

Wellness Center has new idea of fitness

By RICH JOHNSON Staff Writer



STAYING FIT - Joan Bush stands next to a shirt promoting the walking club of the Personal Wellness Center in Shavertown. The center concentrates on both the physical and mental aspects of fitness. (Post Photo/Rich Johnson)

Back Mountain residents and businesses can experience a new health program that deals with both mental and physical fitness. It's available at the Personal Wellness Center in the 309 Professional Building in Shavertown.

"We deal with the whole concept of fitness," said Joan Bush, M.A. the director of the center. "We don't limit ourselves to just the mental or physical aspect of fitness. We deal with the whole person."

Bush opened the center in February and said that the concept of total fitness is something new to the region but is catching on.

"This is something that you can find in some of the bigger cities but is relatively new to this area," she said. "There isn't another center that deals with the whole issue of fitness, but I do believe that this is the future for the area."

Bush, who has worked since 1982 in various aspects of counseling, deals with a variety of fitness problems. "I have people who want to quit smoking or lose weight, or those who just want to stay fit or begin exercising," she said. "I am even getting involved with corporate wellness where I go into a business and see what kind of fitness problems are there and how they can be corrected."

She said that many health problems are a result of mental stress and that is an area that must be dealt with.

"If we have a smoker, for example, we have a private session to find out his needs," said Bush. "This will give us a background to go on and we can get a look at the

bigger picture such as how this person deals with stresses and what he will turn to when he quits smoking."

Bush is already working with groups who want to quit smoking while also working with others who want to lose weight.

"That is an on-going program," she said of the weight management program. "We don't use scales or any quick method of weight loss. We want to show people how to live healthy and the weight loss will come to them."

Bush said that counseling helps people to better deal with fitness. "We show them the whole scope so that they can be healthy both physically and mentally," said Bush.

This approach is also taken when dealing with corporate wellness, which is a new area to her.

"I just started getting into this but it is important," she said. "I go into a company and talk with the employees and find out what stresses are there and we try to come up with a program that will keep them physically and mentally fit at the work place."

Bush works full-time at the center and also has a dietitian and a physical fitness counselor available to clients.

Bush has been pleased with the response to the center so far. "I feel challenged by this because I have a new message to send," said Bush. "Some people feel nervous about this because I am not selling anything but a healthy lifestyle."

"When people think about therapy they often think they are sick but that is not true. When it comes to health there is a lot to learn," she added.

Bush hopes to expand her business by adding a workout center and more counselors. "But that is down the road," she said. "I want people to know what we are about and see that this is something that is good for them."

For now she is continuing her work with patients and has begun a walking club that meets every week at Kirby Park in Wilkes-Barre. Anyone interested in the center or joining the walking club can contact Bush by calling 696-1200.

Police report

DALLAS TOWNSHIP ONE CAR ACCIDENT

An accident was reported May 14, when police said Bert Thomas Smith of Wilkes-Barre, went off the passenger side of the road in his 1988 Scout and into the brush. The police found no one around when they arrived but a check revealed that the vehicle belonged to Smith. Investigation revealed Smith was not driving the car but had loaned it to another person, allegedly Mark Finley.

CHAIN REACTION ACCIDENT

Dallas Borough Police Chief John Fowler investigated a four car accident May 15 where he reported Antoinette M. Thubborn of Exeter said she was stopped for a funeral and her car was struck from behind by a car driven by John Charles Vitannous, Kingston. Vitannous said he was stopped behind the Thubborn car when a car driven by George Lutz was behind him. He said he heard a bang and the Lutz car had hit him. Lutz said he was hit by a car driven by Kim Marie Cool, Dallas who pushed him into the Vitannous car which then struck the Thubborn car. The first two cars were driven from the scene, but the other two had to be towed.

DOG BITES MAN

Timothy Slattery, Dallas, May 14, reported to police that while at Dallas Mobil, a dog owned by Chester Williams, Dallas, bit him. Slattery said the dog was in his owner's car who had stopped for gas. Slattery said when he raised his hand the dog bit his index finger. He was treated and released at the Nesbitt Memorial Hospital, emergency room. The owner said the dog was inoculated but he was told by police to keep the dog confined.

DOOR LOCK BROKEN

Mildred Bronson of Dallas, reported May 14, that sometime during the night a person or persons broke the lock on her patio door. She said she would like the police to patrol the area.

WOMAN HOLDS ATTACKER AT BAY

A female victim of indecent assault, criminal trespass and burglary, called Dallas Township police and stated a man was in her home. She called the police through the Back Mountain Comm Center and managed to hold the perpetrator by the hair until the police arrived and took him into custody. Investigation is continuing.

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Kingston Township seeks state funds to update development plan

By RICH JOHNSON Staff Writer

Kingston Township officials are hoping for a state grant to help pay the cost to update its Comprehensive Development Plan.

"The plan has been the guide by which the planning commission and the supervisors have made decisions about development," explained township manager Jeffrey Box.

"The Comprehensive Development Plan is very important to any municipality and since we have experienced continued growth we feel it is time to begin revisions on the plan," he added.

According to Box, the plan lists all aspects of possible development in the township. This includes studies on geology, soil, hydrology, topography, land uses and forest areas.

"It also outlines where we are in development right now and where there is development potential for the future," said Box. "By using this we can avoid development problems down the road."

The current Comprehensive

Plan was developed in 1974 and township officials feel it is time to begin preparing a new one.

"These kind of plans have a lifespan of 20-25 years and the supervisors feel that since our plan is now 17 years old we should look at revisions," said Box.

The township has applied to the state Department of Community Affairs for a \$5,675 grant available through the State Planning Assistant Grant (SPAG) Program.

This program offers municipalities a grant for costs of updating of planning and zoning codes. The grant is based on a 50-50 formula in which the municipality pays half of the cost and the state will pay the rest.

The total cost to update Kingston Township's Comprehensive Plan is \$11,350 and Box feel the

state will approve the grant for half that cost.

"We feel our application has merit because of the age of our plan and the constant development of our area," said Box.

He added that an updated plan will be important over the next few years as the township grows. "Once the recession eases the economy will allow for more development in the township," he said. "Also, when the Cross Valley Expressway is completed we are sure to see more development all over the Back Mountain, including Kingston Township."

Box said the state will have until this fall to make a decision on the application. If approved it will take another 12-18 months for the revisions to be made.

Cemetery Ass'n. sets memorial services

The Oakdale Cemetery Assoc. of Hunlock Creek will hold their annual Memorial Services at the Oakdale M.E. Church on May 26, at 7:30 p.m. The Rev. David Tostle will be in charge of the services.

On Monday, May 27, at 10:30 a.m. a service to honor the War Veterans by decorating their graves with flags and flowers will be held in the cemetery.

Neighbors

(Continued from page 1)

continued.

Frey said Kotsull owns a business called Institute for Human Resources and Services. Incorporated, a company incorporated to operate group boarding homes. "It is a privately owned company, not a federal, state or county owned company. I have checked this with the state and the federal government and with the county," said Frey.

Frey claimed that Kotsull can receive up to \$200 a day depending upon the amount of care a handicapped person needs.

"I talked with an official in the Luzerne County Assistance Office and for his one location at 236 Church Street, Dallas, Kotsull will receive up to a possible \$140 per day or more for each of the five tenants living in the group home," Frey explained.

Frey pointed out that if \$140 per day is multiplied by the 365 days in a year and then multiplied by five tenants in the location, it becomes a tidy sum of money annually. As an example Frey said \$100 day per tenant multiplied by 365 equals \$36,500 per tenant per year. For five tenants this would be a gross amount of \$182,500 per year.

"That's not a bad deal for a non-profit venture, is it?" Frey asked. "In addition the county provided all or part of the \$25,000 down payment for the Dallas home with a 'never pay back' agreement. If Kotsull stays in the boarding house business for five years, it is his home and he is never required to pay anything back."

"I doubt if Kotsull is the great humanitarian he projects himself to be. We are positive his humani-

tarianism might fade rapidly should the lucrative funding for his group home business tighten up and his 'business' really does become non-profit. We believe it is the money Kotsull cares about," Frey charged.

"Kotsull's company operates 15 to 18 of these boarding homes, nine in Luzerne County and the others in surrounding counties," Frey said. "He is one of several persons who have gone into this business of group boarding homes because they saw an opportunity to make money."

Frey said he and his neighbors believe the record should be set straight, that the group boarding home is a business owned by a corporation, not by an agency.

"The residents of Church Street, Dallas, have no problem with the handicapped persons living in the home. Our problem is with Mr. Kotsull, who is conducting a business in an R-1 area. If he can get away with defying an ordinance, it can be done anywhere in the township, perhaps in Kotsull's neighborhood," said Frey.

Bill

(Continued from page 1)

and that Fine would submit a written decision but had not yet done so.

The vote then split 3-3 with Cooper, Harold Brobst and Jerry Machell voting no. Robert Brown, Donald Shaffer and Carroll voted in the affirmative. In order to break the tie, Mayor Paul LaBar voted in favor of paying Fine the \$600.

Borough Treasurer William Baker submitted his resignation effective June 30, 1991 and Clerk Shirley Templin submitted her resignation effective May 31, 1991. Brown commended Baker on his dedication to the borough over his long tenure as well as his contribution to the community. He recommended that council prepare a resolution for Baker's loyalty to the council.

Robert Saul of High Point Acres submitted petitions signed by the residents of High Point Acres requesting that Dallas Borough re-pave the roads in the development.

"The roads are a mess," he said. "The borough has done some patching but it doesn't solve the problem. The kids can't ride their bikes and there is debris across the road. We don't expect it to be done

immediately but we would like to have the council act within a certain time frame."

Carroll said the borough has been trying to get to the roads a few at a time and Franklin Street and Sterling Avenue were in the budget for this year.

Brown seemed to ask for more urgency. "Let's figure it in the budget for 1992. We are reaching a point where we should start a large re-development campaign and get some of these things done. Everything is falling apart."

In other business the Council members:

- Discussed the collection of solid waste and recyclables collection by Danella and requested that the Borough Manager discuss with DAMA's Tom Bagley the specific details of payment, lien responsibility, and other items before council approves an ordinance at the June meeting.

- Requested the Borough Manager to write to Rep. Phyllis Mundy concerning the light at the intersection of Routes 309 and 415 and the timing of the light, then set up a meeting with her for a week later.



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