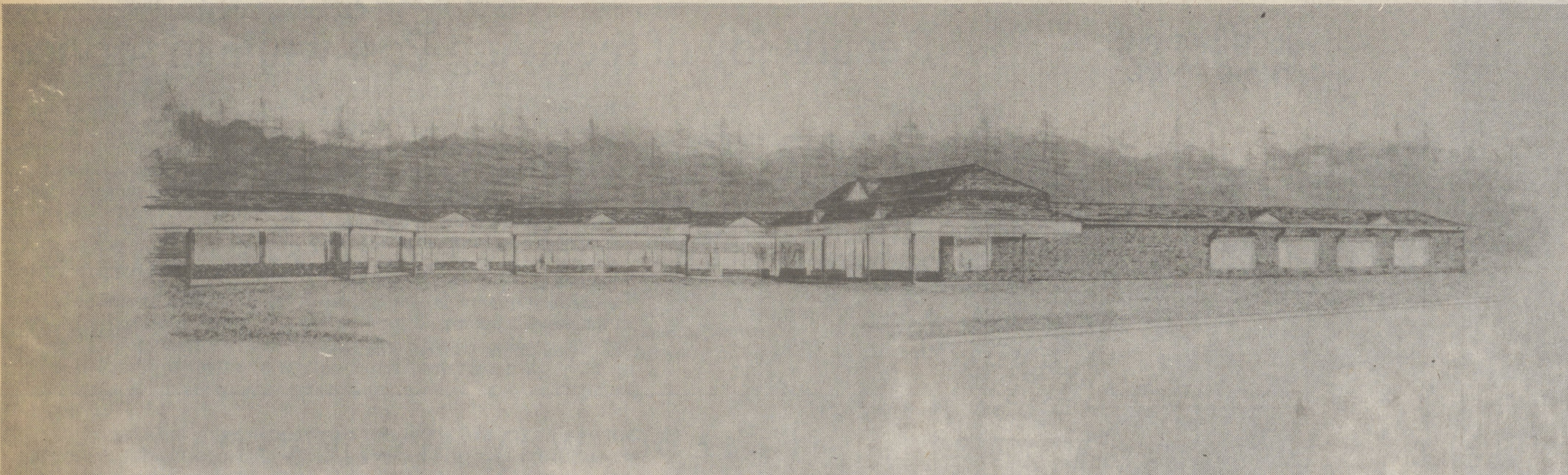


COMMUNITY



HOW IT WILL LOOK - An artist's rendering shows how the former IGA market building in the Dallas Shopping Center will look when renovations are complete.

Additional stores will connect a new B. Levy Shoe store, on the right, with the present shopping center, which will be remodeled.

B. Levy Shoes to anchor Dallas Shopping Center expansion

A new B. Levy & Son shoe store will be opening next month in the Dallas Shopping Center. The store will occupy 8,500 square feet in the former IGA building, which is currently being completely renovated into retail store space. Another 6,000 square feet will be available in the existing building and the shopping center's owners

plan to add 10,000 square feet more space in the near future.

"That has historically been one of the strongest shopping centers we've been involved with," said George Nicholson of Humford Equities, the leasing agency.

Nicholson said renovations to

the former food market were the first of three stages of development. The second will be to add 10,000 square feet of space by connecting the renovated building to the main center and the last stage will install a new facade on the entire facility. "It's going to be a complete facelift," Nicholson said February 8.

The B. Levy company was founded in 1888 by Benjamin Levy, as a wholesaler of footwear. The fourth generation of the family, Bernard and Benjamin Levy, now head the company. B. Levy operates 27 retail locations, including one in Kingston, one in Wilkes-Barre and two in the Scranton area.

But the company hasn't left its roots. "B. Levy is not just a retail company," explained Clyde Croft, general manager, recently. "It began as a wholesale company and it still is, selling to stores throughout the country." Croft said B. Levy is also a direct importer of footwear and operates shoe departments within several larger stores.

Cookies

(continued from page 1)

there were fewer folks at home when the girls could go out door to door, with so many working women. Safety factors limited their face-to-face solicitations. This year, this has been compounded by the general state of the world.

A shortfall of this magnitude means \$13,510.80, (for 10,008 boxes), and \$71,760.60, (for 53,156 boxes), to Penn's Woods Council. The Cookie Sale accounts for more than 75% of the funding needed to support the total Council program. Penn's Woods Council receives only some 20% of the total budget from seven United Way organizations and they manage only to maintain the level of giving of previous years, so as costs rise, the Girl Scouts must raise more money for themselves.

The Girl Scout program offers all kinds of opportunities for girls to grow, practice leadership, learn new skills. And in times of turmoil, it offers stability, and ways for girls to learn to handle anxiety. But it does take funds to keep the program going.

Currently, Penn's Woods Council is working on The Right To Read contemporary issue, collecting books and training storytellers to take reading into neighborhoods across the Council. In the Spring, neighborhoods will be planting trees at their Neighborhood Events as part of another contemporary issue Earth Matters, and the Council theme of Forever Green. The Girl Scouts always respond to community needs whatever they may be. They have been collecting food for Food Banks and baby clothes for needy mothers.

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'Project Fitness' gets kids exercising

By RICH JOHNSON
Staff Writer

In this modern day of Nintendo, multi-channel cable television and specific programming for children, there is at least one man who is making an effort to get children away from the television set and back on their feet. In fact, Kristopher Kotch's program will not only get the kids off the couch but it will literally keep them hopping.

Kotch has opened a Back Mountain center which features an exercise program for children ages 8-12. He believes that "Project Fitness" will help make children fit both physically and mentally.

"I have worked 11 years as an exercise and fitness specialist and have seen many adults who are overweight and out of shape," Kotch said recently. "If we can educate the children then maybe we can get to the problem before it starts."

Kotch believes that improving the attitudes of children towards fitness will show them that fitness is more than simply good for them.

"If we show them that fitness can be fun then maybe they will make an effort to keep fit the rest of their lives," he said.

Kotch said there is not a lot of inspiration for children to exercise today. "If you look at some of the statistics you will see that children are not exercising," he said.

"Today children come home from school and immediately sit down in front of the television instead of doing something active, like going outside with some friends."

Kotch said that parents must take the initiative to get children away from television. "Statistics show that kids spend 24 hours a week watching television. If we can take some of that time and get them active then we will be helping to get them fit," he said.

Other areas where fitness support is lacking is in the schools and the government, according to Kotch. "There is only one state that requires students to take physical," he said, "so we can see where the dilemma is starting."

"We have to get children interested in fitness and if a child goes to a school where physical is not offered daily then we have to find alternate solutions," added Kotch.

That is where Kotch believes his program can help. Children aged 8-12 can sign up to work out three times a week at Project Fitness.

The program, which lasts approximately 45 minutes, consists



YOUNGSTERS GETTING FIT - Kris Kotch (left) helps Michael Miller on the rowing machine at the Project Fitness center in Dallas. Melisa Howell looks on as she works out on the stair climber (Post Photo/Rich Johnson)

of a warm-up, stretching, aerobic and strengthening workouts, a cool-down, more stretching and some fitness education.

Kotch says that the main idea given to the children is to enjoy working out. "I try to keep it on a fun level and the children seem to be excited about it because they are having fun," he said.

This kind of program has been successful in some bigger cities, according to Kotch. He believes that it will also be accepted in this area.

The program started here at the beginning of the year in the Back Mountain and Kotch describes it as "moderately successful. I have talked to some area pediatricians and they are excited about it," he said.

Class size is limited to 10 which helps create a more personalized workout, according to Kotch.

Another important part of the program is education for the children. "After we do our workout we talk about certain aspects of keeping their lives healthy," said Kotch. "I talk with them about snacks, fat, and cholesterol, and I tell them what happens when they exercise."

This coaching has not only helped the children but has impressed the parents of some of the kids who are enrolled in the program.

"The kids are learning a lot here," said Shirley Barrett of Forty-Fort. "They not only learn about exercise but also how to eat and what is good for them and I really like that."

Barrett said that Kotch talks to the children on their level and added, "he is very good with the children."

Virginia Howell of Dallas agreed. "I think this is terrific; the kids love it and that makes them willing to come." Howell said that her granddaughter attends the program and said "...she loves it."

The children echoed the remarks of their elders.

"I really like it," said 8-year-old Michael Miller of Dallas. "I saw all the machines in here and I thought that this would be something I would like to do."

Michael said that he has learned a lot from the program and is "...learning to be slim and healthy."

Martin Barrett, 8, also said that the workout machines caught his eye. "This is fun," he said. "I like everything we do."

Melissa Howell said that she was "overwhelmed" when she first saw all the machines but is glad she is part of the program.

"I am learning a lot and we are having a lot of fun."

Kotch is pleased with the program thus far and is hoping to expand in the future. "The Back Mountain is an ideal place for me and I am hoping to become part of the community through growth," he said.

The program is located in the Gordon Business Center on Memorial Highway. Anyone interested in getting involved can contact Kotch at 675-2116.

Gate of Heaven taking orders for pierogi sale up to Feb. 24

Ruth Farris, president of the Altar and Rosary Society announced that the society would be selling homemade pierogies. There will be a choice of potato and cheese, cabbage or farmers cheese. Price, \$3.50 a dozen. All orders must be made by

Sunday February 24. Pick up date is Friday March 1, between 2-5:30 p.m. in the church auditorium.

Orders may be made by calling Nancy Parsons 675-4486; Barbara Strazdus 675-1579 or Mary Darling 675-2080.

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Dallas Class of '71 seeks members

The 1971 graduating class of Dallas High School is seeking addresses for the following classmates. Please contact Jennifer Garris Withers at 675-0360 or write 34 Midland Drive, Dallas, Pa. 18612.

Allan Lahr, Terry McGee, Linda Wazeter, Joanne Williams, Reba Brody, Jame Wilson, David Sears

Marilyn Shemanski, Arlene Cook, Charles Hoeffcker, Joseph Hazeltine, Kathleen Knepp, Leslie Friedman, Gwynneth Whitehouse, Deborah Bessmer, Warren Boyes, Jr., Candice Wismer, Daniel Shannon, Debra Race, Charlene Demmy, Mark Hicks, John Kon-savage, Jr.
Also, Richard Kohler, Nancy

Roberts, Debra Palonis, Bonnie Farber, Joanne Gensel, James Grieves, Jo-Anne Shonk, Sheldon Schell, John Kiefer, Eva Jonsson Nicholas, Glenda Larson.

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