



Inside This Week

THE POST

50¢

SERVING THE COMMUNITIES OF THE DALLAS & LAKE-LEHMAN SCHOOL DISTRICTS

Getting kids fit

Running during recess is a hit

By RONALD BARTIZEK
Post Staff

DALLAS TWP. — Add a fourth "R" to the curriculum at Dallas Elementary School — Running. That's what Amy Rome, mother of three including a second grader at the school, has done.

Rome, 37, who is a consistent winner in competitive races of 3 to 6 miles, wanted to get kids at the school interested in exercise as an enjoyable activity that could last a lifetime. When she floated the plan for the "Recess Running Program" to Principal Sam Barbose, he essentially told her to run with it.

"He was very supportive," Rome said, as was the school's Parent-Teacher Organization, which agreed to cover the minimal cost.

The program began shortly after the School Board received a report identifying 20 percent of the district's eighth graders as obese, but Rome said the timing is a coincidence.

Rome, a 1985 Dallas High School graduate, conceived the idea as a means to improve the general fitness level of children. "You just see it with kids these days; how out-of-shape children are."

The activity couldn't be simpler; a



Lori Pizano checks numbers for Maria Fessler and Amanda Pizano. Parent volunteers are vital to the success of the Recess Running Program at Dallas Elementary School.

1/8 mile course is laid out in the playground area, and children run or walk it during their half-hour recess period three days a week. Each child has a card that is marked for each lap completed. At five miles, they receive a token that attaches to their shoelace.

The program started the first week of May, and within two weeks Rome had given tokens to four children.

"A lot of kids set their goal to be a mile each day," she said. And despite losing a day to rain, those four reached their goal.

Some children, like Megan Fleming, take a lap or two even on days

when no one is watching. "I do, sometimes," she said last week after turning in the card on which parent volunteers mark off laps.

Those volunteers are critical to the success of the program, Rome said. "If we don't have them, it's not going to work."

Last week, Rome, Lori Pizano and Holly Bienkowski stood near the playground, each handling cards for students from one of three third-

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At 5 miles, which takes 40 laps around the 1/8 mile course, children get a toe token that can be attached to a shoelace.

Property tax helps keep township in the black

By RONALD BARTIZEK
Post Staff

KINGSTON TWP. — Collections from the new 10-mill property tax are helping the township stave off the fiscal disaster that appeared to be looming at the end of 2003.

"I think we're pretty much on target with most items in the budget," said township Manager Eddie O'Neill last week. Two small exceptions are higher spending on advertising, caused by adoption of new or modified ordinances, and a lag in income tax receipts.

O'Neill attributes some of the income tax shortfall to a change in collection firms. He said payments usually trail the time taxes are taken out of paychecks by as much as four months, and there may be an added delay as the old firm forwards payments to the new one.

The property tax had brought in about \$80,000 by the end of the rebate period earlier this month. "Has it helped? Obviously it has," O'Neill said.

At the same time he is counting receipts, O'Neill is trying to conserve cash to cover a large payment for the municipal building. The township makes an interest payment in the spring and fall, but pays principal only

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IF YOU GO

Business Fair and Card Exchange

Wed., May 26, 4-7 p.m.
Stax & Co. restaurant, Twin Stacks Center, Rt. 415, Dallas
• Displays by member businesses of the Back Mountain Business & Professional Association
• Door prizes
• Complimentary hors d'oeuvres and soft drinks
• Workshops for entrepreneurs

Businesses and professionals to host open house Wednesday

By SANDY PEOPLES
Post Correspondent

The Back Mountain isn't just a place to bed down after a hard day's work somewhere else. It is home to vibrant and interesting small businesses that provide a wide range of products, entertainment and services while supporting local institutions.

That's what members of the Back Mountain Business and Professional Association want to show the public at their fourth annual business fair and card exchange. The event will take place Wednesday, May 26 in the Natona Room at Stax & Co. restaurant in the Twin Stacks Center, Rt. 415, Dallas.

"The Back Mountain is more than just a bedroom community," said Elva Valentine, owner of Valentine's Jewelry. "We're much more than that, and our goal for the business fair is to invite the public in for a one-stop preview of the many retail business and professional resources available right here in our own back yard."

While the event is focused on business-to-business relationships, the general public is welcome to attend and get a taste for what the Back Mountain has to offer.

"We want to let the public, professionals and other businesses know about the convenience of using the businesses that are already here," said

Lynn Banta, president of the 148 member association, "and we want to let entrepreneurs know that we are eager to help them get started in their own small businesses."

A new feature this year will be walk-in seminars and workshops where potential startup company owners can learn about the resources available to them in the Back Mountain such as banking, accounting firms, law offices, available office and retail space and a mentoring program.

The association and its members also have a bigger picture in mind for the Back Mountain. They have been working with the Visioning Committee to bring beauty and culture to the Back

Mountain and with others such as Dr. Michael MacDowell, president of College Misericordia, to involve education to enhance the labor force and encourage our young people to work and live in their hometowns.

"I am a relatively new member of the association," said Diane Dreier of Dreier Auto Sales, "but I am impressed with not only our mission to promote business in the Back Mountain, but also our mission to promote an improved quality of life. As an organization and individually, it's the small businesses that support our schools, our library, our recreational facilities, and

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Visioning meeting includes planning Harvest Festival

A combined Dallas Visioning and Dallas Harvest Festival meeting is scheduled for Thursday, May 27, 7 p.m., at Kennedy Lounge, Banks Student Center, College Misericordia, Dallas. New committee members and volunteers are invited.

Anyone interested in learning more about the organization's revitalization efforts for downtown Dallas is also welcome to attend. Questions may be directed to the Dallas Borough Administration Office at 675-1389.

The Dallas Borough calendar on-line, at www.dallasborough.org, lists upcoming community events and future meetings. Any Dallas Borough community organization scheduling a future event may contact the borough office to be listed.



Sandy Leonard, Pikes Creek, Judy Panek, Dallas, and James Rogowski, Pikes Creek hold their entries intended for a worldwide exhibition of miniature paintings to be held at the Smithsonian Institution this summer.

Small art, big exhibition Local work goes to Smithsonian

By CHARLOTTE BARTIZEK
Post Correspondent

Size matters, and so do all the little details, for local artists preparing to exhibit their work at the Smithsonian Institution.

The international exhibition, called "Fine Art in Miniature," will be held from June 19 through July 12 at the Smithsonian Institution's International Gallery, in the S. Dillon Ripley Center. More than 1,100 works from 14 art societies in eight countries will be on view.

The largest painting can be no bigger than 56 square inches including the frame. The canvas itself can be no bigger than an index card. With that in mind, a year ago members of the Dallas-based Cider Painters of America began preparing canvases for the "Olympics" of miniature art.

The Smithsonian jurors have accepted 79 pieces from the Back Mountain group. Some have been rejected and will be re-submitted. "Do people think these paintings are easy to do because they're small?" wonders Judy Panek, of Dallas. "Just one

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