

THURSDAY, JANUARY 1, 2009

3 Sports In 1

By KIM POINDEXTER
TAHLEQUAH DAILY PRESS

TAHLEQUAH, Okla. (AP) — When Angela Stewart sits on the edge of the pool at the Northeastern State University Fitness Center, tucking long strands of hair into a swim-cap, she's focusing on how many laps are on her training schedule. She may not necessarily notice what's going on around her.

But anyone new to the pool that day, male or female, will almost certainly notice Stewart. And he or she may lean toward one of the veterans and whisper, "Who is that? Is she training for the Olympics?"

Stewart doesn't look like a typical 43-year-old, and shock registers on the face of anyone who learns she's the grandmother of a 3-year-old boy. She could easily be taken for a professional athlete — maybe someone like 2008 Olympic swimming medalist Dara Torres.

Stewart has always been in good physical shape, ever since she was a tomboy keeping up with the boys in her neighborhood in Pawhuska. Sports were a big part of her life, though not in an organized sense.

Swimming, biking, running — those were activities she loved. But it never occurred to her she might combine all three into one package.

Stewart married young, in 1983, and a few years later had her son, Tyler. At first, she was content with being a stay-at-home mom. But after a divorce, she found herself back in the work force. She'd been single for four years and was working as a data entry clerk when her life took its first dramatic turn.

"A guy I worked with was putting siding on buildings and had been working with another guy, and (the co-worker) thought I just had to meet him," she recalled. "We went on a date and hit it off right away."

Soon she and Eddie Stewart, a Tahlequah contractor, were married, and Eddie adopted Tyler. Once she moved here, she decided to enroll at Northeastern State University.

Over the years, Stewart had cultivated an interest in the law. After she got her bachelor's degree in 1986, she enrolled in law school at the University of Oklahoma. She had both an aptitude and an appetite for it, but the going was rough.

"Eddie stayed here, and Tyler and I moved to Norman," Stewart said. "It was hard being apart from Eddie, and Tyler had to leave his friends here."

Stewart wanted to quit, but some of her professors, who saw her potential, pleaded with her to stick with it, so she opted to lay out for a year.

"I started to go back, then I thought about it, and realized I just couldn't do it," she said. "It was too hard on my family."

But the foray had given her a taste from the career menu, so Stewart decided if she couldn't pursue law, she might as well go for physical fitness. In 1999, she and an architect put together a plan for a local fitness center, designed for women. It was Stewart's "gift to the community."

"I wanted to give women a place they could feel was theirs," she said. "For many women, it's hard enough to take time for themselves, let alone get out in front of a bunch of men and try to get in shape."

But during the five years she owned the center, she would veer onto another path — one that would not only prompt her to sell her business, but would physically challenge her like never before.

In March 2003, she and Eddie were in Pacheline Cyclery, looking at road bikes, when she happened to pick up a magazine.

"I noticed this listing for events in 'multi-sport,' and I thought, 'What in the world is that?'" Stewart recalled. It turned out to be information on a series of triathlons, and one featured a 500-meter swim, a 13-mile bike race and a 5K run in June, and in a nearby city. Stewart was intrigued.

"I didn't know you could do that sort of thing around here," she said.

The following weekend, she bought Joe Friel's Triathlete Training Bible, reading it cover to cover. She started intensive training in all three disciplines, showed up for the race, and took second in her 35-39 age group, just seconds behind the top finisher.

"It was the most incredible experience," she said. "I was hooked right from the start."

Though Stewart now works with a coach, at first she was on

See 3 SPORTS, Page B2

FROM DAYS GONE BY

20 Years Ago

From The Files Of December 29, 1988

'88 The fifth-grade class of McConnellsburg Elementary School is to be congratulated on their recent accomplishment. The students were asked to bring in 10 dimes each to help celebrate the 50th anniversary of the March of Dimes Birth Defects Foundation. In just eight days, they contributed \$90 toward a grand total of \$247.35 raised by the elementary students.

Fulton County Commissioners Tuesday gave final approval to a 1989 county budget which calls for a three-mill increase in real estate taxes to a level of 19 mills.

Births at the Medical Center: a son to Mr. and Mrs. Robert Skidmore of Warfordsburg on December 20; a son to Mr. and Mrs. Jeffery McCarty of Hancock on December 20; a son to Mr. and Mrs. Larry Peck of Hustontown on December 20.

Specials at the IGA: fresh, split chicken breast, \$1.19 lb.; pork chops, \$1.29 lb. butt roast, 99 cents; grapefruit, 4 for 99 cents; cabbage, 25 cents lb.; russet potatoes, 10-lb. bag, \$1.49.

Airman William Sipes, son of Carl and Barbara Sipes of Warfordsburg, has graduated from Air Force basic training at Lackland Air Force Base, Texas.

Deaths: Omar Mongold, McConnellsburg; Lloyd Kerlin, McConnellsburg; Charles Koontz Jr., Everett; Vivien Loudon, Allentown; John Peck, Shippensburg.

30 Years Ago

From The Files Of December 29, 1978

'78 Icy road conditions last Wednesday made driving very hazardous, and there were numerous reports of minor accidents in the county resulting in bent fenders.

Some of the folks who opened up their homes for festive gatherings included the Paul Otts, Dr. Milroth, Mrs. Maggie Riggs, Dr. Locke, P.C. Mellott sons, Jack Fields Jr., the Daniel Grissingers, Jamie Greathead and numerous others.

The inauguration of Gov. Richard Thornburgh and Lt. Gov. William Scranton III is scheduled for January 16, 1979.

Specials at the IGA: Waldorf bathroom tissue, 69 cents, 4-pack; pork roast, 89 cents lb.; Banquet fried chicken, \$1.99, 2 lb.; Nescafe instant coffee, \$3.89, 10 ozs.; Downy fabric softener, \$2.79.

Now playing at the Reality Theater in Robertsdale: "Let's Make A Dirty Movie" and a matinee, "Mickey's Birthday Party Show." Playing at the Fulton Theatre: "The Van."

Births at the Medical Center: a daughter to Mr. and Mrs. Douglas D. Mellott of Needmore on December 15; a son to Mr. and Mrs. Paul Unger of Mercersburg on December 21.

Robert Blaine Deshong, son of Mr. and Mrs. Robert DeShong of McConnellsburg, has completed Navy Data Processing School at San Diego, Calif. He will now be stationed at the Navy Recruiting office in Chambersburg and later stationed at the Naval base in Philadelphia.

Pennsylvania Turnpike travelers on New Year's Eve will be treated to free coffee at all Howard Johnson's restaurants along the 470-mile toll road.

Deaths: Bruce H. Clevenger, Needmore; Mildred Small McDonald, Martinsburg; Burlig E. Thomas, Wood

40 Years Ago

From The Files Of January 9, 1969

'69 A Fulton County Future Farmer of America has been named to receive the Keystone Farmer Degree, the highest award offered on the state level by the FFA organization. Stephen Grissinger of the Forbes Road Chapter has been selected to receive the award. He is a son of Mr. and Mrs. Elden Grissinger of Hustontown. Another Forbes member, Martin Brown, will serve as a delegate to the convention.

The Big D Discount Store, in the shopping center east of McConnellsburg, was broken into some time between Saturday, January 4, and January 6 but as far as can be ascertained, only a man's Benrus watch was stolen.

The first baby born at the Fulton County Medical Center in 1969 was a daughter to Mr. and Mrs. Troy Crouse of Big Cove Tannery. She arrived at 6:36 p.m., Wednesday, January 1.

Engagement: Ms. Eunice Morton of McConnellsburg has announced the engagement of her daughter, Maureen Eleanor Morton, also the daughter of Kenneth Morton of McConnellsburg, to Robert Crouse, son of Mr. and Mrs. George Crouse, also of McConnellsburg.

Mr. and Mrs. George Earley of McConnellsburg were honored recently by their two sons, Eugene and Robert, at a surprise celebration dinner to mark the occasion of their 40th wedding anniversary and Mrs. Earley's birthday.

Betrothal told: Mr. and Mrs. Joseph Ramsey of Wells Tannery wish to announce the engagement of their daughter, Bonny Lee, to Charles Edward Oswald, son of Mr. and Mrs. John Oswald of Bridgeport, Pa.

Now playing at the Fulton Theatre: Joanne Woodward in "Rachel, Rachel" and "ProjeX X."

Deaths: David W. McDannell, Gettysburg; Peter C. Forner, Laure, Md.; Mrs. Lydia Price, Huntingdon; Edith M. Layton, Warfordsburg; Edgar G. Harris, Hagerstown; Stanley R. Nead, Huntingdon; Rev. E. Coy Foor, Breezewood.

50 Years Ago

From The Files Of January 9, 1959

'59 "Mrs. Greathead Assumes Editorship" — That's a front-page headline which appears in this week's issue. The following story goes on, in part, to what brought this about. The sudden death of the editor of the News produced a state of shock and chaos which still exists at this newspaper and will probably continue for some time. Mr. Greathead reported for work as usual last Wednesday morning at 8:00 o'clock but, not feeling well, returned to his home about 8:15. At about 8:30, the news reached the office that he had died of a coronary occlusion. His death was totally unexpected, although he had been suffering periodically for several months from some sort of attacks. Intensive medical examinations, as well as cardiographs, however, could establish no serious heart condition. Since his untimely death, these decisions have been reached: "Mrs. Greathead will assume the ed-

MEMORY JOGGER



This week's Memory Jogger was submitted by the Fulton County Historical Society and was taken in 1964 at the corner of Third Street and Lincoln Way in McConnellsburg. Pictured, left to right: Linn Seville, Linda Seville, Glenn Doyle, Mark Seville and Al Doyle. The children were paper carriers for the Harrisburg Evening News. C.B. Chubb was the photographer.

60 Years Ago

From The Files Of January 13, 1949

'49 Dr. G.T. Lorentz announced this week that he will take an advanced course in heart disease next spring at George Washington University Medical School in Washington, D.C.

At a meeting on Sunday in Chambersburg, Chief M.W. McCormick of McConnellsburg was elected president of the Tri-County Lodge, No. 76, Fraternal Order of Police.

Twenty-one vocalists from Fulton County took part in "Susquehanna," the rural talent festival which was presented before a capacity crowd at the Farm Show on Tuesday evening.

Death: Mrs. George McClain of Mapleton. William E. Davidson of Three Springs has completed a course in practical and theoretical radio and television at the National Radio Institute of Washington, D.C.

The McConnellsburg Auto Parts was sold this week by the owner, Jack Kelso, to Dick's Auto Parts Company, Johnstown. Kelso has enrolled at an embalming school in Pittsburgh.

Death: Bert Fraker of Mapleton. Mrs. John Greathead has been appointed executive secretary of the Fulton County Chapter of the American Red Cross.

Mr. and Mrs. Harvey James Comer of Thompson Township celebrated their golden wedding anniversary on December 19.

Little Timothy Taylor of Hustontown has been a very sick boy, suffering from whooping cough.

Mr. and Mrs. Clair McElhane of New Villa are the proud parents of a daughter, born at Carlisle Hospital.

The Fort Littleton Rod and Gun club entertained their families at a supper in the IOO hall there last Tuesday evening.

Deaths: John Wesley Souders of near McConnellsburg; Mrs. Carl Carbaugh of McConnellsburg; Mrs. Daniel Trout Sr. of McConnellsburg.

70 Years Ago

From The Files Of January 12, 1939

'39 Perfect attendance awards were presented at the Reformed Sunday School on Sunday. The highest awards were the following, who had perfect attendance records for seven years: Mr. and Mrs. Tobias Glazier, Charles Glenn, William J. Lowe, Mrs. H.S. Alexander, Miss Frances Alexander, Mrs. Scott Runyan, Miss Mary Virginia Runyon, Miss Elizabeth Morton, Mrs. A.D. Hohman and Carolyn Washabaugh.

Judge W.C. Sheely will address the McConnellsburg Woman's Club on Friday afternoon. His subject will be "The Youth Problem As Related to Crime."

Two youthful bandits from New Kensington, who had all the paraphernalia for crime but lacked a steady trigger finger, were picked up in McConnellsburg on Friday night by Officer Achenbach of the local state police. Police were alerted here to be on the lookout for two lone motorcyclists who had robbed a garage at Schellsburg. When they arrived here, police stopped them and searched their luggage, finding two revolvers. They were held for questioning by police from Bedford.

Lawrence W. Gress and Miriam Louella White were married on January 2.

Mr. and Mrs. Hugo K. Frear, publisher and associate editor of The Fulton County News, will attend the annual convention of the Pennsylvania Newspaper Publishers Association in Harrisburg on Friday and Saturday.

Thelma Kauffman of Amaranth has been admitted to the Everett Hospital for medical treatment. Treated at the hospital dispensary were James E. Deshong of McConnellsburg, X-ray of the right ankle, and George Cornelius of McConnellsburg, incision and drainage of the right hand.

The Turnpike Commission, created by the 1937 Legislature to construct a super highway between Harrisburg and Pittsburgh, has paid out \$2,000,000 for the land and right-of-way of the never-completed South Penn Railroad. This railroad, back in 1885, was supposed to pass through Fulton County. Its incompletion left Fulton County as the only county in the state without railroad facilities.

More than 100 persons gathered at the home of Mr. and Mrs. F.M. Taylor on Tuesday to congratulate them on their golden wedding anniversary.

Mr. and Mrs. Roy Cutshall marked their 18th wedding anniversary on Thursday.

The three youths from Wood who recently broke into the E.J. Hoover Store at New Grenada have been sentenced to indefinite terms in the Pennsylvania Industrial

Wishing You
A Very Good Year!