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Vol 21 No 9

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Bob Yeager

Hello World!!

Photo by Bob Yeager of Greentown

Why Sunglasses Are a Must-Have for Kids

(NewsUSA) - Sponsored News - Most parents know how damaging the effects of ultraviolet radiation (UVR) can be to our skin, which is why they dutifully slather sunscreen on their kids during the summer. But one thing that often gets overlooked is protecting their children's eyes.

According to vision-care experts, kids receive three times more UV exposure than adults annually, yet less than 30 percent of parents currently protect their children's eyes with sunglasses.

The reason for concern is that children and adolescents are particularly vulnerable to the sun's rays because their ocular lenses aren't mature enough to filter UV light as effectively as adults, causing damage to the retina.

Everyone buys into what happens to your skin when it comes to sun damage, but many parents are really surprised to learn about the cumulative UV damage to the eyes," Dawn

Hartman, an optometrist at Columbus Ophthalmology Associates in Columbus, Ohio, told The Wall Street Journal in an interview.

But the right sunglasses can help, as parents become more aware that protection from the sun isn't just skin deep.

Babiators, for instance, is a brand that offers safe and durable sunglasses for babies and kids. They protect them from harmful rays by offering 100 percent UVA and UVB protection, flexible frames and shatter-resistant lenses in stylish colors and patterns. In addition, Babiators are backed by a one-year Guarantee—if the glasses are lost or broken in the first year, they will be replaced for free. We created Babiators because we know that habits form at a young age and we wanted to promote a healthy habit of wearing sunglasses to help protect children's eyes.

Carolyn Guard, co-found of Babiators, told The Optician in an interview. Not only do these glasses shield little ones from UV rays, they are also fun, unique and vibrantly colored so that children love wearing them and parents can rest at ease knowing they are doing their part to promote healthy vision.

Experts say that risk is greatest to the eyes between 8 a.m. to 10 a.m., and from 2 p.m. to 4 p.m., because during those times, UV rays come from different angles and eyes receive nearly double the amount of UV than during midday hours.

For more information, please visit www.babiators.com.



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Looking back

by Phil Dente

Bears,
Bears,
Bears.

I know

that I live in the woods, and that these woods have bears, but it seems to me that my encounters with bears are a bit more than the average woods dweller's experiences. I have written numerous articles about my escapades with these critters, and, well...here goes one more.

I've lived in my house

for over 20 years. When we had the septic system installed it was behind our house. With a lot of extra dirt, we made this area our backyard and developed a beautiful crop of grass. With our type of septic system there are usually white plastic clean-out pipes sticking out of the ground. Because of the grass, we cut these pipes down to about an inch below the height of the grass, but in the winter, I add two-foot long extensions to keep the openings above the snow. For the twenty plus years I've lived here, this arrangement worked fine, until now!

For some inane, nature-gone-awry reason our resident bear has decided he doesn't approve of the setup I have in my backyard.

The first time I realized I was having a problem was when I walked out on my porch one sunny late-autumn morning and realized that my pipes were lying down on the grass instead of standing upright as usual.

Totally confused as to what happened, albeit talking to myself constantly, I went to the hardware store and purchased new pipes, joints and glue to repair them.

As time went by, I put the mystery of the broken pipes out of my mind. Then, it happened again!

As I approached the pipes, I saw that they were broken off, all three of them. Now, I'm at my wits end because I haven't a clue as to what or who was doing this.

This time when I was at the hardware store

buying new pipes, joints and glue, I was grumbling to the owner about what was happening to me.

To my surprise they said this seemed to be a problem with up to a dozen homeowners, and that one of the homeowners actually saw a bear doing this deed.

Well, I wasn't about to get into the reasoning of why that knuckleheaded bear would do this, but I am the type of guy who likes to take preventative measures when situations warrant it.

Instead of gluing the new pipes to the ground pipes, I just inserted the joint together with a wrap of rubber tape, making sure they were snug enough so they wouldn't come apart with the water pressure.

My thinking was that the bear could get them off without breaking them, and after he had done whatever he was doing to them, I could just re-insert them without having to buy new pipes, joints and glue.

That was the theory. The next time I checked my backyard, the pipes were totally missing.

Astonished, I walked a hundred foot circle around my yard and searched every nook and cranny. Nothing, nada, zilch...they were just GONE!!

Back to the hardware store, this time I wasn't only grumbling, I was venting, very loudly!

The owner commented, with a little smile, "Hey, there's always a silver lining." "What kind of silver lining could there possibly be to this?" I asked.

"Our pipe, joint and

glue sales have gone through the roof this year!" he quipped.

Funny, ..NOT!! So I put all the pipes back together, and spent the next week sleepless as I jumped to the window all through the night at the slightest sounds coming from the backyard.

On the seventh day, I saw him!!

Folks, you're not going to believe this. He was sitting on his haunches (kinda like Winnie the Pooh) and chewing the pipes as if he was a dog eating a bone. I watched in amazement as he would chew the pipe and spit out the pieces, scattering my yard with tiny shards of plastic pipe, then take the next one and do the same to it.

"Why would he do this?" was the thought that raced through my mind. "UGH!"

Is it possible that over the years I offended someone who had the powers of a witch and put a curse on me? Did I do some deed in my past that I am being punished for?

After mulling over these possibilities, I came to the conclusion that nature just had a major "hiccup," and it was nothing personal.

My one consolation is that

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hunting season is just around the corner, and my hope is that some hunter will unwittingly exact revenge for me. I believe I will be creating a historical first as a bystander on the first day of bear season out cheering hunters as they leave for the woods. I even printed up a banner that I will be waving with the slogan, "TAKE NO PRISONERS!" I'll keep you posted. (Note: This article was written before bear hunting season)



The
Village
View

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The Village View

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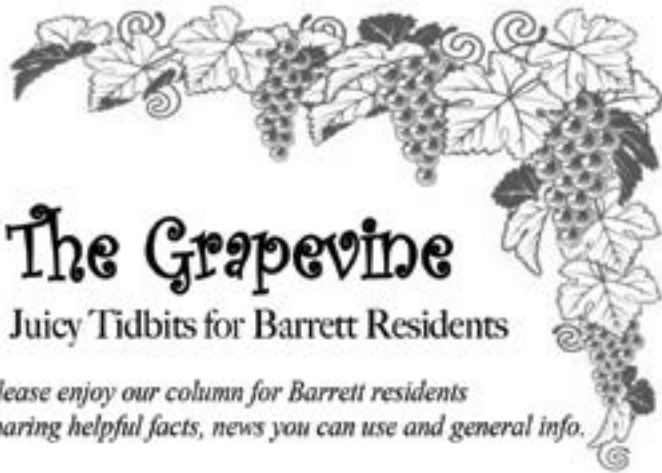
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The Grapevine

Juicy Tidbits for Barrett Residents

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

Ready for Spring?

Spring is right around the corner and we're ready! This is a great time to think about spring cleaning, both inside and outside of the house. The township clean-up is a great resource for getting rid of those items that have cluttered your garage all winter. The schedule for clean-ups is available online at www.BarrettTownship.com as well as in this issue of the Village View. If that clutter has spread to the yard/porch etc, please be aware we have a Property Maintenance Ordinance and we will be checking on all complaints we receive so let's work together to keep Barrett Beautiful! Don't forget if the "clutter" turns out to be items in good condition that you just don't need/ want anymore, please consider donating to the Community Shed.

Important Reminder...

Short term rentals must be registered and renewed yearly.

Ordinance 197 (www.BarrettTownship.com/ordinances) contains all necessary information regarding regulations and registration for short term rentals. The permit application, fee information and guidelines are available at www.BarrettTownship.com/forms. Please contact Zoning Officer Jeryl Rinehart with any questions: 570-595-2602 ext. 2.

Don't Forget...

Stay on top of all that's happening in Barrett Township – attend the Supervisors Meetings and Workshop! The schedule is as follows:

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

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New Website (still under construction)
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The Village Scene

February Birthdays

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Eliza Jane Yerkes
Jaclyn Yerkes
Gary Stiff
Jarrod Siglin
Paul Hilfiger
Linda Besecker
Amy Edwards
Ruan Vogt
Ian Sopko
John Stark
Anna Kate Stark
Lisa Hill
Debbie Rossi
Stan Zimmer
Stephen Diorio
Evelyn Bubb
William John Conroy
Molly Marrow
Nina LaQuino
Shirley Gross
Ann Weiler
Joe O'Malley
Jake Price
Michael A. Macaluso
Michael F. Boone

February Anniversaries

Josh and Mandy Siglin
Dale and Sharon Price
Kenny and Brenda Pulse
Michael and Christine Macaluso

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**The Monroe County Area Agency on Aging-
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WHAT: Meal, Crafts, Games, Comradery, Exercise and more
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Wednesdays at 10:00 join Miss Debbie for seated Exercise Class

Fridays at 10:00 play Bingo for household items and snacks

We are a BSA troop for girls from Barrett, Pocono, Paradise townships areas and would like to welcome any new girls to our troop we meet in person and Zoom Wednesday nights at 7 pm at the Pocono Township fire department Scout Hall in Tannersville, for info call scout master Suzan M At 917 842 0437

Obituary for Alice Bowfield

Ruth Alice "Cookie" Bowsfield, 69, of Cresco, passed away Thursday morning, January 13, 2022, at St. Luke's Hospice House in Bethlehem.

Born on December 3, 1952 in Michigan, and raised in New Jersey, she was a daughter of Ruth (Reynolds) Karr and the late Earnest Steinert.

She worked as a warehouse fork lift operator for almost 25 years, and the people of Canadensis will remember her working at the Village Market and video stores in Canadensis in the 1990's.

Ruth loved wildlife and gardening. She was a plainspoken woman who never minced words but also never lost her compassion and always tried to do what was right.

Surviving are two sons, Eric Bowsfield and wife Katie of Arlington, MA, and Keith Bowsfield and wife Mary of Peralta, NM; a grandson, Corey Bowsfield; two sisters, Patricia Molinari of Phillipsburg, NJ and Michelle Melody of Thornhurst; a brother, Kenneth Covert; and many nieces, nephews, cousins and their children. She was preceded in death by a sister, Jackie Heemaneth.

As per her wishes there will be no services.

Obituaries

Pauline N. Bolock, 92, of Scranton, died Friday, January 21, 2022; **Rachel A. Lindsey**, 89, of Vidor, Texas passed away on Saturday December 4, 2021; **Alton James Fox**, age 86, passed away January 16th, 2022; **Ruth Alice "Cookie" Bowsfield**, 69, of Cresco, passed away Thursday morning, January 13, 2022; **James Albert "Jimmy" Trombetta**, 95, of Paradise Valley, passed away Saturday January 8, 2022; **Charles F. Holder**, 48, of Cresco, passed away suddenly Sunday afternoon, December 26, 2021; **Henry McCool**, 97, of Stroudsburg, passed away at home on Tuesday, January 11, 2022; **Courtney A. Snyder**, 42, of Tannersville, passed away on Tuesday, January 11, 2022; **Marjorie Ann Young Fizette**, 90, of Henryville, passed away Thursday morning, January 6, 2022; **Frances Starr**, long time resident of Buck Hill Falls and Haverford, Pennsylvania, passed away on Saturday, January 1, 2022; **Andrew J. Harder**, 75, of Pocono Township, died Thursday morning, December 30, 2021; **Danton "Danny" Robert Wickline**, 75, of Tannersville, passed away on Tuesday, February 1, 2022,

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Brown Demanding Answers from United States Postal Service for Residents and Postal Employees

HARRISBURG – With problems still persisting in regard to the staff shortage at the Bushkill Post Office, as well as acquiring cluster mailboxes for the Saw Creek Estates community, Rep. Rosemary Brown (R-Monroe/Pike) provided the following statement demanding answers from the United States Postal Service (USPS), which at this time has chosen not to respond to Brown.

"I am extremely frustrated, as are many constituents in my district, with the disservice that the USPS has shown to residents who use the Bushkill Post Office as well as those who are employed there. With only one person being currently staffed at this post office, residents at times have had to wait over two hours to pick up mail or packages, not to mention mail or packages have arrived late to residents, which could include critical medicines.

"Additionally, the USPS has been dragging its feet on assisting Saw Creek Estates with obtaining cluster mailboxes for new residents who moved into that community for well over a year, essentially making it extremely inconvenient and inefficient to receive their mail. Both scenarios are entirely unacceptable. This service is paid for by the people and they deserve an efficient service that works no matter where they live.

"I have reached out numerous times to the northeast regional director of the USPS inquiring about these issues in hopes of getting answers for my constituents who have brought this to my attention. I have yet to receive a response even acknowledging the situation. Since this is under federal jurisdiction, I have also reached out to our federal legislative offices several times and have not received any comprehensive answers or actions.

"While I understand this issue is a federal issue, as the closest state elected official to the people, I focus on issues that greatly affect the people of my district. This is absolutely one of them, and I find it appalling that as a state representative who has been elected to represent my constituents, USPS cannot give me answers on a taxpayer service that is failing, and causing serious repercussions on medicines, bills, and credit scores and more.

"The USPS needs to do better for the residents of the 189th District. I am calling on each and every constituent affected by this situation to contact their federal legislators and demand definitive answers and solutions, not just a review and explanation of the problems."

Brown Announces More Than \$214,000 in School Safety Grants

HARRISBURG – In continuing to work alongside area school districts in ensuring Pennsylvania children are learning in a safe and protected environment, Rep. Rosemary Brown (R-Monroe) announced today that East Stroudsburg Area, Pleasant Valley and Pocono Mountain school districts were awarded more than \$214,000 in school safety grants administered by the Pennsylvania Department of Education's (PDE) Office for Safe Schools.

"As many local residents have expressed concerns with continued school safety regarding school violence and shootings as well as with COVID, I wanted to share this important information and have parents know that their school districts are completing projects to strengthen a safe learning environment for their children," said Brown. "Our local schools are receiving these dollars from the state and I have been and continue to be in conversations with the administration for most districts in regard to their efforts and overall safety efforts."

The funding awards are as follows:

- East Stroudsburg Area School District - \$19,452 safety equipment grant.
- Pleasant Valley School District – \$25,000 safety equipment grant and \$60,000 school police officer grant (over a two year span).
- Pocono Mountain School District – \$19,960 safety program grant and \$90,000 school resource officer grant (over a two year span).

The grants aim to assist schools in reducing unnecessary student disciplinary actions and promoting greater productivity, safety and learning; and also enhancing anti-violence efforts between schools and parents, local governments, law enforcement and community organizations.



Life, Or Something Like It

by Judy Linder

A lot of people like snow. I find it to be an unnecessary freezing of water.

Carl Reiner

Last year was historic in terms of space travel. A handful of tourists just like you or me (if we happened to be wealthier and better connected) got to take a short jaunt to the weightless realm above us. That, of course, was noteworthy, but what was even more unbelievable was the fact that some of the journeys were self-driven. There were no astronauts on board to jiggle dials or correct course or even point the way to the restroom. I find that pretty amazing.

This got me thinking more generally about “self” things.

We have self-driving automobiles and self-propelled lawn mowers. We have self-powered vacuums that scurry around the floor seeking out pet hair and breakfast cereal debris. (With the added self-freaking-out-the-cat feature.) There are self-cleaning ovens, self-cleaning litter boxes, self-cleaning fish tanks, and even self-cleaning water bottles.

If you run hot, you can buy self-cooling sheets and self-cooling pillows. If you run cold, on the other hand, there are self-heating mugs and self-heating handwarmers.

Looking to add a bit of pizzazz to mealtime? You might try a self-cooking lunch box (no lie) or self-heating ramen noodles. And let’s not forget the ever-famous self-basting turkey.

You know what there ISN’T? Self-shoveling snow. This seems like something that has been overlooked way too long. It’s a dereliction of someone’s duty, although I’m not sure whose.

This is the kind of thing I mull over as I shovel the sidewalks around our house. (Which, somehow, grow longer when they are snow-covered. Go figure.) Shouldn’t there be a switch we can throw that causes the snow to neatly roll up and off whatever surfaces need to be cleared? It could be an app on our smart phones, a lever inside the garage, a key to turn, or even a throttle to push or pull or WHATEVER to get the self-shoveling started. I’m not fussy, honestly.

In a world where we have invented online casino games, Tickle Me Elmo, soap-on-a-rope, and Christmas tree-shaped air fresheners for our cars, would it be too much to ask our Greatest Minds to now focus on self-shoveling snow? Seriously. Hula hoops and Slinkies we have time for - snow removal, not so much? C’mon world, put on your big boy pants and get moving.

I mean, if a turkey can baste itself -- a piece of poultry that no longer has feet or feathers (or even a head, for God’s sake) -- I don’t think the self-shoveling snow thing is that far-fetched.

Who’s with me on this?

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by Charlie

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 1/3 - 6:58pm - 9 men - no trucks - auto alarm - Crossroads Laundry - no fire.
 1/6 - 7:05am - 7 men - 1 truck - assist EMS - Batzel Dr.
 1/6 - 9:19pm - 9 men - 1 truck - vehicle accident - Rt. 191.
 1/8 - 8:46pm - 14 men - 2 trucks - vehicle accident with entrapment - Paradise Valley Rd. - assist station #32.
 1/10 - 8:54pm - 7 men - 1 truck - vehicle accident - Rt. 447 South of Canadensis - traffic control.
 1/15 - 6:30am - 3 men - no trucks - carbon monoxide alarm - Rt. 447.
 1/15 - 6:15pm - 8 men - 1 truck - vehicle fire - Mountainhome Diner.
 1/22 - 12:18pm - 4 men - 1 truck - carbon monoxide alarm - Hardytown Rd.
 1/25 - 2:04pm - 10 men - 2 trucks - vehicle accident with injuries - Timber Lake Dr.
 1/27 - 8:05am - 10 men - 2 trucks - Skytop Adventure Center - search & rescue.
 1/28 - 3:10pm - 5 men - 1 truck - assist Pike County with 1 tanker - structure fire.
 1/29 - 7:55am - 8 men - 1 truck - assist station #25 with 1 tanker - structure fire.
 1/30 - 12:13am - 7 men - no trucks - auto alarm - Crossroads Laundry - no fire.

Next Wave of Electric Cars Have Better Batteries

(NewsUSA) - The auto industry continues to market electric cars as the "next best thing," and the newest generation of electric vehicles (EVs) are more than up to speed.

Although widespread adoption of EVs took some time to find its footing in the United States and was slow to get off the ground, more car shoppers are seeing the benefits of EVs and hybrids. Several improvements in the latest models have helped overcome some hurdles that might have made buyers hesitant to embrace EVs.

Some of the key features consumers want include:

More power. Consumers want increased range and fast charging. The battery life of newer electric cars allows for several hundred miles on a single charge.

More style. Car buyers don't want to sacrifice comfort and style, and manufacturers are rising to this challenge with roomy designs equal to those of conventional cars.

"Consumers are ready to switch to electric vehicles," according to Brian Moody, Executive Editor for Autotrader.

"Things they consider when thinking about buying an electric vehicle include reduced environmental guilt, less time refueling, and never having to change your oil again," he says.

One example of the latest in EV technology is the EV6, auto maker Kia's first entry into the battery-powered vehicle market.



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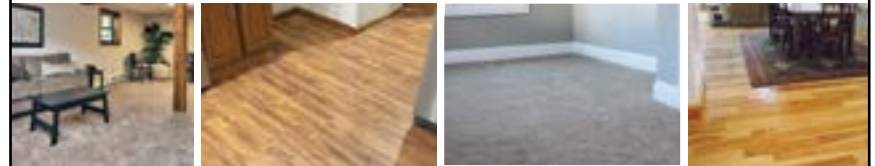
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The Friendly Community Center hopes that everyone stays in good health and looks forward to continuing great programs to help everyone

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Tips to keep your mood and motivation steady during the winter:

Get regular exercise — At least three times a week for 30 minutes. Stay social — Interact with family and friends on a regular basis. Try something new

2022 MEMBERSHIP

INFORMATION- You can join anytime!

Membership Levels & Fees- Membership period January -December

Choose the Membership level that is the right fit for you! Open to adults in Monroe County and surrounding areas.

Member Basic – \$30 Annually

Member Plus – \$50 Annually

Members Unlimited – \$195 Annually

Member Unlimited Quarterly – \$55 per quarter

(Quarters – Jan-Mar, April-June, July-Sept, Oct-Dec)

BARRE FIT - IN-PERSON & ONLINE

Tone, sculpt and strengthen your entire body with isometric movements and light weights during a low impact workout. Modifications can be made to accommodate your individual fitness needs. Barre is performed barefoot or with grip socks and a yoga mat.

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 - IN PERSON

If you enjoy birds, join Darryl & Jackie Speicher of Pocono Avian Research Center for

monthly meetings of the BBC at The FCC. Meetings will include informational programs, discussion of birds, and seasonal birding opportunities including walks and other birding activities throughout the year.

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 - IN PERSON & ONLINE

Looking for a challenging workout? Increase strength and tone muscles using a combination of cardio and body-sculpting exercises.

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 - IN PERSON & ONLINE

Enjoy all the benefits of yoga with the support of a chair.

Learn common chair yoga poses and breathing techniques while increasing strength and flexibility.

Time: Mondays and Wednesdays 1:30-2:30 PM-

Instructor: Kimberly Matthew

Membership: Member Plus \$50 Annually

DANCE & MOVEMENT -IN PERSON

A seated, exercise class using dance movements to benefit anyone with chronic diseases including Parkinson's, arthritis, fibromyalgia, trouble with balance, and other movement issues. Gentle dance, rhythm, and stretching movements improve flexibility and focus attention on eyes, ears, and touch as tools to assist in movement, increase muscle memory and balance.

Time: Tuesdays at 1:00 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

GREAT DECISIONS/GLOBAL ISSUES

Discussion group Join in this group discussion and exercise in civil discourse focused on global foreign policy issues

and its impact on U.S Foreign Policy. We will be discussing 9 different topics, following The FPA program, as a group you will be emailed the topics and Zoom link, during each online program, we will watch a 20-minute video pertaining to topic, with discussion to follow.

The FPA,(Foreign Policy Association) is a private, non-profit organization and is the oldest and largest grassroots, educational program on world affairs.

The "GREAT DECISIONS 2022" book is not mandatory to participate but recommended at a cost of \$35 plus shipping and handling. You may download the ebook via Amazon.

Date: Group will meet via Zoom on the 1st & 3rd Monday of every month beginning February 7th
Time: 7-8:30 PM

Facilitator: Leslie Berger

"IN STITCHES" KNITTING & MORE- AT THE FCC

People of all abilities in knitting, crochet, and other needlework are welcome to join this weekly stitchery group. Learn to knit, revive an old project, or start a new one. Sit and stitch, get help with your work or share your own expertise.

Time: Thursdays from 1 – 2:30 PM -No In Stitches 11/4

Membership: Basic \$30 Annually

Instructor: Carol Hillestad

LOSS SUPPORT GROUP – AT THE FCC

Whether you lost a loved one, a job, a friend, a pet, or loss of "normalcy" due to COVID, this group is designed to help you cope and understand.

Facilitator: Marilyn Schultz

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

This program is free and open to the public. Please call 570-481-4330 to register to attend.

MAH JONGG- AT THE FCC

Discover this game of skill, strategy, and chance. Beginners and experienced players are welcome. Please register to attend to ensure there are enough players. Send an email to info@thefriendlycommunitycenter.org or call 570-481-4330

Time: Thursdays at 1:00 PM

Membership: Basic \$30

SEATED TO THE BEAT - IN PERSON & ONLINE

An aerobic form of exercise based on different forms of dance in a seated position. This seated exercise is ideal for people with balance, hip, and knee issues, but all levels are welcome to attend.

Time: Tuesdays from 2 - 3 PM

Instructor: Natalie Schultz-Kahwaty, PhD

Membership: Member Plus \$50 Annually

MEN GET FIT IN-PERSON & ONLINE

Men, this class is just for you! Workout to timed interval training. This program for men of all fitness levels incorporates balance, flexibility, and strength to interval timing.

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

DANCE TO THE BEAT IN-PERSON & ONLINE

An aerobic form of exercise based on different forms of dance. Have fun while working out to various genres of music and dance. Exercise can be modified to suit your fitness level.

Time: Tuesdays from 3:15 -4:15 PM

Instructor: Natalie Schultz-Kahwaty, PhD

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

QI GONG ONLINE

This Chinese-based moving meditation improves balance and mental focus while gently lubricating your joints. Each movement simulates beautiful elements in nature and can be modified for those who need to be seated.

Time: Thursdays at 2 PM

Instructor: Kimberly Matthew
Membership: Member Plus \$50 Annually

YOGA TWICE A WEEK-AT THE FCC & ONLINE

Relax and stretch with common poses and breathing techniques in a calming atmosphere. Movements can be adapted with chair support secure with on the floor or chair supported movements. while increasing strength and flexibility. Bring a yoga mat.

Time: Tuesdays at 10:00 AM

Instructor: Ann Merli, LMT,

RMT, RYT500, AYS

Time: Fridays at 10 AM via zoom only

Instructor: Colleen LaScala

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

CREATE & CHAT ONLINE ART CLASS

Join in and paint or draw along, while enjoying conversation among fellow inspiring artists. ALL levels welcome, some instruction is provided. Any medium welcome from crayons to watercolor.

Time: Thursdays at 11:00 AM, beginning January 13th

Instructor: Nicole

Membership: Member Plus \$50 Annually

COMING SOON

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ART CLASSES

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MEDITATION

WOMEN'S CIRCLE and more.....

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For more information about programs, how to become a member or to sign up for the weekly newsletter call Nicole Abrams at 570-481-4330 and leave a message or send an email to: info@thefriendlycommunitycenter.org.

For a full listing of programs, visit The FCC's website www.thefriendlycommunitycenter.org. New programs and events are added quarterly! Follow us on Facebook or Instagram.

REP. ROSEMARY BROWN ANNOUNCES HER FINAL YEAR IN PA HOUSE OF REPRESENTATIVES



(MONROE COUNTY, PA) State Representative Rosemary Brown (R-189) who has represented Monroe and Pike Counties in Pennsylvania's House of Representatives since her election in 2010 today announced that 2022 will be her final year in the House.

"It has been one of the greatest honors to serve the people of my community both in Harrisburg and here at home. I will always treasure the relationships I have made with so many people throughout our area and I cannot thank everyone enough for their trust and support," Brown said. "But twelve years seems like the right time for me to move on into another position, whether that be in government or the private sector."

During her tenure, Brown has earned a reputation as a tireless advocate for the unique needs of Monroe and Pike Counties. Brown has also been lauded for her commonsense, bipartisan approach to issues big and small – from successfully fighting to advance legislation to ensure high school graduates are more financially literate as they enter the working world, to strengthening the Planned Community Act and education for residents and board members of association-governed communities.

She also successfully led and established a grant-supported state tick testing program for Pennsylvania residents along with many other measures advocating for Lyme Disease and tick-borne illnesses. Her efforts strongly continue for a hands-free cellphone distracted driving law in Pennsylvania as well, and she hopes to get this to the Governor's desk in 2022.

Representative Brown was heavily involved in implementing a fairer funding formula for local schools in her House District, significantly increasing state funding locally over the last ten years of her service. She is hoping her replacement will pick up much of her current legislation that has been developed and continue the hard work.

"My approach has always been to ask: how can I help those I serve?" explained Brown. "I have always tried to find a way and the biggest sadness I have about leaving this position is knowing there is still major work to be done."

Answering questions some observers have had over whether the on-going legislative redistricting process played into Brown's decision, she clearly stated it has not.

"The redistricting process has its unknowns, but I have always represented a district that included a majority of the opposite political affiliation as mine, meaning I am a republican, but my district is heavily democratic in political party affiliation," Brown stated. "The fact is that, when I was elected, I promised my focus would be on the people and public service, period."

Brown's work in Harrisburg has earned the respect of her colleagues where she currently serves as the Chairwoman for the Urban Affairs Committee and maintains her role as a member of the House Transportation Committee. She was also a previous member of the esteemed House Appropriations Committee as well as the Education and Professional Licensure Committees. Brown has also served in the role of Majority Deputy Whip for several legislative sessions in her service and is currently the co-chair of the bipartisan Mental Health Caucus.

"My focus over the next year will remain on being the best Representative I can be until the day I leave office, and I will never stop advocating for our communities," Brown said when talking about the future. "After that, I hope to spend a little more time with my husband and children, and I look forward to utilizing my experience in a new way."

Monroe County Conservation District's Kettle Creek Environmental Education Center Announces Western Fishing Off the Beaten Path

Join local artist Don Baylor at the debut of his exhibit in the Gallery at Kettle Creek at 10am on Saturday, February 12th, as he discusses hike-ins, pack trips, and a llama trek into beautiful out-of-the-way locations in Montana, Colorado and Wyoming. Though these were fishing trips, the spectacular scenery will be emphasized for the non-angler. Don's artwork will be on display in the gallery through February 28th. There is no charge for this program.



For more information, call the Kettle Creek Environmental Education Center at (570) 629-3061, Monday - Friday from 8 a.m. - 4:30 p.m. and most Saturdays from 9 a.m. - 1 p.m. For more information on other programs we offer visit our website at www.mcconservation.org.

Directions to Kettle Creek Environmental Education Center: From Stroudsburg (or Exit 302 from I-80 West or 302B from I-80 East) go North on Route 611, travel half mile to the second traffic light in Bartonsville, and turn left onto Rimrock Drive. Follow Rimrock Drive for 0.4 mile, bear right onto North Easton-Belmont Pike, go 0.2 mile, then bear right onto Running Valley Road. The Center is 0.7 mile on left.

Brookies then and now — worth protecting From Brodhead Watershed Association

Beauty may be in the eye of the beholder, but it's hard to imagine a more beautiful, elegant fish than our native brook trout. This is the fish that enticed anglers from around the world to Brodhead Creek – the birthplace of fly fishing in America.



Starting in the mid-1800s, countless inns and boarding houses provided travelers with simple accommodations, pure air and water, and the pleasures of a day on the creek. The famous and the unknown converged here, part of the new industry called "tourism" that was to remake the Poconos.

"Brookies" need cold, clear, pure, oxygen-rich water to survive and thrive. In the late 1800s, when industry arrived in the form of clear-cutting hemlock forests for the tannery trade and other development, the creeks quickly warmed. Without the cooling canopy of native hemlock and rhododendron, the fish disappeared. And so did the fly fishers, who moved to more hospitable waters in the Catskills.

Over the decades since, our forests have regrown. The waters of the Brodhead and its headwaters again support breeding populations of wild fish — brook trout among them.

Salty runoff, flooding, erosion, invasive plants and warmer-than-normal summers still pose risks. Trout Unlimited, fishing clubs, and responsible creekside landowners are vigilant caretakers of wild brook trout.

You can help, too! Support land protection in your community, especially along creeks and streams. Take steps to prevent stormwater from running off your property into nearby waterways. Volunteer to remove invasive streambank plants. And follow catch-and-release guidelines when you hit the waters yourself.



The Booklovers Ball.

years highlights.
support staff John D, Clair S and Justin R.
(Friends You Remember)

Thank you Ken Schurman and staff of VIP Studios



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Pocono Garden Club Enjoys Lesson, Lunch at MCTI

Pocono Garden Club members received lessons from students in greenery and deliciousness in the Horticultural and Culinary Arts programs at the Monroe Career and Technical Institute in Bartonsville.

Members toured the greenhouses, learned about the horticulture program, talked with students, and bought some plants students grow and the fresh floral and greenery arrangements they make during the December tour. They followed it up with a professional quality holiday luncheon prepared and served by students in the Culinary Arts program in the MCTI cafeteria.



Garden club members enjoy their holiday meals, from salad to tiramisu.



The luncheon was capped with a raffle of member-made floral designs with a Santa's Surprise theme, holiday gifts members bought including a handmade quilt donated by MaryAnn LaPenna, as well as table centerpieces made by students.



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Happy New Year!
2022

2021 best
2020 best
2019 best
2018 best
2017 best
2016 best
2015 best
2014 best
2013 best
2012 best
2011 best
2010 best
2009 best
2008 best
2007 best
2006 best
2005 best
2004 best
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2001 best

NOOGIE: GET OUTDOORS POCONOS SERIES

HEADLINE: Focus on family forests for a sustainable future



Editor's note: "Woods & Water" is an occasional feature focusing on the relation between land and water quality – and the conservation easements that help preserve our environment in the Brodhead watershed.

By Carol Hillestad
For Brodhead Watershed Association

Timber Hill Farm is a state of mind as much as a place.

Hidden up a long dirt road in Paradise Township, little seems to have changed here in the last 100 years. The tidy stone house, outbuildings, pastures and woodlots are typical of a self-sufficient family farm of a century ago.

In summer, a few cows, goats, and a horse or two graze the hillside or the pasture that slopes to Forest Hills Run. There are chickens, of course, and the owner's son produces pure, delicious maple syrup for family and friends.

Verdant, pastoral, peaceful: You feel you've stepped back in time.

Some land is pasture. But most of the 160 acres is forest, and keeping the forest healthy has always been a priority for owners Edie Stevens and her son Carl. That's why they recently enrolled their lands in the Family Forest Carbon Program (familyforestcarbon.org).

"This program provides income for smaller landowners who want to increase the value of their woods and improve the forest habitat. It also gives us professional help in keeping the forested land here healthy," Stevens said.

Most woodlands of 30 to 2,400 acres in Pennsylvania qualify for the Family Forest Carbon Program, Stevens added. "You get expert advice from experienced foresters, a custom plan for managing your woods, and cash payments to help you reach your goals for your land," she said. Even sustainable timbering can be part of the equation within the contract limits.

The Family Forest Carbon Program is run by the American Forest Foundation and The Nature Conservancy and was recently expanded to include all of Pennsylvania, West Virginia, and parts of Maryland.

Payments to landowners flow from selling verified carbon credits, through Verra's Verified Carbon Standard. The buyers are companies that first reduce emissions, then work to neutralize those they cannot eliminate. This program allows smaller landowners to tap the billion-dollar market for carbon offsets — while improving the health of their family forest.

In effect, these companies are paying landowners to keep their forests intact and healthy. Healthy forests "offset" carbon that is released into our air by burning fossil fuels for heat, manufacturing, transportation, and other uses.

That's because forests are nature's own way of capturing carbon: Trees guzzle carbon dioxide from the air and store the carbon in wood and soil. The U.S. Forest Service estimates that privately owned forestland stores about 90 tons of carbon per acre, and every year absorbs about 2.5 tons of CO₂ per acre.

In the process, forests also produce oxygen, keep drinking water pure, provide vital wildlife habitat, and help prevent erosion and flooding. If that's not enough benefit to humans, just looking at trees reduces stress, lowers blood pressure and improves mood.

The Family Forest Carbon Program is a win for people who own forested land they love, for companies committed to reducing their carbon footprint, and for doing something meaningful about climate change. All that — plus habitat for native creatures like woodcocks, black bear, bobcats, and trout and naturally clean air and water for all.

Not just relics of a bygone era, small family forests can continue to support life in harmony with the natural world. Like Timber Hill Farm, they can be much more than a state of mind. They can be a vital part of the solution to a very modern problem — and hope for the future.

For information, see familyforestcarbon.org; ecosystems.psu.edu (search "FFCP"); and verra.org.

Carol Hillestad is a hike leader and writer for Get Outdoors Poconos, a grant-funded series administered by Brodhead Watershed Association. Go to brodheadwatershed.org/gopoconos for information on this as well as other preserved lands and hiking areas in the Get Outdoors Poconos series. The series is administered by Brodhead Watershed Association and supported by a grant from the William Penn Foundation.

A couple in their early seventies were discussing their future plans.

The husband asked,

"What will you do if I die before you?"

The wife thought for a moment before replying, "I will probably look to share

a house with three other single or widowed women, maybe people a little younger than me since I am still active

for my age. What about you? What will you do if I die first?"

He answered, "Probably the same."

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galoshes to the public. So where did galoshes come from? The Romans adapted their boots

from the Gauls and only wore them in bad weather. Gaulish boots became known as galoshes.

5. 1971 –Saturday- Apollo 14, the third US manned Moon expedition, landed near Fra Mauro. Alan Shepard and Edward Mitchell romped on the Moon for four hours with a collapsible, two-wheeled cart, the modular equipment transporter (MET), for carrying tools, cameras, a portable magnetometer, and lunar samples. Included in the lunar samples were space microbes that mutated on Earth resulting in the human disease Amplificatus Obnoxiousia manifested by loud cell phone use in public places

6. 1959 – Jack Kilby and Texas instruments filed a patent for their invention, the integrated circuit. An integrated circuit is a microelectronic computer circuit incorporated into a chip or semiconductor, a whole system rather than a single component. This made microprocessors possible. We wrote this using a microprocessor.

7. 1812 –Friday- A violent of a series of earthquakes near New Madrid, Missouri caused a so-called fluvial tsunami in the Mississippi River, actually making the river run backward for several hours. Instead of flowing towards the Gulf of Mexico, it flowed up towards Iowa. Everyone had to take fluvial shots.

8. 1692 –Friday- Oy Vey! A doctor in Salem Village, Massachusetts Bay Colony suggested that two girls in the family of the village minister, Samuel Parris, may have been suffering from bewitchment. The children were, Parris' daughter Elizabeth, 9, and niece Abigail Williams, 11. They screamed, threw things, uttered peculiar sounds and contorted themselves into strange positions. Today, we know this as typical middle school behavior but the local doctor blamed, yes, witches. This led to the Salem witch trials. More than 200 people would be accused of practicing witchcraft and 20 would be executed.

9. 1773-Tuesday- Happy Birthday William Henry Harrison, born in Berkeley Virginia. The 9th President of the U.S., Old "Tippicanoe" was, at 68, the oldest

elected president prior to Ronald Reagan. Mr. Harrison gave a 3 hr. inauguration speech on March 19, 1841 in a cold rain and went kaput a month later of pneumonia making the span of his presidency, March 4, 1841 to April 4, 1841.

10. 1920- Tuesday- Great Expectations.....Baseball outlawed the spitball except for existing spitballer throwers who were grandfathered in and allowed to keep throwing the pitch legally until they retired. Burleigh Grimes lasted the longest, retiring in 1934. A spitball is an illegal baseball pitch in which the ball has been altered by the application of saliva, petroleum jelly, or some other foreign substance.

11. 1847-Thursday- Happy Birthday, Thomas Alva Edison, American inventor who, singly or jointly, held 1,093 patents. In addition, he created the world's first industrial research laboratory. Edison sort of invented the first prototype of a commercially practical incandescent electric light bulb in 1879 (see Joseph Swan). In the late 1880s he made motion pictures and by 1900 he had invented everything that would ever be invented

12. 1809- Sunday- Abraham Lincoln (Kentucky) and Charles Darwin (England) were both born on this day. No they weren't fraternal twins, Lincoln was born in Kentucky and Darwin was born in England.

13. 1542-Friday If you've been keeping track of Henry VIII's six wives (you'll need two hands), the fifth wife, Catherine Howard, was rendered kaput for adultery. Unlike Anne Boleyn, (Catherine was her cousin) also convicted and decapitated for adultery, Catherine was probably guilty. She was flirtatious, emotional, and not the brightest bulb in the royal chandelier.

14. 1876-Monday- Inventors Alexander Graham Bell and Elisha Gray applied separately for patents for the telephone. Bell got to the patent office first. The U.S. Supreme Court later ruled Bell the rightful inventor. That's why you know Bell Telephone and not Gray Telephone.

15. 1564-Saturday- Happy Birthday Galileo Galilei, Italian scientist who was the first astronomer to use a telescope. Galileo was born the same year as William Shakespeare. It was the same year that Michelangelo died. Galileo died in 1642, the same year that Isaac Newton was born. Got it?

16. 1968-Friday- The first telephone system in the U.S. to use

911 as the universal emergency services telephone number was inaugurated in Haleyville, Alabama. Why Haleyville Alabama? A gentleman from Alabama, Robert Gallagher –head of Alabama's independent AT&T, suggested Haleyville as the perfect first site. And before you could say, "Roll Tide", there it was.

17. 1934- Saturday- Drivers Education started up as the first driving course was offered at State College High School in State College, Pennsylvania. The course, taught by Amos Neyhart, resembled today's courses. It provided both classroom and behind-the-wheel instruction. It did not include applying make-up, shaving, eating, reading newspapers, brushing one's teeth, talking on the cellphone or texting. Students who completed the course received State of Pennsylvania driver's licenses.

18. 1930-Tuesday- 19 year old Clyde Tombaugh discovered Pluto which was a planet for sixty six years but then demoted to Dwarf Planet, Pluto in 2006. There are currently five official dwarf planets -Pluto, Ceres, Eris, Makemake, and Haumea.

19. 1473- Wednesday His parents said to him, "Nicholas, when are you going to realize that the world does not revolve around you?" Happy Birthday, Nicholas Copernicus, (born Nicolaus Koppernigk). Copernicus was the Polish astronomer who theorized that the sun is the center of the solar system. This was later confirmed by Galileo using his telescope.

20. 1963-Wednesday- John Glenn became the first American to orbit Earth. He made 3 orbits staying in space 4 hrs.55 min. and 23 sec. That's almost the length of the Super Bowl half-time show. A four-cent U.S. stamp was put on sale the same day, making it the first U.S. stamp issued on the day of the event it commemorated.

Glenn returned to space 36 years later at age 77, making 134 more orbits as a crew member of the space shuttle Discovery

21. 1948 –Saturday- NASCAR was incorporated. Kyle Busch was booed. The first meeting of the National Association for Stock Car Automobile Racing had been held on December 12, 1947 at the Streamline Inn Motel in Daytona Beach, Florida. The organization named Bill France Sr. as its first president.

22. 1983 –Monday The Broadway play, Moose Murders opened. 1983 –Monday- The Broadway play, Moose Murders closed. Written

by Arthur Bicknell and directed by John Roach it is considered the standard of awfulness against which all Broadway flops are judged. The critics were not kind. They described Moose Murders as "titantically bad" and "indescribably bad," a play that "would insult the intelligence of an audience consisting entirely of amoebas", that looked as it were staged by "a blind director repeatedly kicked in the groin".

23. 1945-Friday- The U.S. Marines raised the American flag over Mt. Suribachi on the island of Iwo Jima. A historic photograph was taken by Joe Rosenthal. There are five United States Marines and a U.S. Navy corpsman raising the flag of the United States The picture taken became a defining image of WWII in the Pacific.

24. 1697-Sunday- Happy Birthday, Bernard Siegfried Albinus, German anatomist who was the first to show the connection of the vascular systems of the mother and the fetus. Yes, it was a "fetal attraction".

25. 1913 –Tuesday- The 16th Amendment to the U.S. Constitution, giving Congress the power to collect income taxes, was declared in effect. Thanks a lot New Mexico!!!! – It was the 36th state to ratify thus making it an amendment.

26. 1993-Friday- Islamic terrorists set off a powerful bomb in a van parked below the World Trade Center in New York City. Six people were killed and over 1,000 people were injured and 50,000 people were evacuated from the buildings. Evidently, the plan was to cause the buildings to collapse. More Islamic terrorists returned on September 11, 2001.

27. 1827-Tuesday- The first Mardi Gras celebration in New Orleans. Mardi Gras, Fat Tuesday celebrates the last day before Lent begins on Ash Wednesday. The first Mardi Gras parade would not be held until 1837.

28. 1844 –Wednesday- President John Tyler, his cabinet and other guests were merrily cruising the Potomac on the new cruiser, Princeton. The ship's designer, John Ericsson did not want the ship's guns test fired as he felt they were not ready. But the Secretary of War, wanted to show off. Things did not go well. The guns blew up killing two members of the cabinet, Secretary of State Abel P. Upshur, Secretary of the Navy Thomas Gilmer and Tyler's future father-in-law, David Gardiner.

The Man With Three Arms and Other Stories as well as Gnus Almanacs are available on Amazon

1. 1898-Tuesday- The first auto insurance for an individual owner was sold to one Dr. Truman J. Martin of Buffalo, New York. The good doctor paid a premium of \$11.25 for the policy that covered \$5,000 to \$10,000 of liability. We presume he had a car. Policy was issued by the Travelers Insurance Company of Hartford, Connecticut.

2. Groundhog Day-The first Groundhog Day was celebrated in 1887 in Punxsutawney, PA. The tradition is derived from the Christian ceremony of Candlemas Day in which priests would distribute candles needed for winter. The candles would become indicators of how long and cold the winter would be. The Germans expanded the tradition by including a small mammal, sometimes a badger or a hedgehog, into the mix. When they moved to Pennsylvania they brought the tradition, but not the hedgehog, with them. The groundhog would have to suffice. Of course, the groundhog, on the other 364 days of the year is called a woodchuck, but basically, it's a rodent.

3. 1959-Tuesday- I can't remember if I cried When I read about his widowed bride, But something touched me deep inside The day the music died Don MacLeanRock stars Buddy Holly, Ritchie Valens, and J.P. "The Big Bopper" Richardson were killed when their chartered plane crashed in Iowa a few minutes after takeoff on a flight from Mason City. Holly had chartered the plane for his band to fly between tour dates during the Winter Dance Party Tour. However, Richardson, who had a cold, talked Holly's band member Waylon Jennings out of his seat, and Ritchie Valens won a coin toss for another seat on the plane. Holly was 22 years old, Valens, 17, Richardson, 25.

4. 1824 –Wednesday- J.W. Goodrich introduced rubber

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District Court 43-4-02

District Justice
Phillip Riley



Charges against the following individuals were held for court:

- **Thomas Miller Sr.**, 59, of Mount Pocono, charged with simple assault, and harassment.
- **Martin A. Baboolal**, 33, of Henryville, charged with 3 counts of aggravated assault, fleeing, reckless endangerment, aggravated assault by vehicle, criminal mischief, DUI, 5 counts of traffic violations, flight to avoid apprehension, intent to possess a controlled substance, use/possession of drug paraphernalia, and accident involving damage.
- **Ashton Akbar Joseph**, 38, of Newfoundland, charged with theft, receiving payments for non service, false statements to induce home improvement services.
- **Clifford Press**, 68, of Buck Hill Falls, charged with criminal trespass, and criminal mischief.

The Following individuals entered a guilty plea:

- **Petro Zelinskyi**, 28, of Columbus, NJ, charged with indecent assault, harassment, and disorderly conduct.
- **Christian Aiden Sanders**, 43, of Sharon Hill, charged with making false statements, unsworn falsification to authorities, and statement under penalty.
- **Zachary Scott Kielty**, 31, of Troy charged with use/possession of drug paraphernalia, use of marijuana, and driving with a suspended license.
- **Jayson Tendenil Martina**, 28, of Sacramento, CA, charged with theft from a motor vehicle, criminal trespass, and loitering.

Charges against the following individuals were waived to court:

- **Taniell Denver Peterson**, 29, of Stroudsburg, charged with being a habitual offender, and driving with a suspended license.
- **Davon H. Chavis**, 26, of Astoria, NY, charged with false identification, and 3 counts of traffic violations.
- **Colette Antonia Hansel**, 21, of Mount Pocono, charged with 3 counts of DUI, 2 counts of traffic violations, and use of marijuana.

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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.

These Three Facts about Sudden Cardiac Arrest Could Help Save a Life

(NewsUSA)

- This February, American Heart Month, you can learn critical information about sudden cardiac arrest (SCA) that could help you save a life. Three key things to remember:

1. SCA is not a heart attack: SCA is an “electrical” problem affecting the heart rhythm, and a heart attack is a “plumbing” problem affecting blood flow.

It’s a very common misperception that a heart attack and SCA are the same thing. However, they are very different.

A heart attack occurs when part of the heart’s blood supply is reduced due to a partial or complete blockage, and the heart muscle becomes injured or dies.

SCA, on the other hand, is related to the heart’s internal electrical system. When this system fails, it may trigger a dangerously fast heartbeat causing the heart to quiver and stop pumping blood to the body and brain. This can cause a victim to pass out suddenly -- this is SCA.

“A heart attack victim is usually awake and can seek help, but a sudden cardiac arrest victim typically passes out immediately and must rely on others to provide immediate treatment,” says Mary Newman, president and CEO of the [Sudden Cardiac Arrest Foundation](#).

“The two conditions require vastly different treatment. The chance of survival following a sudden cardiac arrest decreases 10 percent with every passing minute.”

Though a heart attack and SCA are different, they are sometimes linked.

Brent Miller, 50, survived both. Brent knew something wasn’t right when he started to experience frequent severe crushing chest pain in early 2021. He was an avid runner, so a heart problem may not have seemed likely. However,

Brent knew to not ignore his symptoms. He went to the hospital and learned he was having a heart attack. Brent’s doctors implanted a stent in his heart to restore blood flow. The quick medical attention saved his life, but the heart attack weakened his heart’s pumping ability. This condition put him at risk for sudden cardiac arrest. As part of his recovery, his doctor recommended he wear a [lifesaving wearable defibrillator known as LifeVest](#) for protection.

[Watch Brent’s](#) story on the Sudden Cardiac Arrest Foundation website.

2. SCA is sudden by its very nature; often the first sign a person has this condition is that they collapse and experience cardiac arrest.

SCA has no warning signs. However, there are factors that may indicate someone is at risk for SCA. For example, certain heart patients may be at increased risk, including those who have suffered a heart attack or have been newly diagnosed with heart failure. Anyone who feels they might be at risk should see a cardiologist for evaluation. If you are at risk for SCA, a doctor may recommend a wearable defibrillator, implantable cardioverter defibrillator, medications, or other measures to prevent sudden death.

In Brent’s case, following his heart attack, his doctors determined he was at high risk for SCA and prescribed LifeVest, a wearable defibrillator designed to detect certain life-threatening rapid heart rhythms and automatically deliver a lifesaving treatment shock. “My SCA was very immediate; I did not feel it was coming on at all,” says Brent. “I was talking to my wife, and I collapsed.”

[Learn how Brent survived sudden cardiac arrest](#) on

the Sudden Cardiac Arrest Foundation website.

3. An SCA victim requires immediate emergency care, including CPR and a defibrillation shock -- and you can help.

If you witness what you think is sudden cardiac arrest, the first thing to do is to call 911 immediately before administering urgent and immediate care. After calling 911, start CPR compressions: Push hard and fast on the center of the chest. An SCA victim requires defibrillation and bystanders should seek an AED (automated external defibrillator) to provide treatment.

If a patient is wearing LifeVest, which does not require third-party intervention, the device is designed to prompt bystanders to step aside while treatment is delivered.

[When Brent experienced SCA](#), he was at home in his bedroom. He suddenly lost consciousness. LifeVest detected the abnormal heart rhythm and delivered a treatment shock that saved his life.

“If I wasn’t wearing LifeVest that day, I have no doubt that I would have died,” Brent says. “I’m just extremely grateful.”

With appropriate therapy, cardiac patients can often return to doing many of the things they enjoy. After experiencing both a heart attack and SCA, Brent has recovered and undergone cardiac rehab. He continues to run and is now training for a half-marathon in April.

Learn more [Cardiac Arrest Foundation](#) website for more information. The mission of the foundation is to raise public awareness of sudden cardiac arrest and promote initiatives that help save lives.

Senate Passes Package to Strengthen Cybersecurity, Protect Victims of Data Breaches

Harrisburg -- The state Senate today approved a package of bills to improve cybersecurity in Pennsylvania and require timely notifications to citizens of government data breaches, according to Senator Mario Scavella (R-40).

“As more and more of our personal information handled by government is stored in cyberspace, Pennsylvania must continue to evolve and take steps to protect this data,” Scavella said. “These bills will strengthen safeguards that we have in place to prevent possible future data breaches and require timely notification if or when a data breach occurs.”

Senate Bill 482 consolidates administration and management of the Commonwealth’s information technology operations under a new Office of Information Technology.

The measure would replace the current, uncoordinated approach that led to cases of costly mismanagement, including delayed implementation of a statewide police radio system and bungled upgrades to Unemployment Compensation Call Centers. Other problems included data breaches experienced by the departments of Human Services, Corrections, and Education, which exposed the names and personal information of thousands of individuals, including citizens and state employees.

Senate Bill 726 ensures Commonwealth agencies have strong safeguards in place to discourage, combat and recover from ransomware attacks.

Ransomware is a type of malicious software designed to block access to a computer system until money is paid. Senate Bill 726 would set state penalties for the possession, use, or threatened use of ransomware and prohibit state agencies from paying ransom.

When data breaches do occur, Senate Bill 696 would require state and local governments to notify potential victims within seven days. The requirement applies to any state agency, county, school district, municipality or third-party vendor experiencing a breach.

The bills were sent to the House of Representatives for consideration.



Stories of the Past

This program will be an open forum with participation from those in attendance as well as some guest speakers.

Does anyone have a good story of something from their childhood or something passed down from family members that you would like to share?

Maybe a favorite childhood memory?

Something funny that happened?

Please join us on

February 18, 2022 at 2 pm

Barrett Friendly Community Center

For more information, call 570-595-9233



Library Letters

By MaryAnn Lewis

Greetings, everyone! SPARK has arrived! Our new software system brings with it a fresh look and user-friendly features to our online catalog, such as: Viewing “carousels” of new book images; placing items on hold (easily!) through your online account; choosing to receive email or text notifications for due dates & holds; saving your reading history and creating personal booklists! Please note that everyone will have a new password for their account; your PIN for the old system will no longer work. You’ll notice changes when you check out items at the Library, too, like the option to have a printed receipt listing all the items on your account. Changing to SPARK has been a major project! Please bear with us as we adjust to using the new system and work through the inevitable kinks. Don’t hesitate to contact us with questions. We have “how to” guides to share and staff is always willing to help! Go to www.barrettlibrary.org and click on “Catalog” to have a look.

Have you updated your library card yet? If your card number starts with a “P” please stop by to get a new one with a 14-digit barcode. If you’re unable to stop in, please call us or use the Library Card Update form on our website.

The Library is open during the following times:

Mon, Tue, Thu, Fri: 10am – 5pm

Wed: 10am – 7pm

Sat: 10am – 3pm

We appreciate that visitors have been following our COVID safety protocols of wearing face masks, using hand sanitizer, and maintaining social distance. We require face masks even if you are fully vaccinated. Call or check the website for the most

current info: 570-595-7171; www.barrettlibrary.org.

The Barrett Township Historical Society invites you to step back into Victorian England with a “Tea Time” display at the Library. Tea Time items include a 1830’s luster ware cup & saucer, a proper silver service, a variety of tea containers & tea brewing tools, a common Brown Betty tea pot, a child’s toy tea pot, a reproduction Blue Willow tea pot, & assorted tea pots from England and elsewhere. This beautiful display (near the copier and public computers) will continue through March.

Have you checked out 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, 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.

Curbside Pickup Service!

Call and tell us which books, audiobooks, magazines, and DVDs you want. Come to the Library and we’ll deliver them right to your car. Browse our online catalog (www.barrettlibrary.org) or let us know what you like and we’ll make some suggestions.

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 Projects: Pick up supplies at the Library and complete the project on your own at home. Activities are available in the Children’s Area on a first-come, first-served basis. Supplies are limited. Pick Up Begins Feb 1: Heart Wreath – All Ages.

Pick Up Begins March 1: Recycled Art Challenge—Ages 0-5; Post-it Note Art Show—Ages 6-11.

February Story Time To-Go!

We will be taking a break this month from our regularly scheduled Cruise into Kindergarten Story Time. Instead, look for a selection of book and craft pairings in the Children’s Area of the Library. These will be switched out on a regular basis throughout the month, so stop in often to see what is available!

Saturday Night Library: A Night at the Museum

February 26th, 7PM. Ages 6-11. Celebrate National Engineering Week with this engineering challenge from the Smithsonian Museum! Pick up supplies (beginning 2/23) from the Library to design an exhibition for a top-secret artifact! Follow-along on Facebook 2/26 at 7pm and share your design successes (and failures!) with your fellow engineers. Call to reserve supplies.

Cruise into Kindergarten- TO GO!

Supplies are limited. Call 570-595-7171 to register.

Cruise into Kindergarten is an interactive story time which features stories, music, creative play and exploration. The activities support school readiness and the PA Pre-K Standards for literacy, math, science, and many other skills. This is an ongoing series that will run through June 2022. Each month you will receive a to-go bag of activities that support school readiness. A special virtual children’s area is

available with links to games, videos, and other websites for further exploration. Some of the activities will be featured in story time.

“Numbers and Counting”—Pick Up begins March 1. This month we will focus on math skills.

Saturday Night Library: Fairy Tale Trouble

Saturday, March 26th, 7PM. Ages 6-11. It is Dragon vs. Unicorn in this epic battle to rule Fairytale Forest. Complete S.T.E.M. Challenges using supplies from the library to settle this friendly feud. Pickup supplies (beginning March 23rd) from the library, then follow along with the interactive fairy tale on Zoom on 3/26. A link will be sent to registrants via email. Contact Chelsea to register.

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.

Blind Date with a Book

For the month of February, we will have a Blind Date with a Book challenge. Pick a book from our wrapped-book display, read it, rate it using the card found in the bag, and then bring back the card to be entered in a prize raffle.

Adult Take-Home Craft:

Yarn Hearts

Make a fun Valentine’s craft you can keep or give to someone else. We’ll supply all the materials and directions. Register to reserve a craft. Pick up begins February 14th.

Tuesday, February 15:

Virtual Afternoon Book Club 1:00pm

Join our virtual afternoon book club on Zoom! This month, we will discuss *The Other Einstein* by Marie Benedict. If you’re interested in joining, please call the library for more details.

Tuesday, February 22:

Virtual Evening Book Club 7:00 pm

Join our virtual evening 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.

Thursday, March 10: Virtual Writing Group 6:30pm

Join our virtual writing group! We discuss the art of writing and work on fun writing exercises every meeting. Register to receive the Zoom link.

Adult Take-Home Craft: Fabric St. Patrick’s Day Wreaths

Make this fun, easy St. Patrick’s Day wreath to add to your holiday décor! We’ll supply the materials and instructions. Pickup begins Monday, March 14.

Below are a few of the online 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 yourTV!

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. Read often and stay safe & healthy!

Mary Ann, currently reading *The Rosie Project*, by Graeme Simsion, this month’s Evening Book Club selection.

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Super Crossword**Answers**

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 CMARR D NG HATES
 CJTTERBOOKIE HOES
 HNAI IWAS STIYPHAK
 CHIEFBIL Y MAS S GIFO
 INSEAMS PET SCORN
 ANT TAP CRETEWHACKERS
 IGETA FOIC AEN E
 REDG THICKEN CHAI RAYI
 PLEASE IOLUS NAVAL
 PJFFFOSTPPER DNACSE
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 OLAV QUAXE SCENBALLAO
 NINEPUTTS FOFI DELLA
 RIAI SOL N FHWASH
 OH CAN ASIS V HEC
 HANDYCARIS RPAZFNFDD
 MIDIEGGOS LODZ ELGIE
 SLOE SEEFY OBEV LOSL

CryptoQuip**answer**

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Weekly SUDOKU**Answer**

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

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In the town of Mobile, Alabama, it is illegal to possess confetti. It is in the books and it is against the law. The law was recently amended to allow the use of paper confetti. The law is more focused on plastic confetti which doesn't disintegrate and ends up lying all over the greenery areas.

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10. Sporty Mayan
15. Patsy's family
19. Malware
20. Car spacers
21. Luncheon fork
22. Open soul
23. Bar in pants that rise up to the knee?
25. Illusionist who performs with his letters?
27. Astrakhan Sydney
28. Small dent
29. Disputes at length with dent
30. Outlaw who's glad with someone?
35. Weed in a ring looks
37. — Gail
38. "Aid of that"
39. Battle of technology in law?
44. Actor Crystal played a high-ranking politician?
48. Ship spars

49. Mergers to quickly
50. Paralympics
51. Lamp relation
52. Ruler
53. Busy driver
54. Phobic bug
55. Violent guys on a Greek island?
60. Can "whassa?"
62. Alien on a bank door
63. Eagle's nest
64. Make a new
65. Add something in spaced text?
69. Silenced
73. Apple
75. Debt interest
76. Involving whips
77. Whistled sound?
82. On the night
84. Sugar sulfur
85. Food in a Force Base
86. History and
87. Uses keys
89. King's Norse name
90. Sevens event
93. Romantic song song with an audience watching?

96. What might result in an octuple song?
98. Arizona tribe
99. Ocean Reels
100. Currency unit of 11 Down
101. Seem to miss partially closed eyes?
106. Alien native
109. Safe canal
111. Blue-green vegetable
112. Supermarket with class with easy touch?
114. Comic Fox teaming shamelessly with?
119. Longish skirt
120. Ketchup's allies
121. City in central Poland
122. Beast of Borden
123. Flammable fruit
124. Tending to burn
125. Comply with
126. Lord of the

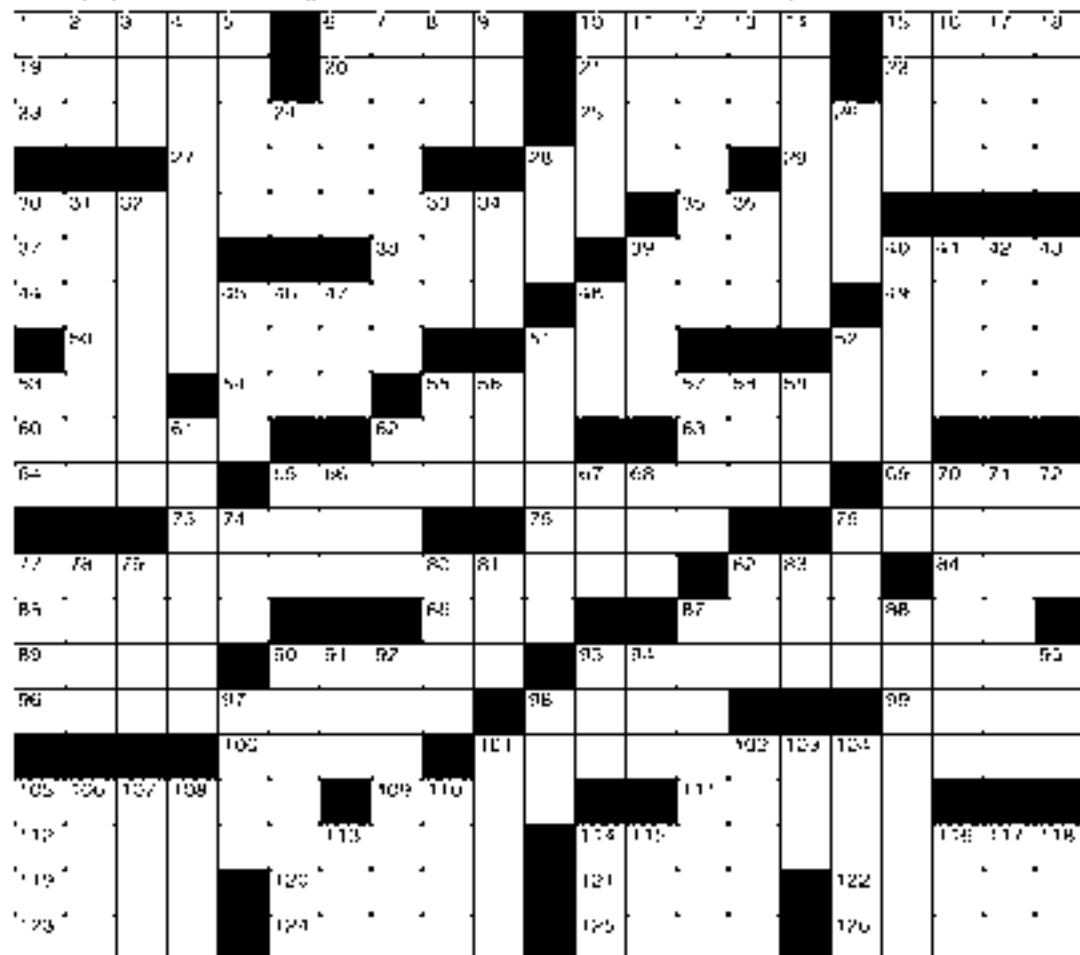
DOWN

1. Collision star
2. Mine metal
3. Net address

4. Chastity's miscreants
5. Go around the kitchen?
6. Sound effect
7. Transmission students
8. The boy star of "The Italian Job"
9. Bristled border
10. First lady Eisenhower
11. Political move
12. Disembark from a ferry
13. — Away
14. Patriotic songs
15. Lecture spell
16. Spoon part
17. BMW's wheel
18. Green leaf
24. Party term
26. Scavenging fly
28. Beville literally
30. Ottawa-based TV network
31. Disconnect, as a door
32. Suite
33. Barn foster
34. Loose creator of the year
36. Ump's cry
39. Ump's cry
40. Musical period since the 1980s
41. Bacteria addition

42. Detachment "Ode to a Greek Statue"
43. Huge spars
45. Greek cheese
46. Little bit
47. Bally ad
48. Line of land
51. Proletariat
52. — in
53. Make a habit
55. Public health agency
56. Drop Dead
57. Informal rules
58. Isn't — little old for him?
59. Jackie's "D"
61. Reptile's countable on one hand
62. Closed hand
65. Actor Damon
66. Possessive
67. Valley
68. Men of the dog
70. Anne of Green Gables town
71. Fruit
72. Get in a mood
74. Actor Caron
76. Slight reg
77. Lowly worker
78. Apple named hybrid fruit

79. Standard tent
80. Derm. lesions
81. Arranged
82. Yacht for
83. Areas
87. Enter
88. Europe Asia and Africa
90. Fear
91. Finger of the slug
92. Like a part
93. — water
94. — Pen
95. Lunge
97. Talk in God
98. Communist
101. Address
102. Filler
103. Friends in
104. Zelig's of Hollywood
105. Resistance units
106. Sicule
107. — Chinese
108. March in "Gandhi"
110. Knock all
113. Get in a mood
114. Slope
115. Knock all
116. Antie group
117. Fruit
118. Costa



A genie granted me one wish, so I said, "I just want to be happy."

Now I'm living in a cottage with 6 dwarves and working in a mine.

A couple just started their Lamaze class and they were given an activity requiring the husband to wear a bag of sand - to give him an idea of what it feels like to be pregnant. The husband stood up and shrugged saying, "This doesn't feel so bad."

The instructor then dropped a pen and asked the husband to pick it up.

"You want me to pick up the pen as if I were pregnant, the way my wife would do it?" the husband asked.

"Exactly," replied the instructor.

To the delight of the other husbands, he turned to his wife and said, "Honey, pick up that pen up for me."

When my teenage son worked part time in a hardware store, a man came in to buy hooks for hanging plants. But there were only two hooks left in the gold color that he needed.

My son, trying to be helpful, suggested, "Could you maybe use the silver or the white instead?"

The customer scrutinized him and said, "You're not married, are you?"

Weekly SUDOKU

by Linda Thistle

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

Place numbers in the empty boxes so that every column, row and 3x3 sub-grid contains each of the digits 1 through 9 exactly once.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

CryptoQuip

This is a cryptic substitution cipher in which each letter used stands for another. You think that X equals Q, or W equals Q throughout the puzzle. Solution is accompanied by trial and error.

Clue C equals B

OP GFWGU PTBB OX CGOVS
YGHDOFM EGHXGB CM CTSX CTVVM,
YG WOSYE CG YHDQVS H CHB
YHUG BHM.

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Answers on page 24

- Tools
- Paint
- Lawn & Garden
- Plumbing
- ...and More!!

Steele's
ACE
Hardware

Tannersville
 570.629.3406

Cresco
 570.595.2501

www.SteelesHardware.com

the Gift Shop at
Steele's

come visit us at our
 Cresco Location

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 Welcome to the Team

Kate Hermes

She's made a great
 "impression" and we are
 excited to have her! She is
 the perfect addition to
 the Bliss family!



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Rt. 390 Mountainhome
570-595-3900

The Pour House Neighborhood Bar & Grille
 Your Favorite Local Spot For



February
 11 Darren Frehulfer
 12 Cobra Boyz
 18 Mr. Nice Guy
 19 Joe O'Malley
 25 Ian Kirk
 26 Johnny D

Draft Beer



18 Beers on Tap
 Local Craft
 Imports
 Domestic
 IPA's

Signature Burgers



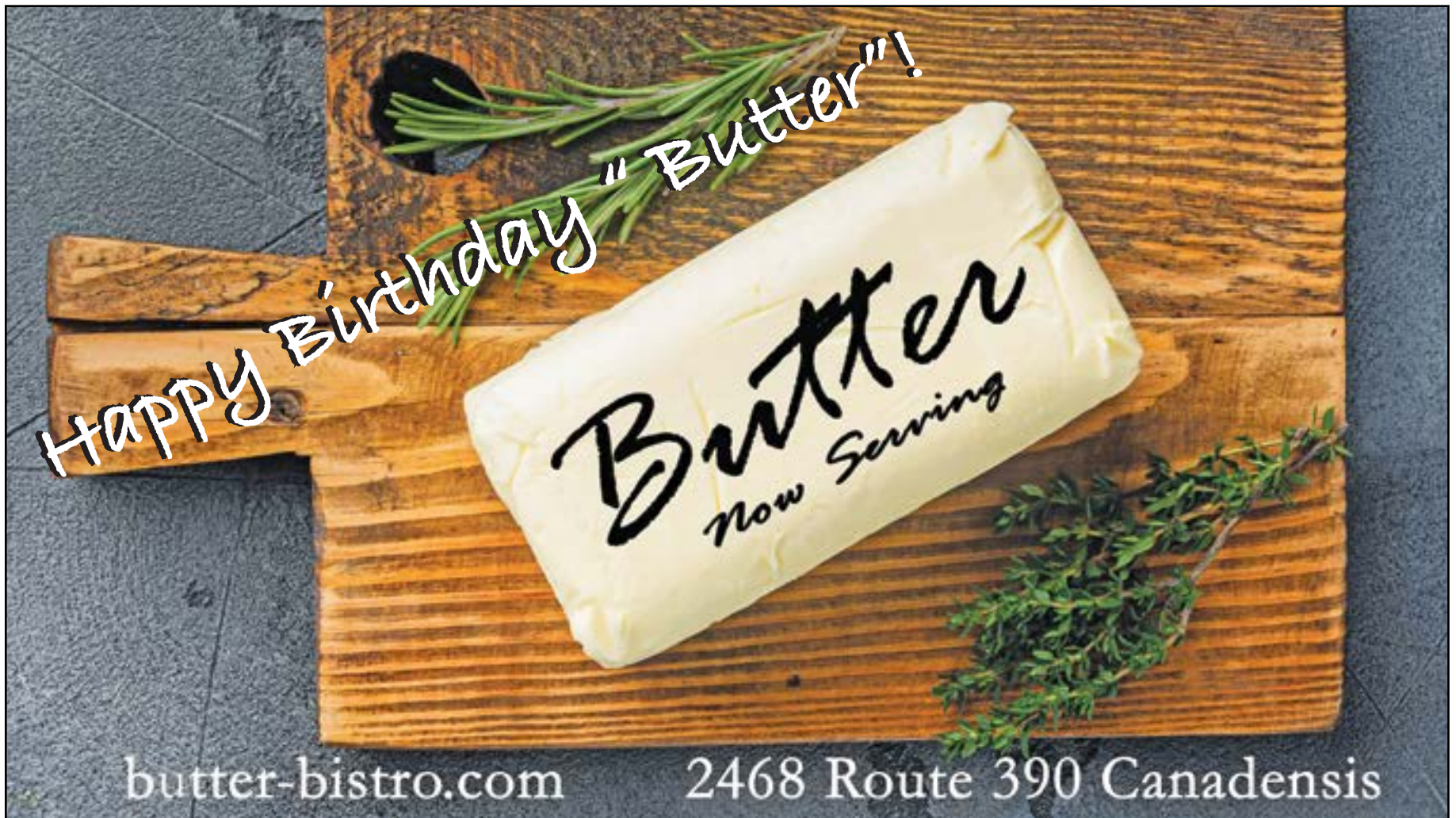
100% USDA Beef
PourBurger
French Onion Burger
Western Burger
Spicy One
Avocado Bacon Burger



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Happy Birthday "Butter"!

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Now Serving

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Kasa's Pizza

Valentines Day Specials

TURKEY HILL
ICE CREAMERY

Feb. 13 and Feb. 14

Pacono CHEESECAKE Indulg

Heart Shaped Pizza, Choc. Covered Strawberries & Choc. Covered Cheesecake

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