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Fit for life, to me, means that even though as you get older you aren't as fit as you used to be, you are still able to function and aren't so unfit that you can't move.

Being fit doesn't mean you are ripped, or thin, or as flexible as a pretzel, but it means that you are able to do simple tasks easily and not struggle with everyday tasks. I would like to be fit for life so that I can live independently as an older person. I wouldn't need assistance since I would be in shape and not



obese, or weak, or inflexible.

Some examples of me being fit in my life are cheerleading, track and field, and dance. I love to cheer, and dance, and run track but after a while you can't do those things easily anymore.

Even now, I have sprained multiple joints and I still haven't reached my full potential level for these sports. However, if I

continue to work out, eat healthy and do it consistently I will get better then I will be fit for life. I might not be able to run as fast, or have the same muscle endurance level, or be as flexible as I am now but I will be more in shape that someone who never exercises or someone who eats non healthy foods.

To have lifetime fitness I will continue to work out and eat healthy. But, as I get older I won't work out as intensely as I do now so that it doesn't wear out my body.

Gaining lifetime fitness doesn't take a lot of effort but will take time and adjustment if you currently aren't into ex-

ercising. Eating healthy food, such as fruits, vegetables and not eating too much artificial sugar will help decrease the risk of diabetes type 2 and possible heart problems. Exercising regularly will also decrease heart problems.

Talking about your feelings and having a good group of friends will lift your spirits and not make you feel depressed. Depression can lead to a lifetime of sadness, and will leave you feeling down all the time, and like you don't have enough energy or willpower to exercise. Being fit for life should be important to everyone and everyone should strive to be Fit for Life.

who lives across the street from the site of the proposed six single family homes, said his client had some concerns with the plan. He says the plan calls for "ugly development" that crams in as many homes and town homes into a confined space as possible, rather than spread them out.

"You're taking open space for the park and cramming homes on top of each other," Keenan argued. The townhouses will have no trees or front yards to speak of, and will instead just have pavement. "We believe it should be rejected, redesigned so it's not just curb and pavement."

Clement addressed the complaint by saying neighbors can't

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EAST GOSHEN

Township's outdoor scene may change

By Candice Monhollan
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EAST GOSHEN » East Goshen's outdoor space could have a whole new look in the coming years.

Something which has been in the works and discussed on numerous occasions is the possibility of a Paoli Pike Trail.

This almost 3-mile trail, running from Airport Road to Line Road strictly within the boundaries of East Goshen, has been in the works since May.

Working with McMahon Trans-

portation Engineers & Planners, the trail has been mapped out and priced as best as possible over the last seven months.

The East Goshen Board of Supervisors was given an update for the final time in public at its monthly meeting Dec. 1 before the members are expected to vote for adoption of the plan at the Jan. 4 meeting.

"We already have received several comments (from the community), both expressing support for the project, as well as concerns or opposition of the project," said Natasha Manbeck, project manager with McMahon. "We will

continue to accept comments through Dec. 15."

During the last few weeks between the end of the public comment period and the Jan. 4 meeting, Manbeck and the Trail Committee will sit down with the township to discuss any changes based on the comments.

To help pay for the estimated \$7.66 million it will cost to the entire 2.7-mile trail, Manbeck presented a list of grant opportunities at the October meeting, which the township has started to apply for a couple with quick deadlines.

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COURTESY PHOTO

Thomas Comitta Associates is working on a Master Park Plan, which calls for an overhaul of the current playground in East Goshen Park to become a more age-diverse area for children and will have opportunities for shade for both kids and parents.

Outdoor

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As it seems for the moment, if the board were to go ahead with the trail, it would first focus on getting the back-half of the trail completed, or segments C through G, which runs from Reservoir Road to the connection with the already existing Applebrook Trails.

"We've estimated that 4,000 East Goshen Township residents may live within a 10- to 15-minute walk of the corridor," Manbeck said.

East Goshen Township Park, which attracts both residents and nonresidents,

may undergo a revamp as Thomas Comitta from Thomas Comitta Associates presented the Park Master Plan at the Dec. 1 meeting.

The plan is viewed as a five- to 10-year master plan, with the possibility of a 10- to 30-year master plan following in 2020.

The goal of the Park Master Plan is to maintain and enhance the park for diverse recreational opportunities and to create a playground for all ages and abilities.

"Over the last several months, on the third Thursday of each month, we've had meetings to kind of brainstorm ideas and the purpose of this meeting is just to make an in-progress, interim presentation with

the hope that, if all goes well for our meeting Dec. 17 and in January, we would come back to the board in February with some more information and some more detail," Comitta said.

The plan presentation focused a lot on the complete overhaul of the playground area, taking it from what it currently is to a more sophisticated playground with areas meant for certain age groups and set up in a way that parents can see all sections from one main spot.

"We (wanted) to create a very unified space that would be easily found, enjoyed and maintained and different from the existing space because it would have some kind of unified ele-

"We were trying to evaluate the most graceful additions and refinements to the park."

— Thomas Comitta, Thomas Comitta Associates

ment," Comitta said.

The unified element would be a perimeter trail going around the entire playground area.

"The showcase feature... would be a canopy-type structure that would be used for shade and it will be flanked by a pavilion structure (and) underneath would

be benches," Comitta said. "It would be sort of a core area of the playground space for relaxation and parental supervision."

The canopy and pavilion would be in the center of the new playground and circling around it would be different types play areas for different age groups, with each area marked by a sign with the recommended ages.

Examples of the some of the play areas would be early childhood swings, spring horses, a sand and water play area, an obstacle course, a labyrinth and more.

Outside of the play areas would be a T-ball and wiffle ball diamond, along with an earthen mound for children