

June 2019

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WVMS receives EITC Grant from United Way



The Wyoming Valley Montessori School received a \$13,240.00 grant from the United Way of Wyoming Valley through the Education Improvement Tax Credit (EITC) program that the school will use to support need-based scholarships for students. The United Way thru its many educational initiatives has greatly enriched the lives of our area's students. WVMS is appreciative of the United Way's grant and support of our community.

Pictured left to right: Jennifer Deemer, Vice-President of Community Impact, United Way and Dennis Puhalla, Head of School.

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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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Shawnee Fort Chapter DAR



Shawnee Fort Chapter DAR, based in Plymouth, is honored to be one of several groups volunteering to help with the Wall that Heals when it comes to Plymouth in early September. The Wall That Heals exhibit features a three-quarter scale replica of the Vietnam Veterans Memorial in Washington, D.C.

Shawnee Fort Chapter Treasurer, Karen Komorek, presented a check to assist with the costs to Clyde Peters. The Plymouth VFW Post 1425 is hosting the Wall and Clyde Peters, Manager of the post, was instrumental in bringing the wall to town.

For questions about how to help with or donate to the Wall, please call the Plymouth VFW or visit the Facebook page that has been set up for the event:

www.facebook.com/events/2037173773252805/

Shawnee Fort Chapter members have several upcoming events, including participating in the Wyoming Monument Floral Tribute, the Plymouth Kielbasi Parade, and volunteering at the Wall. Questions about DAR activities or membership, please contact Kathleen Smith at smithkdar2001@hotmail.com or 570-704-9809.

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The Forty Fort Lions Club recently presented Lions District 14-W District Governor Jeff Smith with their 2018-2019 Fair Share contribution. Every year, all Lions clubs across the country present their Fair Share to their district governor to provide funds for a variety of community programs. The Fair Share donations help make possible such programs as Sight Preservation & Research, Leader Sight Dog, and Diabetes Research & Treatment.

L to R

District 14-W Governor Jeff Smith, Forty Fort Lions President Colin Weale

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Forty Fort Lions Club 2019 Lion of the Year



The Forty Fort Lions Club celebrated their 43rd year as a member club in Lions Clubs International. This year's Charter Night dinner was held at the Appletree Terrace at Newberry Estates.

Each year, the club president chooses a Lion of the Year. This year's recipient was Lion Tom O'Connor. Lion O'Connor has been a member since 1993, club president during the 2010-2011 term year, and has been co-chairman of the McCullough Award since 1995.

The James J. McCullough Award is a scholarship that has been presented an outstanding area high school student every year for the past 24 years.

Presiding club president Colin Weale (left) presented the Lion of the Year award to Lion Tom O'Connor.

Kaufer Joins Community Organizations to Host Business Improvement Breakfast Event

Rep. Aaron Kaufer (R-Luzerne) is teaming up with the Northeastern Pennsylvania Alliance, the Northeastern Pennsylvania Industrial Resource Center, Wilkes University Small Business Development Center and the Wilkes-Barre Connect to host the Business Finance and Incentives Program – Opportunities to Grow Your Business event.

This free event will be held at the Friedman Jewish Community Center, 613 S J Strauss Lane, Kingston on Thursday, June 6. It will begin at 8 a.m. with breakfast and networking, followed by presentations, and a question-and-answer period.

"Area business owners who attend this event will be provided with an overview of federal, state, regional and county incentives and financing programs," Kaufer said. "Experts will also discuss how business owners can engage technical service providers and consultants to improve and expand their businesses."

Participants will also learn about various economic development agencies and the services they provide. The two-hour program will include a panel discussion with local experts, a question-and-answer session and time for networking and one-on-one consultation for confidential inquiries.

"This event is a great opportunity for business owners to gain a lot of knowledge from various organizations," Kaufer said. "By bringing them all under one roof, we are making it easier for business owners to receive assistance that is aimed at helping them be even more successful."

Registration is required. To reserve a spot, call 570-283-1001.

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.

TOUR OF HISTORICAL KINGSTON CHURCHES



The Kingston Historical Society will hold its third annual Tour of Kingston Churches on Sunday, June 23, 2019, gathering promptly at 1:00 PM in the parking lot of St. Ann's Chapel at the corner of Hoyt Street and Loveland Avenue in Kingston.

Jan Lokuta, Esq. will conduct a tour of the Chapel, after which we will proceed to Grace Episcopal Church at 30 Butler Street; Holy Trinity Lutheran Church, 813 Wyoming Avenue, and the Wyoming Christian Church at 881 Wyoming Avenue.

Attorney Lokuta has presented tours of churches throughout the Wyoming Valley for the past fourteen years and is very knowledgeable in the history and architecture of these edifices. Everyone – society members, friends and the general public – are cordially invited to attend. No reservations are required for this free event.

Mr. Lokuta will also conduct an Artists' Tour of Churches on June 9, 2019 beginning at 9 AM at the Church of St. Andre Bessette Church on North Main Street, Wilkes-Barre. Artists, professional and amateur, are invited, but reservations are required.

Contact Attorney Lokuta at 570-296-8375 or e-mail: lokutawskllawfirm.com

Win a Magical Disney Vacation at The Hoyt Library!

The Hoyt Library is celebrating its 90th Anniversary by raffling a trip to *Walt Disney World!* Tickets are \$20 each for two chances to win, and are available for purchase at the Hoyt Library, 284 Wyoming Ave, Kingston

The vacation trip has a \$5000 value, and is sponsored by *BERKSHIRE Asset Management* and travel arrangements are by *Sea The World Travel* All proceeds benefit the Hoyt Library.

The drawing will take place Saturday, August 10th, 2019, at the Hoyt Library's Anniversary Celebration held at *Keeley's Alehouse and Grille*, 199 Division Street, Kingston.

Contact the library for rules and regulations by calling 570-287-2013.

Plymouth Active Adult Center



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The Graham Academy

Talent Show Shines Every Year

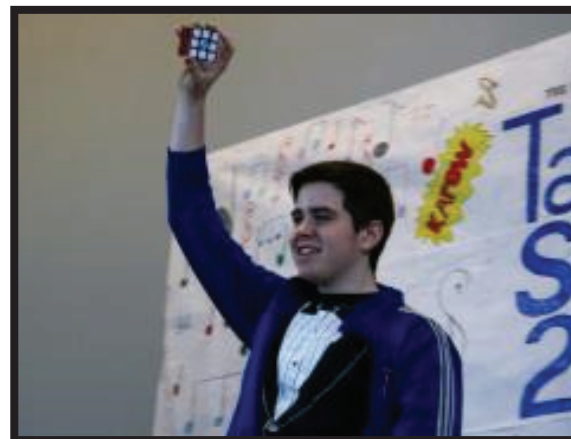
Talent Shows have been a staple for schools all over the world for a long time. The courage it takes to perform in front of an audience is something a lot of individuals have trouble with. Many would think that a school comprised of a student body of children with Autism, would not be able to successfully accomplish such an event. This is not the case for The Graham Academy. The Graham Academy's Talent Show is the most attended Graham Community Event year after year. Each year the students surprise the parents and professionals with their wonderful and extraordinary performances. This year's event met all those expectations.

Every act performed by the students is well organized and amazing. Listening to a student who has a hard time communicating verbally, sing a song, is a rewarding and moving experience. Seeing a student dance to their favorite song, and nailing the choreography they worked so hard on, makes you jump out of your seat with applause. The cleverness of a student solving a Rubik's Cube in under a minute makes your jaw drop when the cube is held high by a proud young man. Who knew there were amazing musicians residing inside the walls of The Graham Academy! Instruments presented include the piano, trombone, and flute. The resident flautist provided a magnificent rendition of *The Galway Piper*.

Students prepared for weeks for their talent show acts in their classrooms and on stage. Practicing everything from their own performance to acting like an audience member and supporting their peers, students are provided with the time they need to prepare. This all leads up to a Talent Show day that is well-organized, exciting and not so scary for the performers.

Opportunity is a core value at The Graham Academy. Providing students with the option to get on stage and perform for an audience with the right supports in place lets each student shine. Parents then have the opportunity to witness an event that may not have been possible in a different environment. A wonderful feeling for a parent of a child with special needs is when they can feel the acceptance and encouragement of their child from, not only the professionals, but the other families as well. Supporting each other is a strong bonding agent for the Graham Community.

The Graham Academy's mission 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. Through all events, one can see how the mission is implemented in the daily routine throughout the school year. The upcoming events in June include the End of Year Celebration where students participate in honoring the graduates and their hard work over the years. This event is followed by the Annual Art Show, a display of work completed by the students from the entire year. For more information about The Graham Academy visit the website at www.thegrahamacademy.com. or visit Facebook, Twitter, Instagram, and LinkedIn.





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Leaving Food on Your Plate
By Jill Evans Kryston, Etiquette Consultant – Westside Bulletin, June 2019



Q: It seems that lately, when I attend a business meal, a number of folks, instead of eating everything on their plate, will leave behind a few bites of food. Is it a fad, coincidence or etiquette?

A: Originally, I thought there would be a straight forward answer to your question. Upon researching, however, I discovered that the “clean plate debate”

can be a very tricky issue.

Many of us were raised by parents who experienced the Great Depression, and therefore, became members of the “clean plate club.” The notion of “waste not, want not” was instilled during mealtime at a very early age. Also, there was an ever-popular motivational tool used to remind youngsters how fortunate they were to have food to eat while other children were starving around the world.

With obesity on the rise in America, a new philosophy has replaced the old standard and parents no longer force children to clean their plates. Dieters are encouraged to eat until they are satisfied but not stuffed. Still, there are many who believe overeating for politeness sake is wrong. Considering today’s restaurant portions, it’s easy to understand why food is often left behind.

In some European cultures, a clean plate indicates that you’re still hungry and are ready for a second serving. Leaving food behind can mean several things depending on local tradition: you didn’t care for the food, you are completely satisfied with your portion, or you’re acting in a gracious manner to show that you haven’t “pigged out.” In China, clearing a plate is considered rude, yet in America, it can send a non-verbal message that your food was delicious and was much appreciated.

There is no hard-and-fast rule as to whether one should finish food or leave a little behind. When Emily Post undertook the enormous task of establishing behavioral guidelines all but ninety years ago, two things she believed to be most important were: etiquette should always be practical and considerate of others. Her code has not changed and is still relevant to our modern lives.

When it comes to the clean plate debate, I would suggest you use your common sense. To purposely leave food on a plate would be considered wasteful. However, it seems perfectly acceptable and practical to leave food if, for some reason, you were unable to eat everything.

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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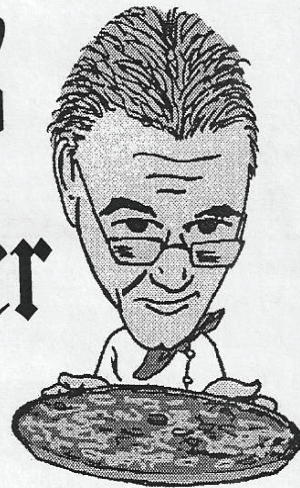
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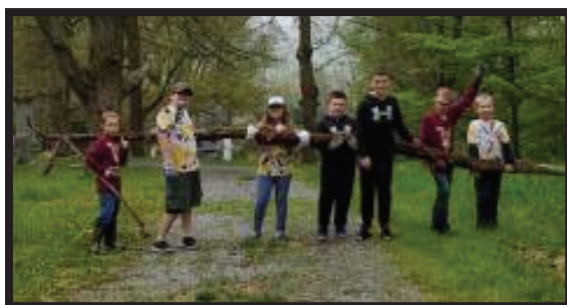
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Historic Shawnee Cemetery

Scout Troops 143 Swoyersville and 123 Forty Fort recently participated in the Historic Shawnee Cemetery "spring clean-up." Shown in top photo (on road), left to right: Blaize Gowisnok, Leo Gumnia, Violet Gumnia, Patrick Craig, Kenneth Craig, Gage Gowisnok and Ayeden Hulse. Shown in bottom photo (with wheelbarrow) left to right: Leo Gumnia, Blaize Gowisnok, Violet Gumnia, Gage Gowisnok, Matthew Hufford, Ben Hufford and Josh Hufford.



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Wyoming Area Catholic School

The 8th grade class from Wyoming Area Catholic School celebrated its annual end-of-the retreat with Father Joseph Sibilano of the St. Joseph Seminary, Pittston.

The day included a tour of the grounds and chapel with Fr. Sibilano sharing the history and significance of statues, relics and stained glass windows. Reconciliation was made available and mass celebrated with the class members cantoring, reading, and serving as altar servers.



The day concluded with a school-sponsored luncheon from Chef's Corner.

The 8th grade class was accompanied by Mrs. Ann Marie Walsh and Mary Ann Paddock-Kaminski. Absent from photo was Jayden Satkowski.

Pictured are: Row # 1 – Grace Mangan, Kayla Kovaleski, Joyce Renfer, Fr. Joseph Sibilano, Morgan Crake, Lauren Granteed, Aiden O'Haire, Owen Harris. Row # 2 – Ava Newman, Caitlyn Maslar, Lexie Marcinkowski, Paige Yastremski, Claire Cunningham, John Tondora, Aryan Tolani Row # 3 – Isabel Grudzinski, John Wayne Kravitz, Aiden Morgan, Dylan Cassetori, Hayden Foland, Coltin Rosencrance.



Recently, Father Joseph Sibilano, Oblates of Saint Joseph, celebrated liturgy with the Wyoming Area Catholic School Community. The fifth grade class assisted with cantoring, reading and serving as altar servers.

Pictured are: Row # 1 – Lillian Russin, Tessa Cegelka, Aaron Glaser, Reagan Hadley, Gianna Welby, Nathan Orlando, Michael Wienckoski Row #2 – Ann Weiss, Eric Orlando, Lilyrose Angelicola, Father Joseph Sibilano, Brandon Renfer, Jenna McCarroll, Shawn Lepore.

Student Council sponsored its annual Easter Basket service project with Friends of the Poor. Pictured is Mrs. Walsh 8th Grade Class which traditionally assembles the baskets, along with Hayden Foland, President of the Student Council and Ava Newman, Grade 8 representative.

The entire school community donates a variety of items to stuff the Easter buckets, everything from toothbrushes and toothpaste, to crayons, coloring books, Easter plush, puzzles, and of course, marshmallow peeps and chocolate bunnies.



Pictured are: Row # 1 - Morgan Crake, Ava Newman, Lexie Marcinkowski, Kayla Kovaleski, Lauren Granteed, Claire Cunningham, Isabelle Grudzinski, Paige Yastremski Row # 2 – Coltin Rosencrance, Dylan Cassetori, Aiden O'Haire, Hayden Foland, Aryan Tolani, Joyce Renfer Row # 3 – Jayden Satkowski, Owen Harris, Aiden Morgan, John Tondora, John Wayne Kravitz, Grace Mangan

Jared boxes

The General Federation of Women's Clubs recently held its board meeting at Misericordia University. Members from all five area clubs attended and participated in the Jared Project. The Jared Project started in 2001 by a school in State College to honor a young boy, Jared, who was undergoing cancer treatment and wondered why other children did not have any toys and things to do while in the hospital getting treated.



Jared boxes are plastic storage boxes filled with toys, books, crayons, stickers, games, and puzzles. They are given to a child when admitted to the hospital. Each box contains items selected for a specific age and gender. The goal is to lift spirits of children in the hospital.

GFWC members in photo are first row left to right: Leigh Michel, County correspondence secretary; Deidre Miller Kaminski, Second Vice President GFWC County; Sue Lazur, County Parliamentarian; Gaylene Hunter, President GFWC Mountaintop; Joan Basham, County Recording Secretary; Heide Cebrick, Second Vice President GFWC PA; Sharon Austin, Barb Ruda, Linda Brutsche, President GFWC Harvey's Lake; Gail Frank President GFWC West Side; Joyce Jones, First Vice President GFWC County and President of GFWC Plymouth; and Chris Baron President GFWC Northeastern club. Second row – Barb Meza; Marion Marosevitch; Kelley Moran president GFWC Luzerne County; Lex Bubb, Joette Yingst; and Theresa Bradley.

The General Federation of Women's Club

The General Federation of Women's Club, West Side recently served a meal at St Vincent De Paul soup kitchen in Wilkes-Barre. St Vincent De Paul soup kitchen serves the community by helping the homeless and those in need. They provide hot meals daily and have a clothing room and food bank. GFWC members are dedicated to community improvement through volunteer service.



GFWC members: Ginny Zdanowicz; Maggie Wallowak; Karen French, Chairman; Terry Ross; Eileen Gallagher; and Pat Clinton. Absent Gail Frank, GFWC President.



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Thursday: 10:00 Esthercise, 11:00 Belly Dancing 1:00 – Alzheimer’s Support Group – June 20th

Friday: 10:00 Seniorcize

SPECIAL ACTIVITIES

Mon, June 3 – 9:00-2:00 - FARMER’S MARKET VOUCHER DAY - Proxys are available for pick up at the center PRIOR to Voucher Day

Tues, June 4 – 10:30 Blood Pressure Checks – Tiffany Court

Thurs, June 5 – 11:30 – Nutrition Ed – “Eat Right/Money Tight”

Mon, June 10 – 11:30 – Nutrition Ed – “Health Benefits of Avocados”

Tues, June 11 – 11:30 – Conductorcize

Wed, June 12 – 11:00 – Meditation with Jean 11:30 – Joke Day 1:00-4:00 – W-B City Volunteers packing bags for Riverfest

Thurs, June 13 – 11:30 –Nutrition Ed – “Try Exotic Fruits”

Fri, June 14 – Father’s Day Lunch

Mon, June 17 – 11:30 –Nutrition Ed – “Healthy Ways to Cook Fruits and Vegetables”

Tues, June 18 – 11:00 – “Fruits and Vegetables Game Day” – hosted by Comfort Keepers

Wed, June 19 – CENTER CLOSED –EMPLOYEE ENRICHMENT TRAINING

Pre-ordered bag lunches may be picked up on Tuesday

Thurs, June 20 – 11:00 – “Foot/Ankle Pain” – Presentation by Cawley Physical Therapy Rehab 1:00 – Alzheimer’s Support Group – Hosted by Home Instead

Fri, June 21 – Birthday of the Month Celebration

Mon, June 24 – 11:30 – Nutrition Ed – “How Healthy Vegetables Help Our System”

Tues, June 25 – 10:30 – Blood Pressure Checks – Manor Care

Wed, June 26 – 11:00 – 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
PRESCRIPTION
PROGRAM**

**MEMBERS WITH
FOOD DRIVE
ITEMS BEING
SENT TO THE
KEYSTONE
MISSION**



**MUSICAL ENTER-
TAINMENT FOR
EASTER**

**DAY OF CARING AT THE
KINGSTON AAC**



Wyoming Seminary offers glassblowing, arts and activities camps

Wyoming Seminary is offering an engaging and exciting mix of arts, athletics, academic and activities camps in June and July to area students in early childhood, elementary, middle and high school. This year's offerings feature a new class in Glassblowing.

The Summer Explorations program runs June 10-28 and includes a wide variety of activities in adventure, writing, crafts, technology and sports for children ages 3-eighth grade. Most sessions are half-day sessions, held in the morning and afternoon, and all sessions will be held at Wyoming Seminary Lower School, 1560 Wyoming Avenue, Forty Fort.

A one-week Summer STEM Program will be held at Wyoming Seminary Upper School in Kingston, June 24-28. Students entering grades 5-8 will take part in daily projects and explorations in STEM that will lead to completing an engaging challenge by the end of the camp.

The Summer at Sem Creative Arts Program, a summer program for students ages 12-18 interested in music, dance, musical theater and visual arts, will be held July 7-August 4 at Sem's Upper School. This program will offer highly regarded teachers of instrumental and vocal music, dance, theater and visual arts. Sessions are one and two weeks in length and feature opportunities for performance in Sem's new Kirby Center for Creative Arts. This summer's musical theater production is the smash Broadway hit "Pippin."

Students ages 12-18 are also encouraged to register for a Digital Filmmaking class, July 8-12, open to both beginners and those with experience, and an exciting new Glassblowing class, July 15-19. Led by members of the Keystone College Mobile Glass program, students will work in both hot and cold glasswork creation under professional instruction from internationally respected artists.

The Summer Junior Arts Program, running July 8-19 at the Upper School, is open to children ages 7-12 and features a sample of several art disciplines, such as dance, theater, instrumental and vocal music, and a collaborative performance at the program's end. This program will feature a focus on Shakespeare.

For high school students interested in taking academic courses, Sem offers a four-week College Prep Institute from July 8-August 2 at the Upper School. Classes meet every day in morning and afternoon sessions; courses include Public Speaking, Health Education, The Creation of Music, Discovery of Art, and The Bible and Western Culture.

For more information on any of these summer programs, call the Summer at Sem office at 570-270-2161 or visit the web site at www.wyomingseminary.org/summer.



FROM
THE
WESTSIDE BULLETIN

"A Universe of Stories", The Hoyt Library's Summer Reading

Registrations for the Hoyt Library's Summer Reading Programs will begin on June 10, with summer fun activities beginning June 17 through August 7. Programs are free and open to the public unless stated.

LEGO Club – Mondays, 6:00 p.m. to 7:00 p.m., for children ages 6-18. Children will build and play with LEGO's, Lincoln Logs, and KEVA planks, while meeting new friends! Building materials are supplied by the library for in-house use only.

Jr. LEGO Club - Mondays, 6:00 p.m. to 7:00 p.m., for children ages 2-5. The program aids younger children in the development of social skills and fine motor control. Children will delight in listening to a weekly story!

Storytime – Tuesdays, from 10:30 am to 11:30 am, for ages 2-5, but not in Kindergarten. Children and their parents will enjoy listening to stories, and the children will make fun crafts relating to the story.

Book-o-Bingo – Tuesday, from 3:00 p.m. - 4:00 p.m. for ages 13 and above on the following dates: 6/18, 7/16, 8/13. It's the perfect game for the novice, or experienced bookworms! Join in the fun to have a chance to win some great prizes!

Make-n-Take Day – Wednesdays, between the hours of 10:00 a.m. to 12:00 p.m. Children can come to the library to make a weekly themed craft, read books, watch a movie, or participate in a scheduled program.

Fun with Science! – Wednesdays, from 10:00 a.m. to 11:00 a.m., for children aged 7 to 12. Children will take part in learning science in a fun way! Class size is limited.

Toddler Town - A program for toddlers aged 6 weeks to 23 months, on Fridays from 9:30 a.m. to 10:30 a.m. Each program includes stories, songs, and free play.

Coloring Contests! – All ages can enter to win prizes!

Making Space for Pollinators - Thursday, June 27, from 1:30 p.m. to 3:30 p.m., presenter, Jerry Schneider, will teach children all about the importance of butterflies! Children must bring their own white cotton T-shirt to participate in the craft.

Donuts for Dad – Saturday, June 15, from 11:00 a.m. to 12:00 p.m. Children aged 15 months to 6 years will enjoy a story and a craft, while sharing donuts with Dad!

ZooMobile! – Friday, July 19. Children will have hands-on experience with a select set of animals from the Binghamton Zoo! Program times to be announced.

Adult Reading Challenge! – Can you read the "10 Best Books of 2018" in 10 months? Take the challenge and win prizes! Ask for details at the Circulation Desk.

Adult Reading Discussion Book Group – Thursday, July 25, from 6:00 p.m. to 7:30 p.m. Register early to check-out a copy of the book, *Husbands and Other Sharp Objects* by Marilyn Simon Rothstein, to read before the meeting!

Summer Reading Finale! – Wednesday, August 7, from 10:00 a.m. to 12:00 p.m. Special guest readers! Special treats! Special crafts! Read with Andy the Armadillo!

Win a Magical Disney Vacation! - The Hoyt Library is celebrating its 90th Anniversary by raffling a trip to *Walt Disney World*! The tickets are available for purchase at the Library at \$20 each for two chances to win! Drawing will be held August 10 at the Hoyt's 90th Celebration Party! All proceeds benefit the Hoyt Library!

Additional information can be obtained by calling the library at 570-287-2013.





Edwardsville Pierogi Festival

**Friday June 7th &
Saturday June 8th**

**LIVE ENTERTAINMENT
DAILY**

Vendors, Food, Games,
Kid's Zone

Pierogi Parade
Pierogi Cookoff

**John Hopkin's Memorial Park
High St. Edwardsville**



EDWARDSVILLE PIEROGI FESTIVAL ENTERTAINMENT LINE -UP

Friday:

12pm- "The Frost Duo"

1:45pm- "George Rittenhouse"

4:00pm- "JohnStevens Polka Band"

8:00pm- "The Sperazza Band"

Saturday:

10:00- "Non Stop Duo"

11:00- Pierogi Parade!

12:00- "The Swing Masters"

2:00pm- Pierogi Cook off!

3:00pm-TBA

5:00pm- "Flirtin with Yesterday Band"

8:00pm- "Flaxy Morgan"



The Edwardsville Hometown Committee

The Edwardsville Hometown Committee will sponsor its 6th Annual Community Yard Sale day Saturday June 15th , rain or shine. Registration forms are available at the Edwardsville borough building on the table in the main entryway. Cost per address or business is just \$5.00. All registrations with payment must be placed in the Committee dropbox outside the administration offices at the borough building before June 10th.

Questions please contact Jackie at 570-239-9594

**MAKE SURE YOU DISPLAY YOUR FLAG
ON JUNE 14TH FLAG DAY**



WESTSIDE BULLETIN
SALUTES
ALL VETERANS



FROM THE

WESTSIDE BULLETIN

Candy's Place: comfort, support, camaraderie and hope Forty Fort facility has been helping cancer patients for more than two decades

By ALAN K. STOUT
Westside Bulletin Correspondent

Twenty-one years ago, Candice Vincent-Mamary lost a short battle with cancer. She was only 47 years old. Despite her grim diagnosis, her mantra throughout her illness was, "No negativity in my aura." And, quite fittingly, there is nothing negative about Candy's Place, a cancer and wellness center located in Forty Fort which was founded in her memory. It is a place where cancer patients and their caregivers can find comfort, support, camaraderie and hope. And to many, it is one of the crown jewels of the Wyoming Valley.



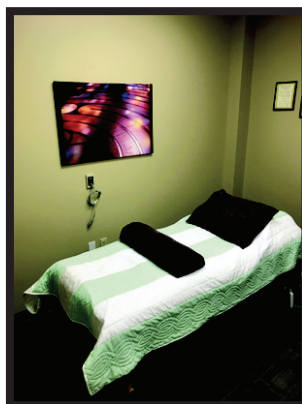
Lisa Orlandini, the director of Candy's Place, says that once someone is diagnosed with cancer and begins treatment, their next step should probably be Candy's Place. It is free to anyone going through such treatments, as well as their caregivers, during their treatments and for a full year following their treatments. Activities include acupuncture, gentle yoga, massage therapy, facials, meditation, reflexology, reiki, strength training, beat explosion dancing, healing arts and vibration sound therapy. There are also educational workshops, support groups and a wig salon.

"Out there, with doctors and treatments, you're a patient," says Orlandini. "Here, you're our client, and we want to know how we can best serve you. The variety of things we're offering is kind of like a buffet. Everybody picks and chooses what's going to work for them. Because everybody's different.

Orlandini says there are currently about 180 active clients at Candy's Place. There is one full-time and one part-time employee, several independent practitioners and 20-30 volunteers. There are also about 12 members on its board of directors.

Some additional info about Candy's Place, from its website:

* Candy's Place first opened in September of 1998, in memory of Candice Vincent-Mamary. Candy was a wife, mother and sister, and was physically fit, and though she was a non-smoker, she was diagnosed with lung cancer and passed away in January of 1998, just seven months after diagnosis. Candy's place was founded by her sister, Penny Cunningham. Candy felt there had to be a reason or purpose for her illness, and she wanted there to be a place for those dealing with cancer to feel comfortable during treatment, while offering services to help them and their family cope with the disease.



* Since its inception, thousands of patients, survivors, caregivers, widows and widowers, and loved ones have participated and benefited from its services. The Susan G. Komen Breast Cancer Foundation was its first large supporter and was responsible for a large part of the early funding for its programs, as well as The Luzerne Foundation and The Blue Ribbon Foundation. Candy's Place does apply for community, county, state and private grants, but most of its funding comes from individual and corporate donations and from the several fundraising events that it holds throughout the year, such as the annual Rainbow Walk.



* The Board of Directors of Candy's Place tries to address the physical, emotional, and social needs for those diagnosed with cancer to enhance their medical treatment. Although medical advances have been made towards the treatment of cancer, little emphasis has been placed on the recovery and re-healing of cancer's physical and emotional aspects, and most importantly, the quality of life issues before, during, and after cancer treatment.

* Candy's Place offers, by design, a cozy, loving and non-threatening atmosphere where cancer patients feel free to visit and not only find the answers they seek, but also make life-long friendships with the staff and volunteers, as well as with their fellow cancer patients. All programs and services at Candy's Place are free of charge to cancer patients. In accordance with the wishes of Candy, it is hoped that they will find hope.

Orlandini says clients at Candy's Place truly appreciate what it offers.

"It's a variety of positive," she says. "At our recent walk, I invited a gentleman, and one of our female clients, to speak about their experiences. And he talked about his story. His mom had been diagnosed and had passed, and he talked about his diagnoses, and how the benefit for him had been huge, and how he wished his mom had the opportunity to experience that. The woman that came in talked about how it's a place to restore and treat herself well. Another gal that I asked to speak told me that when she first came here, she was so depleted from the treatments that she was in a wheel chair. You meet her now and she's standing upright. She just glows. She's beautiful. The words are often just of gratitude. Sometimes, it's hard for people to talk about it without getting choked up.

"We have some couples that come together," she adds. "In both of those cases, the wife is the client, and the caregivers come and participate in yoga classes with their spouse. So you also have that 'relational' piece, with people being able to participate and support each other. Caregivers are stressed out to the max as well, so it's another opportunity for them to connect, in a relational way, and also - for the spouse or the supporter of the person going through the treatment - to be cared for themselves."

Candy's Place works with local oncologists and the medical community, which often give them referrals. Still, funding difficulties nearly closed the facility last year. But, thanks to widespread community support a grant donation from Mericle Corporation, it was able to remain open and move to a new and improved location. Orlandini shares a story about one donor: "This touched me," she says. "One woman came in with an envelope and handed it to us. We asked if we could get her name and information, because we send out 'thank you' letters. But she just said, 'No. I just want it to be anonymous.' She hardly said anything, and just kind of turned and walked out the door. When we opened it, it was \$21.73. And so you knew that she just sort of pulled her funds together. That little bit was the best she had to offer, and what a great gift it was, because you know it really came from someplace deep within her."

Another family, says Orlandini, recently donated \$5,000, which was used for new gym equipment.

(Continued on page 19)

(Candy's Place continued from page 18)

* "When I was told I had cancer, my world collapsed around me. I needed an angel to help support my efforts to beat my cancer. Candy's Place was that angel, proving caring support when my family needed it most. Thank you, Candy's Place!" – Mary, cancer survivor

* "It's so great to come to Candy's Place and see all of the professionals who help my wife get through trying times. They customized a wellness plan just for her. The one-on-one care is great. It's a terrific place with terrific people." - Joe, husband of a cancer patient

* "My initial reaction after hearing, 'You have cancer' was shock and disbelief followed by tremendous anxiety. A friend who didn't have cancer suggested I try an exercise/dance class at Candy's place. She thought it might help with my stress level, and boy was she right! Candy's Place is not a medical facility. It is a beautiful wellness center where everyone is caring, loving, and encouraging. Through my journey, I learned that I did not have to walk alone. There was hope and support at Candy's Place." – Linda, cancer survivor and volunteer.



Orlandini says she feels a personal connection to Candy's Place, as she has seen family members battle cancer, including her own mother, who after several different episodes, remains a survivor.

"There is relatability," she says. "I've totally walked the journey with family members that have been diagnosed. There's a personal connection, and so it all comes together for me. I'm kind of a people person, and I want to be able to help people, talk with people, sit with them, offer them a hug, shed a tear – whatever it is. And to be able to do the workshops and educate the public on taking care of themselves and learning about the benefits of those different types of therapies. It's about knowing that this place has so much to offer, and just making sure that people are aware of it, and doing whatever I can to make it happen."



(For more information about Candy's Place, visit (570) 714-8800 or visit www.cancerwellnessnepa.org)

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Luzerne County Historical Society



June is the first full month of summer, bringing longer nights, barbeques, and other gatherings. What do most social events have in common? Music. While R&B and Hip-Hop may be in vogue today, during the 1950s and 1960s there was only one genre that mattered - Rock and Roll. The Wyoming Valley had its own local rock bands, such as The Buoys, but none were bigger than Joe Nardone and the All Stars.

In 1957, Joe Nardone led his band, "The All Stars," as one of the first rock and roll performers in the Wyoming Valley. A year later he opened a small record store that grew into a chain with locations in several counties. He also promoted concerts by Neil Diamond, Billy Joel, Chicago and the Grateful Dead in venues across the region. Now, more than fifty years later, Joe Nardone is still promoting concerts and running two record stores with his son. A native of Wilkes-Barre and pioneer in the music business, Joe Nardone has made popular music history in Northeastern Pennsylvania. On Friday, June 21, 2019, fans of Joe Nardone and the All Stars can sit while Joe tells stories about his band, his businesses and the famous stars he's presented during "A Conversation with Joe Nardone" at the Luzerne County Historical Society's annual gala dinner and silent auction. The gala, "Rockin' & Rollin' in the Valley," will take place at Huntsville Golf Club, 1334 Market Street, Dallas. The evening celebrates the 1960s, and guests should feel free to wear their 1960s finest. The evening will include a cocktail hour, dinner, silent auction and will honor the late Janet "Jefie" Flack as an LCHS Director Emerita.

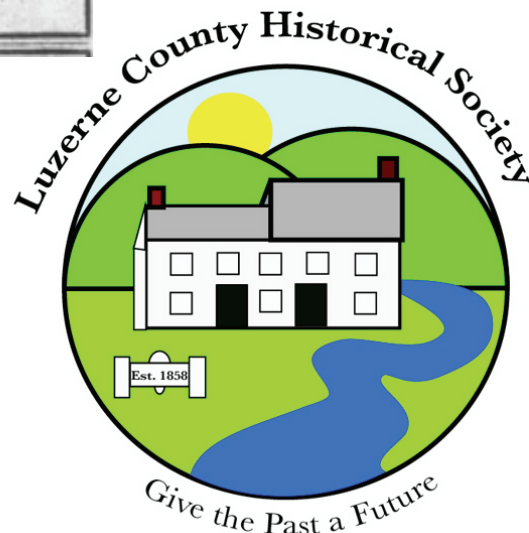
The cocktail hour (open bar) will start at 6:00 p.m. with dinner at 7:00 p.m., followed by the evening's program. Tickets are \$85 per person for LCHS members and \$95 per person for non-members. Tickets must be purchased in advance by June 13, 2019; call 570-823-6244 ext. 3 or email reservations@luzernehistory.org.

Pictured are two ads for local concerts by the All Stars from the evening edition of the Times Leader from June 15, 1963 and July 3, 1970, as well as a photo of Joe himself.

Gateway
Shopping
Center

Inner Circle
— TONIGHT —
JOE NARDONE'S
"ALL STARS"
Tomorrow Night ...
"B. B. KAYS EXPEDITION"
TUES.: JOE NARDONE'S "ALL STARS" &
"RONNIE and THE TONES"

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



**SANS SOUCI
PARK**
TONITE
Joe Nardone's All Stars
8-11 Adm. 50c

SUNDAY
**Polish National Alliance
Youth Day**
Polka Dancing 3:30 to 6:30
Kryger's Orchestra
Adm. 50c

**SUNDAY EVENING
JOE NARDONE'S
ALL STARS**

Make Sure Your Beneficiaries Are Accurate

By Martin A. Federici, Jr., CEO of *MF Advisers, Inc.*
& *MF Tax & Accounting, Inc.*



There are numerous life events that can make us reconsider who we want to leave money to in our 401(k)s, IRAs, 403(b)s, annuities, life insurance policies, brokerage accounts, etc. Unfortunately beneficiaries can pass away too soon (death); sometimes beneficiaries are no longer spouses (divorce); sometimes there's a new addition to a family (birth and/or marriage), and sometimes hurt feelings may influence beneficiary changes (often not the wisest decision).

Often these life events involve so much that people sometimes forget to review/change their beneficiary selections, and that can cause headaches down the road if they're not addressed in a timely manner. I've heard too many stories re: that former couple who got divorced and one person remarried, but forgot to take the former spouse off as a beneficiary on a life insurance policy...how do you think the current spouse feels when she watches not only her beloved husband pass away, but also watches the ex-wife get the life insurance proceeds? According to PA law, there's nothing that the current spouse can do in that situation (and it could've been avoided with a simple beneficiary review).

Instead of forgetting to make these important changes shortly after they occur, make sure to be proactive and update your beneficiaries as soon as possible on all applicable accounts. If you work with a qualified financial advisor and/or professional insurance agent, hopefully he/she is aware enough to make beneficiary updates an important part of the customer review process (so you're up to date and avoid issues). If your advisors reach out to you proactively to prepare the beneficiary update paperwork in a timely fashion, your advisors are doing the right thing for your situation.

It's the little things like making sure your beneficiaries are accurate that can make a huge financial difference in your lives, so why leave it to chance? Get it done now; make a list of all applicable accounts (or your advisor can do that for you), and make the necessary beneficiary changes (don't forget to update your will, living will, POA, and health care directive as well) – you'll be glad that you did (and so will your loved ones).

Find an experienced financial advisor who reviews beneficiary selections during life events, works for an RIA firm, earns his/her money from fees (NOT commissions), believes in having an abundance of investment choices for clients, and has the heart & demeanor of a teacher, NOT a salesperson, and chances are you've found the right financial advisor to help you prepare and plan for your goals.

For more information, please visit <http://www.mfadvisers.com>, email marty@mfadvisers.com, 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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Wyoming Seminary Honors Two with Service Awards

Wyoming Seminary College Preparatory School in Kingston recently presented its annual Joseph C. Donchess Distinguished Service Award to two people who have demonstrated exceptional service to the community and Wyoming Seminary.

The two recipients are the late John T. Morris of Dallas, and Ambassador (Ret.) Joseph M. Torsella '81, Pennsylvania State Treasurer, Flourtown.

The Award is the highest honor bestowed by the Wyoming Seminary Board of Trustees on behalf of everyone associated with the school. It expresses appreciation for the life and example, sacrifices and devotion of those who are honored.

Morris, a Kingston native, served as Sem's business manager for 43 years and as special projects manager for seven years, before his passing in December, 2017. He oversaw all aspects of the school's human resources, investment, financial and physical plant areas as well as significant building and enhancement projects. He was also an active member of the Irem Temple Shrine, the George M. Dallas Lodge 531 Free Masons, the Harveys Lake Rod and Gun Club, Trout Unlimited and the Harveys Lake Yacht Club. He also supported the work of the St. Vincent DePaul Soup Kitchen and was a member of St. Mary's Annunciation Church in Kingston. A graduate of the former Edwardsville High School, he served in the U.S. Army and was stationed in Berlin, Germany. He later graduated from the Wilkes-Barre Business School and attended classes at Wilkes College.

Torsella, a native of Berwick, was elected the 77th treasurer of Pennsylvania in November, 2016 and oversees an office of 360 employees which protects more than \$100 billion in state assets. In addition to safeguarding the financial health of the state, he chairs the Board of Finance Revenue, administers the unclaimed property program and manages the state's 529 College and Career Savings Program. He also served as the U.S. Representative to the United Nations from 2011-2014, focusing on budget and management reform. In addition, he served as chair of the Pennsylvania State Board of Education and as founding president and CEO of the National Constitution Center in Philadelphia. In the early 1990s he served as deputy mayor for policy and planning in Philadelphia Mayor Ed Rendell's administration, served as co-chair of the Greater Philadelphia bid for the 2016 Olympic games and is a former successful small business owner. A 1981 Wyoming Seminary graduate, he graduated Phi Beta Kappa from the University of Pennsylvania with a degree in economics and history. A Rhodes Scholar, he studied American history at New College, Oxford.

PHOTO CAPTION: Wyoming Seminary recently presented the Donchess Distinguished Service Award to two people who have demonstrated exceptional service to the community and Wyoming Seminary.



Seen prior to the award presentation are, seated from left: Ambassador (Ret.) Joseph M. Torsella '81, award recipient; and John Morris, Jr. '83, Gail Morris and Scott Morris '89, family members accepting the award on behalf of the late John T. Morris. Standing, from left: Kevin P.

Rea, Wyoming Seminary president and award presenter; and John Dowd, vice chair of the Wyoming Seminary Board of Trustees.

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!

June 2019 Newsletter

Daily Activities- 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 SENIORCIZE

Tuesday – 11:00-12:00 Center Activites

Wednesday – 10:45 to 11:45am Singing Club (LOONY TUNES)

12:30 pm to 1:15 pm Shuffleboard

Thursday – 10:00am-11:00am Crafts

11:00am- 12:00am Center Activities

12:30pm to 1:15pm Shuffleboard

Friday- 10:45-1:15 Dominoes-Mexican Train

All Weekly Activities may occur more often as time allows!

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

FLAG DAY COLORING CONTEST: Due by Wednesday June 12 for voting! FREE NUTRITION WORKSHOPS Sponsored by Karel Zubris, PENN STATE Nutrition Education Advisor THEY ARE FREE! There will be FOOD SAMPLES, FREE RECIPES, Contests, PRIZES, and themes!!! JUNE 6th JUNE 13th JUNE 20th All on THURSDAYS! JUNE 27th From 10:00 am until 11:45 After four weeks a graduation Party WE are Penn State! Please sign up!! June 3 (Monday) 10:00 Crafts- Egg Cup Planters—Please sign up

June 5 (Wednesday) 10:00 Living Will Presentation by North Penn Legal Group

June 11 (Tuesday) 12:00 Blood Pressure Checks

Sponsored by Lois Elick from PA Dept. of Health

June 12 (Wednesday) “LATEST DRUG TRENDS”

Janine Olshefski; Wyoming Valley Alcohol and Drug Services

June 14 (Friday) Father’s Day Lunch

FLAG DAY CEREMONY 11:45 at Flag Pole

June 17 (Monday) 11:00 Cawley Physical Therapy & Rehap Workshop

“ SHOULDER/ROTATOR CUFF PAIN”

June18 (Tuesday) 12:15-1:15 Blood Pressure Checks & Talk

Sponsored by Lois Elick from PA Dept. of Health

June 19 (Wednesday) Center Closed

June 25 (Tuesday) CENTER CLOSED FARMER MARKET VOUCHER DISTRIBUTION HERE 10:00-2:00





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SUNDAY: 11AM — 10PM

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Sunday, Monday, Tuesday

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Plain	2.35	Toppings	30¢ Ea.
Sicilian	2.75	Pepperoni, sausage, ham	
Grandma	2.75	extra cheese, extra sauce,	
Double-Crust	3.25	bacon, olives, pineapple,	
		roasted peppers, shrimp	
		mushroom, sweet peppers,	
		onions, anchovies, meatballs	

NEAPOLITAN STYLE

Medium 9.95 | Large 11.95 | Extra Large 14.50

Toppings 2.00 ea | XL 3.00 ea

GOURMET PIZZA

Medium 13.95 | Large 15.95 | Extra Large 17.95

Tomato & Herb

Veggie Delite

The Works

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

Chicken Wing

**White Broccoli
& Tomato**

SICILIAN STYLE

GRANDMA STYLE



— 16.95 —
Toppings 3.00 ea



DOUBLE-CRUST PIZZA

— 21.95 —
Toppings 3.00 ea

Stuffed Cheesesteak

Cheese, steak and onion

Stuffed Sausage

Pepperoni & Cheese

Stuffed Vegetable

Cheese, mushrooms,
broccoli and sweet peppers

Pagach

Potato, onion and mozzarella

REAL ITALIAN RECIPES

BY THE ORIGINAL ITALIAN FAMILY SINCE

1985