





News items of days gone by

1989 - 10 YEARS AGO

The following children graduated from the Kindergarten Spring Program at Wyoming Valley West's Pringle Street School: Sheila McDaniels, Asleigh Fati, Amanda Luzetsky, Ashlee Kostelnick, Heather Schultz, Caitlyn Burns, Megan Kachmar, Anthony Amos, John Stephens, Tina Stolarick, Jamie O'Kane, Maria Worlinsky, Crystal Lewis, Kelly Hann, Eric Cardoni, Kyle Majorana, Russell Watkins, John Pacovsky, Joshua Gittens,

Edward Furman, Jason Gierszal, Steven Bucholtz and Marin Moser.

Chester Innamorati, Lynn Urban and Joseph Adamchak, all graduates of Wyoming Valley West High School, were recipients of the annual scholarships of the Swoyersville Kiwanis Club.

1979 - 20 YEARS AGO

Several West Side girls were among those who attended a women's field hockey clinic in-

structed by Wilkes College field hockey coach Gay Meyers. Girls who attended the program, held at Wyoming Seminary field in Kingston, included Megon Hedden, Leslie Lawrence, Maria Saracino, Sarah Reynolds, Emma Simms, Leigh Lawrence and Jennifer Williams.

The Pace Setters Athletic Club, Plymouth, was holding its annual basketball clinic at Wyoming Valley West High School. Wyoming Valley West's Jack Mascioli, camp director, was assisted by camp coordina-

tor Tony Konieski.

Local Thrift Drug Stores were featuring the following specials: a 35-ounce box of All laundry detergent for 83 cents; a 100-count bottle of Bufferin for \$1.66 and a seven-ounce tube of Colgate toothpaste for 89 cents.

The Way It Was

Put some bite into kids' dog days

■ Anything from organized activities to a little ingenuity at home can turn summer doldrums into fun time.

By ANNE COARLY
Times Leader Staff Writer

Smash clay, not creativity. Dabble in finger-painting, not hand-writing.

Read a book instead of the hot act. Summertime doesn't have to mean three months for your kid's brain to turn to mush. For parents to hear their progeny find 10 million ways to say "I'm bored."

During that long stretch of summer vacation, parents can provide hours of fun activities that are educational, too, educators say.

Anything that sparks a child's creativity, talents or academic interests can improve their school performance later in life — when school starts in the fall and beyond, said Deb Carr, supervisor of reading at Hazleton Area School District.

Summer camps and workshops are an option. Call your school district, area colleges and organizations such as the YMCA, Catholic Youth Center or the Jewish Community Center for information on what's going on.

But there's plenty a parent can do when children are at home. So, roll up your sleeves and prepare to get reading, creative and maybe even a little dirty. Here are some suggestions to make your child's summer a productive one.

■ Make a "creativity box." Take a large cardboard box — say, from a box used to hold computer or copier paper — and wrap it with wrapping or shelf paper. Inside, pile white and colored paper, sketch books, crayons, colored pencils, sidewalk chalk, glue sticks, paints, clay or any other art supplies.

When a summertime day drags, or even during a regular "creative hour," pull out the box and let kids go at it. Assistant professor of communications who is pursuing a doctoral degree in art education.

Joyce suggests throwing away the coloring books: It's good for children to think up their own drawings and sketches. They can draw and write logs of their summer or their vacation, or just scribble.

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■ See Summer, Page 9B

deavor is to cut sponges or hard vegetables, such as potatoes or carrots, into shapes; dip them in paint and press away to make designs or homemade cards.

■ Set aside a family reading time. Even if it's for just 15 minutes, have the entire family read.

■ Send kids to the library for a cookbook, and let them go nuts (supervised, of course) in the kitchen. Or, have them find books about hobbies, such as model cars, coin collecting or butterfly watching. They can read the book and then pursue the hobby, said Gay Meyers, associate professor of education at Wilkes University.

■ Buy kids an inexpensive camera, and ask them to shoot the family vacation, their summertime activities or whatever catches their interest, Joyce said.

■ Make a weekly trip to the library. Young children can sit in on story hours, while older students can read their weekly selections. Pick your child's favorite author, and read all of his or her books, or hold "book races" to see who can read the most during the summer, Meyers said.

Summer

(Continued from Page 11B)

■ Write personal books. Have children write stories of their life, using photographs from a family album. For younger children, show them pictures, ask them what they'd like to say about them, and write their ideas under the photo, Carr said.

"It could be as simple as, 'This is Mom by the pool.' But he or she is learning words have meaning," Carr said.

Children also should write every chance they get: letters, postcards, even the family grocery list.

■ Get innovative with art. Go to the library and have your child find a recipe for homemade Play Dough — usually a simple mix of flour, water, salt and cream of tartar. Your child can read the recipe to you, help make the dough and then play with it later, Joyce said.

For toddlers, parents can wash out old, plastic roll-on deodorant containers; make sure they're completely clean. Then, fill them with paint. "They love it. They'll have a ball," Joyce said.

Another simple artistic en-

TL 6/26/94

APR 26, 1994

THE TRIBUNE
SCRANTON, PA

A4 - 25,000

Students blend pasta, architecture

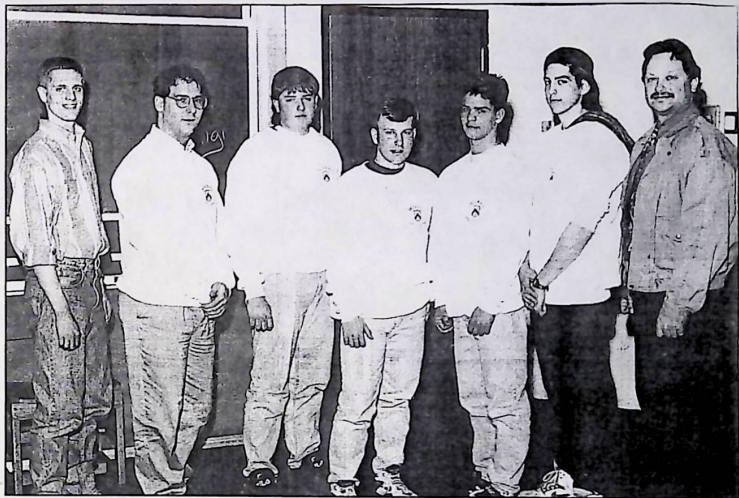
How much weight can be borne by a bridge constructed of pasta? If it was built by students from the Lakeland School District, it will hold enough to win first prize at the annual Wilkes University Bridge Building Contest.

The winning team on "Pasta Day" included Jason Walters, Bob Deecki, Marc Hoinsky and Rick Toth.

Hosted by the Wilkes Engineering Club, the contest brought more than 120 students together to attempt to build bridges from macaroni. The students were divided into teams and given glue, a few ounces of pasta, and one hour to work.

At the end of the hour the students placed their bridges on a pedestal and slowly lowered weights onto their creations. Lakeland's team built a bridge that withstood 117.9 grams, which was more weight than the 40 other bridges built that afternoon.

The senior architecture students were given sweatshirts from the School of Science and Engineering.



From left, Mark Rinehimer, president of the Wilkes University Engineering Club, and Dr. Cliff Mirman, assistant professor of mechanical and materials engineering, congratulate Lakeland

School District students Jason Walters, Bob Deecki, Marc Hoinsky and Rick Toth, and Nick Hameza, Lakeland teacher, for winning the annual Wilkes Bridge Building Contest.

Watch

(Continued from Page 12)
information — she went to them in person. She toured them, she talked to the teachers and she watched to see how happy the children were. Finally it came down to the CYC and a few others, but Farrey chose the CYC because the schedule there fit her work schedule.

The process of choosing a center can be long and involved because of the large number of facilities in Luzerne County.

Peggy Perletto and her husband John have owned and operated Little People Day Care in Kingston and Wilkes-Barre for 16 years. Over the years, they watched the child care industry grow by leaps and bounds.

"There definitely is a lot of competition today as compared to when we first opened," says Peggy Perletto.

Minding their P's and Q's

On any given morning, walking into Little People's classroom in Wilkes-Barre is a learning experience for visitors as well as the children.

Though the children can't read or write, they are well on their way. Teachers take them through lessons which emphasize the months and days, the alphabet, numbers, shapes and colors.

And while the group classes are being conducted, students are tutored individually on a personal computer.

In addition to large facilities like Little People and the CYC, parents may choose a private home day-care situation, with fewer children and individual attention. Miss B's Day Care in Plymouth is one of them.

In contrast to other facilities, Miss B's is located in a Nottingham Street home and not in a center. Miss B's does not offer structured academics like other day cares, but it teaches the basics in other non-stressful ways, says Miss B, Virginia Ballo.

And maybe the biggest difference is that Miss B's usually enrolls around 12 children, compared to larger facilities with 10 times as many charges.

"Because we're smaller, we're more personal," Ballo says. "I even know who likes peas and who doesn't."

Miss B has operated the child care for nearly 25 years and has seen a lot of changes in the industry nationally and locally.

And although she agrees the need



The CYC is one of many area facilities which has seen a greater demand for child care in the past 15-20 years.

for day care is increasing locally, her enrollment is down. She blames the reduction partly on competition, partly on layoffs of garment workers, which have affected her regular customers.

'They're family'

But, whether parents choose private homes or larger child care facilities, many experts agree child care is a positive influence in children's lives.

"Right now in terms of the (Wyoming) Valley, there is a big need for toddler care and pre-schooler care, and, luckily, there are a lot of choices for some very good-quality centers locally," says Gay Meyers, an assistant professor of early childhood education at Wilkes University.

"And I am confident that quality care will aid the child's development — it definitely will not hinder it."

Knowing Christopher and Sara receive good quality care at the CYC is ultimately what helped Farrey come to terms with placing her children in child care.

Sara is in her second year at the

center and Christopher, a first-grade pupil in the Wilkes-Barre Area School District, attends the CYC's afterschool program.

"Being able to drop your children off without feeling guilty comes with

time and trust because in the beginning you're leaving them with total strangers," says Farrey.

"But for me, as time went by, CYC was no longer just a day care; they're family."

Picking the right caregiver

The experts at Coordinated Child Care offer the following advice to parents choosing care for their child:

- Before deciding on a facility, visit at least three different sites. Visit the site you ultimately choose at least three different times during the day.

- If a center doesn't allow you to visit your child at any time, be suspicious.

- Trust your feelings and instincts. If you are not comfortable

with facility or personnel, chances are you would not be happy with the center.

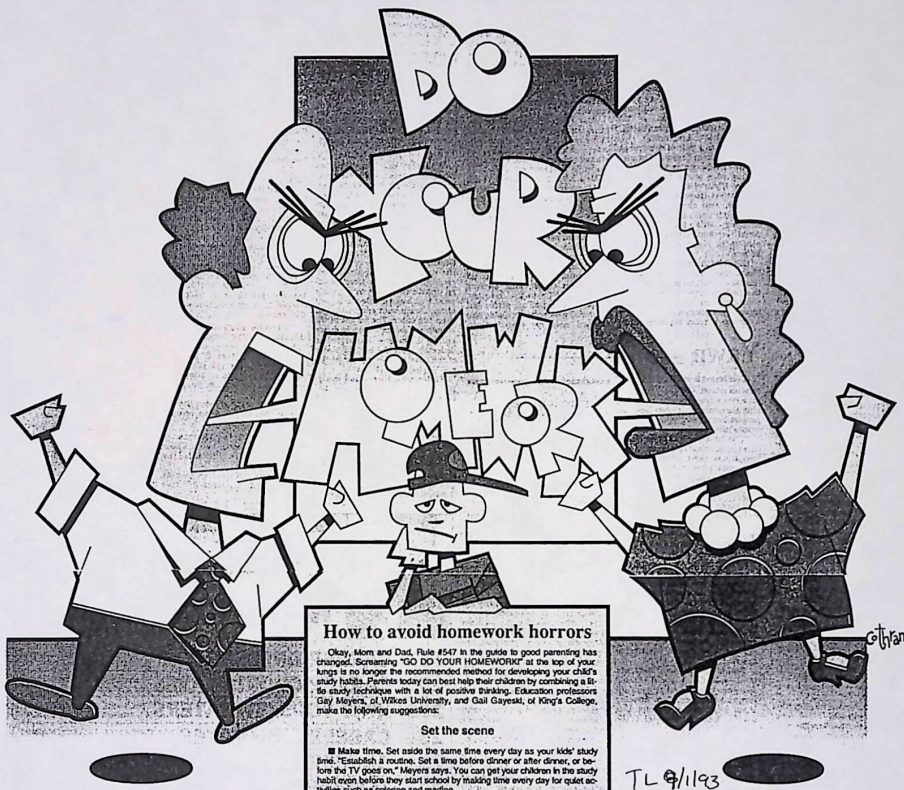
- Staff members should treat children with respect and patience; the staff should be trained in early childhood or elementary education and in cardiopulmonary resuscitation.

- The center activities should include storytime and reading. A variety of play materials should be available.

TODAY

SECTION B

Wednesday, September 1, 1993



How to avoid homework horrors

Okay, Mom and Dad, Rule #547 in the guide to good parenting has changed. Screaming "DO YOUR HOMEWORK" at the top of your lungs is no longer the recommended method for developing your child's study habits. Parents today can best help their children by combining a little study technique with a lot of positive thinking. Education professors Gay Meyers, of Wilkes University, and Gail Gayesk, of King's College, make the following suggestions:

Set the scene

- **Make time.** Set aside the same time every day as your kids' study time. "Establish a routine. Set a time before dinner or after dinner, or before the TV goes on," Meyers says. "You can get your children in the study habit even before they start school by making time every day for quiet activities such as coloring and reading."
- **Stick to the schedule.** Let your child help decide what the best study time will be and don't vary from it. That means shutting off the television and not interrupting your child by asking him or her to do chores. Make this a quiet time for younger brothers and sisters too.

■ See HORRORS, page 2B

Well planned routines — not screaming matches — are the key to instilling good homework habits, experts say

By KELLY KURT
Times Leader Staff Writer

Every September the nightmare returns. Blank lines stare from a stack of worksheets. Numbers boggle, words confuse. No reprieve, no answers, just a relentless shout: Get back in here and do your homework!

Oh, how parents dread when teachers send schoolwork home. Homework assignments help imprint the day's lesson on a child's mind. Many teachers make assignments in kindergarten, often lancing furious battles between parents who want their children to succeed and kids who just want to go outside and play.

But handling homework "is really just about developing good habits," says Gail Gayesk, a King's College education professor. "And if you get your child in the habit early enough, it will just come naturally."

Even at a young, squirmy age, children can get into a homework routine, she says. First, parents should set aside a particular time and place each day for coloring or reading with their child. As the child grows older, that time can become study time.

Parents must not only enforce study time but also share in it, education says.

"It is important that a parent not just say 'Go do your homework,'" says Gay Meyers, assistant education professor at Wilkes University. "They need to be available and ask to see the work so that the youngster understands that this is important."

If the family sticks to the routine when the child is young, the student is less likely to perceive homework as a tedious accompaniment when they get older, educators say. They learn to manage their own study schedule.

Weymouth Seminary Dean Dave Davies points to students at the school as an example. Upper school boarders there are required to

participate in nightly study sessions beginning at 7:30 p.m.

"Some students who went on to college said that every night at 7:30, they suddenly had a feeling that it was time to sit down and work," Davies says. "They had just gotten in the habit."

Parents also could prevent many battles over homework by keeping their own bad homework memories to themselves, Meyers says.

"Sometimes homework becomes a real chore for the child because the parents view it that way," she says. If parents call math stupid, their children may grow up fearing or hating the subject and have difficulty completing the required work.

And good communication with the child's teachers also saves a lot of kicking. Teachers can explain how long they expect the student to spend on the work. They can reemphasize learning problems early and find help for the child.

"And it just helps to make parents aware of what's going on in the classroom," says Mackin Elementary teacher Tedi Spittigski. She coordinates a hotline for the school where parents can call 24 hours a day and hear homework assignments.

By stopping the homework wars early, children will have a better attitude about the whole business of learning, educators say. "Hopefully, you establish the idea that homework is an extension of what they do in school," Meyers says. "And that by doing this they will be better off."

TL 9/1/93

Horrors —

(Continued from Page 1B)

■ **Create a study nook.** Set up a well-lit spot at a table or desk where your child can study free of distraction every day. Make sure she or he has all the needed supplies: pencils, erasers, paper, a dictionary.

■ **Be flexible.** Plan for some short study breaks if your child needs them. Some do, some don't. Some kids like to study with music playing. Try it both ways to see when your child's performance is best.

Love that homework

■ **Keep your bad attitude to yourself.** If you detest reading, abhor writing and dread math, don't let it show when your children are trying to do their homework. Take interest in what your children are doing and encourage them in their work.

■ **Do your homework while your children do theirs.** Sit nearby and read the mail, the newspaper or a book while your children study. It shows them that quiet time spent learning is important.

■ **Help out.** Don't do your child's work for him or her, but answer questions and help them work through the problems. Check it over for errors when they are through.

■ **Find help when you can't help.** Even elementary math problems can stump a parent who hasn't cracked a book in 20 years. Try to work through the problem with your child to show them trying is important, then call on an older sibling, neighbor or friend who might be more familiar with the work.

■ **Make learning fun.** Help your children memorize multiplication tables and spelling words by making learning a game. Quiz them like a game show host or create your own flash cards.

■ **Communicate with the teacher.** Don't wait for parent-teacher conference day to meet the teacher and discuss problems your child is having with homework. Good communication can identify easily-corrected learning problems early on and prevent homework frustration.

Gay And Lee Meyers- Great Combo On And Off The Field

Gay Meyers and her daughter Lee make quite a team, literally. Whether they're in the kitchen or on the field of play, they exhibit the hearty good-sportsmanship of true athletes.

Fifteen year old Lee is a natural athlete, her mom brags...and rightly so because Lee's accomplishments include many successful soccer seasons. Now playing for Crestwood High School, Lee lettered in soccer, shot hoops for the basketball team, and dearest to her mother's heart, Lee earned a spot on the Crestwood's famous field hockey team.

"Field hockey is my thing," Gay admits. "And that's why it's so neat that Lee wants to play field hockey; I think she was born with it," she adds with a laugh. Gay's sports credentials are indisputable, she's in her twentieth year of athletic and educational instruction at Wilkes University.

Journeying to her field of dreams, Gay experienced fewer opportunities or athletic expression than her daughter's generation. "I always liked sports, back then we were in the dark ages. My high school didn't have anything for women. I always knew I wanted to do something involved with sports. That's why I majored in physical education, and then I got involved with coaching.

"That's how I came to Wilkes, I was hired to coach field hockey and basketball." While teaching, Gay went back to school, looking for a new challenge in the field of early childhood. Gay currently holds two Master's degrees, one in education and one in early childhood.

Gay retired from coaching last year, retired last year because Lee is now playing and there was no way that our schedules would coincide. When she is in eighth grade I think I saw one me, because I would have a game a practice at the same time. I really retired for two reasons; one, I wanted to do some other things in education, the biggest reason was I wanted to have a chance to see Lee play hockey."

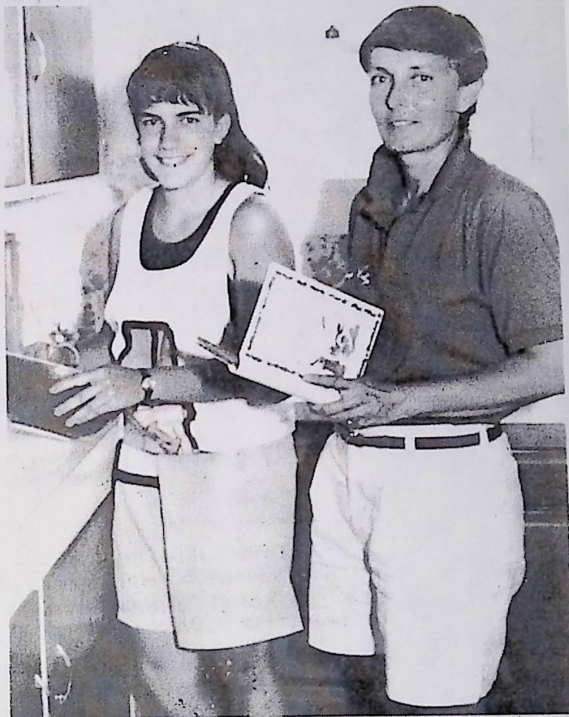
Well, Gay has that chance now. Lee

splash as a life guard at the Laurel Lakes pool. Although Gay divorced a few years ago and moved to Nuan-gola, her ex-husband still lives in Laurel Lakes and both of Lee's parents are very much involved in her life.

"It's her first job," Gay explains with pride, "she's really excited about having a chance to do it. The way I look at it, she's been at that pool since she was a baby, so now I think it's really neat that she gets paid for hanging out at the pool," Gay says with a chuckle.

In a twist on the old yarn, the family that plays and sautes together, stays together. Gay and Lee prepare a lot of meals ahead of time for those fast breaks before a game. "It makes things easier," Gay notes. "Once Lee started being active in sport things you were always eating at weird times because of soccer practices or basketball practice. So you always have things ready so that you can easily get things on the table as quickly as possible.

Togetherness is a rule of play at the Meyers' home and whether it's making goals or mixing bowls, Gay and Lee consider it fair game. "Lee and I do cook a lot together. We cook together many weekends, that's pretty much a regular thing." With a rueful laugh Gay concludes with a common mother's lament, "The only thing she hasn't learned is how to cleanup."



TEAM WORK- Lee and Gay Meyers are a mother daughter team that cooperates well in both work and play and the cooking chores are no exception. Lee is shown preparing to whip up a delicious treat under the direction of her mom, Lee.

Faculty Resume Information Sheet

Full Name Meyers Gay F.
Last First M.I.

School or College and Department Arts & Sciences/Joint Appt. P.E. and Ed

Age as of September 1, 1988, Date of Birth March 6, 1948

Academic Rank Assistant Professor

Full-Time ☒ Part-Time ☐

Non-Wilkes College Teaching, If Part-Time _____

Earned Degrees	Name of Institution	Location	Area, Field or Major	Degree Received	Date Conferred
	Lock Haven State	Lock Haven, Pa.	Health/PE	B.S.	1970
	Wilkes College	Wilkes-Barre, Pa.	Ed.	M.S.	1976

Note: In process of completing M.S. in early childhood Ed. - Bloomsburg Univ.

Teaching Experience Incl. Wilkes	Name of Institution	Location	Subjects/Fields Taught	Full or Part-Time Rank	Dates of Service From - To
	Wilkes College	W-B, Pa.	Health/PE/Ed	Full/Ass Prof	1970-1988
	United Hebrew Ins.	Kingston, Pa.	P.E.	Part-time	1986-1988

Non-Teaching Experience

Full-Time	Firm or Organization or Self-Employed	Duties	Title	Dates of Service From - To
Part-Time				

List Major Consulting Activities

Physical Education Co-Ordinator for United Hebrew Institute 1986-1988
Grades H - K - 8

Bibliographic Citation of Principal Publications - Last Five Years

Scope:

Offices

Teaching at Wilkes 1988-89 (including teaching overloads)

Other Duties Performed for [Base] Salary, 1988-89 (Full-Time Faculty)

Fall: Coach=3 credits
release time=recruiting=2 credits release

Other Duties for Extra Compensation, 1988-89 (Full-Time Faculty)

Spring: Recruiting =
1 credit release time

9-26-88

June/76

WILKES COLLEGE
NEXT OF KIN NOTIFICATION

NAME Gay f. Meyers
DEPARTMENT Athletic

Please list below the name and address of that person you wish
the Administration to contact in the event of your death.

NAME John f. Meyers
ADDRESS 602 Aspen Drive R.D #4 Mountain Top, Pa 18707
PHONE NUMBER 868-5859

If the above named is not available, contact instead:

NAME MR and MRS. Ronald Foster
ADDRESS Box 84 Union Dale, Pa 18470
PHONE NUMBER (717) 679-2033

SIGNATURE Gay f. Meyers

TENURE - June 1979

Department Athletic
Appointed 9/70

FACULTY PERSONNEL DATA

NAME GAY Marie Foster ^{Meyers} Date of Birth MARCH 6, 1948

1. RECORD AT WILKES:

Date of appointment
or promotion

Date of Severance

Instructor

September 1970

Assistant Professor

June 1, 1977

Associate Professor

Professor

Other

Other activities and responsibilities while at Wilkes:

Coach Varsity Field Hockey and Basketball

11. EDUCATION:

Degree

Institution

Year

Bachelor's Degree

B.S.

Lock Haven State College

May 1970

Master's Degree

M.S.

Wilkes College

May 1976

Doctor's Degree

Other Degrees

111. STUDIES AND PUBLICATIONS:

Title

Publisher or Publication

Date

EXPERIENCE Before Coming to Wilkes:Teaching: - School or CollegePosition HeldDate

Business:

Military: - ServiceRankYear

V. PROFESSIONAL AFFILIATIONS (Indicate offices held):

VI. NON-PROFESSIONAL AFFILIATIONS:

GAY F. MEYERS

11 Willow Grove Street

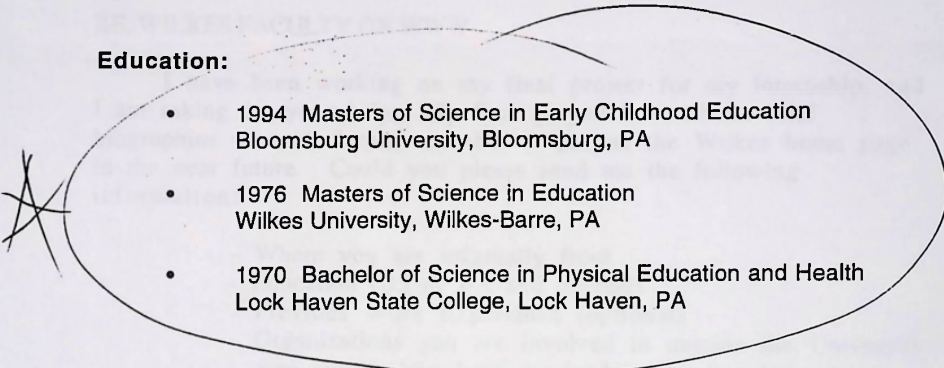
Nuangola, PA 18707

Home: (717) 868-6767

Work: (717) 831-4686

Note: Updated January 1996 / Reflects most current activities

Education:

- 
- 1994 Masters of Science in Early Childhood Education
Bloomsburg University, Bloomsburg, PA
 - 1976 Masters of Science in Education
Wilkes University, Wilkes-Barre, PA
 - 1970 Bachelor of Science in Physical Education and Health
Lock Haven State College, Lock Haven, PA

Teaching Experience:

Wilkes University; Wilkes-Barre, PA; 1970 - Present
Education Department and Physical Education Department

NOTE: My primary department was changed from Physical Education to Education in January of 1992.

Teaching Areas in Education Department:

- ED 310 Health, P.E. and Safety for Early Childhood and Elementary Teachers
- ED 320 Children's Literature
- ED 361 Introduction in Early Childhood Education
- ED 362 Instruction in Early Childhood Education
- ED 263 Child Development
- ED 190 Effective Teaching
- ED 382 Supervise Student Teachers
- CST 101 Core Studies / Freshmen Experience

AS A REMINDER:

TO: ALL FACULTY MEMBERS AND ADMINISTRATION BY RANK

FROM: JESSICA BIERBOWER, INTERN FOR UNIVERSITY RELATIONS

DATE: March 21, 1996

RE: WILKES FACULTY ON WWW

I have been working on my final project for my internship, and I am asking for your help. My final project is to obtain brief biographies of each faculty member to put on the Wilkes home page in the near future. Could you please send me the following information:

- Where you are originally from
- Education (BS or BA and beyond)
- Previous Work Experience (optional)
- Organizations you are involved in outside the University
- Any awards you have received in the last two years
- Any publications or writings.

Please send the information to University Relations Office, as soon as possible. If you have already sent me your information, I would like to thank you for your cooperation. If you have any questions you can reach me at extension 4773 between 1-4 MWF.

Gay E. Meyers / Education Dept.

Originally from: Union Dale, PA

(Northeastern Part / Susquehanna County)

** See Sheet*

*Child Development Council (CDC)
Board Member - Vice President*

No awards

No publications