

Hartman and Friz wed

Jennifer Lynn Hartman recently became the bride of Jason Robert Friz, both of Norristown at St. John's Evangelical Lutheran Church by Pastor John Pearson. The service was assisted by Rev. Vernon Stoop from Shepherd of the Hills U.C.C.

The bride is the daughter of Ms. Shirley L. Hartman of Boyertown. The groom is the son of Mr. and Mrs. Robert R. Friz Jr. of Boyertown.

The bride was given in marriage by her mother. The soloist for the ceremony was Megan Joseph and the organist was J.T. Ellenberger. The reception was held in the Sunnybrook Ballroom.

The Matron of Honor was Audra Popejoy, friend of the bride. The Maid of Honor was Linda Joseph, friend of the bride. Bridesmaids were: Angela Friz, sister of the groom; Kelly Friz, sister of the groom; and Patricia

Weller, friend of the bride.

Best Man was Justin Weller, cousin of the groom. Ushers were Greg Barnett, friend of the groom; Mark Johnston, friend of the groom; Daniel Palopoli, friend of the groom; and Wally Popejoy, friend of the groom.

Flower girls were Amber and Devin Hansley, cousins of the bride. Ring bearer was Austin Hansley, cousin of the bride. Guest book registrars were Shannon Hansley and Lindsay Baker, cousins of the bride.

Jennifer is a 1994 graduate of Boyertown Area Senior High School and a 1998 graduate of Cedar Crest College, where she earned a B.S. in genetic engineering. She is now a molecular biologist for Rohn and Haas Company, Spring House, PA.

Jason is a 1994 graduate of Boyertown Area Senior High School and a 1998 graduate of



Tuscolom College, Greeneville, TN, where he received a B.A. in business administration. He is now an account executive for Amekor Industries, Inc., Conshohocken.

The honeymoon was a trip to Jamaica.

College and university updates

The following students were named to the Dean's List at Indiana University of Pennsylvania for the first semester of 2001-2002: Nathan D. Bieber of Boyertown; Sharon L. Norquest of Boyertown; Carly M. Solazzo of Boyertown; Amber M. Yost of Boyertown and Meghan C. Walsh of Gilbertsville.

The following students were named to the Dean's List at Ursinus College for the fall 2001 semester: April Elizabeth Fronheiser of Bechtelsville; Kelly Theresa Kindig of Boyertown; Kelly Rush Rothermel of Boyertown; Bryan Jamie Brook of Gilbertsville; Raymond Francis DeHont II of Gilbertsville and Catherine Elizabeth Welsh of Gilbertsville.

The following Hill School students earned high honors for the

2001-2002 winter term: Kirsten E. Andersen and Rika Tanaka of Gilbertsville; Emilee L. Avery, Craig M. Duncan, and Brian J. Holcomb of Boyertown; Bradley J. Backenstose, Sky F. Bintliff; Scott C. Wagner of Barto, and Chelsea L. Consul, Jonathan L. Foley, J. Patrick Lundquist, and Kevin R. Lundquist, all of Oley.

The following Hill School students received honor distinction for the 2001-2002 winter term: Curtis R. Bates, Stephanie M. Cieslak; Douglas S. Moyer and Erin E. Van Anglen, all of Gilbertsville; Sage F. Bintliff of Barto; and Adam J. Weller of Boyertown.

Carl Gustafson of Boyertown, has been named to the Dean's List for the winter quarter of Rochester Institute of Technology. A first-year student in the College of Applied Science and Technology,

Gustafson is studying electrical engineering technology.

Gustafson is the son of Lars and Emmy Gustafson, Boyertown, and is a 2001 graduate of Boyertown Area Senior High School.

Rebecca K. Roth of Boyertown, was inducted recently at Kutztown University of Pennsylvania as a recipient of 2002 Who's Who Among Students in American Colleges and Universities honors.

Roth is an elementary/early childhood education major at Kutztown University and serves as membership chair for Kappa Delta Pi and, for the past three years, has been a member of the Pennsylvania State Education Association. Roth is a four-year member of the Cheer Team and has worked on fund raisers for the Boyertown Jaycees.

Health & Fitness

Pottstown Dance Theatre claims Pilates is the best way to cross-train

In 1926, Joseph and Clara Pilates came to New York City with ideas of health and physical fitness. Joseph had suffered from asthma and rickets as a child, and was determined to be a healthy adult.

He had studied diving, gymnastics, physical therapy, yoga, and boxing. Before arriving in the United States, he had devised springs that could be attached to hospital beds, so injured patients could begin therapy early in their recoveries.

During his lifetime, he invented more than 500 exercises, some of which do require special equipment; but many can be performed on a soft mat or carpet. Because much of the movement is executed from a supine (lying) position, it is less stressful to the joints and spine than conventional exercises.

Not much is known about Pilates' earliest years in the U.S., but by the 1940's he was extremely popular in the dance community. His clients included some of the most famous modern dance pioneers such as Ted Shawn and Martha Graham.

Graham came to "Uncle Joe" (as he was affectionately known) when she was injured. They worked together for quite some time. George Balanchine studied at Joe's studio, and then began sending virtually all of his dancers there. In a 1956 issue of Dance Magazine a report stated, "At some time or other, virtually every dancer in New York, and certainly everyone who has studied at Jacob's Pillow between 1939 and 1951, has meekly submitted to the spirited instruction of Joe Pilates."

The exercise fads of the '80s isolated certain muscle groups. A person could work on just the upper body for hours, and this usually didn't include much stretching or extension work. People's joints became "locked up" because the muscles became too tight.

Pilates believed that it was possible to use all of the muscles in one complete workout, and stretch them within the same exercises. For example, one of the exercises called "open-leg rocker", stretches the hamstrings and back, strengthens the arms and abdominals, and develops acute balance. In other words, he insisted on uniform development of the body.

The Pottstown Dance Theatre offers the Pilates method as well as reformer classes, and also is available for private sessions.

This method is challenging enough for the physically fit, yet can be modified for beginners.

Repetitions are low, and there is tremendous emphasis on breath, which keeps the muscles from feeling excessively sore, and over-fatigued.

The classes are taught by Michelle Jones Wurtz, an instructor at body Precision, Inc., a Pilates studio. Her instruction can be directly traced to Mr. Pilates.

This method is recommended by Mikhail Baryshnikov, a number of physical therapists, and Dr. Nicholas DiNubili, orthopedic consultant to the 76ers and the Pennsylvania Ballet Company.

For more information, or to register, please call the studio at 610-323-2569.

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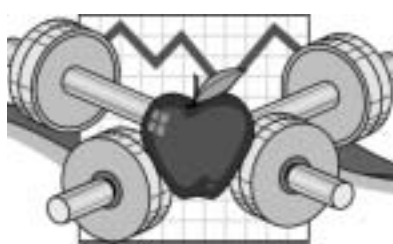
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A Healing Haven — Gilbertsville's best kept secret



Tracy Moyer, owner and operator of Body Kneads recently completed a two day participation with The International Congress

of Esthetics March 17th and 18th, 2002 at the Philadelphia Convention Center. Workshops included continuing education for various skin care techniques and products as well as the hottest trends.

Body Kneads will be in its 5th year of operation. The business has and will continue to rely on the proven skills of its founder to increase the awareness and importance of meditation, relaxation and personal care in today's over demanding fast paced world.

Tracy Moyer, who brings a decade of Massage Therapy expertise and seven years of specializing in electrolysis and skin care, continues to set goals to expand services to be the first and best thought of establishment in the Pottstown, Boyertown and Douglassville areas for professional, caring stress reducing and moral boosting services.

Constant demands on people by family, work and charitable organizations allow for less time to care for one's self. Services are performed on a personal one on one basis, located in a rural setting yet only 1/2 mile from Route 100. The location allows clientele the privacy they seek. Clients are never rushed in and out allowing for the personal down time so greatly needed.

Body Kneads offers several services that others do not. Hot Stone Massage, Ear Candling, Non-surgical Facelift or Electric Muscle Stimulation for the Face, Inch Loss Body Wraps (lose up to a dress size), Pampering Packages, Electrolysis and Laser Hair Removal, under the direction of Dr. Charles Vickerman a highly respected Dermatologist.

Other services include, body treatments, facials, pedicures, anti-aging hand treatments and rehabilitative massage.

The clientele of Body Kneads benefit from Moyer and her staff's continuing education by offering the latest and best treatments to boost self-esteem, improve appearance and assist both men and women in feeling both mentally and physically healthier. For additional information call 610-473-9880.

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