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80 CHRYSLER LEBARON, gold, p.s., p.b., loaded, new batter adn tune up, good tires, 46,000 miles. No rust, \$2500 or best offer. Call 654-9555. 1-4-GR

'83 SUBARU BRAT GL, T-roof, gauge package, AM-FM cassette with equalizer booster, 4WD, auto, roll bar with (4) KC lights, step bumper, front and guard with winch, rear tarp cover, tinted glass, plush seats (1/2) new snow tires & set of (4) summertires, 43,000 mi. Still under warranty. \$7,000 or best offer. Must sell. 822-2352. 1-4-GR

'85 HONDA ACCORD, 4 dr., 5 spd., a-c, cruise, AM-FM stereo cassette with equalizer. Rust proofed. Still under warranty. \$9,500. Call 288-6223 after 4 p.m. or anytime on weekends. 1-4-GR

'78 MAZDA GLC runs good, needs body work \$800. neg. 696-3412. 1-4-GR

70 PONTIAC BONNEVILLE, p.s., p.b., air, AM-FM, body in good cond, interior exc. \$500. Call 675-5618 evenings. 1-4-GR

'75 AMC HORNET, new brakes, battery & tires. 4 dr., \$400. Call 779-1920. 1-4-GR

'76 PONTIAC SUNBIRD SPORT, 5 spd, AM-FM, air cond, rear window defogger, sun roof, tinted glass, runs well \$600. Call 735-8991. 1-4-GR

'68 DODGE MONACO, 383 cub. in engine. Auto, p.s., p.b., 4 dr., good body and good interior. Many new parts. \$650. Call 675-2021. 1-4-GR

'84 CHEVY CHEVETTE, 4 dr. hatchback, diesel engine with 5 speed trans., low mileage, AM-FM stereo, air., exc. cond. Averages 41 mpg., rear defrost, pin strips, w-w steel belted all season tires. \$4100. Call 825-3435, ask for Steve. 52-4-GR

DATSUN 80 ZOOSX auto, sunroof, air, p.s., p.b., cruise, undercoat, AM-FM stereo. All options. Exc. cond. 75,000 miles. \$3850. 823-0442. 52-4-GR

1984 DODGE OMNI, 4 dr., 4 cyl, auto, p.b., p.s., air, hatchback, good running cond. 28,000 miles. Asking \$5500. Price neg. Call 824-3752 after 4 p.m. 1-4-GR

1980 MAZDA 626, 4 dr. 5 spd., air cond., rear window defogger, AM-FM, silver with black interior \$3800. 824-4560. 1-4-GR

HELP WANTED
Wanted

Electrical Inspector. Minimum 4 years of electrical background. Write to The Dallas Post, P.O. Box 3668, Dallas, Pa. 18612. 52-2-P

Sportswriter

The Dallas Post seeks a freelance sportswriter to cover men's high school sports in the Back Mountain area. Applicants should have previous newswriting experience and be able to work on assignment and meet deadlines. Send resume to Doty Martin, Executive Editor, The Dallas Post, P.O. Box 366, Dallas, Pa. 18612. No phone calls, please. 52-tn-P

Now Hiring

For personal care boarding home. Noxen area. Call 298-2407 between 9 a.m. & 3 p.m. 52-2-P

LIVE-IN BABYSITTER needed for 10 days in March. Couple preferred. References a must. Call 675-3289. 1-4-P

PERSON NEEDED to watch 2 children in Dallas Area, 9-5 daily, 1 week in March. Must have valid Pa. drivers license. Own transportation and references required. Call after 2 p.m. 675-3799. 1-1-P

DEPENDABLE PERSON to do house cleaning one day per week. Dallas area. References required. Call 639-1118 after 5:30 p.m. 1-3-P

WORK WANTED

Remodeling
Interior, exterior, roofing, siding, porches, paneling etc. Small jobs a.k.a. 25 yrs. exp. 477-3424. 46-12-P

WILL BABYSIT in my home. Exp., reasonable rates. Any ages. Lake Silkworth Area. 477-5622. 52-5-P

HOUSEWORK wanted in Dallas, Kingston & Back Mt. area. Monday & Wednesday available. Calls taken at 333-4846.

FOR RENT

Wilkes-Barre
Office, commercial, merchantile space, up to 30,000 sq. ft. low rates, flexible terms, 1st floor space, loading docks, broker protected 822-1139. 52-4-P

FOR RENT

Wilkes-Barre
Westside Apts.

N. River St. Efficiency Apts., 1 and 2 bedrooms. \$185 to \$300. Some utilities furnished adults, no pets, lease, sec., references. 822-1139. 52-4-P

Wilkes-Barre

Second floor, four rooms, modern bath with shower, off-street parking, stove, refrigerator, washer/dryer hookup. Heat, hot water included. \$275 per month. Available immediately. Call 288-8933. 44-tn-P

REAL ESTATE

Government Homes from \$1 (U repair). Also delinquent tax property. Call 1-805-687-6000 Ext. GH 6026 for information. 46-8-P

FREE

FREE Male puppies, 8 wks. old. Mixed breed. 675-2784 anytime. 1-4-P

FREE Puppies: German shepherd and huskie mixed, about 9 wks. old. 3 female, 1 male. 477-5934. 1-4-P

TRUCKS

DODGE \$978 Power Wagon, p.a., p.v., auto. Paint faded. \$3700. Call 287-8339. 50-4-P

1973 FORD 3/4 ton pickup, 4 spd., new clutch, 8 utility boxes w-locks & pipe racks. Must sacrifice. \$600. 825-3917. 50-4-P

1985 DODGE RAM D50 ROYAL truck, 4 cyl., 5 spd., 17,000 miles \$5400. 287-3082. 51-4-P

1979 DODGE POWER WAGON, Sno-Fiter package, auto., 4 wheel drive, p.s., p.b., Meeyrs Power Angle Snow Plow. 25,000 miles, runs good. \$4,500. Call 287-6147. 52-4-P

1 TON 1962 INTERNATIONAL with dual wheels, 4 spd., heavy duty suspension, set up for welder, flatbed, has vise, toolbox, etc. Asking \$400. 675-1562. 52-4-P

VW '77 VAN, Good cond. Runs exc. 25 MPG. (4) new tires, \$1500, negotiable. Call 826-0915. 52-4-GR

'73 CHEVY BLAZER, 4 W.D lockout hubs, 4 speed, p.s., p.b., AM-FM cassette, new shocks & exhaust system, new doors & fenders, body completely redone, new paint black & silver. Ziebarted. 62,500 orig. mi. Mechanically & body exc. \$3,000. Call 654-3067. 52-4-GR

1980 CHEVY BLAZER silverado package, loaded with lockout hubs. Very good cond. in and out \$6,750. 287-0297 evenings. 52-4-GR

JEEP '80 WAGONEER, 32,000 mi., good cond. \$6,500. Call 868-5096. 1-4-GR

'74 CHEVY VAN, former ambulance, V-8, 350, air, extra tires, p.s., p.b., tilt wheel, sink, rear heater, 38,000 mi. Selling as is \$1800 or best offer. Can be seen at Wyoming Horse Co. No. 1, 33 E. 8th St., Wyoming or call 693-4637. 1-4-GR

'77 PLYMOUTH VOYAGER VAN, a-c, p.s., p.b., newly painted, needs engine work. \$2400 neg. 696-3412. 1-4-GR

LOST & FOUND

LOST, 4 mo. old, female boxer. Black and white markings with brown nylon collar. Answers to Natasha. Lost since Sat., Jan. 4 from Country Club Road, Dallas. Sadly missed by little boy. Call 675-5904 after 3 p.m.

found, Beagle, Sat. Jan. 4 in Lake Silkworth area. 477-2331. 52-4-P

LOST, 3 mo. old English Red Tick female, Lutes Corners area between Noxen and Tunkhannock. 298-2354. 1-4-P

MOTORCYCLES

YAMAHA 84 200E, 3 wheeler, needs 1st gear, runs good, low mileage, 2 new back tires. (Wally Boggers) \$700. Call 823-7487 after 5 p.m. 1-4-GR

RECREATIONAL

1983 SNOWMOBILES, (2) Polaris Geminis, used very little, \$900. each. Call 655-4501. 52-4-GR

FIREWOOD

SEASONED HARDWOOD, 1/2 cord, cut and split. 477-5361. 52-4-P

MISCELLANEOUS

50 PERCENT OFF!!! Flashing arrow signs \$289!! Lighted, no-arrow \$269. Unlighted \$219. Free letters!! See locally. (800) 423-0163, anytime. (800) 628-2828, ext. 504. 1-1-P

ANIMALS

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Board horses your way at T & G Stables, Harris Hill Rd., Trucksville. Call 696-4943 or 283-1179. 38-tn-P

Great With Kids

Pure white German shepherd puppies, 7 wks. old. AKC registered, shots & wormed, exc. dispositions, Sire & Dam on premises. 696-4643. 1-2-P

SERVICES

Chair Caning

Lawn furniture webbing replaced. United Rehabilitation Services, 287 N. Pennsylvania Ave., Wilkes-Barre, PA 829-3681. 52-3-P

INSTRUCTION

In Your Home

Guitar & bass instruction in your home. Working pro, experienced instructor. Kingston Township & Dallas Township areas only. Call Ray DelPriore, 654-1611 before 2 p.m. 52-4-P

EXPERIENCED PROFESSIONAL MUSIC INSTRUCTION. Lessons on guitar, bass, violin, mandolin, banjo, piano and organ. Beginners to advanced. Call 693-0119. 48-12-P

FRENCH BREAD, CROISSANTS. Hands on workshops available in February & March on Sundays. Also demonstration classes in the Genoise cafe. Call for dates & further information. Joan's Bakery 836-6830. 1-3-P

AUTO PARTS

BUMPER, homemade with brush guard and grill guard. Fits 85 Ford F-150 or 85 Ford F-250. \$100. 823-7487, after 5 p.m. 1-4-GR

ENGINE for '60 Ford. Rebuilt, \$400. Call 823-3679. 1-4-GR

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Fitness center owner
Diane Bryant reaches career high in aerobics

By CHARLOT M. DENMON
Staff Correspondent

Diane Hozempa Bryant, owner of Great Beginnings Fitness Center, Memorial Highway, Dallas, recently reached the epitome of professionalism in aerobics when she received a degree as a nationally certified professional aerobics instructor from the Aerobics & Fitness Association of America.

The degree recognizes her knowledge of anatomy, physiology, application of cardiovascular exercises to aerobics and the application of knowledge to sports physiology. Diane had to successfully complete a written examination including sports, nutrition, weight control, body composition, and how they apply to aerobics. In addition, she had to complete a practical segment including an hour's performance demonstrating body alignment, instructional techniques, coordination, flexibility, rhythm, presentation, warm-up stretches, waist, abdomen, outer thigh and inner thigh movements, and proper cool-down.

The national accreditation climaxes years of involvement by Diane in creating and teaching aerobics routines since she became interested in physical fitness as a college student.

The former Diane Hozempa, native of Dallas, graduate of Dallas High School, enrolled in ballet and jazz courses while a student at College Misericordia. As she learned the various routines and the physical action involved in the two forms of dance, Diane became increasingly interested in her body and how to take care of it. As a result, she became involved in exercising in order to keep physically fit.

Following graduation, however, she met and married Bradley Bryant from Lake-Lehman and they became the parents of two children, Brad, now 11 years; and Jennifer, age nine.

Like many married couples, 10 or 15 years ago, Diane was busy with her home and children and found little or not time for exercise or

dance. But she began reading about physical fitness and the more she read, the more interested in physical fitness Diane became.

About six years ago, she decided she would like to teach some classes and finally accepted a position as a part time instructor at the former Narrows Health Spa. At first, Diane worked about 12 hours per week, using her dance experience and choreography knowledge to work out her own routines. She recognized the importance of working out moves in aerobics that flowed smoothly from one move into another.

Diane developed several routines involving the proper muscles in a proper pattern coordinated with the music, light airy music prompting light, smooth movement.

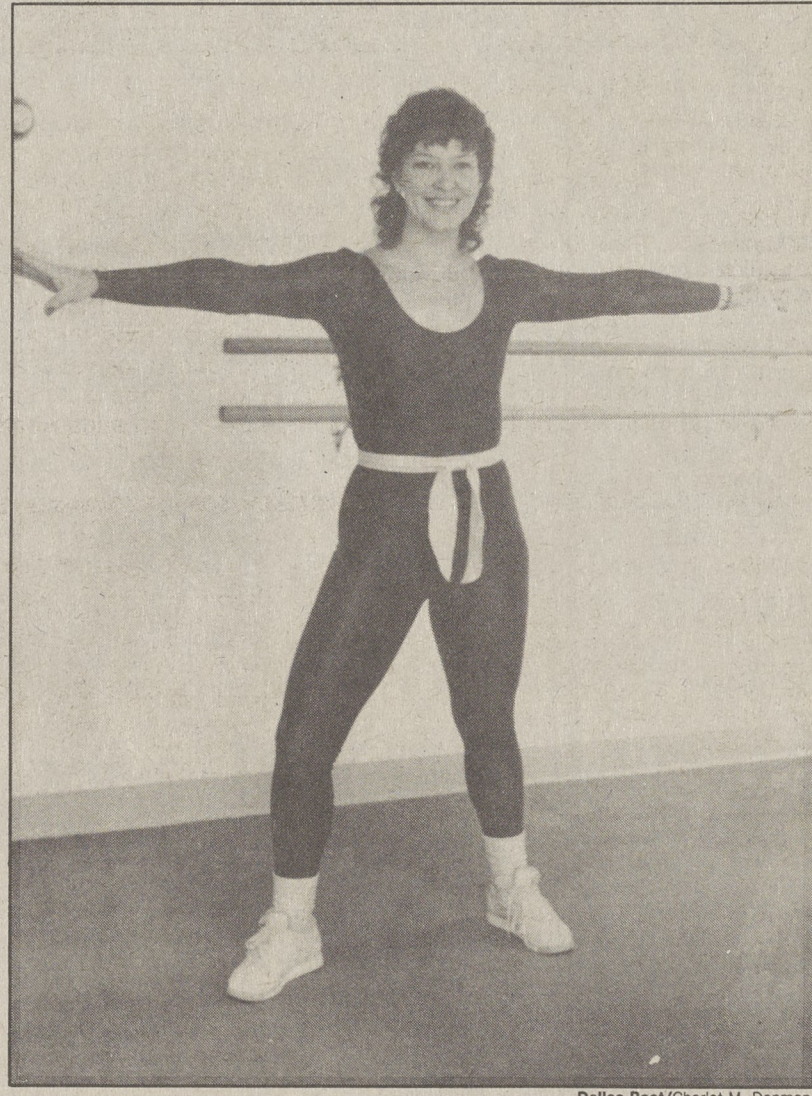
In her first part-time position, Diane taught aerobics three nights each wee, then became co-manager of the spa. After eight months, she was promoted to manager and for two years directed a staff of six, each averaging six classes of 25 members daily. Others came in to use the equipment privately.

In September of 1984, Diane left the Narrows Health Spa to open her own business in the Back Mountain- the Great Beginnings Fitness Center, located in the Fernbrook Plaza, Memorial Highway, Dallas.

In her new business, Diane continues to do what she is most interested in doing-creating new routines and personally teaching eight to 10 classes a week. She used to run, but now directs most of her physical activity into aerobics.

Her husband, Brad, is self-employed so he does most of his physical fitness routines at home when he has the time. With the number of classes she teaches, Diane doesn't need to work out on her own with the exception of weights, which she uses three or four times each week.

The type of weight work Diane does and teaches is weightlifting but it is not the professional body-building type of weightlifting. It is described as body-sculpturing, a process which tones the body and develops strength.



Showing her stuff
Diane Bryant demonstrates basic aerobic exercise.

Diane's enthusiasm for physical fitness has encompassed her young daughter, who is presently enrolled in the Wilkes-Barre Ballet School of Dance. Diane's goal is to involve children in a physical fitness program, especially aerobics as a type of dance.

Although enthusiastic about physical fitness, Diane advises all persons to have their doctor's approval before becoming involved in intensive exercise programs.

"It is important that persons over 30 years of age have stress electrocardiograms prior to participating in strenuous programs," said Diane. "I was young when I first became involved and through regular check-ups, my doctors know what I am doing and how I am doing."

During her studies for national certification, Diane learned that the

"bouncy" type exercises are no longer recommended. She emphasized that isolating the muscle and using only flowing movement (contracting and isolation) is the recommended method rather than the ballistic type formerly taught.

Diane has created and introduced a new type of aerobics-non-impact aerobics-less knee and back movement but using one pound hand weights, a program designed for the youngest to the oldest individual.

"Walking, swimming, bike riding — all of these are forms of aerobic exercising," said Diane. "What I try to do is to take all methods of aerobic exercises, adapt them to suitable music and teach aerobic dance routines-routines my students, young or old, will enjoy while becoming physically fit. If I achieve that, I feel that I am successful."

Carpenter Care Center has busy season

The holiday season was very busy for the residents at Carpenter Care Center.

The staff and residents greatly appreciated the efforts of the following community groups who donated gifts or entertained for the Christmas Season: Tunkhannock Methodist church, Russell Hill Church, Osterhout Bible Church, Meshoppen United Methodist Church, Junior Women's Club, Junior Youth Group from Springville Baptist Church, Tunkhannock High School Chorus, Jacobs' Brothers, Barber Shop Quartet, Barber Shop Chorus, Senior Citizen's Center, Murphy's Mart, Nativity Youth Group, Bell

Ringers, Nativity Church, Beaver Meadows Country Chorus, Mill City Elementary School, Brownie Troops, Pleasant View Baptist Church, Eaton Baptist Church, Tyler Hospital Volunteers, Interfaith Friends, St. Michael's School, Lake Winola United Methodist Church.

Those honored at the residents birthday party were Margaret Bills, Julia Kennedy, Mamine Benninger, Luzilla Sisco, Ida Mae Schmidt and Kenneth Thomas.

Get well wishes were sent to the following patients at Tyler Hospital: Mildred Chadwick, Curtis Mason, Mabel Brotzman, Edith Gray, Anna

Carpenter, Andrew Kingston and Blanche Robinson.

New residents are Eleanor Hartnett of Huntington, N.J.; Anna Baker of Mehoopany; Elizabeth Martin, of Fallas and Arthur McGavin of Meshoppen.

Kenneth Thomas was chosen resident of the month. Ken was admitted to the facility on May 10, 1985. He was formerly in the dry cleaning business. He enjoys the music program and playing accompaniment on the washboard. He is active in current events, exercises and Resident Council. Congratulations Ken, on being chosen resident of the month.

Registration set for clinic

Dallas High School Indoor Soccer Clinic registration will be held on January 21 and 22 from 7 to 9 p.m. at Burger King, Shavertown.

The soccer clinic starts February

27, every Thursday and Friday night, until April 4 for ages 6-12. Cost is \$20 per child and \$15 for every child after that.

Dallas gridgers honored

Dallas High School football players were guests of honor at the Sixth Annual Football Banquet hosted by the Dallas Gridiron Club on January 12 at the Sheraton/Crossgates, Wilkes-Barre.

Players, their parents and guests were welcomed by Ron Ostrowski, president of the Dallas Gridiron Club. Assistant high school principal Frank Galicki was master of ceremonies and District Secondary Principal Thomas Cyphers delivered the invocation.

Gerald Wycallis, district superintendent, congratulated the players on their performance during the 1985 season and thanked their parents for their cooperation.

Galicki introduced guest speaker Jim Miller, sports director, WBRE-TV, Wilkes-Barre. Miller spoke to the players emphasizing the importance in striving to fulfill their dreams for the future, using as an example the role his dreams as a teenager played in achieving his goal.

Awards were presented to Chris Dreher, Tim Evans, Tim Kern, Mark Konopki, Mark Kraynak, Rich Long, John Harris, Alan Longnecker, Tim Lyons, Gerry Mihalick, Ron Ostrowski, Jim Perkoski, Marc Ramirez and Chris Vincelli, seniors; Matt Andrasko, Steve Brace, Todd Chamberlain, Mark Chester, Scott Francis, Bill Fedrow, Ryan Holthaus, Jeff Kehl, Ed Kwak, Dan Luke, Art Morgan, Lynn Sheehan, Chris Sorber, T.J. Struckus, Dale Williams, Dan Williams, juniors; Kyle Boudreaux, Tom Charney, Walt Delgaudio, Scott Drasin, Ben Kern, Mike Koprowski, Scott Lamoreaux, Eric Olsen, Joe Shandra, Ian Tattersall, Jonathan Wagner and Mike Weiltchko, sophomores.