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FREE!

WVMS Third Year Students Attend Young People's Concert



The Wyoming Valley Montessori School Third Year Students attended the Young People's Concert held by the Northeastern Pennsylvania Philharmonic Orchestra at the Kirby Center. Entitled Inspired by Nature: Earth, Wind and Fire the concert featured the music of Beethoven, Vivaldi, Strauss, de Falla and Stravinsky. Music Director Melisse Brunet conducted a delightful concert which included audience participation for the students in attendance.

Pictured left to right: front row – Piper Nat, Shavertown, Jonah Gottlieb, Dallas, Ellie Bonner, Kingston, Ava Hoang, Dallas, Allison Pickreign, Mountain Top, Ayza Ali, Dallas. Second row- Mohammad Azaizeh, Kingston and Marco Nardone, Moosic.







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P.O. Box 1677, Kingston, PA 18704 Phone: 570.690.0727 FAX: 570.675.2399 Next Publication Date: June 3, 2019

Deadline May 29, 2019

Locally owned and independently operated not affiliated with any other Publishing Company.

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It is the policy of the Westside Bulletin to publish event notices free of charge, if the event is free to the public and/or the proceeds are being donated to an organization.

If there is a charge to attend an event, advertising rates may apply.

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## **General Federation of Women's Club**



The General Federation of Women's Club, West Side donated Mommy Bags to new mothers at Veterans Administration Medical Center in Wilkes-Barre. The bags contained personal items for Mom such as: body wash, lip balm, hand sanitizer, tissues, sticky note pads, ink pens, hand lotion, chocolate bars, snacks, and a personal note of encouragement and thanks from the women of our club!

The General Federation of Women's

Club, West Side Women's Club is a member of the General Federation of Women's Clubs which is the oldest women's Community serviceorganization in the world.

Pictured: co-chairmen of the project, Mary Seyfert and Heide Cebrick.

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# **Daughters of the American Revolution**



Shawnee Fort Chapter Daughters of the American Revolution recently donated several items from the early years of Plymouth High School. High school yearbooks, class photos and school newspapers from the 1920's and 1930's were presented to Steve Kondrad, Presi-

dent of the Plymouth Historical Society. Presenting the items were Marylou Fallo, chapter Vice Regent and Karen Komorek, Chapter Treasurer. Shawnee Fort Chapter is based in Plymouth and active in community activities that promote patriotism, education and historic preservation. The Plymouth Historical Society was founded in 1986 and will be hosting their annual open house on May 19th from 2-5 pm.

Those interested in DAR activities or membership can contact Kathleen Smith at 570-704-9809 or smithkdar2001@hotmail.com

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Wednesday: 10:00 Seniorcize, 11:00 - Meditation with Jean - May 1ST & May 15th

1:00 Tai Chi – May 15th, 22nd and 29th

Thursday: 10:00 Esthercise, 11:00 Belly Dancing 1:00 – Alzheimer's Support Group –

May 16th

Friday: 10:00 Seniorcize 11:00 – Meditation with Jean – May 31st

#### **SPECIAL ACTIVITIES**

Wed, May  $1^{st}$  – MOTHER'S DAY SPECIAL LUNCH11:00 – Meditation with Jean Thurs, May  $2^{nd}$  – 11:30 – Nutrition Ed – "High Blood Pressure" 12:30 – Special Bingo – Sponsored by the Gardens at Wyoming Valley

Mon, May  $6^{th}-11:30$  – Nutrition Ed – Dietician Approved Topic – "Shop for Less Sodium/Salt" 1:00-5:00 – AARP Driver Safety Refresher Class-Must be Pre-Registered

Tues, May  $7^{th}$  – 11:15 – "Communicating with Your Doctor" – Presented by Griswold Home Care

WED, MAY  $8^{\rm TH}-$  CENTER CLOSED ALL DAY - ANNUAL DINNER DANCE AT THE MOHEGAN SUN CASINO - 12:00-4:00

Thurs, May  $9^{th}$  – 11:00 –"Restless Leg Syndrome" – Presented by Family Care Home Health

Tues, May 14th – BAG LUNCH-Center remains open for all activities

Wed, May 15<sup>th</sup> – ANNUAL DAY OF CARING – Community Volunteers will be visiting our center to help with projects around the center. 11:00 – Meditation with Jean Thurs, May 16<sup>th</sup> – 11:30 – Nutrition Ed – "Is it Safe to Leave Butter on the Counter?" 1:00 – Alzheimer's Support Group

Mon, May 20th – 11:30 – Nutrition Ed – "Are Olives Healthy?"

Tues, May 21st – 11:30 – Conductorcise

Mon, May 27th – CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY

Tues, May 28th – 11:00 – "Medication Safety" – Presented by Medicine Shoppe

Wed, May  $29^{\text{th}}$  – OLDER AMERICAN'S DAY – OPEN HOUSE 11:30 – Conductorcise

Thurs, May 30th - 11:30 - Nutrition Ed - "Green VS Yellow Bananas"

Fri, May  $31^{st} - 11:30$  – Meditation with Jean

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



Wilkes University Pharmacy Students visited center for a brown bag medication event



Some of our members with our food drive items that were donated to the Keystone Mission



Center members singing for the group



# Culture, Science, and the Environment, The Graham Academy Does It AllWW

Spring semester at The Graham Academy is as full of activity as the budding trees in our area. The students face their upcoming projects with excitement and curiosity as their favorite events and activities are planned for March, April, and May. With the warming temperatures outside, the adventures inside the school are just taking off.

The most delectable event, World Discovery Day, was held at the end of March this year. The students learned about various countries around the world, their culture, and their cuisine. Traveling from classroom to classroom with their passports, every student had the opportunity to explore a little bit of each country and experienced a traditional dish that was made by the students themselves. Bringing culture into the curriculum has proven to be a very rewarding experience for all students. They look forward to it all year long.

After traveling the world, The Graham Academy headed right into World Autism Awareness Day which is acknowledged annually on April 2<sup>nd</sup>. Having a specific day to celebrate our AMAZING students was a positive experience for the entire staff and student body. For some individuals with Autism, expressing themselves could be more difficult than it seems. This fun event was able to show how each student sees themselves and their peers. Using 'I am' and 'We are' statements, the students and staff were able to articulate the kind, funny, smart, and interesting characteristics of each other. Awareness can be in any form. The Graham Academy prides itself on seeing the student as an individual instead of a stereotype.

The focus then gets real with the intensity of THE SCIENCE FAIR. The projects all tied into Earth Day, which was celebrated on April 22<sup>nd</sup> this year. From different kinds of osmosis and sustainability to biodiversity and insects, the students poured their energy into their projects. Presenting their hard work to the families at the science fair was rewarding to the students, staff, and parents. The Graham Academy has established gardens at both the elementary school and the high school. All projects that were intended for the gardens were transported and installed the last week in April.

The experiential learning included in events like World Discovery Day and the Science Fair provide students with multiple opportunities to get their hands dirty and experience activities that may not be typically provided in other educational settings. Trying new foods, learning a traditional Panamanian dance, and studying the habitats of all the creatures in the garden are just a few ways The Graham Academy helps students learn in ways that are tailored to them. Providing positive and prideful experiences for the students, The Graham Academy encourages all the students to be self-aware and have value within themselves.

The mission at 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. For more information about The Graham Academy or to schedule a tour, visit the website at <a href="https://www.thegrahamacademy.com">www.thegrahamacademy.com</a> or follow The Graham Academy on Facebook (thegrahamacademynepa), Instagram, and Twitter.





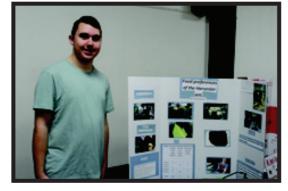


World Discovery Day





World Autism Awareness Day







Science Fair



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# Wyoming Seminary STEM School To feature lecture on pharmaceutical development

The Louis Maslow STEM School at Wyoming Seminary will present a lecture titled "Science, Service and Saving the World" on Wednesday, May 15 at 7:00 p.m. In the Buckingham Performing Arts Center, North Sprague Avenue, Kingston. The lecture is free and open to the public.

The evening's speaker will be Karen Buleza, associate director and global trial manager at Janssen Research and Development, LLC. She will present her journey to marry her passions for science, working with people and trying the save the world. Topic highlights include an introduction to pharmaceutical development; her experiences with clinical trials in HIV treatment and prevention and other infectious diseases such as MDR-TB and intestinal worms; and related career opportunities. A question and answer period will follow the lecture.

This lecture is part of a lecture series presented by the Louis Maslow STEM (Science, Technology, Engineering, Math) School at Wyoming Seminary and directed by John Eidam. The lectures are intended to show the integration and application of science, technology, engineering and mathematics across disciplines and within society. For more information contact Eidam at jeidam2@wyomingseminary.org.

The Louis Maslow STEM School at Wyoming Seminary seeks to engage and inspire students interested in science, technology, engineering and mathematics through holistic and integrated paths of study. Students in the program will be prepared for collegiate study and able to respond to rapidly changing global challenges and advances in technology in today's world.



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#### TREASURES OF THE EARTH Show and Sale

The 16th annual TREASURES OF THE EARTH Show and Sale will be held May 4-5 at the Oblates of St. Joseph, 1880 Highway 315, Pittston, PA 18640. The sponsor is the Mineralogical Society of NE Penna. Hours are 10-5 Sat. And 10-4 Sun.

Twenty quality dealers will be selling crystals, minerals, fossils, gems, and jewelry. The show features ultraviolet programs by UV Bob, free craft classes by Rock Doc, free treasure hunt and dinoland for the youngsters, free rock and fossil ID, and informative lectures and presentations for the curious, all indoors.

Outdoors features a flintnapper, a gem sluice mine, and a food vendor.

Donation is \$3 with all pre-teenagers and all scouts in uniform free.

Door prizes are awarded every half hour and grand prizes drawn before 4pm Sunday. For more information, contact George Walko at 579-200-5987 or anthracitecoin@gmail.com







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#### **Mingling at Business Functions**

By Jill Evans Kryston, Etiquette Consultant – Westside Bulletin, May 2019

Q: My new job requires me to attend frequent business functions, but I panic just thinking about entering a crowded room full of people I don't know. Can you offer any strategies to help overcome my anxiety and be more successful with small talk?



**A:** Research has shown the number one skill in business is the ability to mingle with other people, yet 90% of Americans suffer from "minglephobia". The thought of spending

time with strangers can leave you stressed and wanting to stay home to watch your favorite TV program instead.

One goal for success is to focus on the needs and comforts of others. If you arrive at an event with the genuine intent of making others feel special, it will go a long way with helping to improve your own comfort level.

Learning the art of "small talk" in conversation begins with a set of tools. Though some things about you can't be changed, your voice, facial expressions, and body language can easily be altered. Most people will have a positive response to a pleasant voice, a warm smile, good posture, and attractive clothes.

The most effective first impression is to greet people with a friendly, "Hello, I don't think we've met before" or "I hope you don't mind my joining you," and clearly state your name. Follow with a firm web-to-web handshake using the right hand while making eye contact. Don't stare a person down or look around the room to see whom you might want to meet next. Learn to make proper introductions by introducing persons of lower authority to persons of higher authority.

Everyone enjoys hearing another person say their name. When you're meeting someone for the first time, repeat their name and that will also help you remember it. Occasionally we all forget a name. Don't feel embarrassed if you have to ask for help while struggling to remember.

Most people like to talk about themselves, so ask questions. Be careful to avoid invasive questions that would reveal people's social, economic, and educational status. Instead, ask what they like to do or how they spend their time.

In order to have an interesting conversational repertoire, it is helpful to have a general knowledge of news and current events as well as information about books, movies, and other popular topics. While a good conversationalist adds to what the other person is saying, you should never dominate a conversation, brag or "one-up" the other person. Avoid discussing politics, health, and religion. Remember too, the best conversationalist is also a good listener.

Social events are a place to establish relationships for the future. Set a goal of how many people you'd like to meet while working a room. Pay attention to conversations and think of ways in which you can benefit others with personal references, resources or referrals.

You are now ready to make an entrance and engage in conversation. Find a group and begin with a compliment, "This looks like a lively group," or use subjects such as weather, food, music, or environment to "fade in" to a conversation while standing close by. Always excuse yourself before entering and exiting conversations. Finally, reap the rewards of positive social interaction by finding reasons to follow-up with your new acquaintances after the event.

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.

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Rummage sale dates set at Trinity Presbyterian Church, Dallas



The Board of Deacons at Trinity recently held a planning meeting to work out the final details for the rummage sale. First row from left: Treasurer Nancy Thomas, President and cochair Karen Perzia, chairperson Allyson Lord, Janie Miller.

Second row: C. Don Kocher, Tom Pickett, Erin Yurko, Erica Toole, co-chair Cindy Williams.

Third row: Fred Hunt, Richard Burkhardt, Warren Zarr. Not available for photo: Mark Chappell.

The Deacons have set May 31 and June 1 for their annual gigantic two day rummage sale in the Fellowship Hall at the rear of Trinity Presbyterian Church, 105 Irem Road, Dallas. The sale will take place from 9 a.m. to 3:00 p.m. on Friday, May 31 and from 9 a.m. to noon on Saturday, June 1. Saturday will be bag day: all you can stuff into a large brown grocery bag for only \$2. Items available for sale are: clothing in good condition for men, women and children, jewelry, household items, smaller pieces of furniture, knickknacks, collectibles, toys, books, holiday items and much more. Trinity is located across Rt. 309 from the Country Club Shopping Center. All proceeds benefit the programs of the church and several community outreach projects.





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## **Daughters of the American Revolution**



Shawnee Fort Chapter Daughters of the American Revolution is pleased to hold a ceremony unveiling a grave marker honoring James Nesbitt at Shupp Cemetery in Larksville. The ceremony will take place on May 11th at 11am. Shupp Cemetery is located just behind Broody Tire on Rte 11 in Larksville.

During the ceremony a summary of his life and career will be presented by Tony Brooks of the Wilkes-Barre Preservation Society. Nesbitt descendants are invited and encouraged to attend.

For more information on the ceremony or directions to the cemetery, please contact Kathleen Smith at: smithkdar2001@hotmail.com or 570-704-9809.

**Photo is Tony Brooks** 

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# Ultimate KISS ARMY Experience gets you closer than ever to KISS Special VIP tour offers much more than a typical meet-and-greet

#### By ALAN K. STOUT Westside Bulletin Correspondent

Imagine that you are a KISS fan and that you have been so for many years. You've got all of the band's albums and, within the KISS Army, you see yourself as a five-star general. You've got at least 20 ticket stubsfrom their concerts, and though it might be a bit hard to squeeze into it these days, you've still got your concert t-shirt from your very first KISS show. You've also got a sizable collection of KISS collectables, and you might even joke that when it comesto KISS trivia, you know more about the band than even Gene Simmons and Paul Stanley.

But ... have you ever actually walked on the KISS stage? Stood right before their micstands? Have you ever held Gene Simmons' bass or Paul Stanley's guitar? Sat behind Eric Singer's drum kit? Peeked inside TommyThayer's traveling guitar case? Held Gene's torch, into which he breathes fire? Tried on Paul's platforms and Gene's dragon boots? Hung out with KISS in a relaxed setting before the show, where not only can you get a professionally-taken photo of you withthe band, but you can also mingle with the group and take some fun selfies.

Probably not. Well, OK ... definitely not.



# The Ultimate KISS Army Experience includes photo opportunities with the band

But, with the "Ultimate KISS ARMY Experience," that's exactly what you can do. It is the most deluxe VIP package that the band has ever offered to its fans and includes a type of backstage access and on stage access that has never been available before. You literally spend about

three hours backstage and then watch the show from a special area, directly in front of the stage, which is actually several feet closer than the very front row. And when KISS recently brought its "End Of The Road" tour to the Wells Fargo Center in Philadelphia, a handful of KISS die-hards did just that.

"It was awesome, "says Jodey Mutcher, 49, of Stroudsburg, PA. Mutchler, who has been a KISS fan since she was nine years old, says that since this is indeed KISS' final tour, she felt it would be her last chance to get a closer look at "The Hottest Band in the World."

"I'm surprised we had such access to the stage, and were able to touch their equipment," she says. "That's a lot of trust that they have in their fans."

The "Ultimate KISS ARMY Experience" tours are run by Epic Rights, a company that also handles KISS' tour merchandise. Cost, per person, is \$6,500. They are hosted by Keith Leroux, an assistant to the band who also handles its social media. Leroux was chosen to give the tours because he's not only an employee of the band, but also a diehard fan of the group with encyclopedic knowledge of all-things-KISS. That, combined with his cheerful demeanor and enthusiasm, makes him the perfect tour guide.

"I enjoy just being here," says Leroux. "It's amazing. I love to see fans share with the band what I get to experience all the time."

Leroux says even he's surprised at how much the tour offers.

"When we put it together, it was intentionally expensive, so that it was limited," he says. "They wanted it to be limited.

They wanted it to be for the die-hards, but not where there are 50 people showing up. I really didn't think the band would allow us to do everything we did. There was a wish-list. And they approved everything. The pit, from where people see the concert – no one has ever been allowed there before. And for all kinds of reasons ... insurance, thepyro ... the pyro literally had to be moved back, because a person who doesn't work for KISS can't be within a certain number of feet of the pyro. And so by allowing the fans in the pit, it changed the layout of the stage show. Even most crew members and band members don't go where we go on the tour. They don't need to. Their job might be in just one area, and if you don't need to go on stage, you don't have a pass to go on stage.



# KISS fan Raymond Scipione holds Gene Simmons' bass guitar.

"Fans are truly going into places where nobody can go," he adds. "And again, when we put the list together for KISS, I thought for sure they were going to pair it down. But they approved every single thing."

KISS' "End of The Road" show is the most mammoth of its career. It convoys from city to city with more trucks and busses than ever before. The KISS crew alone consists of 75-80 people and about 100 local stage-handsare also brought in for each show. Even with nearly 200 people working, it still takes 10 hours to assemble. Once fans begin an "Ultimate KISS ARMY Experience" tour, they are escorted to the

soundboard area, where they get their first glimpse of the stage. Soon, they are on the stage, where they are not only permitted to take any photos they'd like with their own phones or cameras, but they are also professionally photographed by Leroux or other members of the KISS staff, who later provide those photos to the fans. While on the stage, you can stand behind the band's mic-stands and sit behind the drum kit. (It is there, behind the drums, when looking out into an 18,000 seat arena, when you truly feel as though you are sitting in the cockpit of KISS.) You also hold Simmons' torch and walk inside Simmons' special off stage area where he stores his basses and "blood" for his on-stage antics. Later, you can hold and pose with one of Simmons' basses and Stanley's guitars, and before it's time to go and try on their boots and hang out with the band, there's also a special lounge with a catered meal and open bar.



#### Dwayne Wimmer poses behind the KISS Drum kit

(There's also a chance, at any given time while on the tour, that you might bump into Doc McGee, KISS' legendary manager, or that even one of the members of the band might join in for a while, fans makeup and costume.

The "Ultimate KISS ARMY Experience" is usually comprised of about 6-10 people in each city. And, as you'd expect, they are serious, die-hard KISS fans and ones with the means to afford it. Regarding the cost, some might compare it to attending a major sporting event. Each year, thousands of NFL fans from around the nation make a pilgrimage to the Super Bowl. They might spend thousands of dollars just for the tickets, plus airfare, hotel costs, food, souvenirs ... it all adds up, rather quickly, to about the same amount as the cost of the "Ultimate KISS ARMY Experience." But those NFL fans don't get to walk around on the actual field before the game, or hold the footballs that are going to be used in the game, or hangout with their favorite players just before they take the field and have photos taken with them, or watch the game from right on the sidelines. (KISS Continued on page 13)

#### (KISS continued from page 12)

That, in essence, is what "Ultimate KISS ARMY Experience" offers to KISS fans. And for them, KISS is their favorite team and "The End Of The Road Tour" is the Super Bowl. And in most cases, extensive travel isn't even necessary, as the tour is likely coming right to you.

Ray Scipione, 48, of Hammonton, N.J. has been a KISS fan since 1979. Once he heard about the "Ultimate KISS ARMY Experience," he signed right up. The main reason, he says, was to be even closer than the front row.

"I really wanted to be up close," says Scipione. "All of this other stuff is icing on the cake."

Scipione says that though it's a costly VIP tour, it's also a once-in-a-lifetime event.

"It's an expensive night, but I live life on experiences," he says. "You can only buy so many cars, or jewelry or clothes. For me, it's this. It's waking up five years from now and saying, 'Man, remember that night I did all of that?" There are people that just save, and they never live their life with any experiences. They just save and save, but they never do anything. I'd rather do this, where I can look back, and have pictures and videos, and I can relive the night."



# If the shoe fits, where it: Joe Lagana tries on Gene Simmons' dragon boots

Joe Lagana, 58, or Orwigsburg, PA, has been a KISS fan since 1974 and saw them for the first time in 1976. He's now seen them more than 75 times and he also took the "Ultimate KISS ARMY Experience" tour in Philadelphia.

"It was simply awesome," says Langana. "To get to try on their boots - it's just simply awesome. And it's a very comfortable pace. Nobody was rushed. Keith is great."

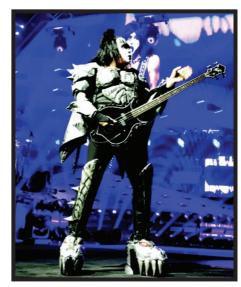
Lagana said that though he's done other VIP packages in the past, he opted to do the "Ultimate KISS ARMY

Experience" because of all of the newly added extras.

"It's 'The End of The Road," he says. "It's the final tour. You probably won't have the opportunity to do this again."

Get up close and personal with Paul Stanley with the band's new Ultimate KISS Army Experience





Fans have never had a closer look at KISS than they can now have with the Ultimate KISS Army Experience, where they can watch the show from directly in front of the stage.

Dwayne Wimmer, 54, of Haverford, PA, has been a KISS fan since 1976 and has seen the band more than 30 times. He agrees.

"What's cool about it is that it's a small group and we got to take our time," he says. "You're on the stage for 20 minutes, or a half an hour, you're walking into the areas where they go to off stage in Between songs. You get to hold their guitars, put on their boots — that's crazy. And you get to talk with like-minded fans,

about your experiences and how you became a fan. You're building relationships and making friends.

#### "It's great."

(The Ultimate KISS ARMY Experience is available before every show on the band's "End Of The Road" tour. The tour comes to Hershey Park Stadium on August 21. For more information, visit www.kissonline.com)

Alan K. Stout has covered rock and pop music in Northeastern Pennsylvania since 1992. His weekly radio show, "Music On The Menu," airs every Sunday from 9-10 p.m. on The River. Reach him at musiconthemenu@comcast.net



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

#### Call ahead to check if closed due to Inclement Weather!

#### May 2019 Newsletter

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

#### **Weekly Scheduled Activities-**

Monday – 9:30am -11:45am Center Activities 12:30pm to 1:15pm Card Club Tuesday – 11:00-12:00 Center Activities

Wednesday  $-\,10{:}45$  to  $11{:}45 am$  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!

Memorial Day Coloring Contest: crayons, pencils or regular markers only

No extras Due by Monday May 20 for voting!

May 1 (Wednesday) Mother's Day Lunch

May 2 (Thursday) 12:30 Geisinger Healthcare "FREE BINGO"

May 8 (Wednesday) CENTER CLOSED ---Dinner Dance \*\*\*\* Bag lunches will be provided on Tuesday (you must order one) \*\*\*\*

May 9 (Thursday) RSVP Luncheon---off Premises..THANK YOU To our Volunteers that keep our center going!

May 14 (Tuesday) Bag Lunch Day \*\*\*\*Center closes at 11:15\*\*\*\*

May 15(Wednesday) United Way Day of Caring 9:30-1:30

May 17 (Friday) 10:30-12:00 Blood Pressure Checks Sponsored by Lois Elick from PA Dept. of Health

May 21 (Tuesday) --- CLOSED---POLLING PLACE Bag lunch provided on Monday May 20 as long as you order.

May 22 (Wednesday)---Center Closed

May 23 (Thursday) 11:00-12:00 ---Kingston Healthcare Center \*\*\*\*Keeping Fit\*\*\*\*

May 27 (Monday) Center Closed – Memorial Day

May 29 (Wednesday) Celebrating Older Americans 10:30 Bayada Home Health Care –Fall Prevention- Follow-Up

May 30 (Thursday) 10:30- 12:15 Blood Pressure Checks & Talk Sponsored by Lois Elick from PA Dept. of Health "Celebrating Older Americans Month"













## Keep Cool on the Grill Refreshing, dairy-infused dishes for warm days

(Family Features) Keep your kitchen cool and comfortable with grilled meals that banish the heat to the outdoors. Crisp, fresh greens and a perfect blend of spices and savory ingredients make each of these refreshing dishes perfect solutions for toasty days.

Featuring ingredients across the food groups, these dairy-fueled recipes from Milk Means More are ideal for well-rounded meals filled with nutritious flavor. Zesty mustard, spicy Sriracha and rich buttermilk lend a marinated flavor upgrade to traditional grilled chicken, while homemade pesto, fresh corn and ham create a perfect harmony for a cheesy grilled pizza. Or make a salad the star of your dinner table with a simply seasoned sirloin steak, plenty of veggies and a tart twist on a creamy dressing made with yogurt and milk.

Find more refreshing meal solutions at milkmeansmore.org.

Grilled Buttermilk Chicken

Recipe courtesy of Lori Yates of Foxes Love Lemons on behalf of Milk Means More

Prep time: 10 minutes Cook time: 16 minutes

Servings: 4

5: 4		
1 1/2	cups buttermilk	
1	tablespoon mustard powder	
1	tablespoon Sriracha	
2	teaspoons minced garlic	
2	tenencone nonrileo	

teaspoons paprika
chicken drumsticks, bone in, skin on
chicken thighs, bone in, skin on
vegetable oil, for grill
cup chopped fresh parsley

lemon, cut into wedges (optional)

In medium bowl, whisk buttermilk, mustard powder, Sriracha, garlic and paprika.

Place chicken in large zip-top bag; pour buttermilk mixture over chicken. Seal bag and refrigerate 2 hours or overnight.

Heat outdoor grill for direct grilling over medium heat. Remove chicken from marinade, shaking off excess; discard marinade. Lightly oil grill grates. Transfer chicken to grill and cook, turning occasionally, 16-18 minutes, or until internal temperature reaches 165 F.

#### Dressing:

cup plain yogurt
 tablespoons freshly squeezed lime juice (3 small limes)
 tablespoons milk
 tablespoons chopped fresh chives

1 clove garlic, peeled and minced

1/4 teaspoon kosher salt1/8 teaspoon black pepper

#### Steak:

20

1 teaspoon kosher salt
1/4 teaspoon black pepper
1/4 teaspoon granulated garlic

ounces boneless petite sirloin steak

Salad:

cups baby spinach
cups chopped romaine lettuce hearts
cup sweet red pepper rings
cup sweet yellow pepper rings
cup avocado chunks
cup thinly shaved red onion

To make dressing: In blender, combine yogurt, lime juice, milk, chives, garlic, salt and pepper. Blend on low until smooth consistency forms and chives are completely incorporated. Transfer dressing to jar with tight-fitting lid and refrigerate until serving. Heat grill to medium. To prepare steak: Combine kosher salt, black pepper and granulated garlic to create rub. Sprinkle half of seasoning mix over one side of steak, pressing it into meat. Repeat with remaining seasoning on opposite side of steak. Grill steak over direct medium heat to desired level of doneness, approximately 4-5 minutes per side for medium pink center. Remove steak from grill and let rest 7-10 minutes on cutting board.

To make salad: Toss spinach and romaine on large platter. Scatter red and yellow peppers, avocado and onion over greens. Slice grilled sirloin thinly against grain. Arrange meat slices along center of salad.

Drizzle dressing over salad just prior to serving.
Grilled Pizza with Arugula Pesto, Corn and Ham

Recipe courtesy of Rachel Gurk of Rachel Cooks on behalf of Milk Means More

Prep time: 20 minutes Cook time: 10 minutes Servings: 6 Arugula Pesto:

cups fresh arugula, tightly packed
 clove garlic
 tablespoon lemon juice
 pinch red pepper flakes, (optional)
 cup shredded Parmesan cheese
 cup extra-virgin olive oil
 salt, to taste
 pepper, to taste

Grilled Pizza:

tablespoons flour, divided pound pizza crust dough (at room temperature if using refrigerated dough) vegetable oil, for grill

1/2 cup Arugula Pesto
1/2 cup part-skim ricotta cheese
1/2 cup diced deli ham
1/2-3/4 cup fresh corn kernels (about 1 cob)
1/4 cup thinly sliced red onion
1/4 cup shredded Parmesan cheese

Heat grill to medium heat (350-400 F).

To make Arugula Pesto: In food processor, combine arugula, garlic, lemon juice, red pepper flakes and Parmesan. Pulse until combined then, with food processor on, drizzle in olive oil until pesto forms, scraping down sides as needed. Taste and season with salt and pepper, to taste.

To make Grilled Pizza: Flour pizza dough lightly and stretch or roll to about 1/2-inch thickness (14-16-inch diameter).

Sprinkle remaining flour on large rimless baking sheet, pizza peel or pizza stone. Transfer dough to baking surface.

Clean grill grate and grease with oil-soaked paper towel and tongs. Slide dough off baking surface onto grill. Cover and cook until dough is bubbling on top and golden brown on bottom, 2-3 minutes.

Carefully flip dough over using peel or tongs. Remove crust from grill to add toppings. Spread Arugula Pesto over dough. Top with ricotta, ham, corn kernels, onion and Parmesan. Return pizza to grill, cover and cook until toppings are heated through and bottom of crust is crispy, 5-7 minutes. Remove from grill, slice and serve.



# **MAY 18, 2019**

8:30<sub>AM</sub> REGISTRATION 9:30<sub>AM</sub> WALK

- ✓ START at 190 Welles Street | Forty Fort
- ✓ Vendors & kid-friendly activities!
- ▼ Tour our new space!
- ✓ Proceeds benefit Candy's Place



There's hope for the journey. You provide the hope!

\* Walk will NOT be held at Kirby Park

**Good Shepherd Academy Honor Roll** 

3rd Quarter 2018-2019 School Year

Mr. James Jones, principal of Good Shepherd Academy, Kingston, is proud to announce the following students have attained High Honors and/or Honors for the Third Quarter of the 2018-2019 school year.

#### **Honors:**

<u>6<sup>th</sup> grade:</u> Parker Berry, Christopher Dutko, Mason Gibson, Kevin Gring, Joseph Lipinski, Brenden Makarczyk, Nicholas Nuss, Tatiana Schlifka, Spencer Smith, Kayden Stevenson, Mary Ann Stout, Reagan Suda, Adrienne Wren, Emma Zylo

<u>7<sup>th</sup> grade:</u> William Brady, Payton Brown, Isabella Calo, Michael Dubaskas, Ella Fenstermacher, Alanna Gilchrist, Lily Kelleher, Emilia Kindler, James Locke, Brandon Shay, Joseph Skoronski, Jack Tuzinski, Tyler Williams

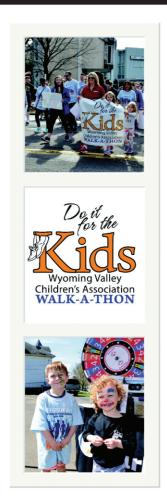
8th grade: Mia Ashton, Anna Brennan, Avery Cole, Abby Davitt, Elizabeth Derolf-Siene, Jessica English, Cassandra Gdovin, Rose Hancuff, Mary Johns, Irelyn Karnes, Lia Keefe, Ayden Langdon, Matthew Magda, John Matlock, Dominic Pasone, Zachary Perta, Kathryn Schell, Nickolas Spiccioli, Ashley Sweeney, Caleb Wilson

#### **High Honors:**

6th grade: Isabella Bennett, Megan Albrecht, Joseph Bower, Cole Bradley, Owen Clark, Aidan Davies, Raina Deiter, Kasey Delaney, Ryan Flaim, Riley Franks, Olivia Glasson, Arianna Hines, Samantha Hornlein, Kayla Pekarovsky, Jenna Pipan, Lincoln Raub, Katie Schell, Zachary Schultz, Emma Stambaugh, Jadon White

<u>7<sup>th</sup> grade:</u> Angela Ambrose, Ava Deiter, Julia Desciak, Alyssa Evans, Sadie Frusciante, Mercedes Hughes, Hannah Jones, Lukas Kachinko, Theresa Khoudary, Jorden Lech, Keeley Lynett, Louis Michaels, Liam Mullery, Noah Rokosz, Janelle Sando, David Stochla, Jack Tanski, Brianna Van Why, Abigail Williams, Sarah Yudichak

<u>8<sup>th</sup> grade</u>: Michael Cicon, Jillian DelBalso, Jaden Evanoski, Mia Fino, Michael Fino, John Gillespie, Brooklyn Giovinazzo, Luke Harrison, Jessica Phares, Isabella Roback, Bailey Stavridis, Nathan Stilp, Stan Wateski, Cally Williams, Heidi Williams



# Thank You!

To the Sponsors, Attendees, Donors, Volunteers and Community Members who made the 2019 "Do it for the Kids" Walk-A-Thon AND Salute to Seuss Gala a HUGE success!





Sundance Vacations Sponsors Wyoming Valley Children's Association "Do it For the Kids" Walk-A-Thon



WVCA is honored that Sundance Vacations has again agreed to be the Presenting Sponsor for the event. Sundance Vacations has been a passionate supporter of WVCA for many years and has been the presenting sponsor for the Walk-A-Thon for six consecutive years.

Nina Zanon, WVCA Executive Director, states: "WVCA is proud to partner with Sundance Vacations for our 27th Annual Walk-A-Thon event. All of the proceeds raised from the walk are donated directly to our school and to helping our students. Thank you again to Sundance Vacations for their leadership role with the Walk-A-Thon and their unwavering support of WVCA's mission!

Wyoming Valley Children's Association has been offering quality early childhood education and therapeutic support services in Wyoming Valley since 1924 – this year marks WVCA's 95th Anniversary.



# Hug More, Stress Less



Family Features) Whether circumstances are good or bad, exciting or stressful, there are several simple ways to improve emotional and mental fitness.

As one example, sharing a hug with a loved one has been found to boost immune system responses, help fight disease and increase overall health, according to an article published by "The Guardian." Hugs increase serotonin, which is the body's natural antidepressant, can be a natural sleep aid and help reduce stress and anxiety.

However, according to the article, hugs are on the decline. Among the reasons for this decline in hugging are busy schedules and the prevalence of technology extending the workday into time spent at home. It can be hard to focus on personal connections when work follows you home in your pocket. At times, it seems there are stronger connections to mobile devices than family members sitting in the same room.

There is a simple solution, though. In honor of National Hug Day, you can get back to showing love through the simple act of hugging.

With the help of its mascot, Seymore Good, Tree Top encourages everyone to "squeeze the day" and acknowledge goodness in others by sharing a meaningful, honest hug. The grower-owned fruit cooperative that uses simple ingredients and real fruit also introduced innovative clear apple sauce pouches that let parents "See the Good" in what their kids are eating before they eat it.

In the spirit of reducing stress and giving meaningful, memorable hugs, consider these tips:

**Keep it real.** Avoid superficial hugs or giving a hug just out of habit. Instead, try focusing on the hug and giving it with purpose, as an expression of friendship. Squeeze hard, but not too hard.

**Take a breath.** Once you are in the hug, pause for a moment and breathe. Just one breath. This is where you have the chance to squeeze a little longer. Go ahead and be a little vulnerable. In the moment, remember who you are hugging and why you are hugging him or her. This is a moment when the healing power of the hug can shine through, and a hug or squeeze is a sign of affection and trust.

**Let it go.** Be sensitive to the movements of the person you are hugging and be willing to be the first to let go. Leave the embrace with a smile on your face, even in the hardest moments of life. Always let the person you are letting go of know you are happy.

Visit <u>treetop.com</u> for more information.

Photo courtesy of Getty Images

# Wyoming Seminary Mock Trial Team Wins Third Place in State Competition



The Wyoming Seminary Mock Trial team recently concluded a successful mock trial competition season at the 36th Annual Pennsylvania Bar Association Statewide High School Mock Trial Competition, held in the Dauphin County Courthouse in Harrisburg.

The Sem team, representing Region 5 in state competition, went undefeated in the tournament, placing third overall. This is the eighth time in 12 years that the Sem Blue Knights have advanced to the state level. The competition featured the top 14 Mock Trial teams in the Commonwealth.

Four members of the Sem team were honored with special awards. Senior Morgan Price of Bear Creek and freshman Sophia Kruger of Shavertown received Best Witness Awards, while junior and team captain Jillayne Gumbs of Allentown and freshman Emily Aikens of Jenkins Township received Best Advocate Awards, in recognition of their outstanding individual performances in the tournament.

"With this competition, we turn the page on yet another successful Mock Trial season," said Adam Carlisle, member of the Sem history faculty and Mock Trial Team teacher-coach. "I could not be more proud of what these eight students accomplished together this year."

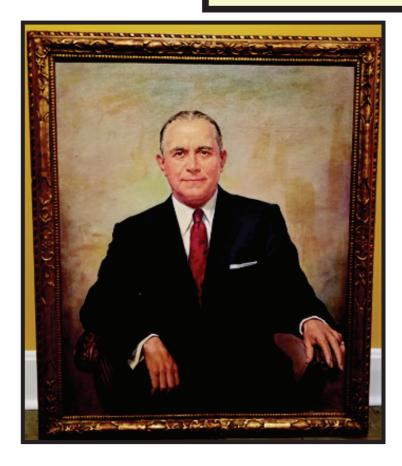
The competition, sponsored by the Young Lawyers Division of the Pennsylvania Bar Association, provides high school students with a firsthand experience of the American judicial system.

Mock trial teams argue a case before a judge and are evaluated based on their presentation, opening and closing arguments, direct and cross examination, poise and articulation, control of facts, and knowledge of Mock Trial rules of law and exceptions. Competitions involve two opposing high school teams who apply real-life statutes and case law to fictitious situations in a simulated trial setting.

Team members are coached by teacher-coaches Adam Carlisle, Dr. Elizabeth Penland and Morgan Howard-Penland and are advised by area attorneys Paul Galante and Zach Watkins.

The Wyoming Seminary Mock Trial team is seen following the Statewide High School Mock Trial competition held in Harrisburg; seated in front: Jonathan D. Koltash, co-coordinator of the Young Lawyers Division Statewide Mock Trial Competition. Standing, from left: sophomore Mya Dobrowolski, Allentown; senior Bella Tang, Kingston; sophomore Shailee Desai, Shavertown; junior Jillayne Gumbs, Allentown; sophomore Aaliyeh Sayed, Mountain Top; freshman Sophia Kruger, Shavertown; freshman Emily Aikens, Jenkins Township; and senior Morgan Price, Bear Creek. Not present for photo: teacher-coaches Adam Carlisle, Dr. Elizabeth Penland and Morgan Howard-Penland, and attorney advisors Paul Galante and Zach Watkins.

# **Luzerne County Historical Society**





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



The month of May means two things in the Wyoming Valley: Spring turns into Summer, and the Fine Arts Fiesta will be on Public Square. With that in mind, let's take a look at one of the newest acquisitions to our collection here at the Society. This portrait is of Frank English (1896-1959). Frank was a longtime employee of the Planters Nut and Chocolate Company, who after four decades with the company, became it president in 1956 until his passing in 1959. During his term as president, in addition to its world headquarters at 632 South Main Street, Planters, originally founded by Amedeo Obici in 1906, also had a retail store on Wilkes-Barre's Public Square. Famously filling the Square with the smell of freshly roasted peanuts, the store also would dispatch a nearly 8-Foot Mr. Peanut to greet visitors and hand out small bags of peanuts.

The portrait, which was donated to the Society by Marianne Horrigan, was painted by Italian-American artist Niccolo Cortiglia (1896-1982). Cortiglia was primarily a portrait artist who studied at the Royal Academy in Florence Italy, before emigrating to America and setting up a studio in New York City. However, by the 1950s, Cortiglia was living in Noxen PA and had set up an art school in Wilkes-Barre. In addition to teaching, Cortiglia made a living painting portraits of famous Valley residents such as Frank English and Admiral Howard Stark, whose portrait hug in the ballroom of the Hotel Sterling. He received an honorary degree from King's College in 1977. A collection of his papers and works currently resides in the Smithsonian's Archives of American Art after being donated by his wife Anna.

The Fine Arts Fiesta was created in 1959 by Annette Evans and Alfred Groh as a celebration of the arts in the Wyoming Valley. The now four-day festival continues on stronger than ever with a yearly attendance of more than 60,000 patrons visiting more than 50 artists each year. It remains the largest free event in the city of Wilkes-Barre each year. The LCHS has been a participant each year, since the very first Fiesta back in 1959, a tradition that continues this year. Come visit us by the banzai trees!



# Teacher Appreciation Week & 529 Day By Martin A. Federici, Jr., CEO of both MF Advisers, Inc. & MF Tax & Accounting, Inc.

National **Teacher Appreciation Week** is May 6<sup>th</sup> – May 10<sup>th</sup>, and National **Teacher Appreciation Day** is Tuesday, May 7<sup>th</sup>. **529 Day** (**529 college savings plans**) is Wednesday, May 29<sup>th</sup>. These 2 financial awareness topics are very important for several reasons, so let's explore these a bit more.



If you, your children, and your grandchildren have had teachers who were instrumental in your/their education, then you know why great teachers are so important. They can make learning fun and change a child's life for the better, and that is huge. Make sure to thank those teachers who do their job so very well, and not just during **Teacher Appreciation Week** – they deserve it.

Teachers are a large part of our business (we are a 403(b) provider for both the Dallas Area & Wyoming Valley West school district employees) and we just want to say "thank you for all that you do" – that's why we enjoy taking care of your 403(b)/ retirement/financial needs.

**529 Day** is a yearly reminder for those with children, grandchildren, nieces, nephews, etc. that saving for college is a smart decision, especially when considering the many benefits of these **529 plans** (these can vary from state-to-state). Many who would like to send children to college/trade schools (yes, some of these plans can be used for trade schools as well) realize that the cost will be quite substantial - that's why raising awareness of **529 plans** is so important.

We have many clients who are saving for their children's and grandchildren's college costs with **529 plans**, and many more I'm sure will also do the same going forward. We would like to thank those clients as well – those **529 plans** you opened for your children/grandchildren show that you care so much about their future education and want what's best for them.

These two May '19 financial awareness topics are interrelated – they both deal with the area of education. It is one of the most important things we can do in life – educate ourselves and those we love as best as possible to prepare them for what life has in store for them.

I've always said the 2 most important things in life we can learn about is 1.) how to successfully communicate/deal with people, and 2.) how to properly handle personal financial matters. So this goes out to all of the teachers and adults who try to better the children of tomorrow for when they become adults themselves – thank you for caring enough ...we appreciate what you do every single day, not just in May.

Find an experienced financial advisor who frequently deals with 403(b)s and/or **529 college savings plans**, 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 salesman, and chances are you've found the right financial advisor to help you prepare and plan for retirement and/or college costs.

For more information, please visit <a href="http://www.mfadvisers.com">http://www.mfadvisers.com</a>, email <a href="marty@mfadvisers.com">marty@mfadvisers.com</a>, 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 403(b)s, 529 college savings plans, 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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#### Back Mountain Bloomers Garden Club names co-chairs for June 29 'Tour of Back Mountain Gardens' Garden Tour tickets go on sale May 1

The Back Mountain Bloomers Garden Club will hold the 2019 'Tour of Back Mountain Gardens' on Saturday, June 29. Organizers include, from left, Carol Sorber, Harveys Lake, Pa., Bloomers president; Kate Hayes, Shavertown, Pa., Bloomers vice president; Jean Kolojejchick, Shavertown, Pa., sponsorships co-chair and ASTA representative; Evelyn Smith, Dallas, Pa., 2019 Garden Tour co-chair; Mary Lou Grant, Dallas Township, Pa., Bloomers treasurer; and Marianne Matysczak, Wyoming, Pa., 2019 Garden Tour co-chair. Absent: Diana Berry, Dallas Township, Pa., sponsorships co-chair.



Lifelong gardening aficionados Evelyn Smith of Harveys Lake, and Marianne Matysczak of Wyoming, are serving

as co-chairs for the ninth biennial "Tour of Back Mountain Gardens," being hosted by the Back Mountain Bloomers Garden Club on Saturday, June 29 from 9 a.m. – 4 p.m. The event will offer tours of six private gardens, all located within a 10-mile radius of the Borough of Dallas. Just in time for Mother's Day, tickets go on sale May 1 at Back Mountain Memorial Library, 96 Huntsville Rd., Dallas; Wild Birds Unlimited in the Dallas Shopping Center, Dallas, and at Pizza Perfect, 16 Carverton Road, Shavertown.

Smith and Matysczak began planning for the tour in 2018 with the support of a team of Back Mountain Bloomer officers and members, including Carol Sober, Harveys Lake, garden club president; Kate Hayes, Shavertown, garden club vice president; Diana Berry, Dallas Township, sponsorships co-chair; Jean Kolojejchick, Shavertown, sponsorships co-chair and Anthracite Scenic Trails Association (ASTA) representative, and Mary Lou Grant, Dallas Township, garden club treasurer, along with the organization's 80 members who assist with the details and work as volunteers throughout the day.

Matysczak, who retired in 2013 from a 26-year career teaching in the Wyoming Valley West School District, has been a member of the Bloomers for five years. She says for her gardening is relaxing and working in her garden brings her peace. "My favorite part of the Garden Tour is bringing the community together to see the beautiful work of our local gardeners and supporting the very worthy cause of the Anthracite Scenic Trails Association at the same time," she said.

A resident of Harveys Lake, Smith is a registered nurse who retired in 2017 from the PA State Department of Corrections Dallas as the infection control nurse. She joined the Bloomers Garden Club in 2017 when she finally had time to enjoy her gardening hobby. "I had gone on previous garden tours that the Bloomers had undertaken and was in awe of the talented gardeners here in the Back Mountain," Smith said. "I am caught up in the enthusiasm of the gardeners in this year's tour."

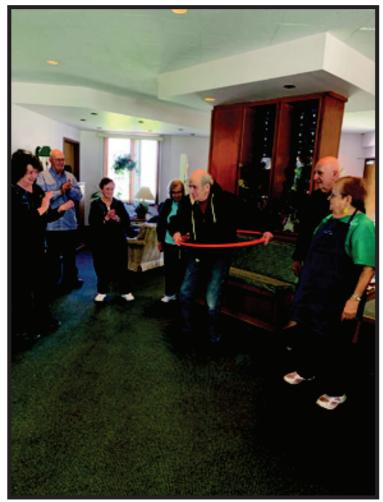
A full slate of garden, nature, container and landscaping presentations by a variety of local experts also is planned. In addition, visitors will also have the opportunity to explore the new Mile Seven of the Back Mountain Trail, the most recently developed section also known as the Judith and David Rimple Loop, accessed via Lieutenant Michael Cleary Drive in Dallas Township, near the Dallas Township Municipal Building. The Back Mountain Trail is a 14-mile former railroad bed that is under development and being transformed into a hiking and biking trail from Luzerne Borough to Ricketts Glen State Park. Current development is focused in Dallas Township on a new section named "Mile Seven."

Proceeds from the Bloomers Garden Tour will benefit ASTA, the organization which develops and maintains the Back Mountain Trail.

Tickets for the "Tour of Back Mountain Gardens" are \$20.00 per person if purchased on or before June 22, and \$25 after June 22. Tour information is available online at <a href="www.backmountainbloomers.org">www.backmountainbloomers.org</a>. For additional information, or to request a brochure and registration form, contact Angela Vitkoski by email at avitkoski@pecpa.org, or by phone at (570) 718-6507.

## **The Plymouth Active Adult Center**





Center participated in Penn State University extension office.

We had a graduation after 4 weeks and even had some exercise on graduation day. Everyone learned a lot and enjoyed being in the class!



Center also participated in WNEP 16 taste testing of M&M'S



**Center celebrated April birthdays** 



#### Amber Waves









#### R.F.D.







#### The Spats







## Weekly **SUDOKU**

by Linda Thistle

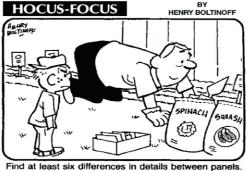
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

#### **DIFFICULTY THIS WEEK:** ◆

◆ Moderate ◆◆ Challenging ♦ ♦ ♦ HOO BOY!

© 2019 King Features Synd., Inc.





Differences: 1. Boy's cap is backward. 2. Bags have been switched. 3. Man's shoe is different. 4. Fence is longer. 5. Box is closer to boy. 6. Extra marker is in garden.

9. Managua; 10. Fear of colors

library books; 7. Mrs. Potts; 8. Montana ("Oro y plata" or "gold and silver"); 3. Boris Pasternak; 4. Sir Robert Walpole; 5. You go to jail.; 6. To classify 1. Ronald Reagan, who was president of the Screen Actors Guild; 2. 1965;

Trivia Test Answerst

# King Crossword

- 8 Barbershop
- 12 Mentor
- 13 CD- -
- 14 Sheltered, at sea
- machine
- Tarzan's

- 19 Hateful
- Met melody 25 Sandwich
- Site of many sites
- 30 Swindle
- Quindlen
- Gap
- 35 Bartlett, for
- ing 37 Papa
- ters
- 41 "- Town"
- crimefighting group
- 48 Expansive

#### **ACROSS**

- 1 Fellow "- Blue?"
- item

- 15 Office
- transport
- 18 Scrooge's outcry
- 21 Future mare
- cookie
- Paquin and
- 32 Id counterpart 51 Initial chip
- one 36 Line of stitch-
- 38 Triangular let-
- 42 Pelvic bones
- 43 Lyon-based

- 49 Old hand 50 Norway's
- capital

48

- 52 Author
- Umberto 53 Spruce (up)
- **DOWN**
- tricks (Abbr.)
- 2 Attila, for one
- 3 Skill
- 4 Colorado city
- 5 St. Louis
- attraction 6 Cattle call?
- 7 Undying
- spread
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- 12 13 14 15 16 19 22 23 25 28 29 30 33 36 42 43 45 46
  - 8 Ritzy spread Hodgepodge

49

52

- 10 Server's handout
- Honey bunch?
- 16 Shaft of light
- 20 Conks out
- 22 Press
- 1 Film high-tech 23 Fasting period 41 Sgt. Snorkel's
  - 24 Region of Vietnam
  - 26 Tending to
  - 27 Requirement
  - "Zounds!" 29 British con-
  - servative

- 31 Neighborhood 34 Subject of a
- will 35 Buccaneer's
- bird
- 37 Payable 38 Prima donna
- 21 Central points 39 Verve 40 Roster
  - dog
  - 44 Asian electronics giant
  - 45 Omega preceder
  - 46 On in years
  - 47 Actress Myrna

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#### Answer

**Meekly SUDOKU** 

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Solution time: 21 mins. STOWERS

— **King** Crossword

# -Rodriguez

J.S. PRESIDENTS: Which U.S. president former union leader?

MUSIC: In what year was the Beatles' song Yesterday" released?
3. LITERATURE: Who wrote the novel "Doc-

tor Zhivago"? 4. HISTORY: Who was Britain's first prime

minister? 5. GAMES: In the game of Monopoly, what happens if you roll doubles three times in a row?

6. GENERAL KNOWLEDGE: What is the Dewey Decimal System used for? 7. MOVIES: What is the name of the teapot

character in "Beauty and the Beast"? 8. U.S. STATES: Which state is the only one

that has a Spanish motto? 9. GEOGRAPHY: What is the capital of Nicaragua?

10. PSYCHOLOGY: What fear is represented by the condition called chromophobia?

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# PIZZA A BY THE SLIC



Plain
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Pepperoni, sausage, ham
extra cheese, extra sauce,

Grandma

2.75 bacon, olives, pineapple, roasted peppers, shrimp mushroom, sweet peppers,

**Double-Crust** 3.25 onions, anchovies, meatballs

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**Tomato & Herb** 

#### The Works

Pepperoni, sausage, onion sweet peppers, mushrooms, and bacon Add 1.00 Veggie Delite

**Chicken Wing** 

White Broccoli & Tomato

## SICILIAN STYLE



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# **DOUBLE-CRUST PIZZA**

- 21.95 -

Toppings 3.00 ea

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Stuffed Sausage Pepperoni & Cheese Stuffed Vegetable

Cheese, mushrooms, broccoli and sweet peppers

Pagach

Potato, onion and mozzarella

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