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Vol 22 No 4

September 2022

Where to go?...what to do?
Find it here in The Village View



Photo by Kelly Slinger

Barrett Township Summertime Frolic at High Acres Park

Photos in Centerfold

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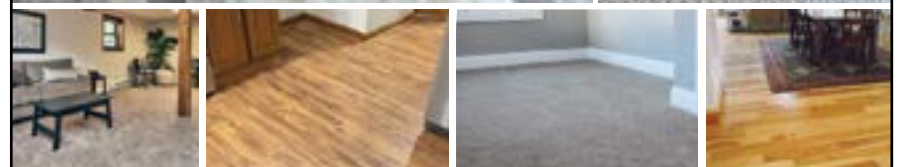


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Looking Back

by Phil Dente

Steeviee, Steeviee, ow, ow, zweet, zweet! Steeviee, Steeviee, ow, ow, zweet, zweet!!!

"What is this all about?" you ask.

These are the sounds that woke me up at five o'clock in the morning on the first warm night that I slept with my window open. Try to grasp the pitch of these sounds in a trilling, tweeting, screeching timbre. Now try to envision me tossing and turning in my sleep because I am having a dream about being tied to a chair, sitting in front of a blackboard at my old school, and the teacher I disliked the most is diabolically laughing at me as she scratches her nails across the blackboard. Of course, I awoke with a start.

Once I realized what was happening, I was already to the point of extreme agitation, so, doing what I felt the intense urge to do I ran to the open window and in my loudest, deepest voice that I could muster, I yelled, **"SHUT UP!!!"**

A microsecond after my tirade, Patti burst into the room and in a voice filled with panic asked, "What

happened? What is going on? What was that noise? Is someone trying to break into our house? Who is yelling? Was that you? Who were you yelling at?"

It was then that I came to the realization that I was yelling at the birds in the trees.

"Whut?" I asked.

"Who yelled?" she demanded. "Whut?" I countered.

"Didn't you hear that yelling?" she inquired.

"Yelling?" I queried.

"Philip, was that you that yelled?"

"Yelled?"

"OK, what's going on?" she said, looking at me in the strangest fashion, "and don't say, what!"

"Whut?"

"I said, don't say **what**."

What the heck is going on here? It's five o'clock in the morning?"

"Nuttin," I muttered.

I know that was your voice. Were you having a nightmare?"

"Oh, yeah, that's probably what happened, a nightmare. Sorry." I replied as I thought to myself, phew, that was a good escape. She would never understand.

"I'm going back to bed," she said, "make yourself a glass of warm milk, that will make you sleep better."

"Thanks darlin'" I will do that," I replied.

So I did make myself the warm milk, finished it along with a donut and returned to bed.

As I'm settling into a deep sleep, you guessed it.. "Steeviee, Steeviee, ow, ow, zweet, zweet! Steeviee, Steeviee, ow, ow, zweet, zweet!!!

Now, I'm awakened with murder in my eye.

This is getting to be a problem. If I shut the

window, it gets too stuffy.

"Hah, "I say to myself," I've got a great idea."

I get my car keys from the dresser and push the remote panic button.

BEEP! BEEP! BEEP! BEEP! BEEP! BEEP! BEEP! BEEP!

"There, that ought to put a scare in them and quiet them down," I reasoned to myself.

The phone rang just as Patti came bursting into the room. She answered it and apologetically said, "No, no one is breaking into our car. No, I don't know why the horn is beeping. Yes, I'll make sure it stops. I'm sorry. Yes, I know it's five thirty in the morning. Yes, I'm sorry, so sorry, yes, I'll try to be a good neighbor."

She put the phone down, grabbed the keys and shut off the horn, looked at me with darts coming

from her eyes and said in a homicidal tone, "If you dare say **what**, I'm going to prison for murder."

"Uh, er, uh, er, uh, I accidentally pushed the button, uh, as I put my hand on the

dresser, to um, steady myself because the room was dark and I tripped over my..." **"Stop!"** she yelled, "Just stop!"

"Ok, Ok, I'll tell you everything," I confessed.

And I did.

Funny thing. After I told her the whole story, she didn't say a word. She just sort of looked at me, pitifully.

She then left the room and went back to bed.

The next morning as we are having our coffee, she still wasn't offering any conversation, and I could feel a certain mood being cast over the room, so I thought I would go outside and have my coffee.

As I went to our sliding glass door to go outside, a bird smashed into the glass, startling me, sending me a step or two back and causing the coffee to splash up into my face. Good thing I like my coffee lukewarm. Patti turns sharply in her chair and demands, **"Now what?"**

I looked down on the porch and there is a bird with a bloody beak, staggering

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around in a circle, then attempting to fly two or three times before he was finally able to achieve liftoff.

"Take that Steeviee," I shout at the bird in the air, "and don't come back! And tell ow, ow and zweet, zweet what happens when you mess with me."

"Aw, Patricia, is that a tear in your eye," I ask as I notice my wife shaking her bowed head, "what seems to be the problem?"



The Village View

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The Village View

An independent community newspaper published monthly for Barrett Township and the surrounding Villages.

Editors and Publishers
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Phone 595-3314

E-mail: theview@ptd.net
www.thevillageview.com
P.O. Box 567 Mountainhome,
PA 18342
Circulation 9,000

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MaryAnn Lewis
Nicole Abrams

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Two nuns who worked in a hospital were out driving in the country when they ran out of gas. As they were standing beside their car on the shoulder of the road, a truck approached them.

Noticing the nuns in distress, the trucker stopped and offered to help. When the nuns explained they had run out of gas, the trucker said he would be more than happy to drain some from his tank, but he didn't have a bucket or a can.

Hearing this, one of the nuns dug out a clean bedpan from the trunk and asked the trucker if it would do. He said it would and proceeded to drain a couple of quarts into the pan. He then handed the pan to the sisters, got back into his truck and waved goodbye.

While the nuns were carefully pouring the precious fuel into their gas tank, a cop happened by. He stopped and watched them for a few moments, then said, "Sisters, somehow I don't think that's going to work, but I sure do admire your faith!"



There's a guy who's hiking in the woods one day when a bear chases him up a really tall tree.

The bear started to climb the tree, so the guy climbed up higher. Then, the bear climbed down and went away.

So the guy starts to climb down the tree. Suddenly, the bear returns, and this time he's brought an even bigger bear with him. The two bears climb up the tree, the bigger bear going higher than the first. But the guy climbed even higher still, so the bears couldn't reach him. Eventually, the bears went away. Naturally quite relieved, the guy starts down the tree again. Suddenly, the two bears return. But this time the guy knew he was in big trouble.

Each bear was carrying a beaver.



2022 Township Clean-up

8am –12pm

May 7, 2022 • June 4, 2022 • July 9, 2022
August 6, 2022 • September 10, 2022 • October 1, 2022

Items accepted ONLY on these dates/times. Please no calls during the week.

Rates

Automobile Load	\$10.00	Box Vans U-Hauls 6-8 ft	\$50.00
SUV or Mini-Van or Small Pick-Up	\$30.00	Box Vans U-Hauls 8-10 ft	\$80.00
Full Size Pick-Up Load	\$40.00	Trailer (8ft or smaller)	\$40.00
One-Ton Load	\$50.00	Trailer (longer than 8 ft)	\$60.00
Utility Van	\$60.00	Anything enclosed over 10 ft	\$150.00
Single Axle Dump	\$75.00		
Tires (car & small truck)	\$10.00 ea.		
Tires (20" and larger)	\$15.00 ea.		
Rims	\$5.00 ea.		
Fridge, freezer, AC	\$55.00		

No charge for TV's, CRV's, Monitors etc.

PLEASE NOTE: Electronic devices covered under the Covered Device Recycling Act (computers, TVs, monitors, printers, laptops, etc.) are accepted free of charge. Vehicles containing only covered electronic devices will not be charged a load fee.

Clean-Up takes place at the Barrett Township Maintenance Facility, 194 Sandspring Rd, Cresco, PA.
Clean-up is for Barrett Township residents only. Must show valid ID when checking in.

Items NOT Accepted: Household Trash, Oils/Chemicals etc., Paint Cans

Note: All Loose Screws/Nails must be in a container.

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By Judy Linder

The Village Scene

September Birthdays

Nicholas Charles Barrett
 Jack Finley Barrett
 Ryan Locher
 Tony Fordiani
 Angel Pope
 Christina Sopko
 Leslie Sopko
 Andy Stark
 Jocelyn Harden
 Holly Siglin
 Sheamus Mc Carroll
 Katie Bowman
 Suzanne Buck
 Maureen Melogran
 Linda Gross
 Jane Wachter
 Glen Herring
 Alexander Brunetti
 Dillon Brunetti
 Tyler Brunetti
 Bryce Gross
 Piper McWilliams
 Phil Szumanski
 Tiana Gering
 Carly Reed
 Cassidy Reed
 Valerie Brosky
 Richard and Lynn Benson
 Ryan and Samantha Jescovitch

September Anniversaries

Valerie Brosky and Tim Vagell.
 Shane and Heather Schratt
 Tom and Eve Neville
 Steve and Pam Sheloski
 Joe and Alyssa O'Malley
 Richard and Lynn Benson
 Ryan and Samantha Jescovitch

Regenerative Medicine May Help Avoid Surgery

(NewsUSA) Accidents happen: you hurt your shoulder fixing that broken gutter or throwing a baseball, develop carpal tunnel syndrome from your less-than-ergonomic work-from-home setup, or you suffer from painful tendon or joint conditions such as arthritis.

In the past, many people with these and other issues have felt they have no option but to go under the knife for major orthopedic surgery. However, advances in technology have allowed the evolution of the field of regenerative medicine, in which the body's own cells, including platelets and stem cells, are taken from one part of the body and used to promote healing in areas where it is needed, and where blood supply is limited, such as tendons, ligaments, and cartilage.

"While not all surgery can be avoided, advanced technology and the emergence of regenerative medicine means the vast majority of conditions can be treated without surgery," says Dr. Daniel Savarino, director of the Apex Center for Regenerative Medicine in Tinton Falls, NJ.

For example, Dr. Savarino uses ultrasound imaging to target the exact location of an injury without the need for a large incision. People of all ages and activity levels can be treated with regenerative medicine, as no hospital stay is required, he adds.

Regeneration in the body can occur in three ways. Molecular regeneration involves the small molecules that are the body's building blocks, such as fats and carbohydrates; cellular regeneration involves the structures such as neurons that cause new cells to grow and reproduce; and tissue regeneration includes blood, skin, bone, or muscle.

One example of regenerative medicine is the harvesting of stem cells to inject into injured areas and treat orthopedic conditions such as osteoarthritis of the joints, rotator cuff tears, meniscal tears in the knee, and tendon injuries such as tennis elbow. These stem cells become new cells in the injured areas to promote healing and repair without the need for invasive surgery.

Another example of regenerative medicine is using the body's own platelets and plasma (a technique called platelet-rich plasma injections, or PRP) to promote healing in damaged areas including tendons, ligaments, and muscles. PRP injections also have also been used to promote hair regrowth in individuals with hair loss.

Although some orthopedic conditions do require surgery, that was traditionally less than 10% of the time. But with advances in regenerative medicine, it is now much less than that. Dr. Savarino explains that he often treats patients who were told that major surgery was their only option. If patients are candidates for regenerative medicine, they can undergo minimally invasive procedures in an office setting instead. "Our motto is 'Don't Operate . . . Regenerate,'" he says.

For more information, visit regeneratenj.com.

How Schools Brought Community Together, Even While Apart

(NewsUSA) - Had you tried to devise a situation that would bring our public schools to the brink, you couldn't have done better than imagining what happened in the spring of 2020. It happened so fast. Suddenly schools had to figure out how to teach students from afar, without the aid of summer planning or extra training.

High schools navigated a doubly difficult challenge: balancing teaching teens in the moment while also ensuring they remained on track for the future amid rising anxiety, stress, and depression. Experts warned that the pandemic would have a dire impact on generation COVID and early data suggests they may be right. Since the pandemic struck, more than a quarter-million fewer seniors completed financial aid forms that support affordable college enrollment. The greatest declines came from the students who likely need aid the most -- students of color and students from low-income backgrounds.

Even against this bleak backdrop, some high schools managed to shine. The College Success Award identifies high schools that support student college enrollment and success in 25 states.

This year GreatSchools reached out to the most exceptional of these winning schools to learn about how they had navigated pandemic education. Not only did they meet the moment head on, but they devised solutions that worked so well they made them permanent even after schools returned in the fall. Here's what they discovered: **Meeting families where they are.** With buildings closed, schools had to get creative about engaging families. El Paso's Valle Verde Early College High School, for example, took its monthly parent forums online and discovered what happens when you remove barriers to family engagement. At the first meeting, instead of 50 parents, over 300 showed up and crashed the system. "[W]e see people making dinner, doing laundry, but listening and asking questions. They're taking care of life responsibilities," says recently-retired Principal Paul Covey. With the simple click of a button, hundreds of multitasking parents were given the opportunity to participate in school activities without having to find childcare, leave work early, or take public transportation.

Meeting alumni where they are. Florida's Mater Performing Arts Academy had always invited alumni to visit the school to share their experiences, but once school was online, they discovered that they could access alumni all over the country. "We're doing a lot of presentations with our alumni who... are in Boston, or in... San Francisco," says college counseling lead Silvino Macho. By leveraging the power of video conferencing, the school engaged its alumni community to share their college and career lessons and mentor students.

Meeting teens where they are. As schools went virtual, teacher Scott Frank took it as a chance to speak teens' language. He created online videos of core topics in his history classes at IDEA Frontier College Prep in Brownsville, TX. Frank's YouTube channel became an evergreen bank students could reference while studying or doing homework. His biology counterpart made short videos on TikTok and awarded bonus points to students that watched. For these teachers, the language of social media became a friend request they gladly accepted.

To explore more best practices and see the complete list of 2021 College Success Award-winners, visit www.greatschools.org/gk/csa-winners/.

Carol Lloyd is the vice president, editorial director at GreatSchools.

Obituaries

John Freach, 93, of Cresco, died Saturday, August 27, 2022; **Ernestine Ruth Schaefer**, 91, of Scotrun, passed away Saturday, August 20, 2022; **Jeffrey S. Landi**, 56, of Cresco, passed away on August 15, 2022; **Edith Mary Moran**, 77, of Tannersville, passed away on August 14, 2022.; **Paul H. Haser**, 67, of Buck Hill Falls, PA passed away on Sunday, August 14, 2022; **William Aaron Brosky**, 33, of Cresco passed away on August 30th, 2022; **John F. Moran Jr.**, 76, of Tannersville passed away on August 25th, 2022.



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We will meet at the Ice Lake pavilion located at 6339 Route 191, Cresco, PA for a short history of the lake and the Seguire family before enjoying our walk around the lake. Please wear appropriate footwear and bring a bottle of water.

This program is open to the public and will be held at Ice Lake



on September 16, 2022 at 7 pm.


For more information, please call 570-481-4622 or email stationmuseum@gmail.com.

October 21, 2022 @ 7 pm will be "The Art of Repairing and Building Musical Instruments" presented by Dr. Ed Kosmahl followed by a demonstration of his musical talents.

A big "Thank You" to all those who participated by telling their stories of the 55 Flood at our August meeting. We recorded these and hope to have printed copies available at the Library Research Center which will then be added to our Flood collection.

Please use this form when dropping off items at clean--up

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May 7 June 4 July 9 Aug 6 Sept 10 Oct 1

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SUV, Mini-Van or Small Pick up	\$30.00 _____	Box Vans U-Hauls 8-10 ft	\$80.00 _____
Full Size Pick-up Load	\$40.00 _____	Anything enclosed over 10 ft	\$150.00 _____
Trailer (8ft or smaller)	\$40.00 _____		
Trailer (longer than 8 ft)	\$60.00 _____		
One-Ton Load	\$50.00 _____		
Utility Van	\$60.00 _____		
Single Axle Dump	\$75.00 _____		
Tires (car & small truck)	\$10.00 ea. _____		
Tires (20" and larger)	\$15.00 ea. _____		
Rims	\$5.00 ea. _____		
Fridge, freezer, AC	\$55.00 _____		
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By signing this form, I certify that I am a resident of Barrett Township. I also hereby hold Barrett Township harmless from any injuries or damage that may occur to my person or property while I am on Township property.

 Signature



Life, Or Something Like It

by Judy Linder

She drank good ale, strong punch, and wine, And lived to the age of ninety-nine.

An epitaph in a graveyard at Edwalton, England

I went to see my mother one day recently. She lives a couple of hours away in a really nice senior community. Everyone has their own apartment, but they eat meals together in the dining room and have all sorts of activities for those who wish to join in.

When I visit, there are usually residents sitting outside on benches or on couches in the lobby watching television, and they nod politely and smile as I walk past, quite peaceful and serene. But I wonder...

I've been thinking lately that their set-up is very similar to college dorms. (But with better food and cleaner sheets.) As such, I'm starting to wonder if they might be having a boatload more fun than they let on.

When no one is looking, are they playing beer pong? Do they have poker tournaments? Is there a bet to see who can eat the most tacos? Are they sneaking outside to the gazebo to smoke a joint? Is someone from 7A seeing someone from 11B, who is also involved with someone from 14C?

Boy, I hope so.

After all, those of my mom's generation aren't a bunch of fuddy-duddies. More than a few of them seriously rocked the sixties and seventies. Some burned their bras, wore mini-skirts, and (gasp!) took birth control. Some smoked weed – and inhaled! Others quaffed Manhattans and White Russians, or Schmidt's and Ballantine Beer. (Not my mother, to be crystal clear. I mention this to avoid getting smacked.) They read books like *The Joy of Sex* and *Mommie Dearest*, and laughed at comedians like George Carlin and Richard Pryor. (I admit that I am not crystal clear on my mother's reading material or choice of comedians, so I offer up no disclaimer about those. Sorry Mom.)

I'd like to think that those folks living with my mom are having a blast. Though it must be hard to leave your home and neighborhood to live in a new community, hopefully after settling in, things start looking up. After all, how cool is it to be among people who "get" you? Who remember what you remember in terms of culture, news, sports, and so on?

This generation of my mother's, though, holds its hand pretty close to its chest. These people don't typically complain about bad things, and likewise, they aren't very showy about the entertaining things they might be up to. I imagine that just before a visitor arrives, a public service announcement goes out in every apartment and hallway, warning everyone to "stand down." Beer and gin are stashed away at the back of refrigerators, illicit drugs are shoved under beds, and lovers are pushed out the door and sent back to their own places.

Then everyone takes their position on benches and couches, and pastes on placid smiles, ready to once again convince the outside world that there's nothing to see here. Just a bunch of "seniors" quietly living their lives.

Ha! They don't fool me one bit.

A little three-year-old boy is sitting on the toilet. His mother thinks he has been in there too long, so she goes in to see what's up. The little boy is sitting on the toilet reading a book. But about every 10 seconds or so he puts the book down, grips onto the toilet seat with his left hand and hits himself on top of the head with his right hand.

His mother says: "Billy, are you all right? You've been in here for a while.

Billy says: "I'm fine, mommy... just haven't gone 'doody' yet."

Mother says: "OK, you can stay here a few more minutes. But Billy, why are you hitting yourself on the head?"

Billy says: "Works for ketchup!"

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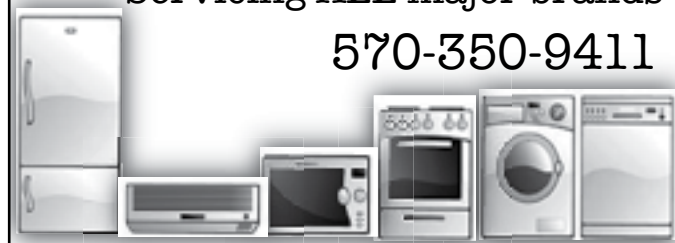
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Firecall

by Charlie

Barrett Township Volunteer Fire Co.



Aug. 2022 alarms

8/1 - 8:50am - 3 men - 1 truck - vehicle accident - Rt. 191
 8/4 - 3:20pm - 7 men - no trucks - auto alarm - Pheasant Way - cancelled.
 8/7 - 11:30am - 3 men - 1 truck - assist EMS - Creekside CT.
 8/8 - 4:13pm - 11 men - no trucks - vehicle accident - Rt 390 & 447.
 8/9 - 10:38am - 6 men - no trucks - auto alarm - CVS Rt. 390 - no fire.
 8/15 - 5:52pm - 15 men - 2 trucks - kitchen fire - Skytop Meadows.
 8/15 - 6:30pm - 18 men - 4 trucks - brush fire - Sand Spring Rd.
 8/16 - 8:11am - 8 men - 3 trucks - brush fire - Henry's Crossing Rd.
 8/22 - 2:50pm - 6 men - 1 truck - wires down on roadway - Spruce Cabin Rd.
 8/22 - 3:52pm - 7 men - no trucks - auto alarm - Hemlock Way - cancelled.
 8/23 - 7:29pm - 22 men - 3 trucks - auto alarm - Rt. 390.
 8/23 - 9:49pm - 8 men - 1 truck - oven fire - Rt. 390.
 8/27 - 7:25pm - 4 men - no trucks - assist EMS - Oak Lane.
 8/30 - 3:23pm - 8 men - 1 truck - auto alarm - Weiler Corp. - no fire.
 8/30 - 5:18pm - 8 men - 1 truck - auto alarm - Cedar Lane - no fire.
 8/31 - 7:50pm - 9 men - 1 truck - search for lost person - Gravel Rd.

How One Company Is Doing Right For the Planet

How One Company Is Doing Right For the Planet

(NewsUSA) Not that long ago, "sustainability" in the business world was defined as being able to stay afloat even in trying economic times. But these days, when Greta Thunberg may be the most famous Swede since Ingrid Bergman, it's taken on a whole different meaning - what the Harvard Business School describes as efforts to "positively impact the environment and/or society."

Of course, some businesses, like Whirlpool Corporation, have been ahead of the game, and are now setting even higher new targets to tackle climate change.

"We established our first office for sustainability over 50 years ago," said Marc Bitzer, the company's chairman and CEO.

1. Achieving Net-Zero Carbon Emissions in Plants and Operations By 2030

That's the updated commitment to environmental sustainability that the world's leading kitchen and laundry appliance company just announced this month.

To get there, the company has been installing even more wind turbines and solar panels to help power its sites and distribution centers with renewable energy. (It's already one of the Fortune 500's largest U.S. on-site users of wind energy.)

And it's improving efficiency across more than 30 of its manufacturing sites and distribution centers around the world through retrofits.

2. Greening Homes Through VPPAs

That's Virtual Power Purchase Agreements for the uninitiated. Or in other words, agreements signed with energy companies to help fund wind and solar farms to generate renewable energy for the grid.

Whirlpool Corporation's first VPPA project broke ground in Texas in early January. It promises to be the first of many such projects helping to cleanly power not just its own sites but also local homes.

That's right, ordinary people's homes.

3. Innovative Household Products

It shouldn't surprise anyone that U.S. News & World Report named four innovative Whirlpool brand products among the best refrigerators, dryers and washing machines of 2021. Yes, they look great. But they're also designed to be extremely energy and water efficient.

In fact, Whirlpool Corporation has already reduced the emissions linked to its products in use by 60 percent since 2005 and has committed to lowering them by an additional 20 percent by 2030 from a 2016 baseline.

One fun fact for you: Dishwashers save three to four times the water compared to hand washing your dishes. And, hey, they save you about 30 minutes each time too.

4. Helping Even You Reduce Waste Material

Not content that more than 70 percent of its manufacturing sites are already zero waste to landfill, the company aims to make that 100 percent by 2022.

Plus, to tackle other environmental challenges like plastic pollution, it's ramping up the use of recycled or reused materials in its appliances. And guess what? Those high-performance recycled plastics Whirlpool Corporation started to employ in its products means it's making use of you own waste.



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REFRESHMENTS FOR SALE

HALLOWEEN BASKET RAFFEL

This Photo by Ginkgo.com. Author is licensed under CC BY.

**Presented By: Barrett/Paradise P.A.R.C. This is a
fund raiser to enhance and extend services at
Skywood, Ice Lake and Seven Pines Parks.**



3 easy ways to enjoy living color in your outdoor space this fall

(BPT) - As temperatures drop and seasons turn, that doesn't mean you have to give up on the vivid blooms you love so much in your yard. Strategically adding seasonal plants that can withstand cooler weather is a great way to bring color and dimension to outdoor spaces, enhancing your curb appeal into the autumn months.

To educate and inspire, the plant and gardening experts at Ball Horticultural Company share simple tips, top trends and standout plants that are ideal for fall:

Pollinator plants in traditional autumn hues

There's no easier way to add autumn atmosphere to your entryway, walkways and flower boxes than with the warm hues of rich yellows and sunny oranges. Blooms in these colors convey happiness and warmth, making them beautifully eye-catching. Some plants in these tones are especially attractive to bees and butterflies, helping create pollinator-friendly spaces.

For example, award-winning Echinacea Artisan Yellow Ombre is a native-type prairie plant that attracts songbirds, bees and butterflies throughout fall, and into winter. It's drought tolerant and low maintenance, making it a no-brainer for colorful autumn gardens. Another great option as the weather cools is Achillea Milly Rock Yellow Terracotta. This perennial has a breathtaking



golden-orange color that is perfect for fall because it is frost tolerant, plus it attracts pollinators while resisting hungry rabbits and deer.

Moody blues are trending for fall

While yellow and orange are quintessential fall colors, you can add an on-trend element to your outdoor space with Spreading Pansy Cool Wave Blue. The stunning dark, moody blue hue plays nicely when combined with a jewel-toned autumn palette. It is also a standout choice by itself, reflecting the cooler weather, crisp air and clear night skies associated with the fall months.

The vibrant shade of solid blue is beautiful in planters and hanging baskets, as well as in landscaping and window boxes. This sun-loving variety is a spreading pansy, meaning it can serve as great groundcover, as well. You can enjoy this pansy in fall, and with superior overwintering hardiness, it's the earliest pansy to return in the spring.

Create dimension through floral shapes

Color is one important aspect of landscape design, but to really elevate your outdoor appeal, consider dimension as well. Creating variables in plants through shape and texture adds visual interest, bringing new depth to a space. To create this, mix florals with greenery and don't be afraid of nontraditional flower shapes.

The perfect example is Celosia, which features blooms in unique shapes such as plumes, spikes or wavy crests. You can create any outdoor aesthetic you desire with varieties available in yellow, orange, red and dark purple. Each adds texture and dimension, pairing well with mums and other popular autumn florals.

Whether it's containers, window boxes or several strategic places in your landscaping, you can update your home for the fall season and boost your curb appeal with fall flowers. A dash of color and texture will help your home be a standout on the block.

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For a full listing of programs and more information visit The FCC's website www.thefriendlycommunitycenter.org. Follow us on Facebook or Instagram. Classes are offered IN PERSON and ONLINE to members.

NEW CLASSES:

ZUMBA- Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Instructor: Sandra Rivera
Time: Thursday, September 15th & 29th at 5:45 PM
Membership not required to attend

Cost: \$5 per class- email registration appreciated to: info@thefriendlycommunitycenter.org

POUND- is a group fitness class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout. Using lightly weighted drumsticks, Ripstix

Instructor: Sandra Rivera
Time: Thursday, September 8th & 22nd at 5:45 PM
Membership not required to attend

Cost: \$5 per class- email registration appreciated to: info@thefriendlycommunitycenter.org

TONE & STRETCH – Some gentle stretching, Pilates inspired exercise, ending with

relaxation breathing
Time: Tuesdays from 4:15 -5:15 PM

Instructor: Natalie Schultz-Kahwaty, PhD
Membership: Unlimited or Unlimited Quarterly \$195 Annually or \$55 Quarterly or \$5 per class

WOMEN'S GROUP

Come join us: Women of all ages are welcome to connect, share, and learn in a safe & fun group setting. Featuring monthly topics and discussions, guided by the group. Stop feeling alone and join in to a positive, fun, and connected community of women who support one another.

Facilitator: Jennifer Malamas M.D. Leadership and Wellness Coach

Time: 1st Tuesday of the month at 5:30, Beginning October 6th

This program is free and open to the public. Membership not required to attend

REGULAR PROGRAMS BARRE FIT

Time: Thursdays from 4:30 -5:30 PM

Instructor: Ashley Meinking, IBBFA Certified

Membership: Unlimited or Unlimited Quarterly \$195 Annually or \$55 Quarterly

BARRETT BIRDING CLUB
Time: 2nd Tuesday of the month 7 PM-Outdoor locations announced via email

Facilitators: Darryl & Jackie Speicher and Tim Grover
Membership: Basic \$30 Annually

CARDIO TONE

Time: Mondays from 4:30 – 5:15 PM

Instructor: Ashley Meinking, IBBFA Certified

Membership: Unlimited or Unlimited Quarterly \$195 Annually or \$55 Quarterly

CHAIR YOGA

Time: Mondays and Wednesdays 1:30-2:30 PM
Instructor: Kimberly Matthew

Membership: Member Plus \$50 Annually

DANCE & MOVEMENT

Time: Tuesdays at 2:00 PM
Instructor: Natalie M. Schultz-Kahwaty, PhD

Please call 570-481-4330 or send an email to: info@thefriendlycommunitycenter.org to register for this class.

This program is free and open to the public

AUTUMNAL HEALING SOUND BATH

Time: Thursday, September 29th at 10:30 AM

Instructor: Kim Matthew
Cost: \$10 per person- Membership is not required to attend- Registration is required via email

Where: Skywood Park -Rt 191, Cresco PA, in the event of rain, meet at The FCC

Bring: A blanket, yoga mat or chair

"IN STITCHES" KNITTING & MORE

Time: Thursdays from 1 – 2:30 PM

Membership: Basic \$30 Annually

Instructor: Carol Hillestad

LINE DANCING

Time: Every Wednesday (Except the 2nd Wed of the month) at 4 PM

Membership: \$30 Annual Basic

Instructor: Barbara Camlet

LOSS SUPPORT GROUP

Facilitator: Marilyn Schultz

Time: 2nd and 4th Mondays of the month at 3:30PM

*Membership not required to attend
This program is free and open to the public. Please call 570-481-4330 to register to attend.

MAH JONGG

Time: Thursdays at 1:00 PM
Membership: Basic \$30

MOVEMENT and MEDITATION

Instructor: Ann Merli
Time: 11:00 AM on the 2nd & 4th Thursdays of the month

Membership: Plus, OR Pay By Class: \$5 per class

*Membership not required to attend

SEATED TO THE BEAT
(The FCC version of Seated Zumba)

Time: Tuesdays from 3 - 4 PM

Instructor: Natalie Schultz-Kahwaty, PhD

Membership: Member Plus \$50 Annually

MEN GET FIT

Time: Mondays and Thursdays at 3:00 PM

Instructor: Bob Larsen
NASM, C-PT, CES, PES, ENFA BTS

Membership: Unlimited or Unlimited Quarterly \$195 Annually or \$55 Quarterly

QI GONG AT SKYWOOD PARK

Time: Thursdays at 9:30 AM- Class will be held at The FCC if raining

Instructor: Kimberly Matthew

Membership: Member Plus \$50 Annually

YOGA TWICE A WEEK

Time: Tuesdays at 10:00 AM
At the FCC & Online via Zoom

Instructor: Ann Merli, LMT, RMT, RYT500, AYS

Time: Saturdays at 10 AM AT the FCC & Online via Zoom

Instructor: Colleen LaScala

Membership: Unlimited or Unlimited Quarterly \$195 Annually or \$55 Quarterly

WEEKLY WALKERS

Time: Tuesdays at 9:30AM, weather permitting

Hike Guides: Kathleen Lauer and Ernie Camlet

Membership: Basic

JAZZ & COCKTAILS

FUNDRAISER - Please join the Friendly Community Center for an evening of Jazz & Cocktails on Saturday, October 1, 2022, from 6-9pm at The Buck Hill Tennis Tea.

Tickets: \$65 per person,

includes: Appetizers and Desserts, Entertainment by La Cucina Jazz Trio, and Silent Auction. A full cash bar will be available for the evening.

Enjoy a festive fall evening and support a local nonprofit. Visit our website to purchase tickets or stop by the FCC during regular business hours.

MATCH THE DAILY

NUMBER FUNDRIASER

Tickets on sale now! Purchase a ticket for \$5, if your number matches the evening draw during October, you win \$50!

PURCHASE A LEGACY BRICK IN MEMORY OR TO HONOR SOMEONE SPECIAL

Purchase an engraved brick in memory, recognition, honor of someone special, or to display your favorite saying. The cost of each 4" x 8" brick is \$100. Bricks will be prominently displayed along the ramp walkway at The FCC, or you may choose to display at your home.

Weekly SUDOKU

Answer

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

CryptoQuip

answer

If a brand of chinaware is known to be res start to breaking, it has a good crack record.

Super Crossword

Answers

I	M	A	G	E	M	E	I	N	O	R	B	S	T	H	O	M	P
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Your Village Voice

Letters to the Editor



One of the things I don't like about getting old is not being able to do the things physically that one was able to do a few years back, especially if one has health issues that contribute to this. Another is having people shout at you because they assume you are hard of hearing when they see your birth date on your driver's license, that is, assuming you still have a license, and it hasn't been taken away from you yet!

There are a myriad of other examples I could point to as I have entered senior citizenship, but it would take all day. Let's just say the Golden Years are not so "Golden" for many of us, but we manage to plod along. Sure, we get the early bird specials at many restaurants and diners and other senior discounts, but do we remember to ask for and to use them?

What about if your most frequent excursions are to visit your doctors? Most of us have a different doc for every part of our body. Then, look how long it takes for the nurse or medical assistant to read down the list of all the meds you are on and the vitamins and supplements?

Senior citizenship is a challenge at best, but we must look at the bright side and be grateful for what we can still do each day. I'm happy to be able to write this missive; so that must mean that my little gray cells are still working. Hercule Poirot would be proud!

Let me remind the seniors out there that we have many excellent services for seniors in Monroe County. Why not stop at one of our day centers in the county? You can do tea and coffee at 9 a.m., take a nice chair (or standing) exercise class at 10:30, have a nice healthy lunch at 11:30, and hear some excellent speakers or play bingo on various days. The centers are located around the county. There's the Loder in East Stroudsburg, the Barrett Center, the Mountain Center in Tobyhanna, the Chestnut Hill Center at Zion Lutheran, and the Jewish Resource Center in Stroudsburg.

Also there are wonderful programs through TOALC (The Older Adult Learning Center) from East Stroudsburg University. Stop by and meet some nice folks! NCC (Northampton Community College) also has free lectures for seniors at their Monroe County campus.

Suzanne McCool
(Retired Monroe County Commissioner)

Greening Mountainhome series Knocking Out Knotweed — The Last Step Brodhead Watershed Association

Killing knotweed isn't easy. But this summer's demonstration along Mill Creek, in the heart of Mountainhome, proves it can be done.

The fast-growing, aggressive weed crowds out every other living thing, and injures aquatic life in the creek, from bugs to trout.

But a three-step process can eradicate it. In late June, the thriving plants were cut to knee-high. Then the plants were allowed to re-grow — using the reserve strength stored in their roots.

By August, the regrowth was surging — and looked as if it had never been cut.

Now, licensed pesticide applicators from Strauser Nature's Helpers have sprayed that regrowth with a herbicide, specially formulated to be safe to use near water.

Keep your eye on the knotweed patches near Preacher Hill and the 390 bridge. By the middle of September, almost all of that regrowth will be withering. By first frost, it will be dead.

Since this two-step process forces the plants to use up so much energy, next spring only a very little knotweed will grow. That little new growth will be cut and sprayed again, knocking out the knotweed for good.

Then the Boy Scouts will help plant native trees and shrubs here, to restore beautiful Mill Creek to its natural, healthy state!

For more details about knocking out knotweed — and how you can get rid of knotweed in your landscape — go to <https://brodheadwatershed.org/greening-mountainhome/>

Trained staff from Strauser Nature's Helpers work to spray the knotweed re-growth with special weed-killer near Stagbrook Gifts at the route 390 bridge.



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NEIGHBORS HELPING NEIGHBORS

Barrett Township Community Shed

Many in our community are living without basic things most of us take for granted every day. This program was developed to help those in need in our community.

If you are moving, downsizing, settling an estate or buying new furniture and need to get rid of your old items, please contact us to donate. If you are in need of any items, please contact us for pick-up.

Some of the items we accept:

- Furniture: Dressers, Nightstands, Tables and Chairs, etc
- Small Appliances: Toasters, Irons, Coffee Pots, Lamps
- Linens: Sheets, Blankets, Pillows and Towels
- Pots and Pans, Kitchen Utensils, Dishes etc.

Please ensure all donations are in good condition and working order. We will not accept torn or damaged furniture. We reserve the right to accept or refuse any item.

Donations & Pick-Ups: The Community Shed is located at the Municipal Building (993 Route 390, Cresco) and is available for Donations or Pick-ups between 8am to 4pm Monday-Friday, call Pam Gardsy - 570-595-2602 ext 3 for an appointment. Gently-used items will be inspected and placed into inventory. The inventory list will be posted on Barrett Township's website: www.BarrettTownship.com. We ask that items be in good condition; we have the right to refuse any item.

Photos from Barrett's Summertime Frolic. More in centerfold



Harry the Complainer and his wife happened to pass away on the same day and as they await their interview with St. Peter at the Pearly Gates, they're approached by an angel. "Hello," says the angel. "I'm your host, and welcome to Heaven. In a few moments you'll be entering through our famous Pearly Gates for the most fantastic adventure you've ever experienced. You'll have a chauffeur driven limousine service anywhere in the universe, plus deluxe accommodations at our luxury hotel with all the amenities -- pool, Jacuzzi, indoor tennis courts, and more. Then after your day of relaxation, dine at any of our 5-star restaurants savoring the finest of any cuisine known to man."

At this point, Harry gives his wife a shove in the ribs with his elbow. "If it wasn't for you and that stupid oat bran, we'd have been here ten years ago!"



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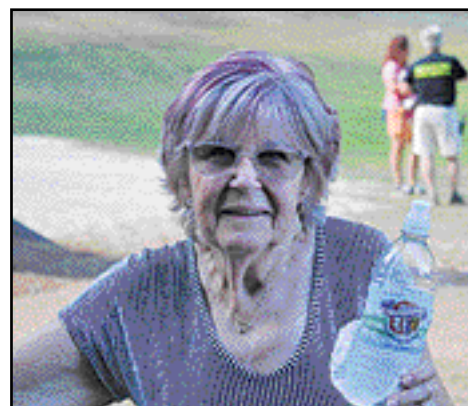
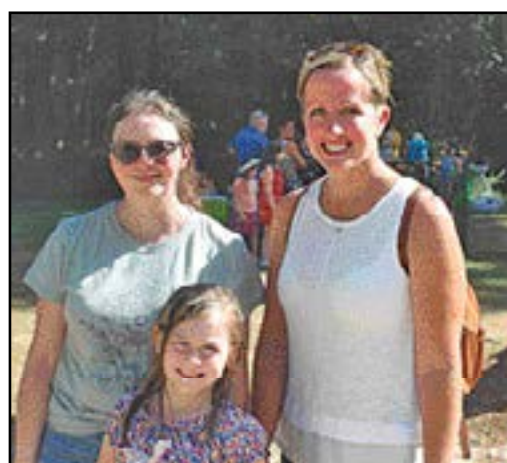
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a: PO Box 45 • Cresco, PA



On August 20th, Barrett Township High Acres Park Committee and Weiler Corporation hosted a Summertime Frolic at High Acres Park. Lots of fun, great food and even a herd of Alpaca. Here are some photos.







John Cafarella

"Gnus Almanacs
available on
Amazon"

"My favorite poem is the one that starts 'Thirty days hath September' because it actually tells you something.".....Groucho Marx
The full moon for September is the Harvest moon

1. 1914- Tuesday – 100 years ago on this day, the last passenger pigeon, Martha, died at the Cincinnati Zoo at 12:30 p.m. The passenger pigeon - there were hundreds of millions at one time - was hunted to extinction. The fact that it traveled and nested in large flocks made it easy to slaughter. We know the exact moment of extinction of a species.
2. 1948 – Thursday, Happy Birthday, Birthday Christa MacAuliffe, astronaut and first teacher in space, who died in the Challenger Space Shuttle when 73 seconds into its 10th launch, STS-51L exploded in midair, killing its crew of seven. When Challenger exploded just after takeoff, millions of horrified schoolchildren and adults were watching from schools, homes and offices world-wide.
3. 1783 –Wednesday- Treaties are like roses and young girls -- they last while they lastCharles deGaulle.....The American Revolution officially came to an end when representatives of the United States (John Adams, John Jay, and Benjamin Franklin), Great Britain, Spain and France signed the Treaty of Paris on this day in 1783. The signing signified America's status as a free nation, as Britain formally recognized the independence of its 13 former American colonies
4. 1848-Monday- Happy Birthday, Louis Latimer, Black inventor who received a patent for an improved process for manufacturing the carbon filaments in light bulbs. It made Edison's invention a commercial success since now the bulb would stay illuminated for a longer time.
5. 1882 –Tuesday- The first Labor Day. The holiday originated in New York and was intended to be a tribute to the toil and achievements of the nation's workers. It grew out of a celebration and parade in honor of the working class by the Knights of Labor. In 1884, the Knights held a large parade in New York City.
6. 1992 -Sunday A man who had

- received a transplanted baboon liver 10 weeks earlier went kaput at the University of Pittsburgh Medical Center. The recipient of the cross-species transplant, also called a xenotransplant, was a patient with chronic hepatitis B. Before his death the patient enjoyed a diet of bananas and leaves, liked to groom the nurses and be groomed in turn and enjoyed swinging from tree to tree..
7. 1998 –Monday O God, I could be bounded in a nutshell, and count myself a king of infinite space.....Hamlet, Hamlet Act 2, scene 2, 251–259. The search engine, Google was founded by Larry Page and Sergey Brin, two students at Stanford University.
 8. 1828 –Monday Happy Birthday, Joshua Lawrence Chamberlain, American Civil War soldier and hero and of the great Americans in the country's history. Commanding the 20th Maine Infantry Regiment, he held the exposed Union end at Little Round Top on the 2nd day of the battle of Gettysburg Chamberlain. He also led his troops at the battles of the Wilderness, Spotsylvania Court House, North Anna and Cold Harbor. After the war, he returned to civilian life and was elected governor of Maine in 1866. In 1871 as President of Bowdoin College he restructured the college curriculum to include science and engineering.
 9. Monday -The Second Continental Congress changed the name of our country from the United Colonies to the United States of America. In the year before independence, many in the colonies went with the name used by Benjamin Franklin in his July 1775 draft of an Articles of Confederation: United Colonies of North America. It appears that the name United States was first coined by John Dickinson of Pennsylvania on June 17, 1776.
 10. 1945 –Monday- One of our favorite items - "Mike the Headless Chicken" was decapitated. Mike survived for another 18 months before choking to death. Mike, a young Wyandotte rooster, was about to become the dinner of Fruita, Colorado, farmer Lloyd Olsen. Mr. Olsen swung his ax thereby lopping off poor Mike's head. Mike shook off his head, then continued trying to peck for food.
 11. 2001-Tuesday- Islamic

- terrorists, continuing their war on America, hijacked four commercial jets. Two were crashed into the towers of the World Trade Center in Manhattan, one into the Pentagon and one crashed –due to passenger heroism into a field near Pittsburgh. Almost three thousand people were killed.
12. 490 BC -Tuesday Athens defeated Persia at the Battle of Marathon in one of history's earliest recorded battles. This was also the origin of the marathon long-distance race (attributed to Phidippides.....later disqualified for using PEDs). The primary source is the writer Herodotus who mentions Phidippides as running to Sparta (145 km) before the battle. Anyway, Phidippides, only won the Bronze medal for the marathon as he was passed by two Kenyan runners during the last three miles.
 13. 1899 –Wednesday- The first American automobile fatality resulted when H.H. Bliss was run over as he got out of a streetcar in New York. Bliss was knocked to the pavement, and two wheels of the cab passed over his head and body. His skull and chest were crushed.....other than that, he was O.K. The driver, Arthur Smith was arrested and held on \$1,000 bail.
 14. 1849 – Friday We've been drooling at the prospect of wishing Happy Birthday, Ivan Petrovich Pavlov. He was a pioneer in psychology. Pavlov is most famous for his dogs. He performed a series of experiments on dogs to show how digestive secretions are regulated. Pavlov saw that dogs began to salivate if they were able to see, smell, or taste food.
 15. 1254 –Tuesday- Buon Compleanno/Happy Birthday, Marco Polo, Italian explorer and famous for the swimming pool game played by children.. Marco Polo was also celebrated for his travels through Asia. He was one of the first Europeans to travel into Mongolia and China while delivering pizza with anchovies.
 16. 1620-Wednesday The Pilgrims sailed on the Mayflower from Plymouth, England to the New World. The group of 41 men, the rest, women and children, composed of half religious dissenters and half entrepreneurs, made it to Provincetown, on Cape Cod just in time for a good rate on a beach front Airbnb six bedroom, six bathroom with post Labor Day pool rental rate
 17. 1967 –Sunday You know that it would be untrue. You know that I would be a liar . If I was to say to you Girl, we couldn't get much higher.....The Doors defied Ed Sullivan on The Ed Sullivan Show. The band was

- scheduled to perform their big hit, Light My Fire, but Sullivan didn't want the word "higher" sung on the show. The Doors said " 'Yes, sir,' " "Whatever you say, sir. We'll change.' Then the Doors went out and did the song exactly as they always did. Sullivan was apoplectic. The Doors never appeared on the show again.
18. 1990 –Tuesday Liechtenstein became a member of the United Nations. They were hoping to join sooner but it took 14 years to locate the tiny country landlocked country situated in central Europe in the Upper Rhine valley of the European Alps.
 19. 1783 –Friday- Balloonist, Jacques Etienne Montgolfier launched a duck, a sheep and a rooster (wait...is this the start of a joke?.....did they go into a bar?) aboard a hot-air balloon at Versailles in France. The flight, witnessed by the soon to be headless Louis XVI and Marie Antoinette, featured a balloon 42 feet in diameter.
 20. 1881 –Tuesday- Following the medically caused kaput of President James Garfield, Chester Arthur became the third man to serve as president in that year. The year 1881 began with Republican Rutherford B. Hayes in office. Hayes served out his first and only term turned over the reins of government to James A. Garfield in March. This was the second time in American history that three men served as president in one year; a similar situation occurred in 1841, when Martin Van Buren, William Henry Harrison (kaput from pneumonia) and John Tyler all held the office.
 21. 1784-Tuesday- America's first daily newspaper, The Pennsylvania Packet and Daily Advertiser was published in Philadelphia.
 22. 1991 – Sunday The Dead Sea Scrolls were made available to the public for the first time. The Dead Sea Scrolls were discovered in eleven caves along the northwest shore of the Dead Sea between the years 1947 and 1956. There are now identified among the scrolls, 19 copies of the Book of Isaiah, 25 copies of Deuteronomy and 30 copies of the Psalms.
 23. 1875 –Saturday- Infamous outlaw, Billy the Kid was arrested for the first time. Murder? Bank robber? Cattle rustling? Horse theft? Cheating at cards? Nooooooooooooo. Mr. The Kid was stealing a basket of laundry. Hey, if you're going to have a career in crime you have to start somewhere.
 24. 1957- Saturday You are in a room with Hitler, Stalin and O'Malley and you have a gun with two bullets in it; who do you shoot?" Answer:

- "You shoot the two bullets at O'MalleyPete Hamill and Jack Newfield.....The Brooklyn Dodgers played their last game at Ebbets Field, and defeated the Pirates 2-0. Owner Walter O'Malley, took the heart of Brooklyn along with the team when he couldn't get a new stadium in the borough although he was offered a site in Queens.
25. 1878, - Wednesday In the first warning against the use of tobacco (first brought to England by Sir Walter Raleigh in 1586), the senior physician to the Metropolitan Free Hospital, Dr. Charles Drysdale wrote in The Times newspaper in Britain. "that the use of tobacco is one of the most evident of all the retrograde influences of our time.
 26. 1961 Tuesday- Folksinger Bob Dylan began his first major gig, opening for the Greenbriar Boys for two weeks at Gerde's Folk City in Greenwich Village. Reviewing his performance, critic Robert Shelton of the New York Times wrote, "Bob Dylan is one of the most distinctive stylists to play in a Manhattan cabaret in months... there is no doubt that he is bursting at the seams with talent...
 27. 1777-Saturday - Lancaster, Pennsylvania was the capital of the United States, for one day. The colonial government had withdrawn from the capital in Philadelphia to escape the approaching British troops, and stopped here for a day before moving on to York, Pennsylvania, which then became the capitol. There were actually eight capitols before Washington D.C became the permanent capital: Philadelphia, Baltimore, Lancaster, York, Princeton, N.J, Annapolis, Md., Trenton, NJ, and New York
 28. 1928 –Friday-Sir Alexander Fleming noticed a bacteria-killing mold growing in his laboratory, discovering what later became known as penicillin. This bacteria growth phenomenon occurs quite frequently in contemporary office refrigerators.
 29. 1547 –Monday- Happy Birthday, Miguel de Cervantes Saavedra author of Don Quixote-El ingenioso hidalgo don Quijote de la Mancha
 30. 1955- Friday James Dean kaput. The movie star, age 24, died in a car crash on a California highway. Dean was driving his Porsche 550 Spyder, when he was involved in a head-on collision. Ironically, Dean had received a speeding ticket just two hours before the crash.

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District Court 43-4-02

District Justice
Phillip Riley



The following individuals waived their rights to a preliminary hearing:

- **Sarah Jean Davis**, 45, of Tobyhanna, charged with retail theft, and theft by deception.
- **Darius Jamal Scott**, 45, of Tobyhanna, charged with 4 counts of aggravated assault, 2 counts of flight to avoid apprehension, criminal use of communication facility, manufacturing, delivery, or possession with intent, possession of a controlled substance, use/possession of drug paraphernalia, simple assault, resisting arrest, tampering with evidence, reckless endangerment, 17 counts of traffic violations.
- **Gregory R. Knight**, 36, of Canadensis, charged with 6 counts of traffic violations, 2 counts of fraud, possession of a controlled substance, and 2 counts of use/possession of drug paraphernalia.
- **Anthony Tobin**, 35, of Mount Pocono, charged with 2 counts of DUI, possession of a controlled substance, use/possession of drug paraphernalia, and 2 counts of traffic violations.
- **Melinda Tache Banks**, 47, of Cherry Hill NJ., charged with possession of a controlled substance, use of marijuana, and use/possession of drug paraphernalia.
- **Daniel Luis Taveras**, 24, of Mount Pocono, charged with 2 counts of criminal intent - robbery, 2 counts of criminal intent - theft, and disorderly conduct.
- **Christine M. Hart**, 44, of Cresco, charged with 4 counts of DUI.

Duck, Duck, Goose! Restored Wetlands Thriving

(NewsUSA) - As the sun rises in middle America, nature comes to life. Ducks, geese and other birds emerge from a marsh, taking flight into a golden sky, while prairie grasses whisper in the morning breeze and insects begin to hum.

The growing cacophony of honks, quacks, chirps and splashes is music to Jason Black's ears. As public land manager of the McPherson Valley Wetlands in central Kansas, they are proof that this habitat is thriving.

"This is a special place," says Black. "I get to watch it grow through the seasons, watch the birds come and go. Everything from our state bird, the meadowlark, to whooping cranes to a number of species of ducks and geese and shorebirds when water conditions and migration are lined up just right."

These public wetlands were recently improved through a public-private partnership thanks in big part to one of the nation's largest clean energy infrastructure companies, Williams. The company's generous contribution allowed Ducks Unlimited to seek matching funds to restore several areas that are critical to waterfowl during spring and fall migrations.

The wetlands project included restoration of approximately 160 acres of previously drained and cropped agricultural fields. New water-control infrastructure was installed and prairie seeds planted to improve wildlife habitat for quail, pheasants and other grassland birds, along with pollinators.

The marsh is the first of a series of connected wetlands in the complex and will help improve water downstream. The wetlands in the area provide critical resources for migrating waterfowl and other birds along the Central Flyway, along with outdoor recreation for residents and visitors.

"We take great pride in being responsible environmental stewards and are honored to support Ducks Unlimited," says Matthew Baker, manager of engineering at Williams. "Doing what is right for our local communities is part of who we are at Williams, and this collaboration is one of the many ways we aim to preserve resources for future generations while making a positive impact today."

The wetland restoration is one of many environmental stewardship and sustainability projects that Williams is supporting along its nationwide footprint. Others include planting seedlings, building hiking trails, developing wildlife crossings and funding intercity marine education programs. For more information, visit www.williams.com/sustainability.

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Photo from Troop 89 at Summer Camp at Camp Minsi. Photo was taken by the camp photographer. Troop 89 attended Scout summer camp at Camp Minsi in July. The Troop earned over 100 merit badges. Youth who might be interested in joining Scouts are invited to visit the website: <https://beascout.scouting.org/> Troop 89 is sponsored by the Rotary Club of the Pocono Mountains and serves the families of youth in Barrett, Paradise, Coolbaugh Townships, Mt. Pocono Borough, and Newfoundland and other surrounding areas.



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Library Letters

By MaryAnn Lewis

Greetings! Autumn is a wonderful time in our area, even when it starts getting chilly enough to hunker down indoors! Visit the Library to get your fill of books, audiobooks, DVDs, magazines, and friendly faces. We have the latest titles from favorite authors like David Baldacci, James Patterson, Ruth Ware, Elin Hilderbrand, and plenty more. Enjoy the beautiful outdoors, then head inside for some library-inspired leisure time. Library Hours: Mon, Tue, Thu, Fri, Sat: 10am – 5pm Wed: 10am – 8pm Be sure to visit to our “Tale on the Trail” at the Barrett Township Community Park at Ice Lake! Follow the trail behind the pavilion and turn right to embark on this outdoor reading adventure. Enjoy a picture book as you stroll along the path. Read on for more info in the Programs for Children section below.

Did you know that once upon a time, children in Barrett Township could have attended the Seese Hill School? Or the Krummell Hill School? Or the Mountainhome School? Take a look at the photos and memorabilia in the Barrett Township Historical Society's display case at the Library for a glimpse of the history of schools in the township.

Check out some more local history. Our Searchable History Project is in the process of digitizing materials in three local history collections, beginning with items from the Buck Hill Falls community. The items that have been digitized are now available online, so you can view and explore the collection. So far, there are images from the early 1900s and Buck Hill Breeze issues from the 1920s, '30s, and '40s. Look for the Searchable History link on our website.

We are accepting donations of gently used costume jewelry to replenish our ongoing sale at the Library. Stop in and browse a unique selection of earrings, necklaces, bracelets, and pins at very affordable prices! All proceeds benefit library programs and services.

Have you browsed our Book Sale Corner lately? We have an abundance of items that have been trimmed from the collection and we will continue adding more as we work our way through the Library! At the moment, we have a lot of Large Print & Biography, as well as Juvenile and Adult Fiction. Bag Sale: All items (books, audiobooks, DVDs) \$5 a bag. What a bargain!

****Please note that we CANNOT accept used book or DVD donations until further notice****

Computer use: We recommend that you call ahead of time to schedule an appointment, but walk-ins are welcome as space allows.

PROGRAMS: Current programs & descriptions below. Check our Facebook page for additional programs, posts, and opportunities: www.facebook.com/BPFLibrary. Our live videos can be seen at www.facebook.com/BPFLibrary/live/. You don't need a Facebook account to view.

PROGRAMS FOR CHILDREN

Contact Chelsea or Jen with questions: 570-595-7171 or email Ms. Chelsea at chelseabpfl@gmail.com.

Take & Make Mini-activities: Pick up coloring pages and simple crafts, then complete the projects on your own at home. Activities are available in the Children's Area.

Story Time at Ice Lake: Tuesdays in September & October 10:30-11am. Ages 0-5. All children are

welcome to join us under the pavilion at The Barrett Township Community Park at Ice Lake for stories, songs, and games! Registration is not required. If it is raining on story time day, please check our Facebook page or call the Library for updates.

Peace Out

Ages 6-11 Wednesday, September 21, 6:00pm

Ages 12-17 Wednesday, September 28, 6:00pm

Back-to-school often means back to the stress of a busy schedule. Come to the library, relax with friends, share some laughs, and learn some simple techniques for remaining peaceful in this crazy time.

Story Time at the Library,

Fall Session: Thursdays, October 6, 13, & 20, 10:30-11:30am.

Ages 0-5. Please join us for stories and songs in the Weiler Family Community Room. *Space is limited and sign ups are required for this three-week session.* Please call the Library to register.

Cemeterarium: Wednesday, October 19, 6:30pm

Ages 6-11. Build a spooky Halloween-themed terrarium with your friends at the library. Registration is required.

Needle Felt Pumpkins:

Wednesday, October 26, 6:30pm

Ages 12-and-up. Learn how to needle felt a 2-D pumpkin patch. Registration is required.

Halloween Party:

Thursday, October 27, 10:30am
Ages 0-5. Come to the library in your Halloween costume for some spooky fun! We will read stories, play games, and trick-or-treat around the library! Registration is required.

Tale on the Trail at Ice Lake Visit the Barrett Township Community Park at Ice Lake to embark on this family reading adventure! Follow the trail behind the pavilion and turn right. Enjoy a picture book as

you stroll along the path. The path is about 0.12 miles from beginning to end, and then you can continue around the lake or turn around to return to the pavilion. The trail is mostly flat, but rough and rocky. Very young children may need help or prefer to ride in a stroller. Look for these books: “Wonder Walkers” by Micha Archer; and “Big Pumpkin” by Erica Silverman.

ADULT PROGRAMS

Registration is required for each program. For more information or to register, please call: 570-595-7171 or email Lynn at l.vromanbpfl@gmail.com.

Wednesdays, 1pm, at the Library: Shakespeare Group

The Bard is back! Join Pat Williams for this weekly literary experience discussing Shakespeare and/or other topics of interest to the group. Please contact Pat or call the Library if you're interested in attending.

Adult Take-Home Craft: Dish Scrubber Pumpkins

Add some fun decor to your kitchen with a dish scrubber pumpkin. We supply all the materials. Pickup begins Monday, September 19. You must register for this craft.

Tuesday, September 20: Virtual Afternoon Book Club 1:00pm

Join our virtual afternoon book club on Zoom. This month, we will discuss *The Rosie Project* by Graeme Simsion. If you're interested in joining, please call the Library for more details.

Tuesday, September 27: Virtual Evening Book Club 7:00pm

Join our virtual evening book club on Zoom. This month, we will discuss *The Lost Apothecary* by Sarah Penner. If you're interested in joining, please call the Library for more details.

Thursday, October 13:

Virtual Writing Group 6:30pm

Join us on Zoom to discuss the art of writing while sharing work with the group. Contact Lynn for details and the Zoom link.

Below are a few of the on-line resources available through the Library. Take advantage of technology!

Visit our website to browse more online resources and get details on using them.

HeritageQuest

Explore your family history through census records, books, obituaries, and more!

Newspapers World

Collection: The largest online newspaper archive consisting of 179 million+ pages of historical newspapers from 20,000+ newspapers from around the United States and beyond. Newspapers provide a unique view of the past and can help us understand and connect with the people, events and attitudes of an earlier time.

Hoopla!

Borrow movies, music, audiobooks, ebooks, comics and TV shows to enjoy on your computer, tablet, or phone – and even your TV!

OverDrive: Download and enjoy e-books, audio books, and magazines on your computer, phone, or portable device. The collection includes fiction and nonfiction materials for all ages.

Library Info: www.barrettlibrary.org; email brfpubli@ptd.net; 570-595-7171.

Read often and stay safe & healthy!

Mary Ann, currently re-reading *The Lost Apothecary* by Sarah Penner, this month's Evening Book Club selection.

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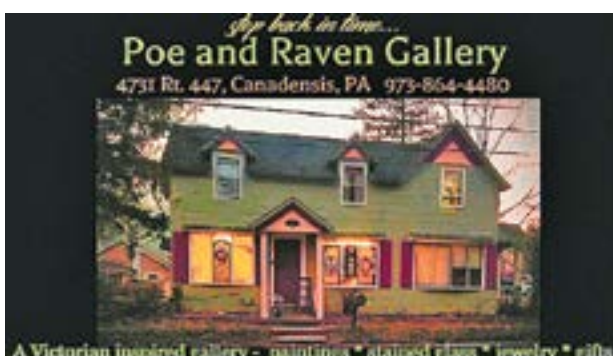
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Preserving the Poconos with PHLT series

By Carol Hilestad

It's About Keeping Promises: A Legacy Under Threat

Pocono Heritage Land Trust

Harry Trexler was a man of many interests.

Starting in the late 1800s, he founded or ran huge operations in and around Allentown: a nationally-known lumber company, one of the largest cement producers in the world, enormous farms and orchards. He was even a founder of Pennsylvania Power and Light.

Harry Trexler was an industry giant, extremely wealthy . . . and at the same time, a dedicated, conservation-minded man.

He was the father of Allentown's public park system, owner of a trout hatchery, creator of the Trexler Game Preserve, an avid outdoorsman who devoted huge sums to conserve land for the public to use and enjoy. He bought and preserved the land that would become Hickory Run State Park, one of the jewels of our state park system, welcoming 300,000 visitors a year.

In 1928 he — helped by neighboring farmers — donated 755 acres of springs, wetlands, wildlife and woodlands in Polk Township to be a wilderness camp, run by the Boy Scouts, for the benefit of generations to come.

Camp Trexler still exists, one of the last stretches of pristine woodland in the Township. But its founders' vision is under threat.

After 94 years, the place where thousands of Scouts made lifetime memories — hiking, fishing, learning to “be prepared,” to tell the truth and keep promises — all indications are that Camp Trexler is going up for sale.

It could become a housing development. A trash transfer station. It could be clear-cut and timbered, instead of remaining the beautiful, wild land Harry Trexler and neighboring farmers intended.

There is another option. Pocono Heritage Land Trust is working to acquire this property, conserve it permanently, and keep it open to the public.

No McMansions. No industry. Just the priceless land itself, a legacy of natural beauty for generations to come, as the donors envisioned.

Minsi Trails Council of the Boy Scouts of America makes the decisions about this land. It is up to the board members to choose the path to the future.

Will they be true to the principles of Scouting and keep faith with the givers of this special place? Will they honor all those whose lifelong memories of camping here consecrate this land? Will the promise of Camp Trexler be kept? Or not?

You Should Know...

If Camp Trexler land were converted to housing, dozens of homes could be built there under current zoning. In addition to traffic, road damage, sewage, and water issues, each school-age child would add \$22,000 to the school district's costs. Property taxes on the new construction would fall far short of that; shortfalls would be made up by other taxpayers.

If Camp Trexler land were converted to industrial use such as a transfer station, heavy equipment like trash

haulers would burden traffic and roads, create noise and air pollution, and damage quality of life for everyone.

For more than 30 years, Pocono Heritage Land Trust has helped landowners protect their property for the future. The land trust itself also holds more than 4,000 acres, protected in perpetuity. Camp Trexler adjoins land that the land trust has already conserved. Join us. Help protect this rare and beautiful place!

For more information: www.phlt.org

Your voice counts.

Tell the Boy Scouts Minsi Trails Council

Keep Your Promise!

Work with Pocono Heritage Land Trust to protect Camp Trexler for good.

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3 Reasons To Share Your School Experience with Others (NewsUSA)

By Carrie Goux For
NewsUSA,

With the final bell of the
2021-2022 school year fast
approaching, now is the time
for families to reflect upon

their child's year. Whether
it be the formation of new
friendships, celebrating
academic breakthroughs, or
navigating the emotions of
another pandemic year, no two
families' experiences are the
same.

That's why [GreatSchools.org](https://www.GreatSchools.org),
the nation's
leading provider
of school
information for
K-12 families,
wants to make
sure your
experience is
captured -- in
your own words.
In only a few
minutes, parents
can [leave an
anonymous
review](https://www.GreatSchools.org) on
their school's
GreatSchools
profile to share
their thoughts
on family
engagement,
teachers,
learning,
physical and
emotional safety,
and more!
We know that
parents wear
many hats, and
finding even
just a few extra
moments in
the day can be
challenging. But
sharing your

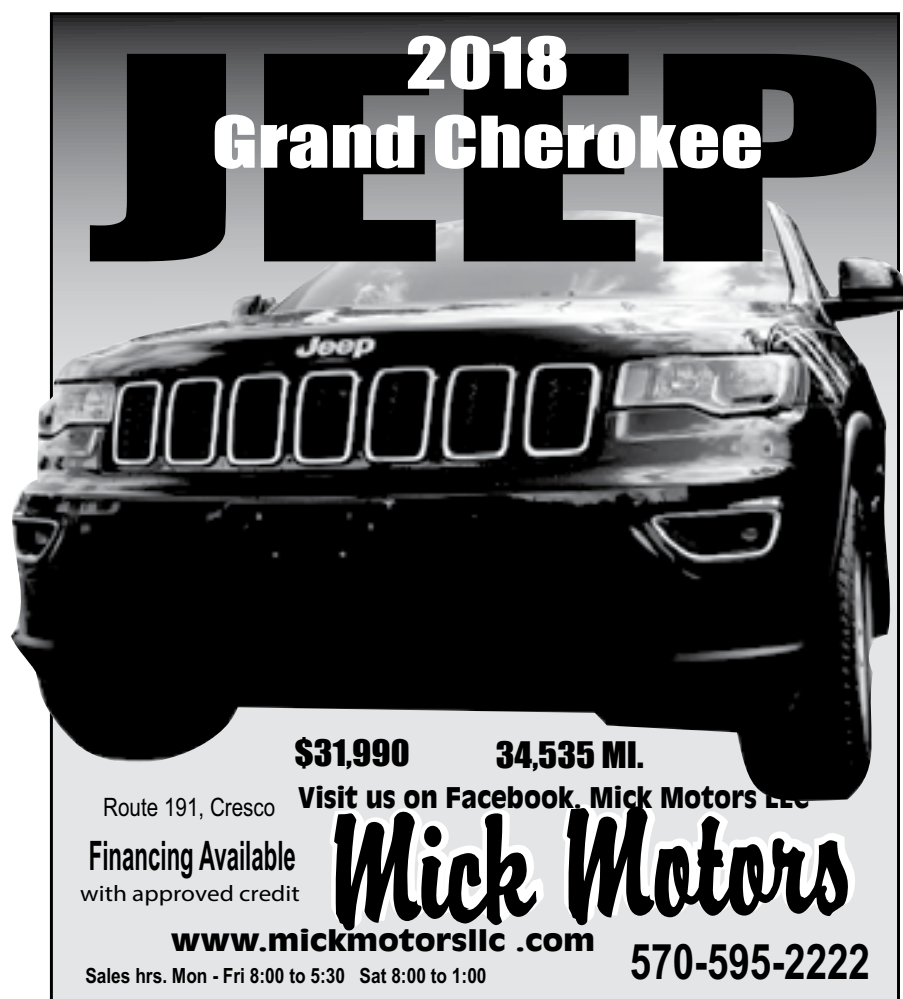
school experience matters, and
can really make a difference for
others in your community. Here's
why:

1. Helps fellow parents
When you write a review of your
child's school, you're offering
other parents something that
numbers alone can't provide:
your personal experience as a
member of a community. When
Ronnie Hines, a Black mother in
Los Angeles, was searching for
a middle school for her daughter
in a community where few others
looked like her, she wanted to
find a school climate that would
be welcoming. Reading reviews
from parents of shared identities
helped Ronnie visualize what
peer-to-peer and parent-to-staff
interactions might be like at
different schools, and whether
those environments would help
her daughter succeed.
2. Elevates your voice
Your experience can be powerful
-- if given the right opportunity
to share it. Leaving a review
provides a platform to share your
thoughts with the K-12 schools,
K-12, in a respectful way.
Does the school's curriculum
affirm your child's culture and
identity? Are your child's special
education needs being met? Are
you a military family that has
attended many different schools
across the country? Your unique
story could be the catalyst for
improvements that will benefit
other students for years to come.
3. Fosters trust between home
and school

Principals and administrators use
their GreatSchools.org profiles
to share details about their
school culture, programs, and
policies. The reviews section is
an important part of the overall
story of the school, offering a
safe, trusted way for parents to
anonymously share feedback
with the school. Whether it's
highlighting an experience with
caring, hard-working teachers or
providing honest feedback that
will help make the school better
for all children, reviews foster a
deeper home-school connection
as leaders can incorporate key
learnings into their school
celebrations and improvement
plans.

According to the National PTA
and Learning Heroes, 67 percent
of parents feel more connected
to their child's day-to-day
education than ever before. Now
is the perfect time to leverage
that connection and share your
experience with others in your
community. We've compiled
some of our best [tips to support
you](https://www.GreatSchools.org) in writing a review that
is honest, transparent, and
thorough. [Make your voice heard
today!](https://www.GreatSchools.org)

*Carrie Goux is the Executive
Vice President, Strategy and
External Affairs at GreatSchools.
org.*



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The Grapevine

Juicy Tidbits for Barrett Residents

Please enjoy our column for Barrett residents sharing helpful facts, news you can use and general info.

Save the Date! October 8, 2022, 1 pm-6 pm – more exciting activities at High Acres Park! Stay tuned for more information on the Halloween fun for the whole family.

Take Note: The last township clean-up for this year is October 1. There will be nothing accepted after that date. Save time on the morning of clean-up by filling out the form, printed in this issue of the Village View, in advance.

Halloween Happenings: Join us for our annual Halloween Parade - Oct 23 (Rain date Oct 30). Don't miss Barrett Township's longest running tradition. Fire trucks, live music, creative floats, antique cars, spooky guests and more! Presented by the Rotary Club of the Pocono Mountains. Please visit their website for more information:

www.barretthalloween.com

Reminder: The Supervisors Meeting and Workshop schedule is as follows:

- Meeting - 2nd Wednesday of the month at 5:30 pm and 4th Wednesday at 8am.
- Workshop – 3rd Wednesday of the month at 8am.

www.BarrettTownship.com

Pulse Check: 3 Things You May Not Know About the Most Common Heart Rhythm Disorder

NewsUSA) - Pulse Check: 3 Things You May Not Know About the Most Common Heart Rhythm Disorder

Atrial fibrillation (AFib), otherwise known as an irregular or fluttering heartbeat, is the most common heart rhythm disorder. In fact, nearly one in every ten people older than 65 have AFib.¹ September is National AFib Awareness Month, which is a great time to take a pulse check on your heart health. Here are three misconceptions about AFib and the facts you need to know.

Misconception #1: AFib Symptoms are Easy to Spot

This is not always true – some people don't know they have AFib until they are diagnosed at a doctor's appointment or it causes a larger medical concern. It's often at routine checkups when AFib is diagnosed.

For others, AFib feels like butterflies or a flopping fish in the chest, according to StopAFib.org.

AFib is a progressive disease meaning that when left untreated or undiagnosed, patients are five times more likely to have a stroke.² Knowing the signs and symptoms of AFib can help you and your doctor catch it earlier:

- ☐ Heart sensations, sometimes called palpitations, which may include irregular, thumping, or pounding heartbeats
- ☐ Feeling like your heart is racing
- ☐ Chest discomfort or pain
- ☐ Fainting or lightheadedness
- ☐ Fatigue, shortness of breath, or weakness

Misconception #2: Medication is My Only Treatment Option

Currently, medications to prevent and treat irregular heart rhythms, known as antiarrhythmic drugs, don't work for half of people who take them.^{3,4,5} Some patients with AFib may be candidates for a minimally invasive procedure called cryoablation. During the procedure, the Medtronic Arctic Front™ Cryoballoon targets electrical signals to get your heart rhythm back on track and can be used as the first line therapy approach for a patient experiencing AFib.

Misconception #3: Everyone's AFib is the same

According to StopAFib.org, different people experience different AFib symptoms. The best thing you can do is go talk to your doctor if you think you're having symptoms. To better understand your specific condition, your doctor may recommend an insertable heart monitor that watches your heart continuously around the clock to detect abnormal heart rhythms including AFib.⁶ Long-term monitoring with the Medtronic LINQ™ family of insertable cardiac monitors (ICMs) can help your doctor get a better picture of how your heart is doing over time and detect episodes of AFib. Because AFib is a progressive condition—meaning it worsens over time—early treatment is crucial. When a heart monitor detects AFib, your doctor can help you get on the treatment course that is right for you. Your long-term heart monitor will continue to give your doctor the information needed to know if your treatment is working or if you need to make changes over time.

Always talk to your doctor about risks, diagnosis, and treatment information.

Possible risks associated with the implant of the LINQ™ Family ICM's include, but are not limited to, infection at the surgical site, device migration, erosion of the device through the skin and/or sensitivity to the device material. Risks associated with the Arctic Front™ Cryoballoon may include bleeding and bruising where the catheter was inserted, cough, shortness of breath, infection, temporary or permanent stroke, severe complications leading to hospitalization or potentially death. Always talk with your doctor about risks, diagnosis, and treatment information for AFib.

To learn more about atrial fibrillation, available treatment options and to identify a specialist near you, visit: www.Medtronic.com/AFmonth

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Super Crossword

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Marine Toys for Tots Provides Books to Title I Schools

(NewsUSA)

- Marine Toys for Tots is the Nation's flagship children's Christmastime charity, but the Program extends to helping children and families year-round. As children prepare for the new school year, the Toys for Tots Literacy Program continues its successful Back to School Books campaign, which distributed over 500,000 books to Title I funded schools last year. The Department of Education, through Title I of the Elementary and Secondary Education Act, provides financial assistance to schools with high percentages of children from low-income families to help ensure that all children meet challenging academic standards.

One key objective of the Marine Toys for Tots Program is to support child development at Christmastime and beyond. The Toys for Tots Literacy Program, launched in 2008, has made a positive impact in the lives of underprivileged children by giving them access to age-appropriate books throughout the year. The Program provides economically disadvantaged children with the books and educational resources that can help them build the confidence and self-esteem that will help them compete academically and succeed in life.

"This program not only brings the joy of reading to these children, but also serves as an important tool in breaking the cycle of poverty," says LtGen Jim Laster, USMC (Retired), President & CEO of the Marine Toys for Tots Foundation.

This year, the Toys for Tots Literacy Program is providing over 600,000 books to Title I funded schools across the Nation. Cedar Forest Elementary School, a Title I school in Fredericksburg, VA, recently hosted a back-to-school "Back to Pack" fundraiser, and families of more than 815 children enrolled at the school came to show their support. The Toys for Tots Literacy Program provided books to this Title I funded school's event, and the students selected books that piqued their interest.

"The biggest indicator for a child being successful in their educational career is the fact that they've had books read to them consistently by the age of five. Getting these books into their hands and setting them up for success is a life-changing thing," says Cedar Forest 5th grade teacher Joselyn Beyer. Literacy is essential to developing a strong sense of well-being and citizenship -- the Program is more than just providing books! Support the Back to School Books campaign by visiting the Toys for Tots Literacy Program Donation Page: <https://www.toysfortots.org/literacy/Default.aspx> for more details or to donate. Be sure to follow Toys for Tots on Facebook and Instagram to see how the Literacy Program is bringing the joy of reading to children in need across the Nation! Hope is just a book away.

Putting Psoriasis to Rest Starts with Relieving Stress

(NewsUSA)

- After more than two years of living through a pandemic, it's not surprising Americans report overwhelming stress levels. But the situation is even worse for people living with psoriasis, a chronic immune-mediated disease with an unclear cause, that impacts over eight million people in the U.S. In fact, according to new data from the National Psoriasis Foundation (NPF) people living with psoriasis and psoriatic arthritis experience depression more than the general U.S. population -- a known trigger, along with anxiety, for onset or flaring of the disease. While there's no known cure for psoriasis, managing the disease is possible with the right treatment plan and implementing healthy habits including stress management. This August, during Psoriasis Action Month, taking small steps each day to combat stress can help put psoriasis to rest:

Catch Some Zs

Making changes to your sleep hygiene not only sets the stage for better sleep, but also leads to lower stress levels and better overall health. Going to bed at the same time each night can help regulate your internal sleep clock, which can boost your mood and reduce stress.

Limit processed foods -- or skip them all together

Paying close attention to what you eat each day is a great way to improve your mood. Eating plenty of fruits and vegetables, protein, and whole grains are all natural ways to relieve stress, anxiety, and grief.

Get up and get moving

Exercise can be a fantastic stress reliever that can work within minutes. Simply taking a short walk, doing some breathing exercises or gentle stretches from the couch each day can help get you into a different frame of mind and make a difference. Moving more can also have a great impact on mood.

Rely on a strong support system

A support system is important for your overall mental health. During stressful times, friends and family may help you cope with difficult situations. NPF provides free support and resources to all those impacted by psoriatic disease, including caregivers, family, and friends.

Talk to your doctor

Each person experiences psoriatic disease in their own unique way, including its physical and mental impacts. What works for one person may not work for another. Talk to your doctor to find the treatment plan that works best for you.

Visit [psoriasis.org](https://www.psoriasis.org) for more tips and information about how relieve stress and put psoriasis to rest once and for all.

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Photo of members of the Barrett Township Historical Society at the Train Station

Submitted by Andrew Davis

Front row, left to right are Darryl Speicher and Ellen Davis. Back row, left to right are Gary Brandin, Kathy Stout, Gayle Knapp, Mickey Miller, Jim Bibber, Marie Guidry, Joanne Seese and daughter Becky, Dave and Jannie Rogers, and Malinda Bender. Missing from photo are Jackie Magann and Jackie Speicher.

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