

## Having a blast at L-L's physical education camp

Everybody works up a sweat at second annual camp held at Lake-Lehman Junior/Senior High School gymnasium.

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Youngsters worked up a sweat during the Lake-Lehman Elementary Physical Education Camp at the Lake-Lehman Junior/Senior High School held June 18-22.

It was the second year that middle school physical education teacher Jeff Hynick led the camp with fellow gym teachers Krystal Minor and Paul Venetz.

Elementary students in grades kindergarten through third grade from all three district schools were invited to participate in the three-hour camp each day during the week.

Students enjoyed activities like volleyball, basketball, tossing Frisbees, driving scooters, dancing to interactive video games and others.

Hynick said the camp also included a more structured activity period in which students could learn more about different sports to encourage them to participate in athletics when they get older.

He said the goal of the camp is to also promote the importance of fitness and staying healthy at a

young age.

"If a child doesn't start loving fitness when they're young, it gets tough (to live a healthy lifestyle) when they're older," said Hynick. "These days kids are stuck sitting by computers or TVs, so it's nice to get them moving for a few hours during the day."

Two Lake-Lehman seniors also helped out at the camp in conjunction with their senior project.

Robert Ide, 17, of Lehman Township, has known Hynick for a long time and enjoys the opportunity of helping young ones.

"Sports help you develop social skills," said Ide, a golfer. "Especially in junior high, it's tough making friends but if you're in a sport, you already have friends when you get to school."

Jeff Carter Jr., 16, of Lehman Township, plays baseball and golf. He tries to follow a healthy lifestyle as much as he can, and enjoys the chance to give younger children advice about eating right and exercise.

"It's an opportunity to have fun with them (elementary stu-

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Six-year-olds Ben Wnuk, left, and Joey Hurst ride the roller racers at the Lake-Lehman elementary physical education camp.



Six-year-old Molly Jenkins throws a Beamo during the Lake-Lehman elementary physical education camp.



Lake-Lehman seniors Jeff Carter, left, and Robert Ide, both of Lehman Township, describe their elementary physical education camp senior project.



Lake-Lehman physical education teacher Jeff Hynick, left, reviews the rules for the physical education camp with about 50 district elementary students.

BILL TARUTIS PHOTOS/ FOR THE DALLAS POST



Teams of golfers wait to tee off at the Dallas Foundation for Excellence in Education Second Annual Golf Classic at the Mill Race Golf Course in Benton.

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## Teeing off for EXCELLENCE

The Dallas Foundation for Excellence in Education Inc. held its second annual golf classic on June 22 at the Mill Race Golf Course in Benton.



Ray Anthony Ostroski, left, and Tanner Gattuso, both of Dallas, take shelter from the heat in their golf cart.



Jim Gattuso, of Dallas, watches his drive on the first tee at Mill Race Golf Course in Benton.



Dallas Foundation for Excellence in Education President Ray Ostroski welcomes participants to the Mill Race Golf Course in Benton for the organization's second annual golf classic.