

March 2019

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Happy St Patricks Day!

Luzerne County Historical Society

Lecture Thursday, March 14 "Woman Painting Woman"

The Jennie Brownscomb Portrait of Frances Slocum by LCHS Executive Director Aimee Newell, Ph.D, 6:30 p.m. at the LCHS Museum.

FREE for members; \$5.00 for non-members

Holy Redeemer Royal Scholars



Mrs. Eileen Rishcoff, Principal of Wyoming Area Catholic School in Exeter, is pleased to announce two Royal Scholars in the 8th grade class, John Wayne Kravitz and Caitlyn Maslar.

Approximately 195 students from across the area took the placement/scholarship exam in early December. Twenty-five recipients received a formal letter of congratulations.

Mr. Michael Reese, Principal of Holy Redeemer High School, recently stopped by during Catholic Schools' Week to commend the students for their outstanding performance.

Pictured are Mr. Reese, John Wayne Kravitz, Caitlyn Maslar, and Mrs. Rishcoff.



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Website: www.westsidebulletin.net

Mailing Address:
P.O. Box 1677, Kingston, PA 18704
Phone: 570.690.0727 FAX: 570.675.2399
Next Publication Date: April 1, 2019
Deadline March 27, 2019

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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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CSS to host substance abuse workshop



Catholic Social Services will host a free, six-week informational workshop on substance abuse from March 19 through April 23. The goal of the workshop is to help family members learn more about substance abuse so that they might be better able to support, assist and understand a family member that is battling a substance abuse problem.

Topics will include "Use vs. Abuse," "What is Addiction?" "Co-Dependency and Enabling," "How Families Can Help Themselves" and "How Families Can Help Others Seek Help." The workshops will take place on Tuesdays from 5:30 p.m. to 7:30 p.m. At Catholic Social Services, 33 E. Northampton St. Wilkes-Barre. The dates are March 19, March 26, April 2, April 9, April 16 and April 23. Seating is limited.

To register, call (570) 829-3489, ex. 3323 or e-mail smjones@csswb.org<<mailto:smjones@csswb.org>>. Shown, from left: Elizabeth Jenkins, drug and alcohol treatment specialist, Catholic Social Services; Shaliyah Jones, drug and alcohol treatment specialist, Catholic Social Services; JoAnne Donato, clinical supervisor, drug and alcohol program, Catholic Social

Daughters of the American Revolution



Shawnee Fort Chapter Daughters of the American Revolution recently selected Regent Kathleen Smith as the Chapter Outstanding Regent. Kathleen joined the DAR on December 7, 2002 and has held several chairmanships on both the local and state levels as well as the office of Chapter Registrar.

In July 2009, at the request of the State Regent, Kathleen was appointed Organizing Chapter Regent and Shawnee Fort Chapter was officially organized in Plymouth that November with 12 members. Shawnee Fort Chapter was the first chapter organized in Luzerne County since 1896.

Kathleen has served as Regent for the majority of its existence. Since organizing, the chapter has been busy in the community assisting with historic preservation, participating in patriotic activities, marking graves of American

Revolution Veterans and encouraging education throughout the community. Members of the chapter have served on the Wyoming Valley Veterans Day Parade committee since 2014.

In 2016, the chapter was recognized by the National Society for membership growth with the Golden Eagle Award. Shawnee Fort Chapter was the only chapter in Pennsylvania, to achieve this and one of only 61 chapters, out of 3,000, in the organization. More recently, the chapter has been working closely with the Wilkes-Barre Preservation Society in the restoration and preservation of the Zebulon Butler House on South River Street in Wilkes-Barre.

The Chapter is currently working on a grave marker ceremony as well as planning their 10th anniversary luncheon.

For information on our activities or how to join the DAR, please contact Kathleen Smith at: smithkdar2001@hotmail.com or 570-704-9809.

**Meet Bryan Kollar,
Author of *The Memory Machine Series*
at the Hoyt Library**

Visit the Hoyt Library, Kingston, PA on Saturday, March 2, anytime between the hours of 9:00 a.m. and 3:30 p.m. to meet Bryan Kollar, the author of his sci-fi time travel series, *The Memory Machine*. This is the author's well anticipated newest released book, titled *Tag Your It!*

Bryan is a Pennsylvania resident, who owns a part-time computer business designing websites and repairing computers. For additional about Bryan and his novels, you may contact him at www.BryanKollar.com. He would love to hear from you!

If you love sci-fi, you'll love Bryan's books!

All of his many books will be available from the author for purchase, or you may bring your own copies for signing. Come visit the Library to meet this exciting author in the lobby of the Library, you will be glad you did!

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Wyoming Area Catholic School



The seventh grade class of Wyoming Area Catholic School recently researched people who have fought for human dignity. The project required each individual student to design a cereal box that educated their classmates about his/her assigned Human Rights Champion. The box displayed biographical information, "ingredients" or characteristics of each person, a game and a prize reflecting the cause of the person studied. Students then gave an oral presentation to their classmates describing the accomplishments of their Human Rights Champion. As a culminating activity, the students enjoyed a breakfast of cereal and juice at school!

Pictured with completed projects are:

FRONT ROW: Kody Olejnik, Jaden Exter, Vincent Contardi, Stephen Renfer, Benecio Carpentier, Shane Cegelka, Michael Casey, and Nevin Geiger-Gorki.

BACK ROW: Alexis Romanowski, Kendall Hadley, Marissa Miller, Talia Lasota, Valerie Wehrun, Lily Bubblo, Melanie Moran, and Olivia Latoski.

Kaufer Issues Statement in Response to Wolf's Budget Proposal

Rep. Aaron Kaufer (R-Luzerne) issued the following statement in response to Gov. Tom Wolf's proposal for the 2019-20 budget:

"I am glad the governor has proposed a budget that does not require any new taxes, and also that he has renewed his pledge to get people back to work through improved workforce development programs. I am hopeful that this initiative will provide family-sustaining jobs that will strengthen our middle class and continue to grow our economy."

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.

Wyoming Area Catholic School



In preparation for the Catholic Schools' Week celebration, Wyoming Area Catholic's 8th grade class completed projects promoting their school and Catholic education. Students were asked to create a display and marketing presentation highlighting the benefits of a Catholic Education and in particular why they believe parents would be both satisfied and delighted to choose Wyoming Area Catholic School for their child's education. The displays and oral presentations illustrated how WAC reflects the theme of Catholic Schools: **Learn. Serve. Lead. Succeed.**

Back row: Ava Newman, Grace Mangan, Lauren Granteed, Claire Cunningham, Kayla Kovaleski, Lexie Marcinkowki, Morgan Crake, Paige Yastremski, Isabelle Grudzinski, and Joyce Refer.

Front row: John Tondora, Hayden Foland, Aryan Tolani, Jayden Satkowski, John Wayne Kravitz, Dylan Cassetori, Aiden Morgan, Aiden O'Haire, Coltin Rosencrance, and Owen Harris. Absent from photo is Caitlyn Maslar.


The Forty Fort Lions Club



The Forty Fort Lions Club recently sponsored the Superbowl Sunday afternoon meal at the Saint Vincent de Paul's Kitchen located in Wilkes-Barre. The club also made a donation after the meal.

R to L Front Row: Robert Thompson – Frank Tribendis – Joseph Shields Club event chairman William Scott kitchen manager Is-Rael – Michael Harrison

Back Row: John Thompson – Robert Thomas – Ken Evans – Neil McAndrew Club Photographer Mark T Serafin



WVCA Salute to Seuss Gala

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**Big Brothers Big Sisters
thanks Penguins for continued support**



Big Brothers Big Sisters of The Bridge recently thanked and recognized the Wilkes-Barre/Scranton Penguins for their longtime and continued support of the organization. In recent years, through their "Tickets for Tots" program, the Penguins have provided Big Brother/Big Sister matches with complimentary tickets to several games throughout the season. "Tux," the official mascot of the Penguins, has also attended several Big Brothers Big Sisters events and fundraisers. And this season, Penguins goalie Tristan Jarry is holding post-game meet and greets with Big Brother/Big Sister matches, during which the matches visit the Penguins locker room and are able to take photos with the players and receive autographs. The matches are also visited at their seats during the game by "Tux" and are given team prize packs that includes a Penguins hat and puck.

Shown, from left: Christine Paez, office manager/community relations, Wilkes-Barre/Scranton Penguins; Tristan Jarry, goalie, Wilkes-Barre/Scranton Penguins; Jenna Sargent Thorn, program manager, Big Brothers Big Sisters of The Bridge; Brian Coe, vice president of operations, Wilkes-Barre/Scranton Penguins. Big Brothers Big Sisters of The Bridge is a program of Catholic Social Services of The Diocese of Scranton.

For more information about the program, visit www.bbbsnepa.org or call (570) 824-8756



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KIWANIS CLUB OF SWOYERSVILLE SWOYERSVILLE, PENNSYLVANIA

Swoyersville Kiwanis Nite at the Races

The Swoyersville Kiwanis Club is sponsoring a Nite at the Races on Saturday, March 9, 2019 at St. Elizabeth Ann Seton School cafeteria, Hughes St., Swoyersville. The doors open at 6 PM and post time is 7 PM. Horses are \$10 and includes free admission.

Without purchasing a horse admission is \$5. There will be food, refreshments, instant bingo, a 50-50 drawing and raffles in between races. This is a great way to beat the winter blues while supporting our organization. Proceeds benefit Youth Scholarships; St. Joseph's Center; Little League team sponsorship; Girl's Softball team sponsorship; Feed a Friend; Valley Santa and many other youth group and community projects. To purchase a horse, or for more information, contact Gene or Kathy at 570-283-1677 or any Kiwanis member. See you at the Races!!

President: Kathy Breznay
Administrative Treasurer: Gene Breznay
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Wyoming Area Catholic School Sock and Hat Donations



During one of Catholic Schools Week activities "Crazy Hat and Crazy Sock Day," the school community not only wore crazy hats and crazy socks, they also donated hats and socks to the Pittston Care and Concern Ministries in Pittston.

Pictured are: Row # 1 - Evan Janoski, Julianna O'Hop, Matthew Shemo

Row #2 - Gianna Welby, Alexis Romanowski, Aiden Morgan, Brandon Cegelka, Emily Cunningham.



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Place Setting Confusion
By Jill Evans Kryston, Etiquette Consultant – Westside Bulletin, March 2019

Q: I attended a wedding reception and the person next to me used my bread plate. Is there a way to avoid this mix-up and what can I do if it happens again?



A: Confusion about the order of the place setting is a common occurrence. There is no hard rule in which to avoid a tabletop turf war except to use your bread plate before the person seated next to you.

If the person to your left places their roll on your bread plate, the last thing you want to do is make him or her feel awkward for their error. One remedy is to claim the bread plate on your right, just as the person who made the original blunder did, and hope the whole table plays along.

Winston Churchill performed a similar act of mercy when a foreign dignitary unwittingly drank from a finger bowl – rather than embarrass his guest, Mr. Churchill picked up his finger bowl and began to drink, too! The essence of good manners is to avoid calling out other's mistakes if at all possible.

However, by the time you notice the faux pas the person on your other side may already be using their bread plate. In this instance you can gently whisper to the interloper, "I may be mistaken, but isn't this plate mine?" Hopefully the person will be kind enough to exchange plates and give you the clean one. When dining at a restaurant, the problem is easily solved by asking the server for another plate.

Once you take your place at the table, if you're one of the many people who have difficulty remembering the "left to right" order of items in the place setting, all you need to do is recall these famous initials: "B.M.W." which also stands for "bread, meal, water."

When dining with friends and other guests, the most important consideration is always to make everyone feel comfortable. It isn't necessary to get all the details right.

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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The Plymouth High School

The Plymouth High School Class of 1958 will meet for dinner at 5:00 p.m. on Friday, March 15, 2019, at Happy Pizza, 40 West Main Street in Plymouth.

Classmates planning to attend should make their reservation not later than Monday, March 11th by calling Dottie Acornley at 570-954-7095 or by email at apsudot@aol.com.

Call
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The Luzerne County Sports Hall of Fame (LCSHOF) John Louis Pople Chapter is a non-profit service organization that endeavors to perpetuate the memory of local athletes, male and female, who have brought lasting fame and recognition to the state of Pennsylvania through their athletic achievements and community involvement. The LCSHOF includes Bradford, Sullivan, Wyoming, Northern Columbia, and Luzerne County and is sanctioned by the Pennsylvania Sports Hall of Fame. This organization is led by its President James T. Martin Jr., a 2008 Luzerne County Sports Hall of Fame inductee.

The LCSHOF inductees include established athletes, coaches, managers, and other sports administrative individuals that have excelled in their respective athletic programs. Nominations of deserving candidates are welcome, and this can easily be accomplished on our website at www.luzernecountysportshalloffame.com. Nominations can be made from now until June 1st, 2019. This is your chance to slate friends and family members for a chance to be written into this local chapter of the Luzerne County Sports Hall of Fame. An annual induction banquet will be held after the committee's decision in order to celebrate our newest inductees.

Also eligible for such distinction are those individuals who have brought similar recognition to the state through their contributions to sports in general in managerial, promotional, and other influential capacities.

The areas which the Luzerne County Sports Hall of Fame promotes are: Luzerne, Bradford, Sullivan, Wyoming, and Northern Columbia Counties. **We are a nonprofit organization located in Luzerne County, in Northeastern Pennsylvania.** Donations to our organization are welcomed and encouraged. A portion of your donation will feed back into the community through scholarships for deserving student athletes and other designated service organizations. These contributions will also be used to support the Hall of Fame and to fund the maintenance of an existing museum-like display that is housed at the Wilkes-Barre/Scranton International Airport. This is a wonderful opportunity for the inductees to gain the communities recognition, and it will be a point of pride to see friends and family members publicly displayed, so remember to enter a nomination!

Qualifications for induction are:

Nominee must be retired from the sport or position a minimum of three years -or- must have been in the sport or position a minimum of ten years.

Nominee must attend the Annual Induction Ceremonial Banquet. If the nominee is deceased, a representative must attend the Annual Induction Ceremonial Banquet to accept the award on their behalf. If nominee is deceased, must have been deceased a minimum of one year prior to nomination.

**Luzerne County Sports Hall of Fame
John Louis Pople Chapter c/o 25 Frederick Street
Wilkes-Barre, PA 18702 Phone: 570-824-7133???**

Wyoming Area Catholic School Collection for SPCA



Recently, Wyoming Area Catholic School Community assisted Grace Dacey, a senior at Holy Redeemer High School, in collecting supplies for the SPCA of Luzerne County.

Pictured are students with the many ideal supplies purchased to assist his particular project. **Row # 1 – Colette Sedon – Adelyn O'Donovan**

Row # 2 – Daulton Davala, Tibor Toth, Brynn Roberts

Row # 3 – Allie Mozeleski, Marissa Miller

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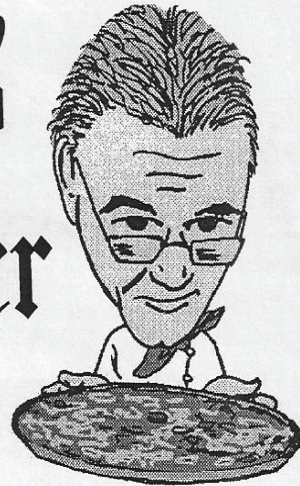
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Good Shepherd Academy Honor Roll 2nd Quarter 2018-2019 School Year

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

Honors:

6th grade: Isabella Bennett, Parker Berry, Devyn Dane, Mason Gibson, Kevin Gring, Joseph Lipinski, Brenden Makarczyk, Nicholas Nuss, Jack Roberts, Spencer Smith, Mary Ann Stout, Reagan Suda, Colin Woolnough, Adrienne Wren, Emma Zyllo

7th grade: Payton Brown, Isabella Calo, Ella Fenstermacher, Mercedes Hughes, Emilia Kindler, James Locke, Liam Mullery, Joseph Skoronski, Jack Tanski, Jack Tuzinski, Tyler Williams

8th grade: Mia Ashton, Anna Brennan, Avery Cole, Abby Davitt, Elizabeth Derolf-Siene, Jessica English, John Evans, Julia Girman, Rose Hancuff, Irelyn Karnes, Lia Keefe, Ayden Langdon, Matthew Magda, John Matlock, Zachary Perta, Kathryn Quinn, Isabella Roback, Kathryn Schell, Antonette Scotto D'Abusco, Nickolas Spiccioli, Bailey Stavridis, Olivia Stevens, Donovan Stone, Caleb Wilson

High Honors:

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

7th grade: Angela Ambrose, William Brady, Ava Deiter, Julia Desciak, Alyssa Evans, Sadie Frusciante, Alanna Gilchrist, Hannah Jones, Lukas Kachinko, Lily Kelleher, Theresa Khoudary, Jordan Lech, Keeley Lynett, Louis Michaels, Noah Rokosz, Janelle Sando, David Stochla, Brianna Van Why, Abigail Williams, Sarah Yudichak

8th grade: Michael Cicon, Jillian DelBalso, Jaden Evanoski, Mia Fino, Michael Fino, John Gillespie, Brooklyn Giovinazzo, Luke Harrison, Mary Johns, Jessica Phares, Nathan Stilp, Ashley Sweeney, Stan Wateski, Cally Williams, Heidi Williams

The Graham Academy and Wilkes University

*Working together to help teachers understand Special Education,
locally and internationally.*

The Graham Academy and Wilkes University have established a collaborative professional relationship over the past several years. This relationship has provided 100's of developing educators a practical "hands on" educational experience that expands on what is being taught in their coursework. Students from Wilkes Education Department visit both Graham Academy locations to observe the students and staff in a myriad of educational opportunities from individual student assessments to classroom wide behavior management techniques.

The mission of the Graham Academy and its overall philosophy are why this partnership is extremely successful. The opportunity to have the Wilkes Education Department inside the classrooms at the Graham Academy is a phenomenal way to give a direct view into Special Education for the individuals who have made the decision to work in that field. Having that experience behind them, the educators are now equipped to move forward in their journey to becoming our next group of teachers specializing in Special Education.

Wilkes University and The Graham Academy have also successfully introduced Panamanian developing educators to special education as it is provided in the United States. Three times per year, a group of Panamanian teachers attend Wilkes University as part of their professional development experience. The primary focus of the visiting teachers is to learn new and innovative ways to teach students with special needs and to bring these strategies back to Panama. The Graham Academy has consistently provided this professional development experience to Panamanian teachers who have, in turn, also provided our students with Spanish lessons and Panamanian cultural lessons.

The Graham Academy and Wilkes University partnered to host the Awardees of 'Teachers and Principals of the Year' from Panama at The Graham Academy's elementary location in Kingston in February this year. Given the choice of several schools to visit, The Graham Academy was the first choice selected by Panama Dignitary, Ms. Luis Cardenas, a lifelong Panamanian educator, who was also in attendance. Ms. Cardenas was previously the National Director of Education in Panama. She was responsible for academic affairs for all schools and universities in Panama. Currently, Ms. Cardenas is the Vice Minister of Panama.

The Panamanian educators were able to observe different classrooms and activities throughout the morning at The Graham Academy. The visit was followed by a question and answer session with Carol McGrane, Academic Director and Nick Ouellette, Graham Academy President. Carol McGrane, Academic Director at the Graham Academy reports, **"The partnership that has been created between the Wilkes University Meduca Program and the Graham Academy has provided us with exceptional opportunities for not just our staff but also our students. It continues to be an ongoing relationship which allows us to share in each other's culture, language and education; and even though we come together in a partnership from two different cultures, I do believe the observation and vision we share as educator's is universal."**

Sharing the mission and values of the programs followed at The Graham Academy provided the educators ideas and motivation to take home with them to Panama. For the mostly Spanish speaking group, Wilkes provided four translators to assist with communication.

President. Mr. Ouellette reports, **"The Graham Academy is incredibly encouraged and enthusiastic about its relationship with Wilkes and our ability to create international connections in the pursuit of excellent special education for children everywhere."**

At the Graham Academy, our 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.

To request a tour or to explore employment opportunities visit our website at www.thegrahamacademy.com



Graham Academy working with Wilkes University to Host Panama Dignitary and Panama's Educators of the Year

Teachers and Principals from Panama chose to visit The Graham Academy on their tour of school programs in the NEPA area to observe and learn how the school educates children with special needs and autism.

On February 7th, the Graham Academy and Wilkes University hosted the "Awardees of Teachers and Principals of the Year" from Panama at The Graham Academy's elementary location in Kingston.

Panama Dignitary, Ms. Luis Cardenas, a lifelong Panamanian educator, was also in attendance. Ms. Cardenas was previously the National Director of Education in Panama. She was responsible for academic af-fairs for all schools and universities in Panama. Currently, Ms. Cardenas is the Vice Minister of Panama.

The Panamanian educators were able to observe different classrooms and activities throughout the morning at The Graham Academy. The visit was followed by a question and answer session with Carol McGrane, Academic Director and Nick Ouellette, Graham Academy President. From Mr. Ouellette, "The Gra-ham Academy is incredibly encouraged and enthusiastic about its relationship with Wilkes and our ability to create international connections in the pursuit of excellent special education for children everywhere."

Sharing the mission and values of the programs followed at The Graham Academy provided the educa-tors ideas and motivation to take home with them to Panama. For the mostly Spanish speaking group, Wilkes provided four translators to assist with communication.

The mission at The Graham Academy is to educate students living with autism and students living with emotional challenges to excel in life through communication, exploration, opportunity, acceptance, accounta-bility, and ambition.

To request a tour, explore employment opportunities, and for more information, please visit our website at www.thegrahamacademy.com



The General Federation of Women's Club



The General Federation of Women's Club West Side made their annual holiday donation to the Ronald McDonald House, Scranton, PA on 1-18-18 as a completion of a Conservation Committee project. The members of the Women's club based in Kingston, PA monthly collect ring tabs from aluminum cans from family, friends and co-workers which are donated at year's end to the Ronald McDonald House for re-cycling into monetary donations to support families of hospitalized children. The club donated 30 pounds of ring tabs for 2018.

The club members enthusiastically for several years have supported Ronald McDonald House, Scranton and the Ronald McDonald Family Rooms at Moses Taylor Hospital, Geisinger Community Medical Center and Geisinger Wyoming Valley Medical Center in their mission of providing a "Home Away from Home" for families with critically ill or injured children receiving treatment at the Northeastern Pennsylvania facilities.

Families can be near their child, relax, have a meal, watch TV, check e-mail, launder clothing, connect with other families and have a place to sleep all at no charge. The members pictured had an opportunity to tour the wonderful homey facility.

Pictured on left is Emily Noble, Office Manager Ronald McDonald House, Scranton, Irene Mackiewicz and Betty Bauman. GFWC Conservation Committee club members. Absent from picture is Gail Frank, President General Federation of Women's Club West Side.


Westside Bulletin
 we're local and your hometown is our focus!
FREE!

KINGSOTN ACTIVE ADULT CENTER
335 THIRD AVENUE
KINGSTON PA 18704
570-287-1102



MARCH 2019

Daily Activities: Coffee, Computer Use, Shuffleboard, Puzzles

Monday: 10:00 Healthy Steps, 1:00 Line Dancing

Tuesday: 10:00 Let Your Yoga Dance – March 12th, 19th and 26th 12:30 – Genealogy Class – March 5th

Wednesday: 10:00 Seniorcise, 11:00 Meditation with Jean-March 20th, 1:00 Tai Chi

Thursday: 10:00 Healthy Steps, 11:00 Belly Dancing 1:00 – Alzheimer’s Support Group – March 21st

MARCH IS “NATIONAL NUTRITION MONTH”

...HELP US HELP OTHERS...

We will be having a non-perishable food drive during the entire month of March.

Items will be donated to a local food bank or mission.

Thank you in advance for your generosity!!!

SPECIAL ACTIVITIES

Fri, March 1 - 11:30 Joke Day

Mon, March 4 – 11:30 – Nutrition Ed – “19 Nutrition Health Tips”

Tues, March 5 – MARDI GRAS SPECIAL LUNCH 10:30 Blood Pressure Checks – Hosted by Associated Family Health Care 12:30 – Genealogy Class

Wed, March 6 – 11:00 FIRE DRILL – Under the direction of the Kingston Fire Department

Thurs, March 7 – 11:00 – “Vaping, Drugs and Alcohol” – Presented by the Children’s Service Center

Mon, March 11 – 11:30 - Nutrition Ed – “20 Ways to enjoy More Fruits and Vegetables”

Tues, March 12 – 10:00 Let Your Yoga Dance Class resumes 11:15 – “Healthy Snacks”- Presentation by Golden Living Center

Wed, March 13 – BAG LUNCH – CENTER WILL BE CLOSED EXCEPT FOR PICKING UP LUNCHES ALL LUNCHES MUST BE PICKED UP BY 10:30.

Thurs, March 14 – ST. PATRICK’S DAY SPECIAL LUNCH

Fri, March 15 – Birthday of the Month Celebration

Mon, March 18 – 11:30 Nutrition Ed – “Eating Right with Less Added Sugars”

Tues, March 19 – 10:30 Blood Pressure Checks by Manor Care 11:15 – “Restless Leg Syndrome” – Presentation by Family Care Home Health

Wed, March 20 – 11:00 Meditation with Jean

Thurs, March 21 – 11:30 – Nutrition Ed – Dietician Approved Topic – “Food Borne Illness” 1:00 – Alzheimer Support Group – Sponsored by Home Instead Senior Care

Tues, March 26 – CELEBRATING NATIONAL NUTRITION MONTH

Wed, March 27 – 11:30 – Nutrition Ed – “Eating Right for Older Adults”

Thurs, March 28 – 11:00 – 10” Warning Signs of Alzheimer’s” – Presented by a representative from the PA Department of Health

We are currently accepting new memberships, as well as requesting our current members to renew and update their 2019 memberships! Membership is a \$5 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



Members of the Kingston Active Adult Center presented Valentine's to be distributed to the patients at Kingston Health Care Manor



Day as an employee.
Sarah Derhammer, Jean Spindler-Asst Director,
Carolyn Tavella and Bruce Yarmey

Save the Date! Back Mountain Bloomers 2019 Garden Tour set for Saturday, June 29



Save the date! The Back Mountain Bloomers Garden Club has announced that the organization's 2019 'Tour of Back Mountain Gardens' will be held Saturday, June 29, from 9 a.m. – 4 p.m. The ninth biennial tour will include six beautiful private gardens, all located within a 10-mile radius of the Borough of Dallas in the area known as the Back Mountain of Luzerne County.

The gardens include a variety of styles and themes including a garden designed for outdoor living, an historic structure renovated into a comfortable living space with surrounding gardens, and an elegant garden that includes a fountain and gazebo. The Back

Mountain Bloomers also will host a horticulture design exhibit with the theme "Fit for a Wedding" at one of the gardens.

Visitors will also have the opportunity to explore the new Mile Seven of the Back Mountain Trail, the most recently developed section also known as the Judy and David Rimple Loop, accessed via Lt. Michael Cleary Drive in Dallas Township. The Back Mountain Trail is a 14-mile former railroad bed that is under development and being transformed into a hiking and biking trail from Luzerne Borough to Ricketts Glen State Park. Current development is focused in Dallas Township on a new section named "Mile Seven."

Co-chairs for the 2019 garden tour are Evelyn Smith of Dallas and Marianne Matysczak of Wyoming.

A full slate of garden, nature, container and landscaping presentations by a variety of presenters is planned. They include Anthracite Scenic Trails Association, Brown Hill Tree Company, Edward's Garden Center, Greater Wyoming Valley Audubon Society, Master Gardeners of Penn State Extension, NEPA Bonsai Society, Perennial Point Garden Center, National Butterfly Association, Wild Birds Unlimited and Pennsylvania Game Commission. There also will be a representative from the Pennsylvania Lyme Resource Network providing information on Lyme disease prevention.

In addition, Plein Aire artists of the Wyoming Valley Art League will paint and draw at different gardens throughout the day. Their collective works will go on display at a date to be announced later in the year.

Proceeds from the Bloomers Garden Tour will benefit the Anthracite Scenic Trails Association (ASTA), the organization which develops and maintains the Back Mountain Trail. The trail is a 14-mile former railroad bed that is under development and being transformed into a hiking and biking trail from Luzerne Borough to Ricketts Glen State Park. Current development is focused in Dallas Township on a new section named "Mile Seven."

Day-of-tour registration and ticket pick-up will be held at the Dallas Township Municipal Building, 2919 SR 309, also off Dorchester Drive in Dallas Township. Tickets for the 'Tour of Back Mountain Gardens' are \$20.00 per person if purchased on or before June 22, and \$25 after June 22. Tour information is available online at www.backmountainbloomers.org.

For additional information, or to request a brochure with registration form, contact Angela Vitkoski by email at avitkoski@pecpa.org, or by phone at (570) 718-6507. The completed registration form and payment should be mailed to Anthracite Scenic Trails Association, P.O. Box 212, Dallas, PA 18612.



The Luzerne County Sports Hall of Fame was proud to recently honor Head Coach Mark Duda with the Meritorious Achievement Award and Commendation Certificate. Coach Duda led the Lackawanna College Falcons to an undefeated record of 11-0 in 2018. This included a closely contested victory over Arizona Western at the 2018 El Toro Bowl in Yuma, Arizona. The Lackawanna College Falcons finished 6th in the National NJCAA Football Rankings. He was recently inducted into the NJCAA Hall of Fame and recognized as the Northeast Football Conference "Coach of the Year". Coach Duda is a Luzerne County Sports Hall of Fame chapter inductee, and a 1995 inductee of the Pennsylvania Sports Hall of Fame.

Mark Duda's career in football began at Wyoming Valley West High School where he starred as a defensive lineman. Duda received a full scholarship to the University of Maryland, where he became a starter recording the single season sack record at UMD. This led to the NFL draft, and a five-year career with the St. Louis Cardinals beginning in 1983.



Pictured above are Olutobi Olugbenga, Mark Duda, and Jim Martin, respectively.

Coach Mark Duda became a member of the football staff at Lackawanna College when the program was introduced in 1993, marking his first year as defensive coordinator. He earned the position of Head Coach after only one year on staff. Coach Duda has led his team to over 150 wins, five undefeated seasons, and eleven bowl games. These accomplishments have helped him to receive seven Northeast Football Conference Coach of the Year awards, the last being in 2018 which was shortly followed by the GridironRR.com 2018 Head Coach of the Year, awarded to him in the same month.

Make a Difference in Education

6 ways to contribute to schools in your community

(Family Features) In communities across the country, many cities and towns revolve around their local school districts. As education is considered one of the backbones of society, it's common for community members to seek ways to assist students through school-related programs.



If you're interested in making a positive impact on your local schools, teachers and students, consider these tips from the America's Farmers Grow Rural Education program, sponsored by the Monsanto Fund, a philanthropic arm of Bayer:

Donate Supplies

From pens and pencils to computer monitors and other tech devices, schools are seemingly always in need of tools to help students thrive in a hands-on learning environment. Consider donating your gently used items for students to use in the classroom. For example, you may have binders, folders and writing utensils in your home office that could be used in a school setting, or you can even buy new materials at the store and contribute those to students you know personally or to a classroom in need.



Volunteer in the Classroom

If a more direct approach to giving is your preference, lending time and talent to a local school can be another charitable option. Try reading to younger children during your spare time, or to have an impact on older students, speak to classes about your job to provide real-world insight. While it requires more of a time commitment and likely certification in some form, applying to become a substitute teacher is a way to assist both students and teachers in your area.

Nominate Schools for Grants

To better understand the evolving world, some of the more pressing educational areas include science, technology, engineering and math (STEM). You can assist public schools in your area and help provide more STEM opportunities by nominating them for special grants, such as those offered by the America's Farmers Grow Rural Education program, which has awarded more than \$16 million in grants to more than 900 public schools since 2011. From Jan. 1-April 1, 2019, farmers can nominate local public school districts to apply for \$10,000 and \$25,000 grants.

Past winning programs used funds to improve internet connectivity, develop industrial arts labs and create life science and livestock learning laboratories. Find more information and nominate your local school at AmericasFarmers.com.

Think Outside the Classroom

It's entirely possible the hours of the school day and your work schedule simply don't align. Rather than helping inside the classroom, you can assist in after-school programs like sports and other extracurricular activities as a coach or sponsor. Additionally, school projects that require time spent job shadowing are common in middle school and high school, meaning you can volunteer to allow students to gain real-world experience by joining you at your workplace for a predetermined amount of time.

Attend Meetings

School board meetings in many areas occur weekly or monthly and are typically open to the public. If your local school district allows public attendance, consider making regular appearances. While you may not always share your opinion on school board matters, attending can, at the very least, allow you to stay up-to-date with the happenings of the community and keep informed on important topics and potential areas of need.

Encourage Participation

Finding ways to help schools, students and teachers can only go so far with limited assistance from community members. Reach out to others you think may be interested in lending their time and talents, and use social media and other avenues to spread awareness about upcoming events or information you believe need to be amplified.

Schools typically play a large role in community settings, but they're still almost always in need of help from those who are willing to give it. Giving your time and providing assistance where possible can make a positive impact where it's oftentimes needed most.

The Importance of STEM Education

One of the most important parts of the education process is preparing students to take on the "real world." As technology evolves and changes, STEM learning is increasingly becoming a foundation for future life skills.

There are a number of reasons STEM is truly valuable to today's students, including:

- **STEM is where jobs are headed. According to the U.S. Bureau of Labor Statistics, the 10 fastest-growing occupations through 2026 are populated 100 percent by jobs that fall into STEM categories.**
- **STEM is innovative. Skilled employees in STEM fields are driving trends, which in turn creates additional jobs while boosting the economy.**
- **STEM is a stepping stone. The list of careers that fall under STEM categories continues expanding. In addition to some of the more apparent careers and jobs, STEM learning can provide experience applicable to many other fields.**
- **STEM is making a difference. Driving social change through scientific research and technological advancements means STEM is at the forefront of making positive impacts in areas like medicine and engineering.**

Funding for local schools is a key component in the STEM learning process. To help advance educational opportunities, consider nominating your local school district for grants like those available from the America's Farmers Grow Rural Education program, which includes \$10,000 and \$25,000 grants to fund improvements ranging from greenhouses to laboratory equipment to makerspaces.

Photo courtesy of Getty Images (students working on robot)

Consistency the key to Pizza Bella's success

Locally-owned business continues to expand

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

Dan Claherty is sitting at a booth inside Pizza Bella in Forty Fort, reflecting on his nearly 30 years in the pizza business. Owning and operating pizzerias, he says, has left him with no regrets and has resulted in many friendships. And, like anyone that prepares meals for a living, he says he still gets great satisfaction when people tell him that they love his food.



"It's the people," says Claherty, when asked what he enjoys the most about running Pizza Bella. "Serving people. Serving businesses. We work with a lot of schools, we do a lot of fund raisers, and we're well-known in the valley for what we do."

Indeed. Claherty, 57, who had previously worked in the field of finance, is a native of South Wilkes-Barre and is a graduate of

G.A.R. High School. He also studied at Luzerne County Community College and King's College. In addition to the Forty Fort location, you can also find Pizza Bella in Hanover Township, Nanticoke, Dallas and West Pittston. Claherty opened the first two locations, first in Hanover Township, and then Forty Fort, with his ex-wife, Debrah Semyon, now Debrah Emery, who remains a partner at both locations. He is the sole owner of the Nanticoke and West Pittston locations and the name, Pizza Bella, is used by a good friend, Pat Cunningham, in Dallas.

"It's a fast pace," says Claherty, adding that the newest location in West Pittston is already undergoing an expansion. "There's always something going on."

Though he considers the opening of the Hanover Township location in 1992 as the official start of the business, Claherty actually ran his first Pizza Bella in 1990, in Plains Township. It was then that he learned that a pizzeria in Plains was for sale, and he and his then-wife decided to buy it. They ran it, successfully for a three months, but soon realized that the location was too small, and they had hoped to relocate to Hanover Township.

With his eye on a specific location in that area, they decided not to extend their lease in Plains, they put all of their pizza-making supplies in storage, and in 1992, when the timing was right, they opened the flagship Pizza Bella in the Newtown section of Hanover Township, near Ashley.

Claherty, whose parents are of Irish, English, Polish and Russian decent, says he grew up around mostly bland foods, and that as he got older, he enjoyed cooking with seasonings. That, and enjoying some of the great pizzerias found throughout NEPA, served as an early inspiration to cook and, eventually, open his own restaurant.

"For me, it was season, season, season," he says with a smile. "In the summer, we'd go to the beach and I'd see these guys on the boardwalk making pizza, and I'd think, 'I'm going to do that someday.'"

Even some of the local guys that I used to like - like Pardini's in Kingston - we'd walk over the bridge from Wilkes-Barre because the Stromboli was so good."

Claherty's gift of taste, and his interest in always wanting to learn more about what people like, has served Pizza Bella well. In fact, it resulted in a key ingredient to his pizzas.

"In the beginning, I read an article about why kids preferred the hamburgers at one fast-food chain over the other, and the reason was the sweet bun," he says. "And so we started to use a sweeter California tomato sauce."

Pizza Bella serves as a vendor to several local sports programs can its pizza can be found everywhere from Little League fields to high school sporting events. In addition to traditional pizza, the restaurant menu includes the choice of 18 different gourmet specialty pies, wings, Stromboli, soups and salads, wraps, subs, artisan chicken sandwiches, burgers, calzones and several gluten-free choices.



"Our unique, award-winning gourmet specialty pies have been around forever - way before the national chains starting making them," says Claherty. "Everyone knows about our famous buffalo chicken pies. And one day, 20 years ago, we were doing a fundraiser for Meyers High School, and I scrambled up some eggs and put them on a white, thin-crust pie with some seasonings and topped it with cheeses and bacon. That's our breakfast pizza. We also have

20 types of subs on sesame seeded buns to choose from and one of the best ribeye cheese steaks in the area."

Claherty has three children: Shannon, Devon and Gavin. Gavin, who now often helps prepare the sauces, plans to work with his father full-time at the business following college. Pizza Bella currently employs approximately 50 people, and Claherty says that, beyond cooking and meeting his customers, one of the additional joys he's gotten from the business is the relationships he's been able to maintain with some employees, especially those that have moved on, but come back to visit and say that seeing how his hard-work resulted in the growth of the business was inspiring.

"The kids look up to you," he says. "I've seen a lot of kids come out of school. Some kids make it, and some kids don't, but some of them that have worked here come back and say, 'You were my drive. You were my drive to be successful.' " Others who might not have worked at Pizza Bella but were simply customers also often come back after leaving home. They just miss the food. "When the kids come home for Thanksgiving break and Christmas break, it's banner business," he says. "That's the first thing the kids say: 'We miss ya.' "

Claherty says that one of the keys to the success of Pizza Bella is maintaining the same quality at each location. For example, if you work on the west side of the valley but live on the east side, and you order the same item from the menu at different locations, you can expect it to taste the same. "Consistency," he says. "They want it to taste the same. And it will taste the same at all locations. "People in this valley know how to eat," he adds. "That's a fact."

**Contact Pizza Bella: Forty Fort: (570) 288-3278 - Nanticoke: (570) 258-1111
Hanover: (570) 825-8222 - West Pittston: (570) 602-4446 - Dallas: (570) 675-8000
www.pizzabellanepa.com**

Ace 'unmasks' in NEPA 1985 concert remains a memorable one

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

A great rock concert can stand out in your mind for various reasons. I've been to quite a few of them, and though some were utterly forgettable, some are still burned deep in the heart. Seeing Paul McCartney live can actually leave you awestruck, and artists like U2 and Bruce Springsteen seem to take you to another place during their live shows. In some ways, it's almost spiritual.

I love those artists. Always have. And it's no secret to some of my longtime readers that I'm also a pretty big KISS fan. I've seen them about 30 times in concert and can honestly say that when it comes to live bands, they remain among the best. Ace Frehley, the group's original guitarist, is also still an all-time favorite. And it was in March of 1985 that Frehley gave one of the most memorable shows I've ever seen. And it was right here in Northeast Pennsylvania — in Scranton — at the old West Side Theater.



I was 17 years old and it was the spring of my senior year in high school at Wyoming Valley West. Myself and a group of good friends all loved Ace, but since he had left KISS a few years prior — right around the time we were finally old enough to start going to their shows — we'd never seen him play live. I can still remember the day the show was announced, and how we were all calling one another and were absolutely over-the-top excited. Within minutes, we were all running off to our little part-time high school jobs, making sure we put in for the night off from work. I called one friend who lived quite a few miles away and said I was on my way over to pick him up. He still jokes to this day that right after I called, he threw on Frehley's 1978 solo album, and before he'd heard even one song, I was already out in front of his house laying on the horn.

Did I mention we were excited?

A few weeks later, it was time for the big show. March 3, 1985. The concert venue was about a 30 minute ride from my house in Kingston. We left about 12 hours early. There were so many of us that we had to take two cars. Even though Ace wasn't going to come on until around 9 p.m., we were there by late morning. Of course, we spent most of the day on a zany quest trying to meet him. After learning that he was still nowhere near the venue, we decided to scope out a few nearby hotels, and though we did eventually find the right one and had a pretty close encounter with the great guitarist, we had no luck in our attempt to hang out with the Spaceman.

And that, in retrospect, is OK. The hunt to find Ace was a lot of fun in itself, and since that time, I've been fortunate enough to have met him and interviewed him several times. But that first attempt back in '85, when we were still just kids, was something we all still laugh about. In fact some of us, all of these years later, still meet for lunch every year on March 3 to reminisce and celebrate our love for Ace. At one point, we walked into a hotel lobby with Frehley's solo album and asked a woman at the desk, "Have you seen this man?" She smiled at the album cover — a painting of Frehley in his full KISS makeup — and said, "No, but I wish I had."

And THAT was another thing that made this particular concert so memorable. That type of picture — Ace in his KISS makeup — was all we had to go by. What some younger KISS fans might not even realize is that for a full decade, from 1973-1983, no one knew what the band members looked like. It was a huge part of their persona that offered a unique element to their mystique. Finally, in '83, when they felt that aspect of their career had run its course, they unmasked for the album "Lick It Up" and continued to enjoy great commercial success. Frehley, however, had left the band in '82. And though he was on tour in the spring of '85, he had not yet released a post-KISS solo album.

Ace had not yet "unmasked."

We were all going to see a show by one of our all-time favorite musicians, yet we had NO IDEA WHAT HE LOOKED LIKE

Thinking back on it, it's pretty wild, and I can honestly say that Ace Frehley's 1985 mini-tour of the East Coast was one of the most unusual rock tours of all-time. I can't think of any other tour, ever, where you knew that when the artist walked on the stage, you were literally going to see what they looked like for the first time. It was incredibly cool, and since he was already a superstar, and since we had already loved his music so much for so many years, it only added to the fun.

Of course, Ace came out and totally rocked. For us, it was pretty much the same as it was with KISS a few years earlier, when we saw them sans makeup for the first time. We were never fans because of the makeup and costumes. Sure, maybe it helped get our attention when we were kids, but we stayed fans because we liked the songs. We loved the music. Again though, most KISS fans had seen the band unmask live on MTV in '83. Or they'd seen their photo on the "Lick It Up" album cover, or they'd seen them in music videos. By the time their tours for "Lick It Up" and later "Animalize" came around, you at least knew how they appeared in person.

Not so with Ace.



Ace Frehley performs in NEPA in 1985
(ACE Continued on page 19)

(ACE Continued from page 18)

Frehley played lots of great songs that night, some old and some new. And he continued to come back to the Wilkes-Barre/Scranton area from time to time. He played the old Autographs nightclub in Old Forge in '87, and both The Woodlands and Tink's in '95. And in 2016, he played The Kirby Center in Wilkes-Barre. They're all part of KISSSTORY here in NEPA. A history that includes KISS shows at The Paramount Theater (now The Kirby) in 1974 and King's College in 1975, Paul Stanley's solo show at Market Street Square in '89, Peter Criss' show at Market Street in '92 and The Woodlands in '94, and some of KISS' more stops at Montage Mountain, including a show in 2000 with Ace back in the band.

Except for those first few shows in '74 and '75, I was at all of them. And though I loved them all, there will always be something very special about March 3, 1985 — the day my friends and I saw Ace Frehley for the first time, both figuratively, and literally. It was a day that, when you really think about it, helped reinforce what what KISS had first proved in 1983. Despite their larger-than-life persona, lavish stage shows and now iconic makeup and costumes, it's really the music and nothing but the music that matters most.

Ace proved it, once again, in Scranton.

And his fans proved it simply by being there.

Wyoming Valley Montessori Students Celebrate Valentine's Day



Primary Students of the Wyoming Valley Montessori School designed special Valentine boxes as a part of their study of the Valentine Day celebration. The uniquely designed boxes were a part of a larger study of this special day and how it is celebrated. Pictured are students of the Primary C classroom.

left to right first row – Olivia Brown, Kingston, Namrata Agarwal, Jenkins Township, Aditya Vohra, Shavertown, Alison Baloga, Forty Fort, Satya Graham, Kingston, Sam Weiner, Mountain Top. Second row- Ella Thomas, West Wyoming, Hailey Horwitz, Sweet Valley, Brianna Nesgoda, Pittston Twp., Maddox Klein, Duryea, Kyla Balakier, Mountain Top, Chloe Corbin, Dallas, and Sahira, Shamsedeem, Dallas.

Social Concerns Committee of St. Elizabeth Ann Seton Parish



The Social Concerns Committee of St. Elizabeth Ann Seton Parish invite you to their 5th Annual Variety BINGO on Sunday April 7th in the school gymnasium located at 116 Hughes Street in Swoyersville, PA. Doors open at 12:00 PM with game play starting at 1:00 PM. Admission is \$10 and there are no tickets sold in advance and seating is limited to 250 players. Your entrance includes 4 cards for 15 regular games and 3 cards for 5 special games. Additional cards will be available for purchase. A final cover all game is for a \$200 cash prize. Daubers are required to play and will be available for purchase as well.

A variety of foods will be available to purchase for lunch in addition to a Bake Sale, Basket Raffle and Instant BINGO. The Social Concerns Committee is a program that tends to the needs of the parish community as well as the community at large. All proceeds will help those in our community during difficult times. At a recent meeting, members of the Social Concerns Committee met to discuss and plan the event. From

L to R: Catherine and Frank Suraci, Jackie Ligouri, Margaret Bassolino, Evelyn Hagen, Mary Zukosy and Stephanie Walski.

Wyoming Free Library

Gertude Hawk Candy Bar Fundraiser

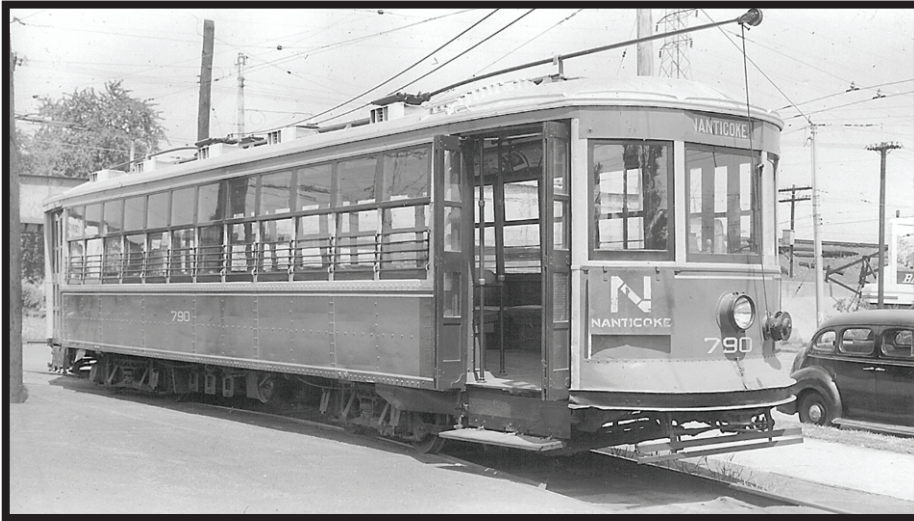
Starting Thursday, February 28, the library will begin selling Gertrude Hawk candy bars. The flavors available are: peanut butter, crispy, caramel, solid milk and dark chocolate. Each bar is \$1.00.

All proceeds benefit the Wyoming Free Library.

\$5.00 Fill-a-Bag book sale

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

Luzerne County Historical Society



Before the rise of the automobile to its current level of prominence, the most popular way to get around, especially to get downtown, was the city trolleys. Streetcars ran into Wilkes-Barre and Scranton from all of the surrounding boroughs. Much like today's LCTA buses, you could get almost anywhere via trolley. However, rising maintenance costs, the amazing growth of the personal automobile (especially after WWII), and the need for smoother, rail-less roadways that went with it, led cities to remove more and more track each year. From a peak of nearly 100 routes, by the early 1950s there was just one remaining route going into Wilkes-Barre. As a result, the cars were sold off or scrapped.

One did survive, the WBTC 790. Recently discovered by the Anthracite Trolley Group, the streetcar had been made into a house. Now as part of "Project 790" the Trolley group is leading efforts to restore and preserve the streetcar, believed to be the last surviving Wilkes-Barre trolley, and hopefully, get it back into running order. Want to know more? Come hear members of Project 790 speak on the discovery of the car, as well as their current restoration efforts at the Luzerne County Historical Society Museum on Saturday March 23, 2019, at noon. The program is free for Society members, and \$5 for nonmembers. Reservations are accepted, but not required.

Mayor Tony George has declared March 16 to 23, 2019, as Trolley Week in Wilkes-Barre! Trolley Week will begin with a presentation from Harrison Wick at Wilkes University on the 16th and end with the presentation from Reverend Jim Wert and Conrad Baut on the 23rd here at the LCHS.

Watch Mayor George's Proclamation live on PA Live! March 15 at 4:00pm on WBRE-TV 28.

Pictured above are two images of 790 on August 9, 1949, as it sat in the Kingston railyard during its heyday.

Submitted by
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**Westside Bulletin**
we're local and your hometown is our focus! **FREE!**

**Don't Get Ripped Off When Getting Your Taxes Done
By Martin A. Federici, Jr., CEO of both MF Tax & Accounting,
Inc. and MF Advisers, Inc.**

Every year we talk to some people (either current clients or people we know who aren't clients yet) who tell us that they were charged (aka **swindled out of**) several hundred dollars (usually for uncomplicated personal income tax returns) by one of the big retail "professional" tax preparation companies (you know who we're talking about). This is ridiculous and must stop! Unless you have a lot of investments, run a business, have rental properties, have a lot of itemized deductions, have a bunch of unreimbursed expenses at multiple jobs, and/or have multiple W-2s/1099s, your relatively standard income tax returns shouldn't be costing you an arm and a leg.



The so-called tax preparation "experts" who offer you cash advances and loans – even entries into sweepstakes (wow, just...**wow**) – and charge you ridiculous rates may have just been trained to prepare taxes in the month before tax season started...how's that for experience?! Perhaps they're stuck in the dinosaur age, prepping tax returns by hand and charging out the wazoo to do it instead of embracing technology to help them become more efficient with their time. To us, time equals money. If we can save time – and get more work done for our clients by being efficient – then we don't need to charge exorbitant fees when doing tax prep work for people and companies. It's just that simple. After all, fair pricing based upon how long it takes to do the work is best for everyone.

Here's the [tax preparation rules to follow](#) for this time of the year (a must for those of you who are looking to make tax season less of a pain going forward):

1. If you're not the do-it-yourself type, **hire an experienced, professional tax preparer to handle your returns.** Stay away from the generic chain tax prep services – they tend to significantly overcharge for preparing returns...as in charging by the form (which is a rip-off) instead of hourly (much fairer).
2. **Make sure you have all needed tax documents.** Sounds simple enough but being organized about collecting your tax documents (where did I put that W-2?) makes life much easier for your preparer.
3. **Your preparer should ask you lots of questions, especially if it is the first time he/she is preparing your returns.** Even after the first year, things can change with your personal/financial situations over time, and any qualified tax preparer will know to ask the important questions (law changes, new possible deductions/credits, etc.) so you don't leave anything on the table.
4. **If you work with a CPA, he/she should offer advice for your specific tax situation during and after preparing your returns.** This can be very important for not only the current year (can a [traditional IRA](#) contribution lower your tax bill?) but the following year as well (should you contribute more to your [401\(k\)](#) at work?). Offering suggestions that can improve the amount you get back (or help you pay less than you have in the past) can be very valuable for some.

Your tax professional should be willing to speak with any other professionals you have hired. There are a lot of reasons why insurance professionals, [professional financial advisors](#), attorneys, etc. should speak to your tax preparer (with your permission of course) to coordinate on issues that may be important and need to be looked at from different perspectives. This way you get the input of trusted professionals on issues that have overlap into several areas of your personal financial/tax situation.

Find an experienced local **tax preparer** who works for a professional tax preparation firm, earns his/her money from hourly/job fees (NOT charging by the form), believes in helping clients improve their tax/financial situations, and has the heart & demeanor of a teacher, NOT a salesperson, and chances are you've found the right **tax preparer** to help you with your tax situation.

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

About MF Tax & Accounting, Inc.

MF Tax & Accounting, Inc. is a full-service tax preparation & accounting firm based in PA & FL specializing in tax preparation, tax planning & advice, and accounting services.

With 10+ years of licensed experience, over 10 years of professional education, and an unwavering commitment to helping you, MF Tax & Accounting, Inc. is the tax & accounting firm to best serve YOU.

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The "Shawnee Time Travelers"



The "Shawnee Time Travelers" recently joined together at Happy Pizza for "Tribute to the Troops," a benefit for both the Plymouth Historical Society and the Shawnee Cemetery Preservation Association.

Presentations included "Rosie the Riveter," Hometown Hero Veterans and our own "USO" performers doing "Bushel and a Peck." At the conclusion of the program, hometown Vietnam Veterans, whose names are included on the "Wall that Heals." were honored by the Veterans in attendance. Shown in photo, first row, left to right; Mary Kondrad, Ruth Jesso, Ruthie O'Dell, Georgetta Potoski, Lorraine Smith and Heather Ruseskas. Second row, left to right: Danny Bobby, Mark Ruseskas, Tom Jesso, Steve Kondrad, Tom Curney, Wes Mitchell, Jay Bonito and Bruce Geiger. Third row, Albert Dragan.

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

Call ahead to check if closed due to Inclement Weather!

March 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 Card Club

Tuesday – 11:00-12:00 Center Activities

Wednesday – 10:45 to 11:45am Singing Club (LOONY TUNES) 12:30 pm to 1:15 pm Shuffleboard

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

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

**** All Weekly Activities may occur more often as time allows! ****

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

Special Events and Programs for the month:

FOOD DRIVE-Please bring in non-perishable items!

“St Patrick’s Day Coloring Contest”: crayons, pencils or regular markers only.. No extras...Due by Friday March 8 for voting!

March 5 (Tuesday) Mardi Gras Celebration

March 8 (Friday) 10:30 – 11:45 Blood Pressure Checks Sponsored by Lois Elick from PA Dept. of Health

March 11 (Monday) Crafts with Kathy Walker 9:30-1:30

March 12 (Tuesday) Bag Lunch Day –Center closes 11:15

March 14 (Thursday) St. Patrick’s Day Lunch & Celebration

March 19 (Tuesday)10:30-12:00 Bayada Home Health Care - Fall Prevention

March 25 (Monday) 11:00 Cawley Physical Therapy & Rehabilitation

“Knee Pain Workshop”

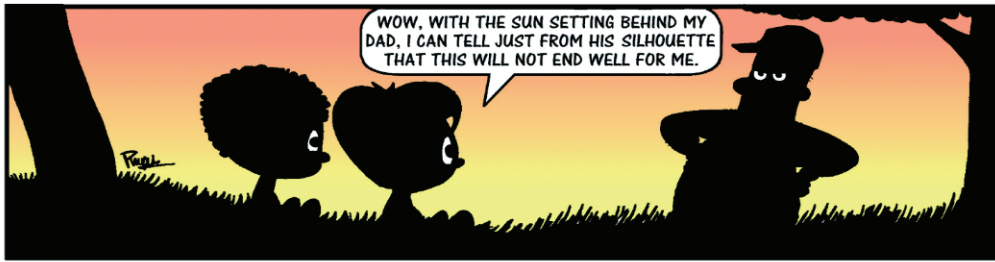
March 26 (Tuesday) Celebrate National Nutrition Month Lunch

March 27 (Wednesday) 10:30- 12:15 Blood Pressure Checks & Talk
Sponsored by Lois Elick from PA Dept. of Health **Loony Tunes 12:30-1:15**

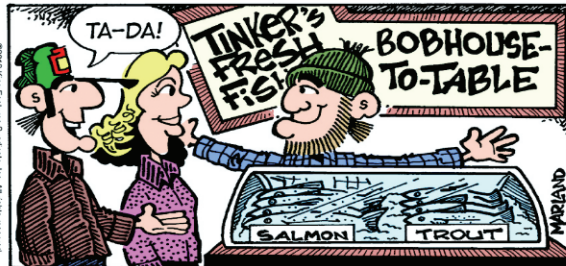
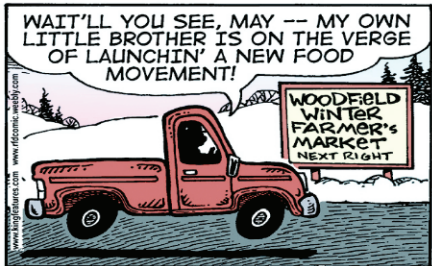


Amber Waves

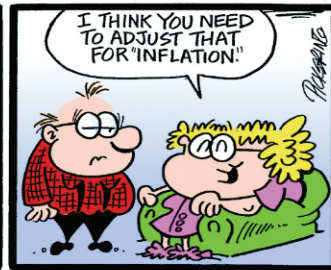
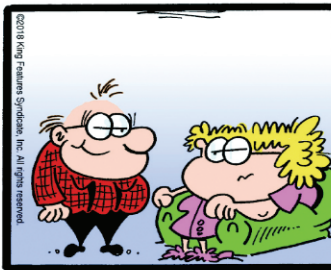
by Dave T. Phipps



R.F.D.



The Spats



by Jeff Pickering

Weekly SUDOKU

by Linda Thistle

1	7		9			6		
		3			7		9	1
2			4					8
	1			8	5			
9		4					8	
		5		1				2
	3		8			2	7	
7				6				1
	9	2			1			4

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

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF

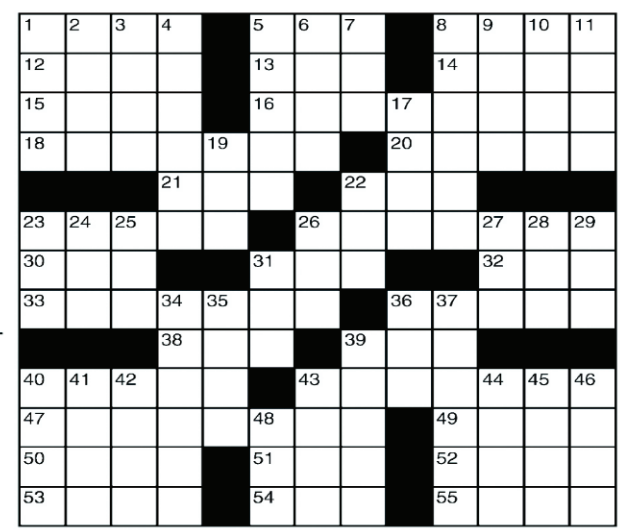
Find at least six differences in details between panels.

Differences: 1. Window is missing. 2. Man has mustache. 3. Boy is wearing glasses. 4. Snow creature is shorter. 5. Man's scarf is different. 6. Creature's arm has more branches.

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- ACROSS**
- Soybean paste
 - Young fellow
 - In the thick of
 - Pastoral poem
 - Hockey surface
 - Start over
 - Tear
 - Some inoculations
 - Left the premises
 - Grown-up nit
 - Petrol
 - Jan. and Feb.
 - Building wing
 - Battery brand
 - Golf prop
 - Whammy
 - Equal (Pref.)
 - Combat-zone helicopter
 - Connection
 - Express
 - Peruke
 - Accumulate
 - Empty spaces
 - Time away from work
 - Largest of the seven
 - TV trophy
 - Conk out
 - Trawler equipment
 - Actor Roger
 - Peculiar

King Crossword



- DOWN**
- Nuclear missile acronym
 - Concept
 - Harmonization
 - Senescence
 - A cat has nine
 - Mil. sch.
 - Nov. follower
 - Melodious
 - List of options
 - Mid-March date
 - Medicinal amount
 - Satiate
 - Levy
 - Baer or
 - Schmeling of boxing
 - \$ dispenser
 - Born
 - Homer's neighbor
 - Fun 'n' games
 - Compete
 - "— was saying, ..."
 - Anti
 - Dinner for Dobbin
 - Medicinal compositions
 - Expansive
 - Twitch
 - Galapagos lizard
 - Subsided
 - State
 - Jerry Herman heroine
 - Pinnacle
 - Null and —
 - Secondhand
 - Teeny bit
 - Back talk
 - Altar affirmative

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4	5	8	1	3	2	6	9
7	4	6	2	9	5	8	3
9	7	2	4	6	8	1	5
2	9	3	6	1	7	4	8
7	8	1	5	3	4	9	6
6	4	5	8	2	9	7	3
8	3	7	9	1	4	6	5
1	6	4	7	4	5	2	3
5	2	6	3	8	9	4	1

Answer
Weekly SUDOKU

S	E	R	E	S	O	D	D	O	S	E	E	R
A	V	A	T	I	O	D	I	E	A	M	A	V
E	S	T	S	I	N	O	T	I	O	A	C	V
S	I	V	A	S	I	V	A	C	V	A	S	I
U	M	S	U	M	S	U	M	S	U	M	S	U
G	A	S	M	O	S	M	O	S	M	O	S	M
V	A	C	A	T	E	D	L	O	U	S	E	
R	E	N	D	V	A	C	G	I	N	E	S	
I	D	I	L	R	E	D	O					
M	I	S	O	L	A	D	A	M	I	D		

Solution time: 21 mins.
Answers
King Crossword

Trivia test

by Fifi Rodriguez

- MOVIES: Which 1969 movie featured the song "Raindrops Keep Fallin' on My Head"?
- LITERATURE: What is the name of Harry's owl in the "Harry Potter" book series?
- MUSIC: Which American actor performs music as his alter ego Childish Gambino?
- FOOD & DRINK: Which kids' snack, contained in a box with a string handle, was first marketed in 1902?
- GAMES: In what game is a shuttlecock used?
- SPACE: Who piloted America's first and shortest flight into space?
- ANIMAL KINGDOM: Which fish is the fastest in the world?
- GEOGRAPHY: What is Saigon's current name in Vietnam?
- ART: Which city is home to the statue "David" created by Michelangelo?
- MONEY: What was the basic currency of Greece before the euro?

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- Trivia Test Answers
- "Butch Cassidy and The Sundance Kid"; 2. Hedwig; 3. Donald Glover; 4. Animal-shaped crackers then known as "Barnum's Animals"; 5. Badminton; 6. Alan Shepard, 1961, 15 minutes; 7. The black marlin; 8. Ho Chi Minh City; 9. Florence, Italy; 10. Drachma



Chacko's Family Bowling Center Wilkes-Barre

April 13, 2019
9 am – 5 pm

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

