Vestside Bulleti

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The Forty Fort Lions Club

September 2019

FREE!



The Forty Fort Lions Club recently made a donation to the Kristopher David Moules Memorial Fund for the Heroes.Created by his family, friends, and co-workers, The Kristopher David Moules Memorial FOI Fund for the Heroes is intended to accept charitable contributions in Kristopher's honor and memory and make grants to assist those programs and services across our community that were important to Kris, with an emphasis on corrections and criminal justice.

L to R Lion Colin Weale – Mrs. Kitty Moules – Club President Joe Shields Mr. Ken Moules





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Please note:

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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Are you interested in mining history?

On September 6-8, 2019, in commemoration of the 150th anniversary of the Avondale mining disaster, we will present a program with our partners at the Lackawanna Historical Society, Pennsylvania Anthracite Heritage Museum, Plymouth Historical Society, Pennsylvania Labor History Society, and members of the Welsh Heritage community.

The disaster occurred on September 6, 1869, resulting in the deaths of 110 men and boys and leading to major changes in a Anthracite colliery design.

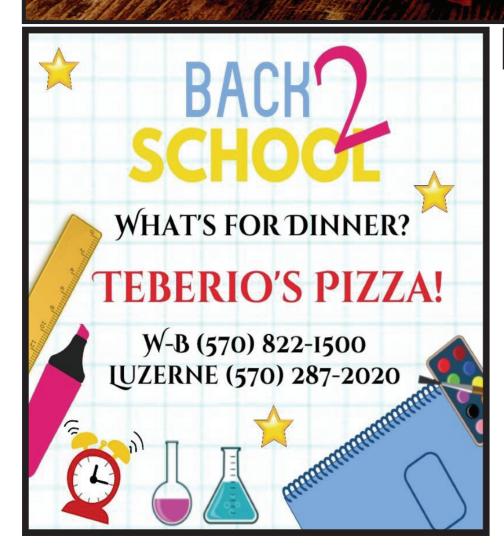
The conference program will feature sessions on history and heritage and will examine the impacts of the disaster on our region.

See the program and registration form here: https://drive.google.com/file/d/1qY_oUf9Lr63M5FXV3b21O4EjGhXDqWYX/view

Contact the Anthracite Heritage Museum at (570) 963-4804 for more details.







Plymouth Neighborhood Watch

Upcoming Plymouth Events September

3rd Plymouth Neighborhood Watch meeting 6 PM Happy Pizza

5th Through 8th the Wall That Heals comes to Plymouth Wyoming Valley West High School

8th Church Service remembering The Avondale Mine Disaster on the 150th anniversary 10 AM First Welsh Baptist Church Shawnee Ave

Avondale Memorial Service at noon at the site of the mine on Rt 11. A Reception follows at the Historical Society (115 Gaylord Ave) at 2:30 PM. For more information call 570-779-5840.

9th Revitalization meeting WVW High School 7 PM.

10th Plymouth Borough Council Meets 6 PM at Borough Building on Shawnee Ave.

21st Plymouth Neighborhood Watch Community Wide Yard Sale and Scavenger Hunt 9 AM – 4 PM. Maps and prizes will be available at the corner of Gaylord Ave and Main Street. Want your house added to the map? Call 570-406-1238 before Sept 14th.

22nd Rotary Club of Plymouth 61st Annual Chicken BBQ 12 PM – 4 PM Tickets can be purchased at the Polish Connection for \$10.

If you use Facebook you can find more information on these and other events in Plymouth by joining Plymouth Suggestion Box.

Luzerne County Historical Society Executive Director Named to PA Museums Board of Directors

The Luzerne County Historical Society is pleased to announce that its Executive Director, Aimee E. Newell, Ph.D., has been named to the board of directors of PA Museums (formerly the Pennsylvania Federation of Museums and Historical Places).



Based in Harrisburg, and founded in 1905, PA Museums is Pennsylvania's statewide trade association serving museum professionals and institutions. The organization creates and supports the museum community in Pennsylvania through its advocacy work, professional development programs, information sharing, and an annual awards program to recognize exemplary work in the Commonwealth, as well as an annual conference that brings together museum professionals from across the state.

Newell came to the Luzerne County Historical Society as Executive Director in November 2016. She has more than twenty years of museum experi-

ence, previously working at the Nantucket Historical Association, Old Sturbridge Village and the Scottish Rite Masonic Museum & Library. She holds a PhD in History from the University of Massachusetts – Amherst and recently completed an MBA, with a concentration in nonprofit management, from Suffolk University in Boston.

"I am honored to join the PA Museums board," Newell said. "The organization offers vital networking and professional development to Pennsylvania museums and their staff members. I look forward to helping PA Museums to grow and to foster greater connections among museums throughout the state."

Founded in 1858, the Luzerne County Historical Society is Pennsylvania's oldest county historical society. LCHS preserves and promotes the collective history and heritage of Luzerne County, Pennsylvania, at the Bishop Library and the Museum in Wilkes-Barre, the Denison House in Forty Fort and the Swetland Homestead in Wyoming. For more information, visit our website, <u>www.luzernehistory.org</u>. Follow us on Facebook at <u>https://www.facebook.com/luzernehistory/</u>.



School is back in session!!

Please drive safely and watch out for the Children

THANK YOU!

WESTSIDE BULLETIN

Barnes Martial Arts Announces Student of the Month

Barnes Martial Arts of Forty Fort has announced Penelope Youells as Student of the Month for July 2019.

Penny is 12 years old and a Gold Belt in the Junior Class. She resides in Shavertown with her parents, Krista and John, and her brother, Abraham.

Penelope is a 7th grade student student at Dallas Middle School, where her favorite subject is math.

In addition to Martial Arts, Penny enjoys both STEM and WEBS academic programs.

When asked why she decided to take up Martial Arts, she said, "My younger brother was involved first and he really liked it. I decided to try it. Martial Arts makes me feel safer."



Her favorite technique to practice is an armbar from a rollout position.

Penny's advice for anyone who seeks to try Martial Arts is, "Pay attention. There is so much to learn. Don't miss anything."

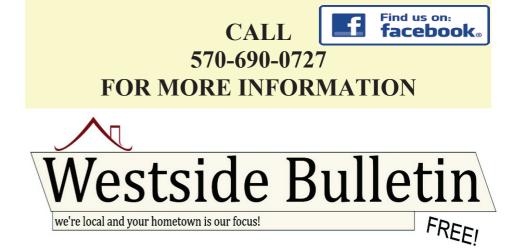
According to Master Gary R. Barnes, Penelope's instructor, "Penny was chosen because of her focus, dedication, positive attitude and work ethic. She is definitely going places ... in both Martial Arts and in Life."

Barnes Martial Arts is located at 1366 Murray Street, Forty Fort, PA 18704. They can be reached at (570) 332-4377 or barnesmartialarts@yahoo.com

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EXCITING News!

VFW Post 283 Kingston will be celebrating <u>100 Years</u> of service on December 19, 2019.

There will be a celebration gathering on September 7 and is open to all regular, auxiliary, and social members as thanks for their support over the years.

> On September 7th Our 100th Anniversary Bash Come Join Us On That Day



Food, Beer, Soda and Band Dinner 5pm To 7Pm Music 7om To 10pm \$10.0 Per Person

<u>Menu</u> Brisket, Pulled Pork, Mac. Salad, Fried Chicken, Roasted Potatoes, And American Pierogi



You can find us on Facebook Kingston VFW Post 283



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Rep. Aaron Kaufer (R-Luzerne) announced today that he has been appointed to serve on the Public Higher Education Funding Commission. The purpose of the commission is to review and make recommendations related to higher education funding, affordability and effectiveness, administration and operations.

"College is an important milestone for all who look to further their education in the Commonwealth and it is crucial that the institutions students choose to attend are, above all, affordable and provide quality and effective education," said Kaufer. "I am pleased to be a part of this commission and will work diligently to find ways to improve our higher education system."

For more information about this outreach, or any other state-related issue, contact Kaufer's district office in Luzerne, located at 161 Main St., by calling 570-283-1001. Information can also be found online at RepKaufer.com or Facebook.com/RepKaufer.

On September 8th it is NATIONAL GRAND PARENTS' DAY !



Please drive safely and watch out for the Children

THANK YOU!

WESTSIDE BULLETIN

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FREFI

The Importance of Teaching Manners to Young Children By Jill Evans Kryston, Etiquette Consultant – Westside Bulletin, September 2019

Q: I have two children, ages 3 and 1. Can you describe the importance of having good manners, the benefit of etiquette instruction, and the age at which training should begin?

A: Good questions! As parents, we have an obligation to raise our children to become responsible and productive citizens. The lessons they learn early will become life skills just like reading, writing, and arithmetic. Since we are not



born with these skills, please, thank you, and other common courtesies need to be taught and practiced in the home as soon as babies are responsive to our words and our actions. In order for these skills to become part of them, they need to be reinforced regularly throughout their informative years.

Manners shape character and are an integral part of success. Experts believe children who possess good manners are more apt to have better reading and listening skills, and overall academic success. It is further believed that good manners will help teens make wiser choices when they are faced with negative peer pressure because manners build confidence and increase self-esteem.

Practicing good manners takes the focus off 'self' and generates respect and goodwill toward others. Being polite shows we care about one another and understand an individual's self-worth. Consequently, children can manage their school environment effectively; they will know how to resolve conflict and aggression without losing control. It is important to understand that behavior in and out of school is just as important as test scores!

Often parents feel frustrated because they think they are not getting their messages across to their children. This is not a reason to get discouraged and give up trying. Studies have shown that children are often more receptive when manners instruction comes from an outside source where the lessons of parents and teachers are reinforced through a trained professional.

Research has also shown children are more receptive to learning manners when taught at a young age. By the time a child is able to read, he or she is ready for a curriculum that focuses on social etiquette, developing good communication skills, and teaching appropriate table manners, the core principals of becoming a well-rounded individual.

Codes of conduct are universal and manners are the great equalizer. Etiquette instruction is a small investment to make when compared with future rewards; these are skills to last a lifetime!

Email your etiquette questions to Jill at: information@DefiningManners.com or mail to: P.O. Box 1703, Shavertown, PA 18708.

Defining Manners School of Protocol offers certified social and business etiquette courses. For more information visit: www.DefiningManners.com or call 570-696-3209.

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On September 8th it is NATIONAL GRAND PARENTS' DAY !

Plymouth Active Adult Center



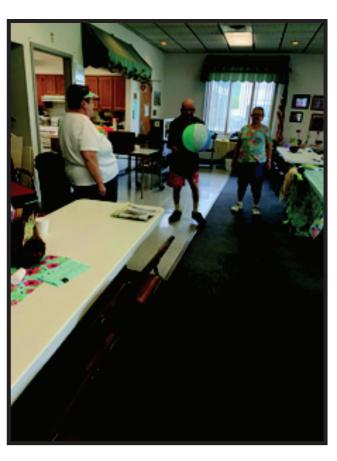
Beach Day Joe Ciaverella, Hank Nertis, Olga Pish, Sandy Ostrowski, John Pish, Betty Mertis and Kathy Kline



Kathy Ine and Betty Mertis getting ready for beach day



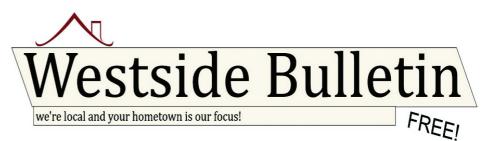
Birthday girls: Alice Stubblebine, Sandy Yeager and Donna Evans



Plying with beach ball on Beach Party Day!!!



Our Birthday Cake!!!



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Plymouth American Legion Auxiliary





Plymouth American Legion Auxiliary Post 463 Saturday, October 19th at 6:30 pm Food Drinks \$10.00 Per Person - 21 and Older



Wyoming Seminary celebrating 175th anniversary West side school first opened in 1844

By ALAN K. STOUT Westside Bulletin Correspondent



Wyoming Seminary has become within the Wyoming Valley, consider this: when the school first opened, in 1844, the United States itself was only 68 years old and the Constitution was only 55 years old. The nation was still in its infancy, and yet in Kingston a new progressively-minded, co-ed school opened with its eyes set

To try and gain some perspective

on what a total institution

clearly on the future.

First founded by the Methodist Church, Wyoming Seminary, today - also known as "Sem" - is an independent day and boarding school. It has two campuses: the Lower School in Forty Fort (toddler through grade 8), and the Upper School in Kingston (grade 9 through post-graduate). In its classrooms, more than 150 courses are offered. The still relatively new Kirby Center for the Creative Arts is the home of its vibrant arts program and the school now has three state-of-the-artsports facilities. And every year, the school is the home to more than 100 international students from more than 20 countries. One hundred percent of its graduates go on to a higher education.

All of that, and more, is being celebrated as Wyoming Seminary notes its 175th anniversary. And also being celebrated is the school's rich history.

"Basically the three original buildings of Wyoming Seminary, which are connected, are all pre Civil War buildings," says John Shafer, vice president of advancement at Wyoming Seminary. "We probably have some of the oldest buildings that



are still being used for their original purpose outside of New England. It's pretty amazing."

Today, Sem, with its beautiful campus, serves as one of the crown jewels of Luzerne County. But its strong academic foundation can be traced back to its inception.

"The leaders of the Methodist Church were very committed to education and they were very committed to creating an educational institution in Northeastern Pennsylvania," says Shafer. "They realized that this area was very much an agricultural society at that point, and there were some truly committed volunteer leaders who were really committed to offering a first-class educational institution. The remarkable thing about Wyoming Seminary is that there were 17 boysand 14 girls in that first class, and so to literally be starting an institution at that time and have it be truly co-ed, from day one, is really, really remarkable."

Jack Eidam, retired dean of admissions at Wyoming Seminary, agrees.

"Just think back to what life was like in the 1840s and consider what the valley looked like at that point it," says Eidam. "It was definitely mostly farmland or orchards. Families were living far apart and is there was just not much going on by way of education at all. If there was education going on, it might have been in the parlors of widows. Women, as their husbands passed away, would open their parlors and their living rooms to classes for reading or spelling or arithmetic. There really was very little, if anything, going on with formal education. And so the church saw the need and had enough foresight to know that the population of this new kind of America was going to expand, and as culture developed, there was going to be a need for education.

"What the youngsters came for in 1844 was not academics like we know today," adds Eidam. "It was to take a course or a subject. It was to learn how to read, or how to spell, or how to do arithmetic, or to learn how to do measurements for the construction of a new building. They didn't come to work towards a degree or diploma. They came, as their lifestyle would allow them to come, for short terms, to learn as much as they could learn in a certain area. Some of them would come to take courses to prepare to go on to a university, and so if you wanted to think about becoming a lawyer or think about becoming a teacher, they would come to take classes in whatever area where they felt short-changed."



In addition to academics, Wyoming Seminary has always been progressive in other ways. Its first alumni reunion was held in 1870. Its glee club and football team were founded in 1883.

The 1882 Wyoming Seminary football team

In 1892, its football team participated in the

world's first night gridiron game. Its first yearbook was published in 1887. In 1951, it acquired the Wilkes-Barre Day School and became the only K-12 independent school in Northeastern Pennsylvania. Today, if offers programs for toddlers, pre-K and post-graduate. For 100 years, there was also business school which helped many non-college bound students successfully enter the workforce.

It is all being noted as the school turns 175.

"I was a student at Sem at the time of 125th anniversary and I've worked here for both the 150th and 175th," says Shafer. "These celebrations give us an opportunity to just take a step back and reflect on the innovation this school has brought to education, and by 'education' I look at the whole thing, not only what happens in the classroom, but also outside of the classroom. I think about those guys in 1892 getting on a train to go up to Mansfield to play football game that was going be lit by a generator.

(wyoming Seminary continued on page 13)

(Wyoming Seminary continued from page 12)

When you think about it, Seminary has introduced not only baseball but also wrestling to Northeastern Pennsylvania. We were the first school to really begin playing soccer competitively. In 1984 we took the first high school soccer team, ever, to compete in China. You look at the rowing program, the ice hockey ... we were the first high school to be playing lacrosse. It goes on and on ... giving students opportunities not only to excel in the classroom, but outside of it.

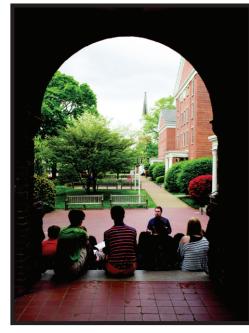
"The arts have also been important part of this school for decades," he adds. "And just recently, five years ago, with the opening of the Kirby Center, we really have a jewel of a facility that now matches the quality of those programs. There's incredible pride in that."

The 175h anniversary celebration at Wyoming Seminary began last year at the start of the school year and there have been several exhibits on campus displaying the school's rich history. The year-long celebration will culminate on the weekend of September 20-22 with homecoming, which will also feature the 50th year reunion of the school's first undefeated/untied football team. There will also be a special concert featuring some of the school's best alumnimusicians and a 175th Anniversary Gala at The Westmoreland Club. On September 25, the school will host the employees and elected officials of Kingston and Forty Fort in a special celebratory event to thank and celebrate their partnership with and support of the school over the past 175 years.

Today, in an ever-changing global climate, Sem continues to hold a vital and important role in the community, especially for its students. Everybody has great opportunities to develop public speaking skills and to develop leadership skills. Everybody really has an opportunity to become a leader in a club or an organization. If you want to do something, and a current club doesn't exist, and you can get a faculty member to be the advisor, you have the opportunity to initiate it and begin that organization here on campus.



Wyoming Seminary class of 1919



Wyoming Seminary today

"Certainly, offering a quality pre-university education is the primary goal," says Eidam. "But also, in the context of a boarding school, what we can do uniquely in this region - is to offer a lot of cross-cultural kind of experiences and opportunities. The international population at Seminary brings a great deal of diversity, and one of our primary goals is to make sure that the young people that are in our school today are facing the world with open minds and thoughts that are very receptive to different cultures, different peoples and different traditions. As we become more and more of a global society, we're much less biased, less prejudiced, and much more

open to people who are different. As a boarding school, that's one of the things that I think we can offer uniquely and that we definitely choose to do, profoundly."

Shafer adds that Sem continues to pride itself in grooming future leaders.

"I think in some ways what we're doing in 2019 is not much different than what we were doing in 1844, and that is to prepare future leaders," he says. "We're continuing to provide well-educated, well-rounded leaders not only for Northeastern Pennsylvania, but for the United States and around the world. Another thing that gets lost - and is something that's always been a hallmark of Wyoming Seminary and continues today - is the incredible personal attention between teacher and student. With the small class sizes, there is no place to hide in our classrooms. "I deal with a lot of alums from around the country," he adds, "and when they look back at Wyoming Seminary, and they are asked what shaped their experience here, they say 'I learned to write and I learned to speak at Wyoming Seminary.' It sounds so simple, but we have students standing in assemblies three times a week addressing the school community of 500 students and adults. These kids are writing papers that far exceed what a lot of colleges are asking for today. It's a very a very simple answer, yet a rather complex and deep one.



Wyoming Seminary in 1908

"I think if our forefathers were to have the opportunity to come back and look at the growth and development of this institution over 175 years, they would say that we did it really well



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<u>Luzerne County Historical Society Awarded a Preservation Assistance Grant</u> <u>by the National Endowment for the Humanities (NEH)</u>



NATIONAL ENDOWMENT FOR THE HUMANITIES



The Luzerne County Historical Society announces that it has been awarded a Preservation Assistance Grant (PAG) by the National Endowment for the Humanities (NEH). The grant, targeted to small and mid-sized institutions, helps these institutions to improve their ability to preserve and care for their humanities collections. LCHS will use the \$9,358 grant to purchase collections storage and preservation materials for its museum and library and to purchase tools to monitor environmental conditions in its exhibit and storage spaces in all of its buildings. Out of 102 national applicants, 45 grants were awarded, 14 in Pennsylvania.

With the grant funding, the Society will purchase data loggers to track temperature and humidity in its buildings, a light meter to monitor light

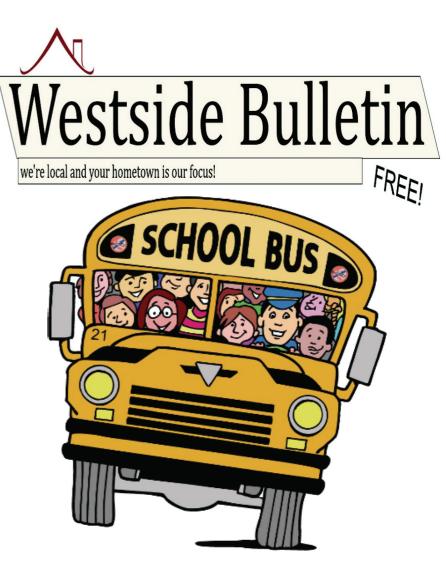
levels in exhibition and storage areas, and a variety of archival-quality storage materials, including boxes, tissue and wrapping paper, artifact ID tags, corrugated board, mat board, polyester film sleeves, acid-free envelopes, legal-size archival document boxes and folders and map folders. Purchasing and using these items will help the Society to prolong the life of its collection, protecting it from harmful exposure to light, acidic materials and sub-optimum environmental conditions.



Applying for the NEH Preservation Assistance Grant follows recommendations from recent assessments of the Society's collection and operations through the Collections Assessment for Preservation (CAP) and Museum Assessment (MAP) programs, as well as the Society's current strategic plan. "We take our role as stewards of our amazing local history collection very seriously," said Aimee E. Newell, Ph.D., LCHS Executive Director. "We know that we have important work to do to better preserve our collection and to make it more accessible, both physically and intellectually, to our community. The PAG grant from NEH is another step in that ongoing process and we look forward to purchasing and using these tools and storage materials this fall."

About the National Endowment for the Humanities: Created in 1965 as an independent federal agency, the National Endowment for the Humanities supports research and learning in history, literature, philosophy, and other areas of the humanities by funding selected, peer-reviewed proposals from around the nation. Additional information about the National Endowment for the Humanities and its grant programs is available at <u>www.neh.gov</u>.

Founded in 1858, the Luzerne County Historical Society is Pennsylvania's oldest county historical society. LCHS preserves and promotes the collective history and heritage of Luzerne County, Pennsylvania, at the Bishop Library and the Museum in Wilkes-Barre, the Denison House in Forty Fort and the Swetland Homestead in Wyoming. For more information, visit our website, <u>www.luzernehistory.org</u>. Follow us on Facebook at <u>https://www.facebook.com/luzernehistory/</u>.



School is back in session!!

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THANK YOU!

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Wyoming Valley Children's Association celebrates 95th Anniversary and unveils building and program expansion



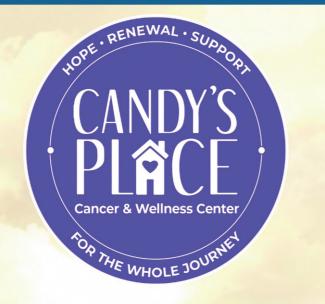
WVCA ribbon cutting to unveil new building renovations and announce the start of a brand-new Kindergarten program. Pictured (From left to right): Lauren Scott, Greater Wilkes-Barre Chamber of Commerce, Cathy O'Donnel, O'Donnel Law Offices, Christine Mackin Meluskey, WVCA, Bob Morgan, WVCA Board of Directors President, Nina DeiTos Zanon, WVCA Executive Director, Rebecca Brominski, WVCA Board of Directors, and John W. Cosgrove, AllOne Foundation. Wyoming Valley Children's Association (WVCA) recently invited the community to celebrate the organization's 95th Anniversary at a unique Pop-Up Party dinner.

The Pop-Up party location was kept secret until the day of the event, when it was revealed to be the brand-new Canning House restaurant located in the 900 Rutter Avenue building.

The evening began with a ribbon cutting ceremony at the WVCA School where Eyewitness News Anchor, Nick Toma, presided over the speaking program with event cohosts Rebecca Brominski and Cathy O'Donnell, Esq. This summer, WVCA underwent a \$300,000 building renovation. Areas that were remolded or created included: a complete remodel of the school's Physical and Occupational therapy suite, the addition of two new classrooms, new rooms for future program expansion and more.

During the ribbon-cutting, WVCA Executive Director Nina DeiTos Zanon revealed that WVCA will be launching a brand-new program this fall – a Kindergarten. The new Kindergarten will feature two classes: one classroom that serves both typically developing children and those with special needs and one classroom dedicated to teaching children with an autism diagnosis.

Enrollment is now open for the Kindergarten program starting this 2019-2020 school year and scholarship support is available for income-qualifying families. Please reach out to WVCA at 570-714-1246 or at <u>info@wvcakids.org</u> for more information.



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SEPTEMBER 2019

<u>Daily Activities</u>: Lunch, Coffee, Computer Use, Shuffleboard, Puzzles Monday: 10:00 Esthercise, 10:45 – Weights, 12:45 Variety Show Rehearsal 1:00 Line Dancing

Wednesday: 10:00 Seniorcize, 11:00 – Meditation with Jean, September 25th 12:45 Tai Chi

Thursday: 10:00 Esthercise, 11:00 – Meditation with Jean, September 12th 1:00 Alzheimer's Support Group – September 19th Friday: 10:00 Seniorcize

SPECIAL ACTIVITIES

Mon, Sept 2^{nd} – CENTER CLOSED IN OBSERVANCE OF LABOR DAY Wed, Sept 4^{th} – 11:30 – Nutrition Ed – "Blueberry Fun Facts" Thurs, Sept 5^{th} – 11:30 – Celebrating Grandparents Day with fun things kids have

said about Grandparents!

Mon, Sept 9th - 1:00-5:00 AARP Driver Safety Refresher Class

Tues, Sept 10th – BAG LUNCH – Center remains open for all activities 11:30 – Fire Drill – Kingston Fire Department 11:40 – Nutrition Ed – "Mushroom Trivia and Food Facts"

Thurs, Sept 12th – 10:30 BP Checks with Tiffany Court 11:00 – Meditation with Jean Mon, Sept 16th – 11:30 – Nutrition Ed – "Bread to Eat When Cutting Carbs" Tues, Sept 17th – 11:15 – "Latest Drug Trends" – Presentation by Wyoming Valley Alcohol and Drug Services

Thurs, Sept $19^{\text{th}} - 11:30$ - Conductorcise 1:00 - Alzheimer's Support Group Fri, Sept 20^{th} - Birthday of the Month Celebration

Mon, Sept $23^{rd} - 11:30$ - Fall Prevention Day – Short Video and Info $1:00-5:00 - 1^{st}$ Session of 8-Hour AARP Driver Safety Class for new participants to the program Tues, Sept $24^{th} - 11:15$ – "Dental Care for Seniors" – Presented by Dr. Hippeli Wed, Sept $25^{th} - 11:00$ Meditation with Jean 11:30 – Nutrition Ed – "Cheese Trivia and Food Facts"

<u>THURSDAY, SEPTEMBER 26TH – 10:00-2:00</u> <u>LUZERNE COUNTY ACTIVE AGING DAY ON THE SQUARE</u>

Fri, Sept 27th – YMCA – BP Program – Nutrition Power Point – "Shopping, Preparing and Cooking for Better BP"

Mon, Sept 30^{th} – 11:30 – Nutrition Ed – "Apple Trivia and Fun Facts" $1:00 - 5:00 - 2^{\text{nd}}$ Session of 8-Hour AARP Driver Safety Class

The center is offering AARP Driver Safety Classes this month. We are hosting a Refresher Class as well as the 8-Hour Class for first-timers. Check with your insurance company and you may qualify for a discount upon completion of the class. The fee is \$15.00 for AARP members and \$20.00 for non-AARP members. Registration may be made by calling the center at 570-287-1102.

Sandy Acornley-Director

Jean Spindler-Assistant Director

Job-Readiness at the Graham Academy



Education is preparing students for the future in every way possible. There is never a shortage of opportunity for the students to learn job-readiness skills in everyday activities while attending The Graham Academy. The school has an established curriculum to support its students in career development. Adding to that program consistently raises the bar of ambition for the students. The programs at the school help transition students to better understand their strengths to be successful after their time at the Graham Academy has ended.

The curriculum focuses on soft skills that include; leadership, teamwork, communication, problem solving, work ethic, adaptability, and interpersonal skills. The students get to practice these skills with 'jobs' within the school. A job list is created, and any student can sign up for that job once they are established with the Positive Behavior Support System. A time sheet is kept, and a specific task is

given to the student to complete. Once the job is completed, the students receive a 'paycheck' they can then use at the student store.

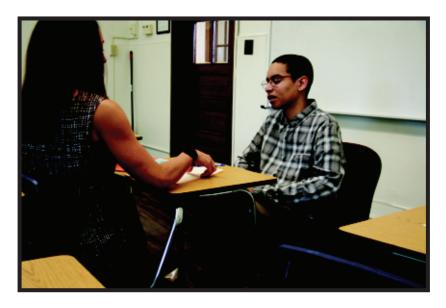


The skills employers are looking for go beyond the soft skills. Interpersonal Skills are also needed, and those include; active listening, teamwork, responsibility, dependability, leadership, motivation, flexibility, patience, and empathy. As part of the transition program, the high school students prepare and participate in mock interviews from both in-house professionals as well as outside members of the community who come in to do another round of interviews. This allows the students to practice all the skills they have learned, soft and interpersonal. Feedback from all interviewees is then collected and worked on by the teachers with the students.

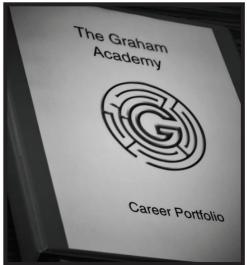


Part of the mock interview process is creating the students Graham Career Portfolio's and resume building. In detail, students are asked to talk about themselves and why they would be great for the job of their choice. Answers to questions about personal strengths and weaknesses, or the process of self-reflection, often helps the student find an area of focus in the work force. The desired career paths then may

require a look into post-secondary education or a vocational program. The insight and results from the interview process help the student identify what they would need to work on to pursue their career goals.



The Graham Academy culture is very ambitious in setting goals for its students. Many of the students already have jobs through partnerships with the Office of Vocational Rehabilitation (OVR) and the Luzerne Intermediate Unit (LIU). Both organizations offer transition specialists to help the students with jobs outside of the school, complete with a job coach. The Graham Academy looks forward to seeing all its students thrive in the work force. The mission of the school is to educate students living with autism and students living with emotional challenges to excel in life through communication, ex-



ploration, opportunity, acceptance, accountability, and ambition. For more information on the school, employment opportunities, or to schedule a tour, visit the website at www.thegrahamacademy.com.

Luzerne County Sports Hall of Fame honors tradition, embraces future

By ALAN K. STOUT

Westside Bulletin Correspondent



When it comes to athletics, Luzerne County has a rich history. Going back more than 100 years, the area has produced everyone from MLB ballplayers to college football and NFL stars. Rocket Ismail tore up the field at Notre Dame. Jimmy Cefalo caught a touchdown pass in the Super Bowl. And countless others, on a more regional scale, made huge contributions to the sports community of our region.

Last month, The West Side Bulletin provided its readers with some information on the 2019 inductees into the Luzerne County Sports Hall of Fame. This month, we're sharing some information on the organization itself.

The Luzerne County Sports Hall of Fame/John Louis Popple Chapter was founded in 1985 by Sam Falcone, Joe DeSimone, Joseph Augello, Dr. George Moses, John Kaminsky and Lee Marcino. Its vision, from the beginning, was to celebrate and preserve the sports history of our region and honor those that excelled the most.

"An area so rich in sports history needed an entity which allowed folks to revisit those memories, cherish them, and share them with family and community," says Jim Martin, current president of the Luzerne County Sports Hall of Fame. "It was no longer a dusty old scrapbook where you blew the dust off and leafed through the pages. This was a viable, recognizable entity."



The Luzerne County Sports Hall of Fame has 680 inductees. Thirty-nine of its members have also been inducted into the Pennsylvania State Hall of Fame. The first induction class, in 1985, featured 29 people. In recent years, the new class ranges between 12 and 15 inductees. Requirements are for someone to have excelled in sports at the high school, college, semi-pro level, Olympic level or professional level.

"It also includes people in the community that have promoted sports," says Martin. "Athletic administrators, people who have started Little Leagues ... people who are community servant leaders and people who have taken what they've gotten from sport and given it back and payed it forward."

In addition to Luzerne County, the Luzerne County Sports Hall of Fame also covers Wyoming, Bradford, Sullivan and Northern Columbia counties. Though it was founded in 1985, there was no actual place to honorits members or display memorabilia until the early 2000s. It was then that a home for the hall was established, though the work of the late Past President Joe Hurley, at Ashley Furniture in Wilkes-Barre Township. After being displaced by a fire, the items were then placed into storage for 10 years. For the past year, a large Hall of Fame display can be found at the Scranton/Wilkes-Barre International Airport.

"We work in cooperation with the Northeastern Chapter of the Pennsylvania State Hall of Fame, which is the Scranton chapter," says Martin. "Our artifacts are actually game-used. There are 30 different chapters across the state, and our chapter is being recognized as what is probably the primary chapter in that it actually has a display area where we put things out. At the airport, 330,000 people go through per year. If a fraction of those people see what we have there, how much does that legitimize what we're trying to accomplish regarding our rich sports history?

"People are proud of what they've accomplished," he adds. "There's a connection. And it's nice to be remembered in a positive way."

Martin himself is a member of the Luzerne County Sports Hall of Fame and was inducted in 2008. He was an all-scholastic football player at Meyers High School and district champion wrestler. He also played football at Wilkes College and had successful endeavors in martial arts and power lifting. The sub name of the chapter is in memory of John Louis Popple who was born and raised in Jenkins Township. Popple was a successful businessman and a great wrestling enthusiast. The Popple family has been very supportive of and generous towards the Hall.

In addition to honoring accomplishments in sports, the Luzerne County Sports Hall of Fame is also community-minded. At its recent induction banquet, the Hall donated \$8,000 to several charities including Challenger Baseball, Special Olympics, the Dr. George Moses All-Star Basketball Tournament and the Hazleton Integration Project. It also made a donation to local Paralym pics competitor Stephanie Jallen to help support her efforts.

The Luzerne County Sports Hall of Fame has a website which lists all members and offers a virtual reality tour. It also has Facebook and Instagram pages. Nominees for induction can be submitted on its website or my contacting a member. Martin says the Hall enjoys documenting, fostering and preserving our sports history while also supporting what is happening in athletics today.

(Sports Hall of Fame continued on page 21)

Luzerne County Historical Society



The LCHS collection contains over a quarter million items. These range from paper items, to mining artifacts, to fine art and everything in between. A large part of the collections are textiles. Pictured this month are two of those textiles. Two samplers specifically. They were stitched by Luke Swetland's granddaughters, which were recently conserved thanks to a Community Connector grant from the PennEast Pipeline. One of these samplers was made in 1817 by Almira Swetland (1805-1880) and the other by Hannah Swetland (1783-1872) in 1793. Stitched in silk thread on linen cloth, the samplers offer insight into the lives of northeastern Pennsylvania girls during the late 1700s and early 1800s, lives that are often difficult to study because of the lack of traditional written documentation.

A sampler is often done by someone to show off their skills, as an almost "final exam" of their needlework lessons. Samplers include letters, numbers, symbols and various art motifs of the area the needlework artist is familiar with. Some of the earliest collections of samplers date from the early 1500s in continental Europe. Samplers gained popularity in the 17th and 18th century, and the earliest European settlers brought their needlework here, as shown by the Swetlands.

You can learn about all this, and much more about samplers when the LCHS hosts a talk on needlework samplers by Executive Director Aimee E. Newell, Ph.D. (author of A Stitch in Time: The Needlework of Aging Women in Antebellum America) on Sunday, September 22, 2019, at 2 p.m. at the Denison House Visitor Center, 35 Denison Street, Forty Fort, PA. Pictured are the restored samplers to be discussed created by Hannah and Almira Swetland.



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





THE FINANCIAL EQUATION: Market Volatility: Friend or Foe? By Martin A. Federici, Jr., *CEO* of MF Advisers, Inc.

Trump's handling of trade issues has caused some worries, and those worries have caused the U.S. financial markets to bounce up and down much of the past few months. The volatility has probably increased in many of our reader's portfolios. But what most people should be worried about is how this volatility affects their portfolios and financial plans for the long term (NOT the short term).



For most people who are younger (in your 20s, 30s, 40s, and

early 50s) or have at least 10 or more years to accumulate assets towards their goals, you probably have very little to worry about in regards to the latest financial turmoil. In fact, it will probably give you an opportunity to buy some discounted investments, thereby helping your portfolio grow more down the line. So be ready with any extra cash you may have to invest in bargains, and/or possibly sell off certain investments that may no longer make sense to hold in your portfolio.

For those closing in on and those already in retirement (in your mid-50s, 60s, and older) or those who have less than 10 years to accumulate assets towards their goals, you may be a bit more concerned about how this recent market turmoil may affect you (and understandably so). However, let's highlight some statistics that may make you re-think about worrying too much:

- Market corrections are normal. In the U.S. markets we average a 10% correction ~ once a year and just had one in December 2018 (S&P 500 was down 19.8%¹, just missing a bear market), so we just experienced a pullback ~ 10 mos. ago. Bear markets (declines of more than 20% from the high) occur every ~ 3-1/2 years.
- **Bear markets have been shorter than bull markets historically.** On average (since 1926), bear markets last ~ 16 mos. and the average cumulative loss is ~ 38%. Bull markets, on average, last ~ **6.6 years** with an average cumulative gain of ~ **334%**.²
- Market movements are random in the short term and predictable in the long term. Try this exercise: For the next 15 business days (three weeks) try to predict where the markets are going to go the following day. To keep it simple, all you have to do is predict whether it will go up or down (you need not worry about how much). The chance of you getting all 15 days right is less than 1 in 33,000. To put this in perspective, you have a higher chance (1 in 9,000) that the Earth will be struck by a huge meteor during your lifetime.

Anticipate better days. The effects of corrections don't last long. After a drop of 10% to 20%, it typically takes just **four months** to break even. Also, a severe bear market tends to be followed by a sharp bull market rebound. Each time that stocks dropped 40%+, they rebounded by **more than 33%** during the first year of the comeback.

So what should you take away from these points? If you can remain patient (and not panic) and put more money to work in quality investments after the markets pull back by more than 10%, and can maintain a long-term investment perspective, historically that has greatly helped investors reach their financial goals. After all, we've all heard of the sayings, "buy low, sell high" and "buy on the dips" – unfortunately most investors do the exact opposite and that's where they cost themselves.

Find an experienced financial advisor who regularly advises clients to not panic during volatile markets, 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 your financial goals.

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 wealth management, investment advice, and financial 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.

Facebook | Twitter | LinkedIn

¹ – Market Breifing: S&P 500 Bull& Bear Markets & Corrections from **Yardeni Research**, **Inc**. - <u>https://www.yardeni.com/pub/sp500corrbear.pdf</u>

² – *History of U.S. Bear & Bull Markets Since 1926* from **First Trust Advisors L.P.** - <u>https://www.ftportfolios.com/Common/</u> <u>ContentFileLoader.aspx?ContentGUID=4ecfa978-d0bb-4924-92c8-628ff9bfe12d</u>

(Spots Hall of Fame continued from page 19)



"Recognition for one's athletic ability is an instrument that we can utilize to help promote a positive approach to living in the community," he says. "We all have someone to look up to. Everyone wanted to be a Mickey Mantle, or a Joe Namath. That's why we buy the jerseys. That's why we go to sporting events. The diversity of our organization is such that we recognize the past, but we also embrace the future. And it's important to give back. You've got to give back. Someone told you, at some point in your life, 'I believe you can do this.' And you took that one person's guidance and you said, 'I'm going to run with this.' And you got things accomplished. And now, when you're at the pinnacle of your success, you've got to do the same things for somebody else.

"That's what sports teaches you."

(For more information about the Luzerne County Sports Hall of Fame, visit www.luzernecountysportshalloffame.com)

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















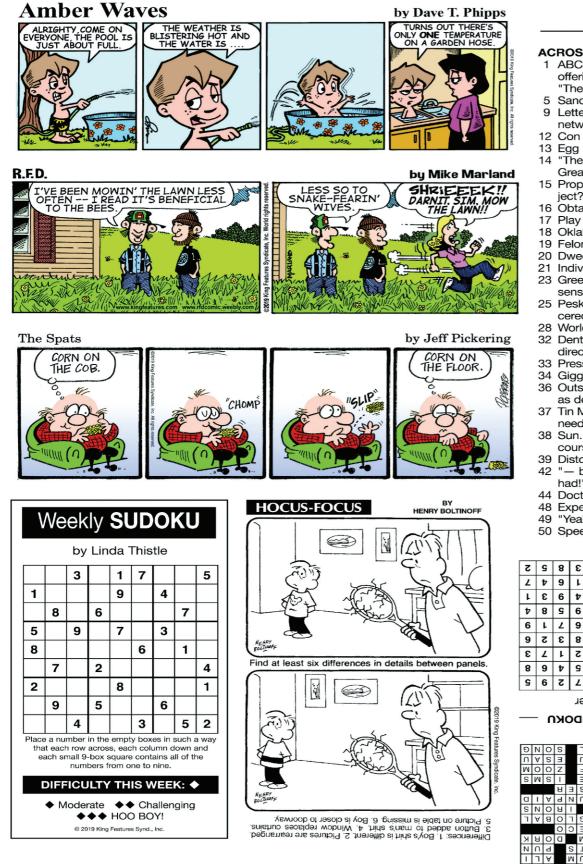












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© 2019 King Features Synd., Inc.

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Big Brothers Big Sisters of The Bridge

Purse Bingo & Shopping Expo Sunday, September 22, 2019 St Maria Goretti's in Laflin

Doors open at 12:00PM & Bingo begins at 1:00PM

Your \$30 ticket includes bingo sheets for 20 games, food, soft drinks & an afternoon of fun. To add to the excitement, basket raffles, a 50/50 & \$5 special games will be available along with local vendors & a cash bar

Designers will include Michael Kors, Coach, Dooney & Burke, Kate Spade, & more!

Call Big Brothers Big Sisters at (570)824-8756, Denise Ogurkis at(570)986-1889 or visit bbbsnepa.org to reserve tickets or to become a sponsor

