

## June Healthy Events

### The ABC's Of Joint Pain

This program helps you learn about the possible causes and treatments available for joint pain as well as ways to keep your joints healthy. Wednesday, June 10, 6:30 P.M.  
First United Methodist Church, Williamsport  
FREE. Registration: 877-852-2874.

### Susquehanna Health Challenge At Crystal Lake

Join us for a challenging 15 mile endurance hike/trail run in beautiful north central Pennsylvania. Crystal Lake features trails ranging from easy to difficult and is designed to appeal to the hard-core trail runner, dedicated hiker or those reasonably fit persons out for a real challenge. Children can take part in a short challenge run around scenic Crystal Lake.  
Saturday, June 6, Race Begins at 9 A.M. for walkers/runners and 10 A.M. for the children's challenge.  
To obtain an entry form, visit us online at [SusquehannaHealth.org](http://SusquehannaHealth.org).  
\$40 Adults/\$20 Kids. Information: 570-546-4170.

### Osteoporosis Screening-How Strong Are Your Bones?

Risk increases with age, menopause, inactivity and lifestyle choices or inherited tendencies. A quick and painless ultrasound heel screening measures bone density level. The screening also includes information on reducing risks for osteoporosis and fractures.  
Wednesday, June 17.  
The LifeCenter, Bon-ton JC Penney wing of Lycoming Mall.  
\$25. Appointment: 570-321-3000.

### Muncy Valley Hospital Lawn Party

Join us for a day of fun for the whole family. Enjoy a hearty breakfast, crafts, children's games, silent art auction, food court, entertainment and more!  
Saturday, June 20, 6:30 A.M.-4:30 P.M.  
On Muncy Valley Hospital grounds, 215 East Water Street, Muncy, PA.  
FREE. Information: 570-546-8282.

### AARP Driver Safety 4-Hour Refresher Course

This course is for those who have already taken the two day, eight hour AARP Driver Safety Program on a previous year and have proof that they attended that course.  
Friday, June 26, 12:30-4:30 P.M.  
The LifeCenter, Bon-ton, JC Penney wing of Lycoming Mall.  
\$12/AARP Members, \$14/Non-Members.  
Registration: 570-326-8657 or visit the Senior Citizen Center, Second floor, Divine Providence Hospital, Monday and Wednesday from 9:30 A.M. to Noon.

For more information about our programs and screenings, or to register, visit us online at [SusquehannaHealth.org](http://SusquehannaHealth.org)



LIFE ~ BODY & SOUL

The Better World *John & Lynne Diamond-Nigh*

# Young at Heart

Oh, to arrive in Paris on your birthday, the city as flower-thick as old wallpaper. As we tow our suitcases across the Luxembourg Gardens, we pass the large octagonal pool where locals sit at ease, reading, kissing, chatting, or watching children sailing toy sailboats. One little girl wearing shoes upholstered with life-size satin bunnies sets her boat in the water just as the breeze picks up, spurring it toward the other side of the pool. She squeals with delight, clapping her tiny hands as she springs around the edge of the pool to collect her Nina, Pinta, or Santa Maria. Why, we muse aloud, does that bubble of rapture diminish as we age, often to disappear? Well, in fact, it doesn't; not always. We do know people who carry that joy through life like a fine, outlandish jewel. But added to joy, conserving its gleam, comes the later art of self-constraint.

That evening we are sitting with our students in a small, plain, time-tattered church. Candelabras burn against the soiled gloom of the old stone walls. A grand piano sits at the front. Soon, a young man with an awkward, child-like smile will appear, take his place at the piano, and begin to play with a skill and

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scope of feeling surprising in one so young. The music is by Chopin—there are stormy upheavals where you think the piano will shatter to pieces, bringing the old ceiling crashing down around your ears. In turn, there are passages of such melodic tenderness your eyes blur with tears. As he plays, the young man performs a kind of unself-conscious ballet of expressive movements, weaving to the currents of the music. It strikes you, watching him play, that much of what makes being human so magnifique is this link between the height of human skill and the depth of human delight.

How did a man this young get so far? Talent, yes. Determination? Yes. Years and years of tedious practice. Randy Pausch observed in his book *The Last Lecture* that you can tell a great deal about a person and his aspirations by seeing what he's up to on Friday night. Is he out on the town, or is he holed up working on the next chapter of his book or picking over a difficult passage of Rachmaninoff for the twentieth time? Success doesn't come without diligence. How nice, I suppose, if it did.

A lot has been written, during the present economic crisis, about a Scotsman named Adam Smith. Most allude to his historic treatise, *The Wealth of Nations*. Smith wrote an earlier book called *A Theory of Moral Sentiment* in which he lays out his blueprint for an ethical society. Sympathy (what we would call empathy) is a central virtue. Another is self-constraint, or self-discipline, the lack of which most analysts point to as the cause of our current discontents—and of bad behavior in general.

A couple of students (not ours this time) have broken the rules. The proprietor of the pension where we are staying observes with a smile of mild exasperation, “Students from America are, how do you say it, like a virgin”—meaning they lack the maturity to do things in moderation, to cope with even small adversities that inevitably come along. It's a gross generalization, but we take his point. To paraphrase: all of Paris is at their fingertips—the greatest city in the world—and too often the only thing those fingertips are thinking about is the next cold beer (or the next text message) they can touch.

The little girl can't wait. Her sailboat is suddenly becalmed several feet from the edge of the pool. So into the shallow pool she splashes to get it. Her rabbit shoes and fine pink Easter dress are spoiled. We watch as her father jogs around the pool to her aid. Does he scold? Does he spank? No, he simply smiles. As he lifts her up, the water from her skirt drizzles over his fine French suit. You know that he knows—life wants such pluck, such dare, such impulsiveness and risk-taking. The seasoning of constraint will come in time.

*Lynne is an etiquette and protocol consultant and a humanities professor at Elmira College. John is an artist and designer. Please send questions and comments to [thebetterworld@mountainhomemag.com](mailto:thebetterworld@mountainhomemag.com).*