

Hampton swinging way into record

By Lenny C. Lepola
News Asst Managing Editor

Peter Gabriel may not have had Centerburg resident Dave Hampton in mind when he recorded *Sledgehammer*, but you can bet that 51-year-old Hampton hums the tune sometimes when he works out. In fact, Hampton is so devoted to his Sledgehammer that he is going to use it in an attempt to get in the *Guinness Book of World Records*.

From 10 a.m. until 1 p.m. on Saturday, August 15, Hampton is going to attempt to set a world record by swinging a long-handled, 12 pound sledgehammer 2,304 times in three hours.

"I've been weight training for 37 years, I started in 1971," Hampton explained. "I've been swinging a sledgehammer for cardio and core strength for years - I can do it for hours on end. I got the idea to petition the *Guinness Book of World Records* for a special category where I plan to swing a sledgehammer for three consecutive hours, at least 2,000 swings, 64 swings every five minutes."

Hampton said the *Guinness Book of World Records* folks turned him down the first time he petitioned, but he was persistent and succeeded when he petitioned to establish the special



News File Lenny C. Lepola

Dave Hampton is shown with his 12-pound sledge hammer. He is currently training for his attempt at setting the Guinness Book of World Records for most swings of a 12-pound sledge hammer in three hours on Saturday, August 15.

sledgehammer swinging category a second time.

"Guinness takes their records seriously," Hampton said. "They have their reputation to consider. I need 12 witnesses, I have seven lined

up. They have to be prominent, and they can't be friends, family members or neighbors."

Hampton and his wife Ann are members of Vineyard Church of Delaware County,

so he's recruited Vineyard pastor Danny Meyer as one witness.

"Part of what we decided to do was ask people to drop a canned good or two off at Vineyard for their food pantry as part of the *Guinness Book of World Records* Sledgehammer attempt," Hampton said.

So that he's not hitting a completely stationary object that would break the sledgehammer handle, Hampton hits a tire embedded in the ground.

"It takes me two minutes and 40 seconds to do 64 swings, so that gives me time out of every five minutes to catch my breath," Hampton said. "The most I've done it has been for 1 1/2 hours, but I don't think three hours will tax me at all. But who knows, we're going to find out."

"My wife thinks I'm a little crazy," he added, "but she says she sticks around to see what I'm going to do next."

Hampton said anyone is welcome to stop by his place at 4899 Perry Road, Centerburg, between 10 a.m. and 1 p.m. on August 15.

"You just might see a piece of *Guinness Book of World Records* history being made," he said. "And on your way here, drop a few canned goods off at Vineyard Church in Sunbury."



News File Lenny C. Lepola

James Aust and Tracy DiSabato-Aust Compete in 2009 Pacific Coast Triathlon

Trenton couple compete at Sprint Nationals

By Lenny C. Lepola
News Assistant Managing Editor

On July 26, Condit area residents James Aust and Tracy DiSabato-Aust competed in the 2009 Pacific Coast Triathlon (PCT) in Newport Beach, California.

This year's PCT also served as the 2009 USA Triathlon Sprint National Championship, with the top 10 athletes per age group qualifying for Team USA and the opportunity to compete at the ITU Sprint World Championship in Australia in September.

James and Tracy race in the 50 to 54 age group.

In an email last week, DiSabato-Aust said because of unusually rough Pacific Ocean conditions the open water swim was cancelled and the meet became a run-bike-run duathlon.

"We had a blast, it's a gorgeous part of the world,"

DiSabato-Aust wrote. "Jim did great. There were over 80 men in his age group and he came in seventh. I came in second in my age group - Sprint National Champion 50-54 Runner-up."

DiSabato-Aust said there were 40-plus women in her age group. She completed the course 1:02:57, only 52 seconds behind Sprint National Champion 50-54 Elizabeth Bulman of San Diego.

"It was a huge race that brought out lots of fellow All-Americans and some fun competition," DiSabato-Aust said. "We also raced the Sunday before Sprint Nationals at the Nationwide Better Health/Columbus International Triathlon. We did great in the Olympic distance race. Jim won his age group and I was the overall female winner ... podium again."

James Aust is a dentist with a Columbus practice; Tracy DiSabato-Aust is a horticulturalist and designer who has written three gardening books and lectures internationally. Both James and Tracy are TeamUSA athletes.

To find out more about the work of Tracy DiSabato-Aust, go to < www.tracylive.com >.

For additional information about TeamUSA events and athletes go to < <http://teamusa.org/> >.

State Wildlife Officer begins duty in county

By Gary Henery
News Managing Editor

Stephen G. Harvey, 30, of Huron, Ohio, has been assigned as a new state wildlife officer in Delaware County, according to the Ohio Department of Natural Resources (ODNR) Division of Wildlife.

Officer Harvey is one of the 17 new wildlife officer cadets who underwent extensive training and was sworn in as a commissioned state wildlife officer during recent ceremonies in Columbus.

Following completion of the 16-week Ohio Peace Officers Training course May 1, the cadets were provided with nine weeks of additional specialized training by the Division of Wildlife. In addition to wildlife enforcement procedures and agency poli-

cies, the cadets received training in areas such as wildlife and fish management, communications, public relations, administration, education, hunter safety, and special projects.

As a state wildlife officer, Harvey will have statewide jurisdiction to enforce wildlife regulations, investigate allegations of waterway pollution and protect state property. He will also conduct educational programs, advise landowners on dealing with wildlife and keep local agencies and conservation organizations updated on wildlife projects and regulations.

"My family and I look forward to moving to Delaware and working with all of the sportsmen and sportswomen in central Ohio," Harvey said.

Harvey is a 1997 graduate of St. Francis de Sales High



News File Lenny C. Lepola

OFFICER STEPHEN G. HARVEY Begins Wildlife Career in Delaware County

School in Toledo. In 2001, he received a Bachelor of Science degree in Environmental studies/field biology from Ohio Northern University. Before becoming a state wildlife officer, Harvey

worked for the ODNR Division of Natural Areas and Preserves as a preserve officer.

Harvey will relocate to Delaware County with his wife Katie and daughter Ella.

Trio of Golden Eagles headed for Ohio Northern

By Gary Henery
News Managing Editor

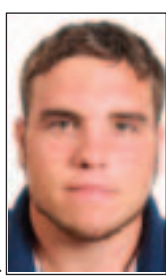
Kalven Baer, Adam P. Bookman and Jordan V. DeWitt, 2009 graduates of Big Walnut High School, will attend Ohio Northern University.

Baer, son of Timothy and Jana Baer, Sunbury, enrolled in the College of Arts and Sciences. He will be a freshman majoring in construction management.

Baer was a standout line-

man on the Golden Eagles' football team.

Bookman, son of Robert and Lee Ann Bookman, Galena, and DeWitt, son of Larry and Marcia DeWitt, Sunbury, will major in Pharmacy at ONU's renowned College of Pharmacy.



BAER



BOOKMAN



DEWITT

Bookman played lacrosse and was a member of the National Honor Society.

DeWitt was active in football, baseball and

Fellowship of Christian Athletes and a member of the National Honor Society.

Ohio Northern University is a leading private, student-centered institution that blends quality professional programs with the arts and sciences to more than 3,600 students in its five colleges: Arts & Sciences, Business Administration, Engineering, Pharmacy and Law.

Scanlan 5K Memorial Run & Walk deadline August 15

By Lenny C. Lepola
News Assistant Managing Editor

John Scanlan, an active member of the Big Walnut Youth Athletic Association, was an avid runner who was training for an Iron Man contest when he passed away unexpectedly during September, 2008.

His wife Nicole "Nicci" Scanlan approached members of Sunbury Village Council in March to inquire about holding a John Scanlan 5K Memorial Run & Walk in Sunbury on Saturday, September 5,

using the southeast corner of village square as a staging area and start and finish line.

Council members approved a motion sanctioning the September 5 John Scanlan 5K Memorial Run & Walk contingent on final traffic control arrangements.

Race organizers subsequently renamed the event the Run For John 5K Run/Walk, and announced that online race registration is now open and that all race proceeds will be donated to Big Walnut Friends Who Share in John Scanlan's memory.

Race organizers last week announced

that August 15 is the deadline for race sponsors to submit logos for the memorial 5K Run for John.

Levels of Run For John 5K Run/Walk Sponsorship are:

- Platinum Sponsor - \$2,500;
- Gold Sponsor - \$1,000;
- Silver Sponsor - \$750;
- Bronze Sponsor - \$500;
- Blue Sponsor - \$250; and
- Friends Sponsor - \$100.

Run For John 5K Run/Walk information and forms are available at < <http://www.runforjohn.com/> >.

HealthMarkets™
Health protection that fits your life.

HealthMarkets™ is the brand name for products and services sold under the umbrella of HealthMarkets, Inc.™. West Group and Life Insurance Co. and First National Life Insurance Co. are trademarks of HealthMarkets, Inc.™. The AETNA Life and Health Insurance Co.™, N. Richard Hill, TX. Exclusions or limitations apply. Please contact your policy agent. *Optional plan requires additional premium. Association group plan, where available, requires association membership. AIC-0000177 (8/9) 12/09

Personalized Health Insurance!



CALL TODAY!
Jeffry Bridge
Licensed Insurance Agent
614-570-0830
jbridge3@columbus.rr.com

Learn about coverage
that fits your budget.

*** Optional Benefits**
► Dental ► Vision
► And More!