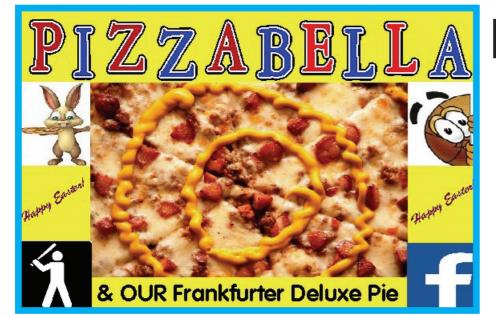
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#### PLYMOUTH KIWANIS CLUB HOSTS KEY CLUB

**April 2019** 



The Plymouth Kiwanis Club recently hosted officers and advisors of the Wyoming Valley West High School Key Club. The Plymouth

Kiwanians have been the sponsors of the local Key Club to Kiwanis International for decades.

Key Club advisors Mallory Lewis and Kristen Kaminski offered an overview of the mission and objectives of the organization. Key



Club President Anthony Severns followed with a presentation on past, current and future projects and activities in both the high school and the surrounding communities that are undertaken by Key Club members to provide for their betterment.

The Plymouth Kiwanis Club and Valley West Key Club work together annually to ring the bell for the Salvation Army's holiday kettle project and have jointly worked to provide support to the annual Halloween Parade in Plymouth.

Pictured, from the left, are Plymouth Kiwanis President Dave Bonawits, Wyoming Valley West Key Club President Anthony Severns, Key Club Advisors Mallory Lewis and Kristen Kaminski and Kiwanian John Gavenonis who serves as the liaison between the two organizations.





Richard DeHaven - Owner/ Publisher 570.690.0727 Alan Stout - Correspondent Email: rdehaven@westsidebulletin.net Website: www.westsidebulletin.net Mailing Address: P.O. Box 1677, Kingston, PA 18704

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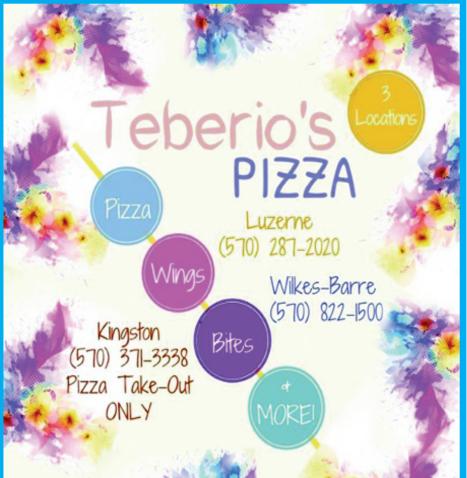
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THE CORNERS THREE CENTURIES AT THE HEART OF KINGSTON



The Kingston Historical Society will present an exhibit on Kingston Corners representing the history of the heart of Kingston and the vast changes that have taken place over the centuries. The pictorial display will open with a reception on May 1, from 6 PM to 8 PM at the Pierce Street Gallery between Second and Third Avenues.

It will be available for viewing until May 15 during normal business hours. The display illustrates how Kingston has progressed through the centuries. Pictured is an early rendition of the Kingston Corners Building, now housing many Tenants.

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<u>Daily Activities</u>: Lunch, Coffee, Computer Use, Shuffleboard, Puzzles Monday: 10:00 Esthercise, 1:00 Line Dancing Tuesday: 10:00 Let Your Yoga Dance Wednesday: 10:00 Seniorcize, 11:00 Meditation with Jean-April 3<sup>rd</sup> 1:00 Tai Chi Thursday: 10:00 Esthercise, 11:00 Belly Dancing 1:00 Alzheimer's Support Gr

Thursday: 10:00 Esthercise, 11:00 Belly Dancing 1:00 – Alzheimer's Support Group April 18<sup>th</sup>

Friday: 10:00 Seniorcize

#### **SPECIAL ACTIVITIES**

Wed, April 3 – 11:00 Meditation with Jean, 11:30 Joke Day

Thurs, April 4 – 11:30 – Nutrition Ed – "Caffeine Awareness"

Mon, April 8 – Nutrition Ed – "Healthy Frozen Foods"

Tues, April 9 – BAG LUNCH – Center remains open for all activities

Wed, April 10 – 11:00-1:30 – Wilkes University Pharmacy Program – <u>Please come</u> prepared with your list of medications so they can assist you.

Thurs, April 11 – 11:00 – "Technology Class" – Presented by A Brand New Age Home Care, Inc.

Mon, April 15 – 11:30 Nutrition Ed – "Is Dark Chocolate Healthy?"

Tues, April 16 – SPECIAL EASTER LUNCH 10:30 Blood Pressure Checks with Manor Care 11:30 Easter Trivia

Wed, April 17 – 11:00 – "Medication Safety" – Presented by The Medicine Shoppe Thurs, April 18 – 11:00 – Special Easter Bingo – Sponsored by Heartland Hospice 1:00 – Alzheimer's Support Group – Sponsored by Home Instead Senior Care Fri, April 19 – CENTER CLOSED IN OBSERVANCE OF GOOD FRIDAY Sun, April 21 – HAPPY EASTER TO ALL!

Mon, April 22–1:30 –Members who have PRE-REGISTERED will be attending Irem Shrine Circus

Tues, April 23 – 11:00 – "Gambling Away the Golden Years" – Presentation by Pathway to Recovery

Wed, April 24 – 11:00 Special Bingo hosted by Tiffany Court

Thurs, April 25 – VOLUNTEER APPRECIATION LUNCH 11:30 Nutrition Ed – "Sweet Potato Quiz"

Mon, April 29 – 11:30 Nutrition Ed – "Create Your Own Healthy Plate" Tues, April 30 – 11:15 – "Slips, Trips and Falls" – Presentation by Geisinger

We are currently accepting new memberships. Membership to the center is a \$5.00 donation. The center is open every day from 8:00 - 4:00. Lunch is served at noon and reservations must be made a day ahead by 1:00. For those 60 years of age and older, the meal is a \$2.00 donation. For those under 60, the cost of the meal is \$5.07. For any additional information or questions, please call the center at 570-287-1102.

Sandy Acornley-Director

Jean Spindler-Assistant Director



Sarah Derhammer is afraid of what she will find in her purse while Magician Bill Dickson looks on.



Jeff Acornley and Beverly Nachilis enjoying a good laugh.



Center members Charles Emil, left and Ray Lepo, right join Jean Spindler Asst Director for an act.



Rich Karlotski getting a special hat from Magician Bill Dickson





Betty Lee Frusciante plays cards with Bill Dickson.



Magician Bill Dickson showing Bonnie Lahart "the ropes"



Elaine Kukowski seems bewildered by magician Bill Dickson



Charlie Emil handing out cupcakes to Ray lepo





## Wyoming Valley Children's Association

## 27th Annual Walk-A-Thon

## Saturday, April 13, 2019

at the WVCA School register at www.wvcakids.org/walk



Celebrating 95 years of serving children in Wyoming Valley!

### Saturday Toddler Program Now Available at The Hoyt Library

The Hoyt Library is proud to announce, *Toddler Town*, an exciting program just for toddlers who are aged 6 weeks to 23 months, each Saturday from 9:30 a.m. to 10:30 a.m. The program will be held from March 16-April13, in the Community Room of the Library.

*Toddler Town* is a parent-child experience with the ability to interact with other parents and children in a relaxing, and safe environment. Statistics show that toddlerhood is a very important part of a child's development when toddlers use all their senses when playing and exploring, and is a time of increased cognitive and physical development.

Each week will consist of planned activities and open-ended experiences through discovery. Programs will include stories, songs, and free play.

## Due to a high interest in the program, space is limited, so please register today!

For additional information, call the library at 570-287-2013.

## Spring Storytime to Begin at The Hoyt Library

The Hoyt Library's Spring Storytime will be held each Tuesday from March 11, through April 15, from 10:30 a.m. to 11:30 p.m., for ages 2-5, but not in Kindergarten.

Children and their parents will listen to stories and have fun completing creative crafts together relating to the stories read.

This program will help build friendships among peers and parents, teach cooperative learning skills, promote team building, and inspire imagination and creativity.

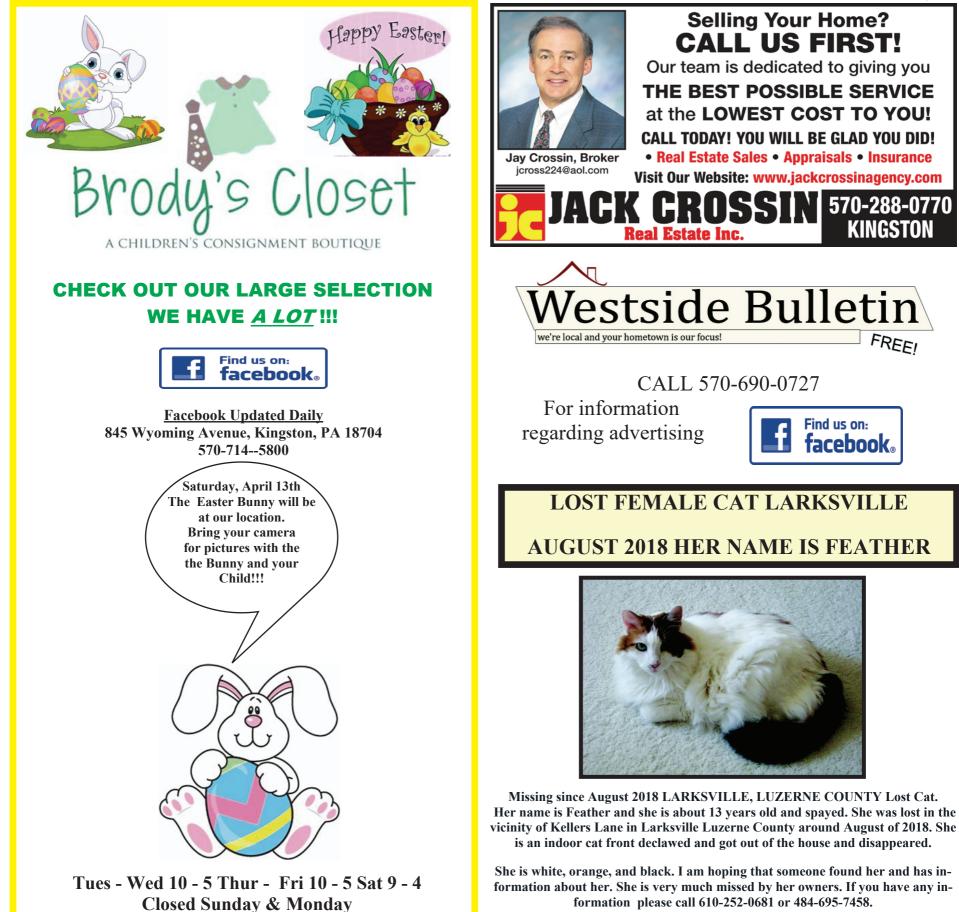
#### Space is limited, so please register early to reserve a seat.

## For additional information, and to register, call the library at 570-287-2013.

Do your part for <u>EARTH DAY</u> on April 22,2019



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There is a reward for finding Feather.

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Matalie Goodman

Certified Public Accountant Luzerne, PA 18709

Licensed in NJ & PA Member AICPA Phone - 570-288-0791 Cell - 908-963-0791 goodman1natalie@gmail.com **Gadget Addiction** By Jill Evans Kryston, Etiquette Consultant – Westside Bulletin, April 2019

Q: When my sister occasionally visits from out-oftown, it seems she's connected at the hip to her Smart phone and constantly text messages others while we're spending time together. She doesn't seem to understand why her behavior hurts my feelings.

A: For better or worse, we live in an age where technological gadgets abound. Many who use electronic devices seem to be addicted to being "connected"



twenty-four hours a day, seven days a week. The use of these gadgets to conduct business and pleasure has become a new way of life, especially for the younger set. It's hard to recall a time when we didn't have instant access to one another.

Your hurt feelings are perfectly understandable. Not only is your sister's behavior inconsiderate, it's simply rude. She's demonstrating that she doesn't value your company very much and that her friends are more important.

No matter how technology changes, respect for others, and the use of common courtesies and self-control remain the same. Taking regular time-out from gadget entrapments to focus on face-to-face relationships has the reward of improving friendships and the added benefit of promoting a relaxing environment. For this reason, cellular phones are equipped with a voicemail feature.

The next time you see your sister steer the conversation away from lectures about her discourteous behavior. Instead, try a little flattery. Explain how much it means to you to have quality, one-on-one time with her on the rare occasions you are together. You can tell her you care too much for her to have 'uninvited guests' on your outings. If she still doesn't understand, try sending the message in a text!

Email your etiquette questions to Jill at: jvkryston@comcast.net. Defining Manners School of Protocol offers certified social and business etiquette courses. For more information call 570-696-3209 P.O. Box 1703 Shavertown, PA 18708 www.DefiningManners.com © 2018 Defining Manners. All Rights Reserved.



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WVMS receives \$2,000 EITC contribution form FNCB Bank



The Wyoming Valley Montessori School received a \$2,000 contribution from FNCB Bank through the Education Improvement Tax Credit (EITC) program that the school will use to support need-based scholarships for students. FNCB a local, community bank works to make a difference through volunteerism, donations and various outreach programs. WVMS is appreciative of FNCB generous contribution and support.

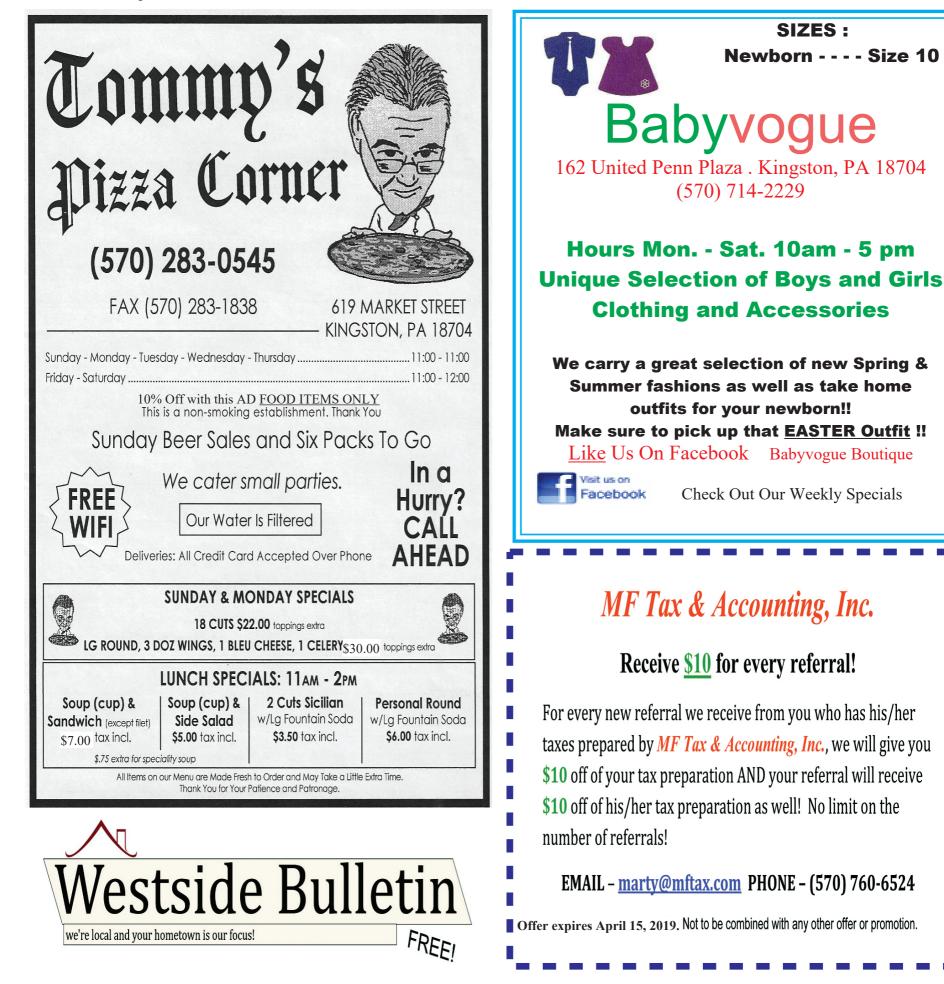
Pictured left to right: Frank Mazzitelli, FNCB Bank, Dennis Puhalla, Head of School and Eileen Sennett, FNCB Bank VISIT US ON THE WEB

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### Wyoming Seminary Lower School Announces Second Term Honor Roll

Dr. Kathleen Hanlon, Dean of Wyoming Seminary Lower School, has announced the Academic High Honor Roll and Academic Honor Roll for the second trimester of the 2018-2019 academic year.

High Honor Roll: Grade 6: Salvatore Aita, Pittston Township; Ava Betnar, Wilkes-Barre; Elizabeth Cronin, Kingston; Christina Fawcett, Shavertown; Clare Griffin, Kingston; Dallas Hanson-Richart, Wilkes-Barre; JackAndrew Heisler, Plains; Theodore Kraus, Shavertown; Brian Leahy, Wilkes-Barre; Rachel Lewis, Hanover Township; Abigail Lott, Olyphant; Kylie Romanchick, Tunkhannock; Alexander Ross, Mountain Top; Phineas Ruderman, West Pittston; Tonna Ruggiero, Shavertown; Brandon Scotto DAbusco, Exeter; Matthew Swartz, Harveys Lake; Shahmeer Waseem, Dallas.

**Grade 7:** Kimberly Edmonds, Exeter; Benjamin Fenster, Shavertown; Katelyn Hohn, Mountain Top; Katherine Irwin, Kingston; Trinity Kong, Dallas; Lucy Lew, Dallas; Julia Lewis, Hanover Township; Davis Motyka, Kingston; Aimee Murillo, Larksville; Eliana Parra, Wyoming; Jason Piavis, Wapwallopen; Giuliana Schineller, Dallas; Faith Stoshak, West Wyoming; Tiffany Stoshak, West Wyoming; Cameron Taylor, Waverly.

**Grade 8:** Armeen Ali, Dallas; Jakob Baur, Shavertown; Robert Beletsky, Wilkes-Barre; Camilla Caporale, Dunmore; Marai Castellanos, Waverly; Charles Cox, Pittston; W. Richard deLuna, Dallas; Raniya Khan, Jenkins Township; Andrew Mauriello, Duryea; Helena Prusak, Shavertown; Stella Rea, Kingston; Maya Rosenthal, Kingston; Nadia Saeed, Mountain Top; Kelly Santo, Dallas; Sophia Stash, Forty Fort; Claire Stretanski, Shavertown; Chase Taylor, Shavertown; Hamza Waseem, Dallas; Anna Wright, Forty Fort. **Honor Roll: Grade 6:** Daniel Fisher, Moscow; Ryan Kersey, Kingston; Lily Kerrick, Forty Fort; Avery Luksic, Shavertown; Grace Morris, Kingston; Ilana Rosenthal, Kingston; Samara Sgarlat, Monroe Township; Ethan Snyder, Shavertown; Teresa Vitale, Beaver Meadows.

**Grade 7:** Mariah Bentler, Roaring Brook Township; Chayanka Boruah, Moosic; Hayden Butcher, Kingston; Laine Cabell, Sugarloaf; Samuel Comitz, Dallas; Dominic Federici, Swoyersville; David Geyfman, Scranton; Adrien Hazzouri, West Pittston; Aiden Jordan, Factoryville; Andrew Kuloszewski, Scranton; Alexis Lichtenstein, Forty Fort; Sienna Popple, Bear Creek Township; Lucie Racicky, Mountain Top; Olivia Sekel, Harding.

**Grade 8:** Joelle Bartlett, Wilkes-Barre; Benjamin Carron, Moosic; Megan Cotrone, Kingston; Gabriel deLuna, Dallas; J. Eric Gardner, Harding; Cate Griffin, Kingston; Ruby Hackett, Shavertown; Marceya Hyman, Moosic; Thomas Iskra, Wilkes-Barre; Tracey Kindler, Dallas; Jack Leahy, Wilkes-Barre; Parker Mosley, Wilkes-Barre; Maddie Olshemski, Shavertown; Peyton Popple, Bear Creek Township; Amarinske Reitsma, Forty Fort; Owen Rowlands, Hazleton; Mikel Salas-Warner, Bloomsburg.



## Autism Awareness Month at the Graham Academy

There are several causes that have an identified month attached to them in hopes of raising awareness. April has been identified as the month to raise awareness for Autism Spectrum Disorders (ASD) and World Autism Awareness Day is celebrated on April 2<sup>nd</sup> every year. The families and staff at The Graham Academy practice autism awareness every day of the year. The mission of The Graham Academy is to educate students living with autism and students living with emotional challenges to excel in life through communication, exploration, opportunity, acceptance, accountability, and ambition. Each of the areas explored in that mission are vital in helping students with autism lead independent lives.

Autism does not only affect the person living with Autism. Every individual is affected by ASD in one way or another, be it professional or personal. We are all part of one large community. ASD is a neurological and developmental disorder, not a physical one, therefore it tends to not be as obvious as other disorders or disabilities. ASD is not simply diagnosed by a blood test or an x-ray, a diagnosis requires hours of evaluations and significant observation. Only then can a person be diagnosed with Autism by a developmental pediatrician or other qualified professional.

Fifteen years ago, there was very little know about Autism. It took parents and professionals coming together to figure out how they could provide the best life for their children and patients. In doing so, they also helped the families and our greater communities, who are continuously intertwined with individuals with ASD, become more aware of autism and how one person with autism is just that, one person with autism.

Autism affects how a person communicates, acts, and interacts with others. All individuals with Autism can fall anywhere on the autism spectrum. A diagnosis can range from very severe to high-functioning and anywhere in between. The Graham Academy opened its doors in 2008 so that families of children with an ASD would have the opportunity to attend a school that understands the impact that Autism has on the students and their families. With their company mission, strong values, continuous training, and positive ambition, the school has been able to provide an exemplary educational experience to hundreds of children living with autism in NEPA.

There are several activities throughout the month of April that promote Autism Awareness. The Graham supports many local Autism Awareness efforts. Follow us on social media and see our next article which will highlight our community and school participation.

The Graham Academy is a proud Title sponsor of the 12<sup>th</sup> Annual Autism Awareness NEPA Fair! For more information on The Graham Academy, you can visit our booth at the event on April 27<sup>th</sup>, visit our website at <u>www.thegrahamacademy.com</u> or follow us on Facebook (thegrahamacademynepa), Instagram, and Twitter.











Antonio's Pizza Deluxe: a west side institution Popular pizzeria and Italian restaurant enters its fourth decade

#### By ALAN K. STOUT

#### Westside Bulletin Correspondent



#### Pietro Colella is the owner and operator of Antonio's Pizza Deluxe

To the people of the west side of the Wyoming Valley, Antonio's Pizza Deluxe, located at the Narrows Shopping Center in Edwardsville, is a bit on an institution. For more than four decades, it's been a go-toplace for west siders to have both lunch and dinner. On the go, and just want a quick lunch? You can stop by Antonio's for a quick couple of slices. Need to feed the whole family? Call in and order a pie or two to take home. Or, dine in, and choose from amenu that also includes soups, appetizers, paninis, wings, Stromboli, subs and full pasta dinners.

"I love to cook," says Pietro Colella, the owner and operator of the business. And, considering the longevity of Antonio's,

it's apparent that people like the way he does.

Colella purchased the business in 1999 from his father, Vito, who had owned it since 1982. (It originally opened In 1978.) Colella first got actively involved with the business in 1985, when his father's partner left and help was needed in running the pizzeria. Colella was studying at Bloomsburg University at the time, but transferred to King's College so that he could be close to the business and help his father. Now, 34 years later, he's still a fixture there both in the kitchen and behind the counter.

"Dealing with people," says Colella, when asked what he still enjoys about it the most. "It's interesting. After so many years, there's no greater pleasure than seeing first, second and third generations coming for your pizza. People have changed, and the area has changed, but our food never changes."

Tradition is important to Colella, a native of Mola Di Bari, Italy, who first came to the Unites States and Northeastern Pennsylvania at the age of 13. He says that, back in 2005, the owners of the Narrows Shopping Center offered him the opportunity to move Antonio's to the other side of the plaza, into a brand new building, near Price Chopper. But, mostly due to sentimental reasons, he opted to stay in the same location.

"We're a part of this community," he says. "My kids grew up here. I grew up here."

Over the years, Antonio's Pizza Deluxe has both remodeled and expanded. Colella says he knows that his father, who retired years ago, is "absolutely" pleased and proud that the family business has continued. Colella's wife, Neva, occasionally helps out at the business preparing homemade soups. They have three grown children: Arianna, a pharmacist, Cassondra, a behavioral therapist, and Pietro Vito, an accountant.



#### You'll find a lot more than just pizza on the menu at Antonio's Pizza Deluxe in Edwardsville

"We made sure they all went to college," says Colella, who was a honor society student while at school. "We always told them, 'Nobody can ever take away your education.' "

Colella admits he enjoys being his own boss at Antonio's and that he likes things done his own way.

"There is no democracy here," he says with a chuckle, adding that consistency the main reason for the longtime success of his business.

"It's the key," he says. "I could buy bread for five times less than what I pay or it, but it's not the same. I buy from a bakery that has 60-70 year old ovens, and you can't duplicate it. I could bake my own bread. It's easy. But it wouldn't be the same."

Colella names the plain Neapolitan pizza as his favorite item on his own menu, though he also enjoys the chicken wing pizza and pagach pizza. When he does opt for toppings, he enjoys extra cheese, mushrooms and onions. And he is particularly prideful of the tuna hoagies.



"Nothing comes close to it," he says. "It's the best.

"Whatever I do, I want to be the best."

As for the future, Colella says you can expect Antonio's Pizza Deluxe to remain a fixture on the west side, right at the Narrows, for quite some time to come. He still enjoys coming to work every day.

"All my buddies come here for lunch, I still pay the bills .... we're going to be here for a while."



Dr. Joseph Motzko, Audiologist; Sherri Piccola, Patient Care Coordinator; Erin Engman, Office Manager; Dr. Renee Monahan, Audiologist; Dr. Louis Sieminski, Audiologist

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### A display fit for a King Kingston home pays homage to all-things-Elvis

### By ALAN K. STOUT Westside Bulletin Correspondent



Anyone who's driven down Division Street in Kingston over the past few years has probably noticed the house. It's hard to miss it, as it features what WILK News Radio once called a display "fit for a king." Or, more specifically, The King of Rock and Roll: Elvis Presley.

"The Elvis House," as some call it, is owned by Addie Bearde. Its front porch is lined with posters and photos of Presley. There are also Elvis items on the front door and in the front window. There's even an Elvis Presley flag waving in the wind. After dusk, the porch is lit, year-round, with holiday lights. And inside, the home serves as a virtual shrine and museum to Presley, where Elvis memorabilia can be found in each and every room.

"The stuff is neat," says Bearde, when asked what inspires her to collect so many Presley items. "I like it all."

Bearde's collection includes everything from Elvis posters, to plates, clocks, busts, lamps, throw blankets, magnets, books, photos, magazines, VHS tapes and DVDs. And, of course, an expansive collection of albums, 45s and CDs. It is, after all, the music that Bearde loves the most. She says it's Presley's songs and his singing voice that have made her such a big fan, adding that it's the love songs and ballads that tend to be her favorites. She names the hit "Are You Lonesome Tonight" as one of those favorites, along with lesser-known gems such as "For The Good times" and "Starting To-day."

Though pieces of Elvis memorabilia can be found throughout Bearde's neatly kept home, it's the furnished and finished third floor, which she jokingly refers to as the "museum," that is the most striking, as it is entirely dedicated to The King. Even the side walls of staircase leading up to the room are covered with Presley items and you'd be hard-pressed to find a more impressive display of Elvis collectables anywhere even the gift shops at Graceland.



(When this reporter first asked Bearde if she'd like this paper to do a story about her Elvis collection - simply based on what we saw on her front porch - she quipped, "You ain't seen nothin' yet.)

Bearde's late husband, Rodger, who passed away in 2001, was a basketball coach at Wilkes College and Lake-Lehman High School. She has two grown children: Billy and Deanna. Another son, Rodger Jr., has passed.

Bearde, who is in her '70s, says it wasn't until after her husband passed and her children were grown that she began to really start collecting all-things-Elvis.

"I always liked him, but it wasn't until after my husband died that I really started collecting everything," she says. "When you're raising three little kids, you don't have much time for that stuff."

Surprisingly, Bearde is not as a fanatical of an Elvis fan as one might assume. She can't name all of Presley's movies and admits she was never a big fan of his films. She recalls, as a teenager, watching his landmark 1956 breakthrough performance on "The Ed Sullivan Show" and his famous 1973 "Aloha From Hawaii" show, which was

the first ever satellite concert to be broadcast around the globe. But she has no specific memories of August 16, 1977 - the day Elvis died at the age of 42. Though she never saw Presley perform live in concert, she has visited Graceland several times. As for her ever-growing collection, she says she picks up many of the items at flea markets, community auctions and yard sales.



"I never bought anything I didn't like,"

Bearde once told WILK News Radio, which also did a profile on her a few years back. She jokingly refers to herself as "Mrs. Presley," a nickname she says she's been given by those that have come to know her at flea markets and auctions. She's read countless books about The King and, based on what she has read, she - like many others - believes Presley was mismanaged. She feels it was his manager, Colonel Tom Parker, that got Elvis tied into lengthy film contracts, forcing him to make substandard movies that he didn't want to make, and that it was Parker, due to his own questionable immigration status, that prevented Presley from performing overseas. She also, like many, has marveled at stories of Presley's incredible generosity.

"I think he was used and abused," says Bearde. "I think he really helped people, but people took advantage of him. He was just a really nice guy and a sweet person. Nobody made him give to people what he gave them."

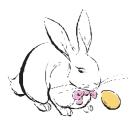
This year will mark the 42nd anniversary of Presley's death. He has now been gone for the same number of years that he lived. Each year, on Presley's birthday (January 8) and on the anniversary of his death, Bearde places an ad in the newspaper as a way to remind fans that they are significant days in the world of Elvis. She does this as a way to pay him respect and as a way to honor his golden voice which lives on through his recordings.



"I just enjoy his singing," says Bearde. "He was too young to die."

In some ways, at least on Division Street in Kingston, he hasn't.

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PLYMOUTH SENIOR CENTER 160 EAST MAIN STREET PLYMOUTH, PA 18651 (570) 779-9664 Sandy Ostrowski – Director 160 EAST MAIN STREET



Center opens 9:30 am to 1:30pm, Monday thru Friday April Activities 2019

Daily Activities: Coffee, Socialization, Puzzles Monday and Friday - Sit and be Fit exercise 11:00an to 11:30am Tuesdays - Crochet Club 10am to 11:30am

Tuesday April 2 Penn State University 10:00 am to 11:30 am Nutrition Program Tailgate foods

Tuesday April 9 Bag Lunch Center closes at 11:30 am Wednesday April 10 Wilkes College Pharmacy Program 10:00am Tuesday April 16 Easter Holiday Lunch

Tuesday April 16 Penn State University 10:00am to 11:30am Food safety Thursday April 18 Cody from Rep. Mullery's office Rent Rebate/Taxes 10:00am Friday April 19 Good Friday CENTER CLOSED









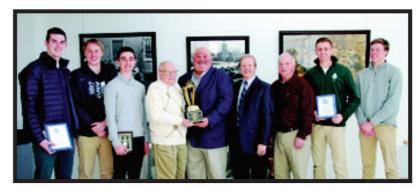
The Luzerne County Sports Hall of Fame recently presented the first Wyoming Valley Conference Championship Trophy to the Wyoming Seminary Varsity Boys Basketball team and the Holy Redeemer Varsity Girls Basketball team. These awards were presented in honor of two Hall of Fame inductees that have set a foundation in athletics and community service.

The boy's award honors George L. Miller of West Pittston. George was an outstanding two sport athlete at West Pittston High School and established himself as a respected PIAA Basketball/Football official for over 30 years. Most notably, he has been the team statistician for Wyoming Area and Wyoming Seminary Basketball. He holds a place in the Wyoming Area Alumni Association's "Ring of Pride". He was inducted into the LCSHOF in 2008.

The girl's award honors the late Annette Barbini of Wilkes-Barre. Annette was a two sport athlete from Coughlin High School lettering four years in field hockey and basketball. After graduating from East Stroudsburg, she taught at GAR High School and coached four girls varsity sports programs. She was a chartered PIAA official and oversaw five different female sports. She was the first individual female voted into the LCSHOF in 1987. During her tenure as Coughlin Athletic Director, she was a leader in the establishment of gender equity and the implementation of Title IX. In 1997, she was voted, "State Athletic Director of the Year" by the PA State Athletic Directors Association.



Holy Redeemer Senior Girls Pictured: Jim Martin, President LCSHOF, Sarah Kuderka, Julia Andrejko, Coach John Jezorwski, Alyssa Gushka, and Jordan Cicon. Elaine Morehead, sister of Annette Barbini, Neil Corbett, Director Of Publicity LCSHOF



Wyoming Seminary Senior Boys Pictured: Nicholas Ganter,; Benjamin Paglia,; Nicolas Bufalino,; George L. Miller honoree; Coach Pete Moses; Jim Martin President LCSHOF; Neil Corbett Director of Publicity LCSHOF; Dimitri Gnall,; and Ryan Anderson.



## Chacko's Family Bowling Center Wilkes-Barre

**April 13, 2019** 9 am – 5 pm

For more information, call: 570-824-8756 or 1-800-955-4376 Visit our website at: www.bbbsnepa.org



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Wyoming Valley Montessori School Donates Sandwiches to Soup Kitchen



Students of the Wyoming Valley Montessori School on West Market Street in Kingston recently, as a part of their community outreach program, made ham and cheese sandwiches for the St. Vincent de Paul soup kitchen in Wilkes-Barre. This outreach program gives Montessori students the opportunity to help and learn about their community. Over three hundred sandwiches were made and delivered for the soup kitchen. Some of the students who participated in the project are pictured.

Photo Caption, left to right front row – Aditya Vohra, Shavertown, James Witkowski, Mountain Top, Seated- Noah Hoang, Dallas, Colette Corbin, Dallas, Cara Murphy, Shavertown, James Murphy, Shavertown, Matteo Deluca, Wilkes-Barre, Sofia DiPietro, Harding.

Standing – Reed Albert, Nanticoke, Olivia Deluca, Wilkes-Barre, Ava Hoang, Dallas, Emma Murphy, Shavertown, Louis Hoang, Dallas, and Chloe Corbin, Dallas.





... on your way to a fabulous day

## Large Selection of Micro Brews

Hours: Monday through Wednesday, 10-9 PM Thursday through Saturday, 9-9 PM Sunday, 12-5PM

Route 118, Dallas • 570-674-1532

NATURDAYS 30 PACK \$16.98 HIGH LIFE 30 PACKS \$16.98 MICHELOB ULTRA 30 PK. \$24.99 MILLER LITE & COORS LIGHT 12 PK. CANS \$10.99 MILLER HIGH LIFE 24 PK. BOTTLES \$16.98

## Wyoming Free Library

\*\$5.00 Fill-a-Bag book sale\*

A Fill-a-bag book sale will be held on Friday, April 5 from 10:00 a.m. - 4:00 p.m. and Saturday, April 6 from 10:00 a.m. - 3:00. Cost is \$5.00 per bag. The library is currently accepting books, please call the library about book donations.



## **Luzerne County Historical Society**



**1803** Swetland Homestead

April means Spring is finally here! And Spring means that it is time for the LCHS Annual Meeting! This year, an all-new format will take the meeting outdoors to the grounds of the historic 1803 Swetland Homestead, 885 Wyoming Avenue, Wyoming, PA. The 161st annual meeting of the Luzerne County Historical Society will take place on Saturday, April 27, 2019, at 1:30 p.m. The program will feature guest speaker Dr. R. Scott Stephenson, President and CEO of the Museum of the American Revolution in Philadelphia.

The afternoon will include a short business meeting and recognition of Society volunteers. Refreshments will be served and tours of the Swetland Homestead will be available. The meeting is FREE for LCHS members, current as of April 25, 2019. Per LCHS by-laws, only members current as of February 28, 2019, are allowed to vote at the annual meeting. To join or renew, call 570-823-6244 or visit www.luzernehistory.org.

Also in April, the Society will open host alecture titled "Defense of the Western Frontier: The Battle of Wyoming and the Cherry Valley Massacre" by author and historian Terry McMaster on Thursday, April 11, 2019, at 6:30 p.m. At the LCHS Museum, 69 Rear South Franklin Street, Wilkes-Barre. The presentation centers on the settlement of the western frontier of colonial New York and Pennsylvania in the 1700s and examines the development of these borderland communities and the conflict that erupted there during the Revolutionary War.

> Submitted by Mark J. Riccetti Jr. Special Events and Operations Director Luzerne County Historical Society 49 South Franklin Street Wilkes-Barre, PA 570-823-6244 Ext. 3



## Bbronze relief of the Battle of Wyoming, located in the door of the US House of Representatives, Washington D.C.

McMaster will explore 1700s Native American settlements of the Mohawk and upper Susquehanna regions, the influence of missionaries on these villages, and the cultural, political and religious influences that united some peoples and made enemies of others. The program is free for Society members, and \$5 for nonmembers. Reservations are accepted, but not required.

## For more information, call 570-823-6244 ext. 3 or email reservations@luzernehistory.org





#### Westsidebulletin - Page 21

### Advantages & Disadvantages of a Traditional IRA By Martin A. Federici, Jr., *CEO* of MF Advisers, Inc.

**Traditional IRAs** are a great investment vehicle for retirement for those who qualify to contribute to them (there are some limitations), and they have some advantageous features.



Here are some of the benefits of a Traditional IRA:

- Anyone can contribute to a **Traditional IRA** provided he/she has earned income; however, you cannot contribute more money to a **Traditional IRA** than what you have in yearly earned income (ex: if you only made \$4,000 for a year, you can ONLY contribute up to \$4,000 in your **Traditional IRA** for that particular year)
- For 2018 the annual contribution limit for a **Traditional IRA** is \$5,500 (\$6,000 for '19; if you're over age 50 the limit is \$6,500 in '18 & \$7,000 in '19), and you have the freedom to invest in nearly any type of investment you are comfortable with (stocks, mutual funds, ETFs, bonds, CDs, annuities, etc.)
- Your money grows TAX-DEFERRED in a **Traditional IRA** (and contributions are tax-deductible) so no matter what your tax bracket is in retirement (past age 59 <sup>1</sup>/<sub>2</sub>), your distributions will be taxed at that current rate (hopefully a lower rate than during your working years)
- You have until April 15<sup>th</sup> of the following year to make a yearly contribution to a **Traditional IRA** (ex: you have until April 15<sup>th</sup>, 2019 to contribute to your **Traditional IRA** for 2018), allowing 15 ½ months to fill your **Traditional IRA** up each year
- You can make non-deductible contributions to a **Traditional IRA**, and those contributions should never be taxed once withdrawn (must keep track of non-deductible contributions carefully)
- **Traditional IRA** rules allow you to withdraw your money out early (before age 59 <sup>1</sup>/<sub>2</sub>) at any time BUT there is a 10% penalty for doing so (there are also several exceptions where the IRS will waive the 10% early withdrawal penalty)

There are also some possible disadvantages with Traditional IRAs though:

- You must begin taking Required Minimum Distributions (RMDs) from your **Traditional IRA** by Apr. 1<sup>st</sup> of the current year once you pass the age of 70 ½ (you are NOT required to take RMDs from a Roth IRA)
- If you do NOT withdraw your RMD amount out from your **Traditional IRA**, you face very stiff penalties from the IRS (at least 50% of your RMD for starters)
- If you are already covered by a retirement plan at work and depending on your tax filing status and income – your **Traditional IRA** contributions may NOT be tax-deductible, or only partially deductible

• You need to have a crystal ball to determine whether tax rates will be higher, lower, or the same as in the future when you retire, which will determine the true effectiveness of Roth IRA compounding investments vs. **Traditional IRA** compounding investments over time (read this last point as "it isn't easy to figure this out")

Find an experienced financial advisor who deals with **Traditional IRAs** on a regular basis, works for an RIA firm, earns his/her money from fees (NOT commissions), believes in having an abundance of investment choices for clients, and has the heart & demeanor of a teacher, NOT a salesperson, and chances are you've found the right financial advisor to help you prepare and plan for retirement.

For more information, please visit <u>http://www.mfadvisers.com</u>, email <u>marty@mfadvisers.com</u>, or call (570) 760-6524.

#### About MF Advisers, Inc.

MF Advisers, Inc. is a full-service, fee-only RIA firm and fiduciary based in PA & FL specializing in all types of IRAs, 403(b)s, 401(k)s, wealth management, investment advice, and financial planning (including retirement planning).

With 20+ years of licensed experience, over 10 years of professional education, and an unwavering commitment to improving your financial situation, MF Advisers, Inc. is the advisory firm to best serve YOU.

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Wyoming Valley Montessori Kindergarten Students Host Heritage Day



Kindergarten students of the Wyoming Valley Montessori School in Kingston hosted a Heritage Day event as a part of National Montessori Week. Students researched their ethnic background and then presented that research to the student body in the form of a poster history, ethnic dress and food sampling along with answering questions from the audience present. It proved a wonderful learning experience to all in attendance.

Kindergarten students first row left to right- Oren Keren, Kingston, Drue Paden, Dallas, Julian Bonner, Kingston, Emma Shumbris, Kingston, James Witkowski, Mountain Top. Second Row – Norah Johnson, Dallas, Thomas Belles, Wilkes-Barre, Noah Pickreign, Mountain Top, Hailey Horwitz, Sweet Valley, Maddox Klein, Duryea, Lila Bell, Bear Creek Township, Sara Gomelko, Trucksville, Jade Sromovski, Dallas, Chloe Corbin, Dallas, Soyra Nikam, Jenkins Township.

#### The Edwardsville Active Adult Center 57 Russell Street 9:30-1:30 Edwardsville, Pa. 18704 (570)287-3381

### **APRIL IS NATIONAL GRILL CHEESE** MONTH

#### **APRIL 2019 Newsletter**

Daily Activities- Books, magazines, puzzles, shuffleboard, cards, coupon swap, Computer use, coloring, games, T.V. and WII, and SOCIALIZING!

Weekly Scheduled Activities- Looking for pinochle players

Monday – 9:30am -11:45am Center Activities 12:30pm to 1:15pm "Seniorcize" NEW TO OUR CENTER Tuesday - 11:00-12:00 Center Activities Wednesday - 10:45 to 11:45am Singing Club (LOONY TUNES) 12:30 pm to 1:15 pm Shuffleboard

Thursday - 10:00am-11:00am Crafts 11:00am-12:00am Center Activities 12:30pm to 1:15pm Shuffleboard

Friday- 10:45-1:15 Dominoes-Mexican Train All Weekly Activities may occur more often as time allows!

CONDUCTORCISE---Daily!!! Time will vary daily depending on events!

#### **Special Events and Programs for the month:**

"EASTER Coloring Contest": crayons, pencils or regular markers only No extras Due by Friday March 8 for voting!

\*\*\*FUN FUN FUN\*\*\* Please "make " a SPRING BONNET to wear to our LOONY TUNES show on April 24th!! PRIZES Use you imagination!!

April 1 (Monday) Blood Pressure Checks 10:30 – 11:45 Blood Pressure Checks Sponsored by Lois Elick from PA Dept. of Health April 2 (Tuesday) Foster Grandparents 12:00 to 1:00 April 3 (Wednesday) 12:15 - 1:30 Bayada Home Health Care-FALL PREVENTION April 9 (Tuesday) BAG LUNCH DAY CENTER CLOSES AT 11:15 April 10 (Wednesday) Wilkes College-11:00 to 1:30 Please bring your MEDICA-TION LIST

April 16 (Tuesday) HOLIDAY LUNCH

April 18 (Thursday) 12:15-1;15 Kingston Health Care Center "Healthy Eating"

April 19 (Friday) 11:00 Center Closed

April 23 (Tuesday) 10:30-12:15 Blood Pressure Checks & Talk Sponsored by Lois Elick from PA Dept. of Health

#### April 24 (Wednesday) Looney Tunes Show "Spring Fling" Show 12:30

#### **April 25 (Thursday) VOLUNTEER APPRECIATION DAY**

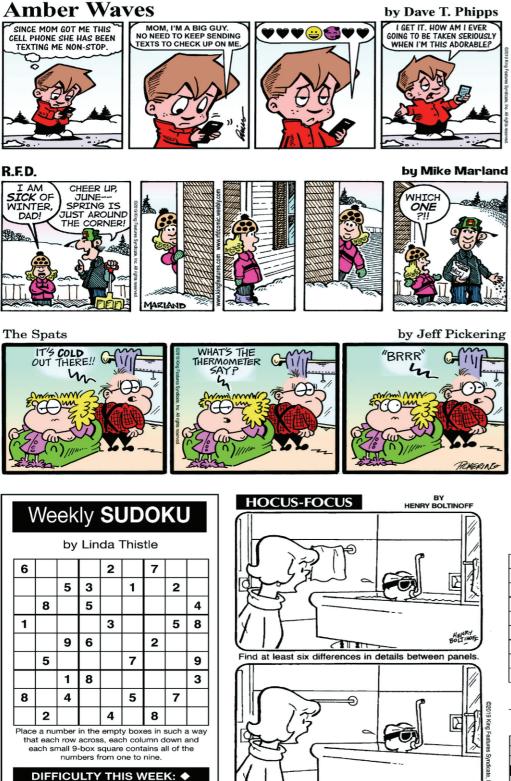












### King Crossword



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2. ANATOMY: What gives red blood cells their color?

3. FOOD & DRINK: What spice gives Hungarian goulash its characteristic flavor?

4. HISTORY: Who were the two women who tried to assassinate President Gerald Ford on two separate occasions in 1975?

5. ANIMAL KINGDOM: What is a group of swine called?

6. ASTRONOMY: Which planet in our solar system (other than Earth) is known as the "Blue Planet"?

7. LANGUAGE: What does the Latin word "veto" mean?

8. GENERAL KNOWLEDGE: What is the fastest growing plant in the world?

9. LITERATURE: Which children's fantasy series featured a ship called "The Dawn Treader"?

10. MUSIC: What was English singer Billy Idol's name at birth?

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8. Bamboo; 9. "The Chronicles of Narnia"; 10. William Broad Lynette "Squeaky" Fromme; 5. A sounder; 6. Neptune; 7. To forbid or prohibit; 1. "Shakespeare in Love"; 2. Hemoglobin; 3. Paprika; 4. Sara lane Moore and

♦ Moderate ♦♦ Challenging

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Trivia Test Answerst



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