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A walk in the park? Try yoga or zumba too!

BY RIKKI CASON
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LOCKPORT — Summer can be a busy time for families, with the children out of school and their increased activities keeping many running non-stop through Labor Day.

For adults, the coming months present a special challenge to keep up with their physical fitness routines.

The Lockport Family YMCA — and all YMCA's throughout the region — are helping with that once again by offering Fitness in the Park. In its second year in Lockport, the program

is free and open to all.

Darcee Hughes, aquatics and wellness director, said with Lockport's YMCA's merger with the Buffalo Niagara YMCA, they were able to provide the program at Nelson C. Goehle Marina at Widewaters last summer, through Independent Health.

Independent Health started the program as a way to encourage people to stay on track in the summer when they are busy doing other things. Hughes said it was designed to keep people "moving, to stay active and healthy

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Participants enjoy yoga along the Erie Canal in Lockport during last year's Fitness in the Park.

CONTRIBUTED



William Powell and Irene Dunn in "Life with Father," 1947. Jimmy Lydon who costarred in the movie, has fond memories of the making of the classic Father's Day film.

CONTRIBUTED PHOTO

FATHERS DAY TODAY
JIMMY LYDON
REMEMBERS...

'Life with FATHER'

BY NICK THOMAS

It wouldn't be Father's Day without Turner Classic Movies' annual parade of patriarch-themed classic films. One of the most popular is 1947's "Life with Father," based on a book of humorous stories written by Clarence Day, Jr., a decade before the film.

Produced by Warner Bros., and directed by Michael Curtiz, "Life with Father" stars William Powell who is widely remembered for portraying the witty, charming, and sophisticated ex-detective Nick Charles in six Thin Man films with Myrna Loy. He was enormously popular with movie audiences during his 30 year career, being nominated for three Best Actor Oscars.

While Powell plays Clarence Day, Jimmy Lydon appears as Clarence Day, Jr., the oldest of his four sons. Lydon, who turned 92 on May 30, appeared in numerous movie and TV roles and has fond memories of "Life with Father."

"We worked for four and a half months on that picture," he recalled from his home near San Diego. "Mr. Warner wanted to spend all the money in the world on it and take his time to produce a prestige piece. He paid a million dollars just for the rights to the story."

The movie was filmed in expensive 3-strip Technicolor, a process that

"We worked for four and a half months on that picture. Mr. Warner wanted to spend all the money in the world on it and take his time to produce a prestige piece. He paid a million dollars just for the rights to the story."

Jimmy Lydon, who plays Clarence Day Jr.

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Sweet talk

Children with speech issues are invited to attend UB's Articulation Boot Camp

BY ANGELICA A. MORRISON
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BUFFALO — This summer several graduate students from across the region, including Niagara County, will be taking on a special mission. They'll be taking on the role of drill sergeant.

The University at Buffalo and Hearing Language and Speech Clinic will be hosting an Articulation Boot Camp where students will be fully engaged in helping children overcome their challenges with articulation disorder.

"I just like their energy. I like preparing for it. I like to make things fun for them," said Kellsie Nolan of Lockport one of the students who will be working with the children this summer. "You can see their growth. It's exciting to watch them change."

Dr. Susan Felsenfeld, associate professor at the clinic, says an articulation disorder is when children erroneously articulate a small number of speech sounds such as "r, l or s." The errors in articulation are usually common in younger children

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PHOTO BY DOUGLAS LEVERE

Graduate students Jennifer Andrews of Lewiston, left, and Kellsie Nolan of Lockport, right, prepare for Articulation Boot Camp with a young student. The camp is being held at the university in July.



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