

Business

(continued from page 1)

in the new shopping center. In addition to steady growth in population, the Back Mountain will soon be seeing an increase in traffic when the Cross Valley Expressway opens in November (see separate story).

Business owners don't agree on how or if the extra cars will change their business, and most say they were ready to expand anyway.

"I think it will definitely be a positive sign. It will bring more people to the Back Mountain area, especially to Harveys Lake," said Peking Chefowner Eric Lee. "There are some good restaurants in the area. I'm not just talking about my own."

And Lee added, "Don't forget in the Back Mountain there are some very unique businesses."

Nardone was unsure of how the highway would change business.

"Anyone who lives in Wilkes-Barre won't go to the Back Mountain to shop," said Nardone. "I would hope that it would be an advantage to the Back Mountain in general."

Clyde Croft, general manager for B. Levy Shoes, which recently

located a store at the Dallas Shopping Center, said that the highway had nothing to do with the decision, but the growing population of the area did.

"The overall highway improvement program has always helped the shopping center," said George Nicholson, vice president of Humford Equities and the managing agent for the Dallas Shopping Center.

But Nicholson said that the remodeling of the shopping center's facade and the opening of the highway is a coincidence. "There was an opportunity planned with the opening of B. Levy. When this is completely remodeled it'll look brand new."

"As for the Cross Valley, I don't think it's going to make an impact on the video business," said Diane Sharkness, manager of EM Video. "All of our customers are from here in Dallas."

"I very rarely get down to the Valley and I never get to the mall," said the Dallas resident. "I think the main people who go to the mall are young mothers with young children and they want them to run out of steam."

Cider Painters make art in small spaces



ART SHOW JUDGES - Shown from left judging paintings at Sue Hand's Imagery in Dallas for the Cider Painters Art Show are Linda Ondish of Kunkle and Claire Chollak of Dallas. Twenty-three awards will be given at the show, which runs through October 18 at First Eastern Bank in Wilkes-Barre. Also judging the show was Leigh Pawling of Dallas. All three are members of the Cider Painters. (Post Photo/Eric Foster)

Masterpieces on a 3 by 5 card

By ERIC FOSTER
Post Staff

When you pick up an index card to file a name or an address, you're probably not struck by the thought that three-by-five inches would be a great size for a painting.

But for the Cider Painters of America, three-by-five inches is as big as the canvas gets.

The group, formed in Dallas in 1983 by ten painters, will exhibit more than 265 paintings at First Eastern Bank on West Market Street in Wilkes-Barre through October 18.

Sixty-seven artists from eight states and one from Canada will have their work displayed.

Since its founding, the Cider Painters, with about 365 members, a third of whom live in Northeastern Pennsylvania, has grown to an international organization. Members live in Australia, and Turkey, as well as Canada.

"Ten people who were over one night started it," said Sue Hand, another founding member. "I had taken a workshop with a Whiskey Painter of America, which grew out of a federal work program during the depression."

The Whiskey Painters used a four-by-six inch canvas.

The Cider Painters chose three-by-five "because the whiskey painters were 4 by 6 and we wanted to be better than they were," said Hand.

"We don't look at our paintings as being miniatures. We look at them as being paintings," said Jim Rogowski, national coordinator of the group. "A lot of old masters of the Flemish School were miniature painters."

Rogowski, of Hunlock Creek, adds that before photography it was very popular to do very small paintings of women so men could take them off to war.

The majority of the paintings being shown are for sale, with prices ranging from \$20 into the hundreds.

Body Builders

(continued from page 1)

gart a lot," she says. "But now that the diet is really strict I don't miss the sweets. I miss the frozen yogurt, and bagels and cereal."

Since cereal is a no-no right before the competition, Lukas recently had chicken for breakfast.

"Breakfast is the hardest to get used to," she says. "Eating chicken at eight in the morning, that seems odd. Lately I've been eating egg whites and vegetables."

The strictness of the diet is what makes working out together so important.

"It's got to be done as a group or it doesn't get done," says Kris Fisk. "You've got to have someone screaming in your face - screaming rock and roll."

Or sometimes it'll just be playful teasing.

"I saw you at the pizza shop," says Hollitt to Fisk.

"She's just upset because she wants to go in there but she

can't," says Fisk. "I'm in there getting a glass of water."

"Personally I compete because of the hard work I put into it - all the changes I put my body through, then why not have a trophy to show?" asks Hollitt. "I train twice a day, usually four hours a day. It's a lot of aerobics and a lot of mind power."

While the others are competing in their first show, this will be Hollitt's third this year.

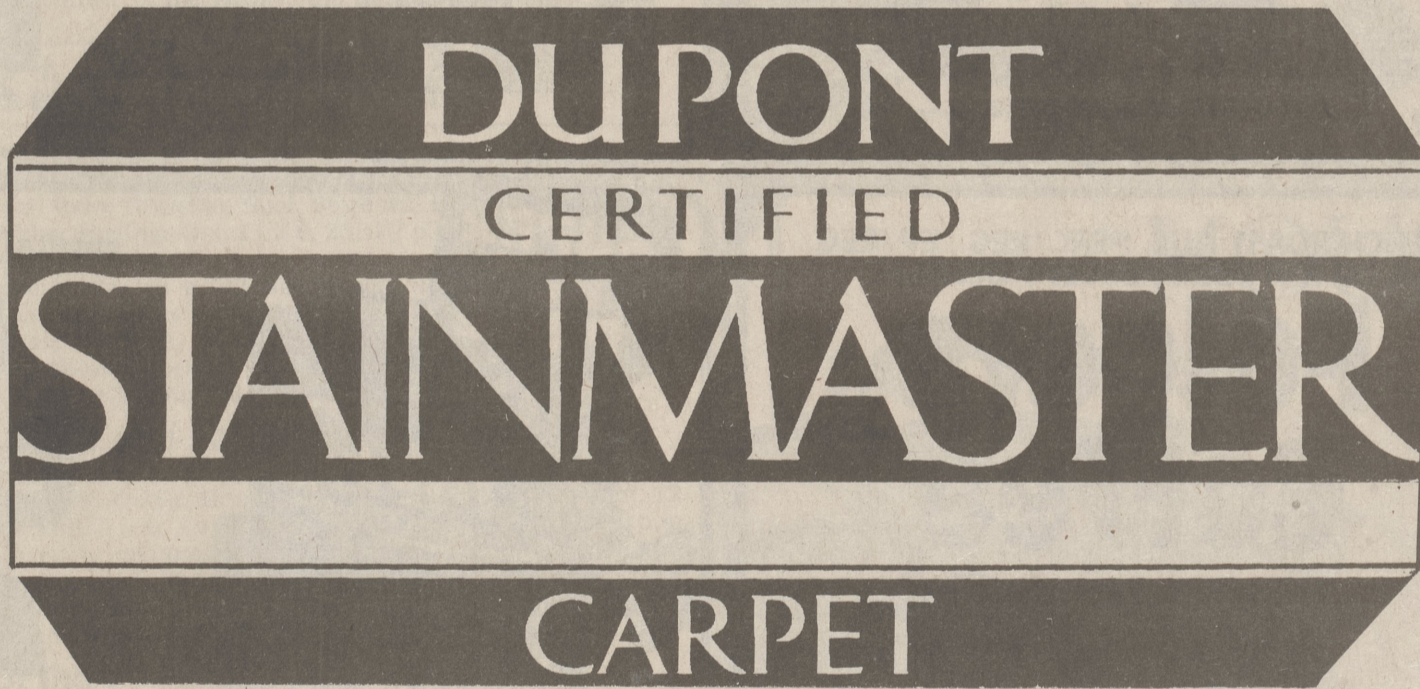
"Everything has opened up for me," she says. "I've done modeling jobs. I just competed in the Miss Pocono Downs Beauty Pageant."

She was picked as a finalist in the Pocono Downs pageant, and has had similar success in two bodybuilding competitions earlier this year. She took 3rd in the strength competition and 4th in the physique competition at the Pocono Show in April, and took 5th in the Allentown Classic in July.

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