

Roses and Thorns

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Roses to a Penn Township woman who didn't own a bike, couldn't swim and was afraid of open water, snakes and frogs, and is now a triathlete. Jackie Stenta, 37, a mother of two who attended fitness classes at the Southern Chester County YMCA sporadically, said she hooked up with personal trainer Linda Jassmond Lanfear at the Y two years ago and has turned into a lean, mean athletic machine. As we start a new year she is surely a true inspiration.

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