and skits.

"I can't overstate how proud we are of our humanities class," Gorski said. "They indeed went above and beyond. We do not stop our regular curriculum to do the International Dinner. It is a lot of work."



Manning the Russian table are, from left, Richael Pantig, Winter Wenner and Avery DeFranco.

## DINNER

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pita bread, kotosoupa avagolemono, horiatiki, vasilopita, roasted lamb, pastitsio, baklava, kourabiethes and sparkling grape juice.

**Italy** - Jordan Agnew, Kevin Cope, Justin Cornell, Josh Everett, James Karlowicz, Adam Paulauskas and Adam Weaver

Skit: "The Legend of La Befana"

Menu: Bruschetta, antipasti, tortellini soup, Caesar salad, spaghetti and meatballs, lasagna, Italian soda and crunchy chocolate toffee.

**Japan** - Brittany Adams, Krysia Goodwin, Kaitlyn Martin, Pauline Rose, Symone Vaughn and Stephanie Zeiler

Skit: "Bamboo Princess"

Menu: Sushi, dumplings, onigiri, miso, sake shrimp and cucumber, kare raisu, teriyaki chicken, daifuku pocky, tea.

**Mexico** - Kristen Baker, Jenna Barski, Kris Carter, Dominick Duris, T.J. Labar, Josh Payne and Derek Osbourne

Skit: "Mexican Hat Dance"

Menu: Chips, salsa, Chili Con Queso, green chili, taco salad, beef and cheese enchiladas, chicken and cheese enchiladas, margarita cake, churros, Mexican hot chocolate, melon margaritas (non-alcoholic).

**Russia** - Nicole Cappa, Avery DeFranco, Allie Kachapuridze, Molly McCoy, Richael Pantig, Kami Saxe, Nikki Snyder and Winter Wenner

Skit: "Babushka Babayaga"

Menu: Kachapuri, vatruska, salat olivier, borscht, chicken kiev, beef stroganoff, almond cookies and Russian spice tea.

## CIVIC

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A New England Contra dance sponsored by the Chichory House and the Folklore Society at 7:30 p.m. on Saturday, Jan. 3, at the Church of Christ Uniting, Sprague Avenue, Kingston, will feature music by the Warrington Family band and caller Bob Nicholson. No partner or previous experience is necessary.

Admission to the dance is \$8 for adults and \$20 for families. For more information, call 333-4007.

## Support group meets

The Dallas Alzheimer's Support Group will meet at 11 a.m. on Thursday, Jan. 8, in the board room of the Meadows Nursing Center, 55 W. Center Hill Rd., Dallas.

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