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Vol 21 No 8

January 2022

## Saying Farewell to a Cornerstone in the Community

See page 8





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Mark Andrews	0279	Thompson Center Compass 6.5cm
Joe Mac	0171	Savage Axis 243 w/Scope
Adam Mignat	0598	Black Aces Tactical Lever 12g
Jim Seese	0334	Glock 17 Gen 5
Sonia Martin	0665	Heritage Rough Rider 6.5" 22LR
Glen Reish	0218	Taurus Judge 410/45LC – Black
Hope Graziani	0111	Walther PK380 Pistol – Purple
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## Looking back

by Phil Dente

Many people have some sort of hero or idol that they admire and sometimes emulate.

You know, your regulars like movie stars, heads of state, sports stars, etc.

Mine has always been "Popeye!"

Yep, that's right! That bald, pipe smoking old cartoon sailor.

"Why?" you ask.

Because he had an

attitude that I took to the first time I saw one of his cartoons.

No baloney from this guy. No fakeness going on here. No trying to impress anyone.

I was enamored with his outlook on life and it has stayed with me ever since I was a young boy.

Simply put, **"I yam what I yam!"**

Popeye's credo, and mine!

Think about it, what is a better way to go through life than not trying to be someone you're not.

Hmmm, now that I think about it, what if you're a jerk?

Ah, heck, it doesn't matter.

Stand your ground. Jerk or not!

What you are is what you are.

Now, I have to say that with this attitude I have run afoul of people I have come in contact with occasionally.

For instance, let's start with my mother.

Actually, it was her influence that made me what I am today.

One evening at the supper table, all I had left to eat on my plate was my dreadful spinach, which at the time was going nowhere near my mouth, let alone in my belly.

In the next room, a TV that could be seen from the kitchen was on and lo and behold a Popeye cartoon was just coming on.

I wasn't familiar with this Popeye character at that time, and my mother, seizing the moment, directed me to watch the cartoon and see what happens when Popeye eats his spinach.

Lordy, lordy, what that

man could do after eating his spinach. I was really impressed.

Actually, after I downed the rest of the spinach on my plate and the rest that was on the stove, I could feel my arms blowing up into tank-size sledgehammers and I knew they were capable of destroying anything in my way.

*Why, I was now the toughest dude in the world, even at the ripe old age of seven. Wait until those bullies at school tangle with me now!*

Also, now I was addicted to the Popeye cartoons and watched them faithfully every day.

But the thing that really impressed me the most was his attitude. Thus, "I yam what I yam" was now a great part of my vocabulary.

But, alas, as I mentioned earlier, sometimes this created some minor problems in my life.

One time, my mother was scolding me for keeping my room a mess. She said I was the biggest slob she had ever seen and she was really into a tirade about me mending my ways.

I stuck up my palm in front of her face, proudly stuck out my chest and said, "Ma, how can I change?" I yam what I yam?"

My mother wasn't a big woman, four foot eleven at the most, but man she had an eight-foot tall temper.

Sitting in my room for the next thirty days, only being let out for school, meals and to use the bathroom, taught me a little lesson. Whatever your credo is...never use it on your

mother!

Another time this credo gave me a little trouble was on a job I had obtained when I was of working age.

There apparently was a mistake made in a shipping order I was in charge of and the boss was berating me unmercifully.

He was hollering so much that I zoned him out and drifted into my own little world, while he kept on.

I guess I was too zoned out because all I could see was Popeye remorsefully telling his beloved Olive Oyl "Olives, I'm sorry for what I did but I yam what I yam, yuk, yuk!" So, that's exactly what I said to my boss, except without the yuk, yuk.

It was weeks before I was able to find another job, but I learned another little lesson. Mothers **and** bosses were on my "Do not show an attitude to!" list.

And then of course, there is my darling wife.

While working in the garden one spring day, I was making a simple job very difficult because (yes, I'll admit it) of my stubbornness to get the right tool for the job.

Of course, Patti sees me struggling and asks, "why don't you just go and get the shovel instead of digging with that

All of us at the library wish you a year of good health, good friends, and good reading!

[www.barrettlibrary.org](http://www.barrettlibrary.org)  
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little flower-planter?"

Now, I can be very mule-headed on occasion.

I was going to finish this job the way I started it and nobody was going to tell me any different.

*Remember my credo? Ho Boy! Here we go!*

I'll bet I sleep on the couch much more than the average husband.

Why,...because of that stupid, bald-headed, pipe smoking cartoon sailor.

I really gotta get a new hero!



## The Village View

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The Village View

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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.*

### HAPPY NEW YEAR!

We'd like to welcome to the Board our 3 newly elected Supervisors: Pamela Gardsy, Kelly Slinger and Darryl Speicher. Congratulations and we wish you the best in this journey.

We'd like to offer special thanks to our previous Board members: Benjie LaBar, May LaBar and William Pipolo, Jr. Your time and dedication are much appreciated and we wish you the best, it was great working with you all!

In a world full of social media and fake news, **Get The Facts!** Find out what is really going on in your community - Come to the Supervisors Meetings or Workshops:

#### Meetings:

- 2<sup>nd</sup> Wednesday of the month at 5:30 pm and 4<sup>th</sup> Wednesday at 8am.

#### Workshop:

- Workshop – 3<sup>rd</sup> Wednesday of the month at 8am.

Unable to make a meeting or workshop? All meeting minutes can be found on the website. Or, feel free to call the township offices anytime with questions.

**[www.BarrettTownship.com](http://www.BarrettTownship.com)**

New Website (still under construction)  
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## The Village Scene

*January Birthdays*

Kristin Jenkins  
 Kendra Riccio  
 Alexander Riccio  
 Annie Fullington  
 Carolyn Fullington  
 Sarah Jane Hardy  
 Sam Goll  
 Patrick Yerkes  
 Wade Sweeney  
 Debbie Sweeney  
 Robert Sweeney  
 Brandon Sweeney  
 Dylan Yerkes  
 Pam Sheloski  
 Bryan Zymdahl  
 Greg Zymdahl  
 Patti Zymdahl  
 Lalena Stirr  
 Logan Stirr  
 Nancy Grotevant  
 Karl Forssell  
 Heidi Zymdahl  
 Jeffrey Aleckna  
 Linda Sommers  
 Carson Ayers  
 Jerry Lewis  
 Emmitt Galucci  
 Chloe Fulton  
 Lenny Castellano  
 Barbara Castellano  
 Kaitlyn Reed

*January Anniversaries*

Sylvia & Robert Gregor

**Obits**

**Samuel L. Jones**, 78, of Cresco, died Tuesday morning, December 28, 2021; **Pastor Barry L. Whitmer**, 76, of Mountainhome, died Wednesday afternoon, December 22, 2021; **Daniel Richard Wise**, 92, of Scotrun, died Friday, October 2 at home; **Joan Lowry Eggleston**, 76, of Canadensis, died Saturday, December 4, 2021; **George G. Brosius Sr.**, 100, of Swiftwater, passed away peacefully, Sunday, December 5, 2021.

**BULLETIN BOARD**

**Mountainhome United  
 Methodist Church**  
**Super Bowl Soup Give Away**  
**Saturday February 12, 2022, from**  
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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

**The Future of Manufacturing is Local**

([NewsUSA](#)) - Ongoing news reports of global supply chain challenges highlight the need for improvements and changes in the manufacturing infrastructure.

A report by McKinsey & Company describes sustainable infrastructure as “resilient to climate change, socially inclusive, technologically advanced, productive, and flexible.”

What do these kinds of changes mean for the average consumer who wants quality products delivered on time? Global supply chains are susceptible not only to weather, but also labor shortages and cyberattacks. Today’s smart consumers find opportunities to support companies that provide alternatives to these global manufacturing models.

Other factors that make for successful companies in the future include organizational design, digital tools, and joint involvement among all parties involved, according to the McKinsey article. Custom furniture maker Baru, an American-based company, is one example of how putting these factors into practice on a local level supports the American economy, serves customers, and fosters environmental stewardship.

“Baru supports the American spirit of innovation by using technology to streamline the process and avoid costly inefficiency, and manufacturing nearby strengthens the local economy and conserves the environment in meaningful ways,” says Baru founder and CEO Tino Go.

- Organizational design. Baru’s organizational structure involves a network of local builders and suppliers of raw materials, ideally within 50 miles of customers. This strategy prevents the damage and delays associated with shipping a finished product long distance, because the manufacturing takes place close to the customer.

- Digital tools. Baru lets customers use customized programs to design products specific to their needs and sends these manufacturing instructions directly to local workshops. This customization reduces the creation of excess inventory that might end up in landfills.

- Joint involvement. Local manufacturing benefits communities by creating local jobs and supporting local artisans and craftspeople. Many customers are eager to support companies when they know the materials and workmanship is locally sourced and that the company is mindful of its carbon footprint. Baru also shows its commitment to the environment with an ongoing tree-planting initiative as part of its sustainable manufacturing model.

Visit [helloworldbaru.com](http://helloworldbaru.com) for more information about the way an American company is putting principles into practices that reflect a new way of manufacturing.

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## 6 Myths About Pet Allergies



[NewsUSA](#)) - By gaining a better understanding of the allergies caused by pets, you may be able to find a healthier coexistence with your furry friend.

According to The Humane Society, 62 percent of American households have at least one pet. Yet, an estimated 31 million Americans are allergic to animals, including up to 30 percent of those who have asthma. Here's what you should know about pet allergies:

**Myth 1:** It's only pet hair that causes allergies to flare up. Not true. Pet hair is a nuisance and causes allergies, as it contains saliva or other pet proteins. Allergic reactions

to pets are actually caused by pet proteins contained in pet dander, such as microscopic skin flakes, saliva and urine.

Overactive immune systems in those with allergies attack these otherwise harmless substances.

**Myth 2:** Continuous exposure

to animals will eventually desensitize you to them.

Not only is this not true, but in some cases the opposite is true. If you have a confirmed allergy to animals, it usually will not get better through increasing exposure. In fact, it may get worse.

**Myth 3:** With the right pet breed, allergy problems go away. Not true. All cat or dog breeds produce dander. However, some breeds are believed to be better for allergy sufferers than other breeds. Typically the best breeds are those that shed the least fur and/or are the most frequently bathed. Also, smaller dogs produce less saliva than do bigger dogs.

## Bypass Global Supply Chains and Support Local Manufacturers

[NewsUSA](#)) - The delays and confusion caused when a 200,000-ton cargo ship got stuck in the Suez Canal sent ripples through the U.S. economy and led many people to explore alternatives to the global supply chain, which is also susceptible to other forces ranging from weather to cyberattacks.

Although global cargo traffic has become the norm for obtaining many products used in the United States, innovative companies such as Baru are examples of a trend towards supporting local manufacturers of American-made and locally-sourced products. Treasury Secretary Janet Yellen recently described the United States' reliance on foreign supply chains as "a vulnerability," and emphasized the need to produce more goods domestically for economic and security reasons. "Even when supply routes are relatively calm, the global supply chain is an overly complex and lengthy process. Product prototypes take valuable months

to make, ship, test, plan, and re-make," according to Baru founder and CEO Tino Go.

Local manufacturing has many benefits, notably putting the customer in the driver's seat and creating a relationship with local communities.

"By combining automation, craftsmanship, and virtual customization, we're able to send manufacturing instructions to workshops local to the customer," Mr. Go explains.

When Baru creates made-to-order furniture, other environmental and economic benefits include reduction of global CO<sub>2</sub> emissions, prevention of unsold inventory landing in landfills, creation of local jobs, and support of industrial innovation by American artisans and craftspeople.

Baru also shows its commitment to the environment with an ongoing tree-planting initiative as part of its sustainable manufacturing model. During the design process, Baru selects sustainably engineered wood panels that are both

**Myth 4:** Small animals are not a problem for allergies.

Wrong. Hamsters, guinea pigs, birds and other warm-blooded mammals can also trigger asthma and allergies in people with allergies to animal dander, according to the U.S. Environmental Protection Agency.

**Myth 5:** Outside the home, you shouldn't have pet allergies. Not necessarily. Because of their microscopic size and jagged shape, pet allergens easily stick to clothing and other fabrics and are carried to other locations. Animal dander -- in sufficient levels to cause allergies -- can be found in many public places such as the workplace, classrooms and hospitals, according to the American Lung Association.

**Myth 6:** An air purifier will help with pet allergies.

It depends on the air purifier. Only a high-performance air purifier can help. Some allergy sufferers report that small, low-quality air cleaners make little or no difference at all. However, many allergy sufferers report that their IQAir air purifier, in combination with improved cleaning methods, has reduced or completely eliminated their allergic reactions to pets in their homes.

beautiful and durable. The wood goes to one of Baru's local manufacturing partners, which uses the latest technology of automated machinery for efficiency of scale and design, combined with the skills of local carpenters and woodworkers to create a unique and lasting item that is American-sourced and American-made. Baru's growing network of workshops ensures that the products are made as close to the final delivery destination as possible to reduce transportation costs and emissions. Finally, the model cycles back to trees -- Baru's pledge is to plant three trees for every furniture purchase made to achieve carbon neutrality. After three years, three trees replace the wood used in production and absorb more CO<sub>2</sub> than Baru's hometown process emitted. Visit [hellobaru.com](http://hellobaru.com) for more information about how you can create furniture that is unique to you, with the bonuses of benefitting the American economy and the global environment.



## Life, Or Something Like It

by Judy Linder

### Winter is nature's way of saying, "Up yours."

Robert Byrne

Oh, dear Lord. It's January again. Maybe you, too, dread this time of year. I think there's a misconception - even in our own minds - that we dislike January because it's cold and dark, but I don't think that's really what the problem is.

I think the issue is this: January is a judge-y, demanding month.

January is like that difficult aunt you always seem to end up sitting next to at the Thanksgiving table who says things like, "Are you sure you want that second helping of stuffing?" and "Did you actually pay good money for that haircut?" And "I see you're still a (garbage man, cabinet maker, chef, political analysis, theoretical physicist...)" That's what January is like.

None of the other months want to have anything to do with January, which isn't surprising. February, for example, though also cold and dark, prides itself on love...and being short and sweet. December, though technically only one month removed, considers itself 11 months distance. It's the month of joy and hopefulness, both of which have very little in common with January. And August, on the far side of the calendar? It tells us "Go lay in the hammock for a while!" and "How about a fresh peach?" and "Want to catch a ball game this weekend?" Very un-January like, to be sure. (God, I love August.)

January, by contrast, says things like:

- You've had 11 months of slacking off. Enough already.
- Time to lose weight. I don't care if medical science says it's impossible to achieve long-term.
- When was the last time you read something of value?
- Would it kill you to finally eat kale?
- Stop looking at the pretty snow and get a move-on! Those sidewalks won't shovel themselves.
- Get off the couch. It's time to learn Swahili. And Common Core Mathematics.

And high intensity kickboxing. And Reiki healing meditation. And \_\_\_\_\_. (fill in the blank.)

January is like that - bossy and controlling. It rules by guilt, not pleasure, and that is never a successful strategy.

So, I propose we shake things up a bit this year and TAKE BACK JANUARY! (If we ever "had" it. Otherwise - work with me here - it's just TAKE JANUARY!)

Forget about exercise and those 10,000 steps January says you have to have every damn day of the year. How about just taking a stroll in the woods for a few minutes to breathe in some fresh air and freak out the deer?

How about reading what really interests you even if your seventh grade English teacher would have called it twaddle? (It's basically words on a page with meaning. Why in the world did we take away the joy of reading and make it such a high-brow, painful thing?)

How about stopping before you eat to figure out what really calls to you versus what's easy to make or what happens to be in the cupboard, then go eat that?

How about really, really taking a few minutes each day to see the beauty of this cold, dark month? And thanking whatever God you do (or don't) believe in for, as Oprah Winfrey once said, "...another chance to get it right." And by that, I mean getting it right on our own terms, not some crazy ideal that January cooked up. As I hope I've proven to you by now, January can't be trusted, so I officially declare that it no longer gets to weigh in on any of this.

Will January be perfect now? Not hardly. But the bottom-line is that, be it January, July, or September, you and I deserve a good month just by virtue of being alive on this earth, at this time.

Maybe no one has told you this, so I will: You are not more or less valuable for the number of reps you do at the gym, or the number of calories you do or do not burn, or the amount of time you spend in "self-improvement". Your ability (or lack thereof) to learn a new language or cook a new dish or figure out how to change the oil filters in your car does not determine whether you are a good or bad human. You are worthy just as you are. That's the God's honest truth.

So don't let January play with your mind. And try to really enjoy these cold, dark, winter days. I'm pretty sure you won't regret it. Plus, as a bonus, it'll really piss January off, which makes me all sorts of happy.

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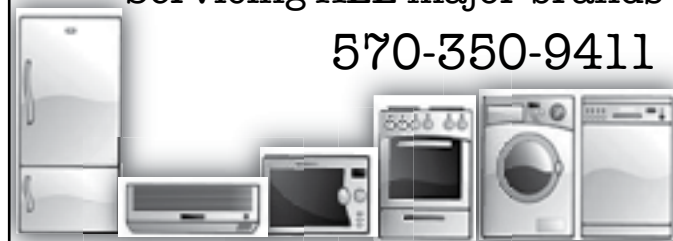
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# Firecall

by Charlie

Barrett Township Volunteer Fire Co.



## Dec. 2021 Alarms

12/1 – 6:41pm – 19 men – 4 trucks – structure fire – Forks Restaurant  
 12/3 – 1:49pm – 8 men – no trucks – auto alarm – Spruce Lake Retreat – cancelled  
 12/6 – 12:46pm – 10 men – 1 truck – assist station #25 – structure fire  
 12/6 – 9:48pm – 5 men – 1 truck – tree down on road and assist Police – Sand Spring Road  
 12/7 – 12:47pm – 8 men – 1 truck – assist EMS – Monomonock Rd  
 12/8 – 6:32pm – 6 men – no trucks – auto alarm – Spruce Cabin Rd. – cooking smoke  
 12/22 – 8:27am – 7 men – 1 truck – assist EMS – Lake in the Clouds  
 12/22 – 11:44am – 6 men – 1 truck – auto alarm – Old Hemlock Lane – no fire

## Saying Farewell to a Cornerstone in the Community

### Saying Farewell to a Cornerstone in the Community

The Board of Directors for the H.A. Tattersall Medical Center would like to update the community regarding the recent sale of the Medical Center located at 1089 Rte. 390, Mountainhome, PA.

Dr. Harold A. Tattersall, M.D. was in general practice here for many years after World War II. His office combined with a residence still stands at 1032 Rte. 390 between Walnut Lane and Legion Drive in Mountainhome.

When Dr. Tattersall was ready to retire with his wife to their home in Boynton Beach, FL the community was faced with a challenge: How to attract and maintain medical services for residents of Barrett Township?

After much discussion a plan was agreed upon to locate a site and build a modest sized medical center which could be rented with waiting room, exam rooms, staff and admin areas, and a separate dental office located in the lower level.

Construction got underway with the participation of community businesses, residents, and supported by generous donations. The H.A. Tattersall Medical Center was dedicated in 1975 and was open for patients through 2019. Thanks are due to those residents that served on The Board of Directors through the years.

Recently the large medical/hospital entities like Geisinger, Lehigh Valley Health Network, and St. Luke's made The H. A. Tattersall Medical Center less competitive and harder to rent out against the opportunities for doctors to staff new clinics and treatment facilities being built in the surrounding area.

With the Medical Center being closed for some time there were still costs for maintenance, repairs, and other expenses depleting what reserves were available. Recently the decision was made to put the property up of sale. The new owners have a business here in Barrett Township.

The last meeting of The Board was held at 7 pm in the Barrett Paradise Friendly Library on October 12, 2021. With the intention to be of service to the community one of the last decisions of The Board was to distribute all remaining financial assets of The H.A. Tattersall Medical Center to the non-profit entities of our community.



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## Ground Hogs Have Their Day

John Cafarella



*If Candlemas be fair and bright,  
Come, Winter, have another flight;  
If Candlemas brings clouds and rain,  
Go Winter, and come not again.....English Folk Song*

What to do in the middle of winter? How about enjoying the ambiance of the frigid night air waiting for, or rather, yanking a rodent from a sound sleep in his/her burrow? Sounds like a plan.

Blame the Germans. The Ground Hog Day tradition comes from Germany. On a religious holiday called "Candlemas Day," the Germans paid attention to the badger. That's where the shadow business started. Candlemas Day was the midpoint between the winter solstice and the spring equinox. Superstition held that if the weather was fair, the second half of Winter would be stormy and cold. For the early Christians in Europe, it was the custom on Candlemas Day for clergy to bless candles and distribute them to the people for use in the long dark days of the Winter. A lighted candle was placed in each window of the home. If the Sun came out February 2, it meant six more weeks of wintry weather. Of

course if the Sun didn't come out, it meant six more weeks of winter, but.....The earliest American reference to Groundhog Day can be found as February 4, 1841 - from Morgantown, Berks County storekeeper James Morris' diary..."Last Tuesday, the 2nd, was Candlemas day, the day on which, according to the Germans, the Groundhog peeps out of his winter quarters and if he sees his shadow he pops back for another six weeks nap, but if the day be cloudy he remains out, as the weather is to be moderate." The first official Groundhog Day celebration took place on February 2, 1887, in Punxsutawney, Pennsylvania.

When the practice came to the US the groundhog was chosen, because badgers aren't native to eastern North America. Plus, they are violent, nasty, vicious animals and would rip the face off anyone touching them. The English would use hedgehogs which are small and shy. So, badgers are nasty and there are no hedgehogs in the U.S ergo, the groundhog will have to do for weather predictions.

Like badgers, groundhogs, also more commonly known as woodchucks or whistlepigs, are considered true hibernators. They sleep all winter. When they emerge from hibernation, it means winter is almost over. In winter months, their body temperature drops 62 degrees. Comparatively, if a human body temperature drops just

four degrees, it goes into hypothermia. A large, squirrel-like rodent, the average woodchuck has a heavy body, short tail and powerful legs. He weighs about seven pounds and is about 20 to 25 inches long.

The idea that groundhogs are predicting the weather when they come out of hibernation may be a bit of a stretch. It's not wise to pin hopes for winter's end on the possibility the lowly groundhog will emerge from his digs on a shadowless day. In fact, the furry mammals rarely venture out of their winter burrows until March, because they, like the author, prefer a cozy nest to February winds. Punxsutawney Phil, the most widely known groundhog, is borrowed from the local zoo, stuck in a hole in the ground and then pulled out. People wear top hats, and it does wonders for the Punxsutawney image and tourist business. Besides, the rodent is so blind after spending months underground that he can't see his paw in front of his face let alone his shadow. Since the 1993 release of the film *Groundhog Day*, starring Bill Murray as a TV weatherman (who wakes up and its Groundhog Day over and over again.), attendance at the real event has expanded. Recently, there were 35,000 visitors in Punxsutawney - five times the Jefferson County town's 6,700 population. Please note that Punxsutawney Phil has only been right about 30% of the time. Punxsutawney is about 80 miles Northeast of Pittsburgh. The word Punxsutawney is originally a Native American word.

Punxsutawney was first settled by the Delaware Indians in 1723 and its name comes from the Indian name for the location "ponksad-uteney" which means the "town of the sandflies." How poetic.

Naturally Punxsutawney Phil Gala has spawned numerous imitations. Among the noteworthy are:

• **Buckeye Chuck (Marion, Ohio)**

• **Thistle the Whistlepig (Cleveland, Ohio)** Since no one in their right mind would venture forth in Cleveland in February, this is an indoor event at the Cleveland Museum of Natural History. The museum uses a spotlight to generate the shadow.

• **Staten Island Chuck (Staten Island, New York)** The best thing about Chuck is he bit the then mayor of New York City Michael Bloomberg in 2009. Recently, idiot Mayor Bill de Blasio dropped Chuck.

• **Sir Walter Wally (Raleigh, North Carolina)**

• **General Beauregard Lee (Jackson, Georgia)**

• **Warton Willie (Warton, Ontario)** Warton Willie is an albino groundhog. The previous Warton Willie was also albino.

• **Shubenacadie Sam (Shubenacadie, Nova Scotia)** Shubenacadie Sam, who lives in Shubenacadie Wildlife Park is the first groundhog in North America to make his prediction on Feb. 2, since it gets the earliest sun and is an hour ahead of Eastern

Standard Time on Atlantic Time.

• **Pierre C. Shadeaux (New Iberia, Louisiana)**

Pierre C. Shadeaux is technically a nutria, a large "river rat" with orange teeth and a tail.

• **T-Boy the Nutria (New Orleans, Louisiana)**

• **Fred la Marmotte (Quebec)**

Marmotte is French for Marmot, which is the family the species of groundhog falls under.

• **Fufu the hedgehog (Portland, Oregon)**

• **Jimmy the Groundhog (Sun Prairie, Wisconsin)**

Jimmy, inspired by Staten Island Chuck, also made headlines when he bit the mayor's ear in 2015.

• **Woody the Woodchuck (Howell, Michigan)**

One of the few female prognosticators.

• **Chattanooga Chuck (Chattanooga, Tennessee)**

Chattanooga Chuck lives at the Tennessee Aquarium. Aquarium? Really?

• **French Creek Freddie (French Creek, West Virginia)**

\***Woodstock Willie (Woodstock, Illinois)**

\***Woodstock, Illinois is the set of the movie "Groundhog Day."**

"Okay campers, rise, and shine, and don't forget your booties 'cause it's cold out there... it's cold out there every day.".....Phil Conners - *Groundhog Day*.



## Did you know backyard chickens love music and games?

BPT) - If you have backyard chickens, you understand that your feathered friends provide more than just a steady supply of fresh eggs. Backyard chickens become part of your family and giving them the best helps them to thrive. From nutritious food to enrichment activities like music and games, there's a lot you can do to make your hens happy.



music and spend time bonding with your flock. Crank tunes during backyard chores or simply play music when enjoying the day with your feathered friends. You may even notice certain hens have music they prefer, adding to their

quirky personalities.

"Chickens are talented, productive and wildly entertaining," said Scott Schraufnagel, director at Hen Up Organic Food for Chickens. "Backyard hens are part of the family and provide endless joy. That's why chicken owners are going above and beyond to give their hens the best."

What can you do to make your hens extra happy? Schraufnagel shares three ideas:

### Activities and enrichment

Chickens are known for their unique, endearing personalities. They are curious creatures that need mental and physical stimulation to thrive. Just like you would get bored with the same thing day in and day out, they get bored as well. That's why smart backyard chicken owners will take steps to keep chickens active and engaged.

Need ideas? Try expanding your free-range or run space. Add ladders, ramps, perches, stumps, scratch pads, swings and even a mirror. Add a pile of hay and watch them scratch and kick it flat. A sheltered dust bath space is like a spa for hens. Anything new or unusual will intrigue your chickens, so keep them guessing what's next.

### Bonding through music

Did you know chickens enjoy music? Whether it's grooving to guitar, strutting to salsa or relaxing to reggae, play some outdoor

To celebrate how much chickens enjoy music, Hen Up presents Coopstock, the first annual backyard concerts for chickens and their owners. Backyard chicken enthusiasts across the country are hosting these events starting Sept. 12. They will feature live music, themed decorations and much more. Learn about the events and be inspired to cluck out your own jams by following along on Facebook or Instagram.

### Food and treats

From freshly hatched chicks to egg-layin' ladies, provide your flock with balanced nutrition including essential vitamins, minerals and amino acids that they need to live their best life. Hen Up makes organic, non-GMO food for chickens from ancient grains, superfoods and other ingredients you'll recognize.

Food also provides a great opportunity for nutritional enrichment activities. For example, place food in whiffle balls and watch as chickens roll and peck at it to get the delicious tidbits out. You can also sprinkle food in hay or a pile of leaves nontoxic to chickens so they can hunt for treats. Finally, hang a head of cabbage or lettuce from a rope covered in stiff tubing for a fun chicken piñata.

"A little extra effort can make a big difference for backyard chickens," said Schraufnagel. "They'll love these activities and you'll enjoy them, too."

## Outsmarting Squirrels at The Birdfeeder, The Natural

(NewsUSA)

Covid-19 caused us all to spend much more time at home, reconnecting with a welcomed resurgence of simple pleasures and fundamental pursuits, which were nearly lost in our frenzied day-to-day lives, prior to the pandemic. Board games, puzzles and baking bread became the new norm and an interest in bird watching suddenly soared. Being homebound brought us outside and opened our eyes to a whole world of fascinating, beautiful birds. Sales of bird feed, feeders, nesting boxes and bird houses spiked as interest in backyard birds soared. In addition to new birders, more than 52 million Americans already feed the birds-and watch them. Studies show that more than 80 percent of people feed birds to bring nature and its beauty to their own backyard. The good news is birds don't know we're in the midst of a global pandemic, they're doing what they've always done; building nests, migrating, laying eggs and searching food sources- the primary difference is more of us are watching them. The human world got quieter; and birds got heard! Feeding the birds is not only enjoyable for any age group, it provides much needed stress relief for all who partake. A fascinating 2017 University of Exeter study, focused on nature's impact on humans in suburban/urban areas, found that lower levels of depression, anxiety and stress were associated with the number of birds people see in an afternoon, at home. Turns out, the benefits of birdwatching come from seeing lots and lots of birds. Quantity not 'quality' is what soothes our souls. For millions working and schooling from home,



this stress reduction was an unintended bonus to the basic delight of feeding our feathered friends.

To enjoy the many benefits of birding, attracting birds through bird feeding is essential. Birds, like people, are selective -- even picky -- when it comes to food. To attract the most birds to your feeder, buy the best seed. Many commercial feed mixes contain cheap filler seeds that most birds just don't like. Birds sort through the undesirable mix to get to the "good stuff" -- and leave the rest behind.

Opt for high quality feed from [Cole's Wild Bird Products](#), that offer birds select, natural seed choices, specifically formulated just for them. Avoid brands that wash or coat seeds with chemicals and mineral oil to make seed look more appealing to humans. Cole's feed is kept as close to a natural state as possible. Cole's researched what birds actually like to eat, then formulated a full line of top quality feed products designed to attract certain species of birds, the greatest number and greatest variety of birds, and patented "hot" products that squirrels dislike. Yes, squirrels are an incessant problem at bird feeders. Newbies to bird feeding soon discovered what long-time birders know all too well: squirrels love bird feed too. Plus, squirrels are bigger and more aggressive than birds giving them an unfair

advantage at the feeder. Love them or loathe them, most birders agree they don't want squirrels damaging feeders and devouring seed meant for the birds. But, not to worry, Cole's has you covered. Using the Science of Taste Aversion, Cole's offers patented "hot and spicy" feed options infused with an exclusive Habanero chili pepper and Safflower oil, like Cole's "Hot Meats" and "Hot Meats" Suet cakes that birds find delicious but squirrels dislike. Another option, "Blazing Hot Blend" is a traditional mix of highly desired

seeds enhanced with super-hot and spicy food grade habanero chilies, designed to attract a maximum variety of birds.

Finally, if you just can't stand bushy-tailed pests at your feeder, consider a solution that sends them packing safely and effectively. Cole's Flaming Squirrel Sauce is a nutritional birdseed supplement that contains all natural, 100% food grade ingredients with a super-hot and spicy flavor, that squirrels dislike. It tastes hot to mammals, (squirrels!) but birds' taste receptors don't detect the heat and they love the spicy taste.

Add this liquid chili pepper formula to bird feed to greatly reduce squirrel visits to the feeder.

Cole's hot and spicy products are safe, effective and a humane, natural way to feed the birds, not the squirrels. As a matter of fact, Cornell University scientists tested the technology and found it highly effective in reducing the number of squirrel visits at the feeder.

While we're navigating through these uncertain times, look to the birds for delight, solace, and stress relief. Once you start feeding the birds, you'll find it's hard to stop. Plus with the right feed and less squirrels, there'll be a bounty of birds in your backyard for your benefit and enjoyment.





L-R: Rich DeLuca, Cindy DeLuca, Kate Siglin, Becca Siglin, Jim Siglin and Maureen Siglin



L-R: Roger Seese, Barbara Seese, Nicki Linder, Judy Linder and Brick Linder



to our archives from January 2005 and found  
Santa and good friends getting together.



Vranitz and Megan Lehman



Santa and Logan Stirr



Lalena and Gabe Stirr



an and Nathan Barrett



L-R: Dolores Dildine, Emily Sieg and Charley Sieg



## Your key to a healthier new year? Potatoes.

(BPT) - It's New Year's resolution season, and many people's goals involve improving their health - exercising more, eating better and losing weight. While it can be hard to stick to resolutions, a staple item in your kitchen can give you a leg up - potatoes.

Potatoes are a nutrient-dense vegetable. Per 5.3-ounce serving, they have more potassium than a banana and more vitamin C than a tomato. Potatoes are also packed with energy and are affordable, delivering more nutrients per penny than most other vegetables.

But how can potatoes help achieve your resolutions? Let's start with eating better. Potatoes can play a key role in many of the most popular approaches to eating well:

\* **Plant-Based Diets:** Plant-based diets are a growing trend, but getting enough high-quality protein is important. Potatoes provide 3 grams of plant-based protein, which is more than other commonly consumed vegetables except dried beans. Try Vegan Mashed Potatoes with Kale.

\* **Whole30:** According to Whole30, "Potatoes of all varieties are real, nutrient-dense foods," and the guidelines



encourage mashed, baked or roasted potatoes. Try Frittata with Potato Crust.

\* **WW (formerly Weight Watchers):** For people on this popular plan, potatoes are a ZeroPoint food. Potatoes are given this distinction because they're "filling and nutritious." Try 12 Surprising Ways to Cook with Potatoes from WW.

\* **Mediterranean Diet, DASH Diet and Flexitarian Diet:** U.S. News & World Report has ranked these as best overall diets as chosen by a panel of health experts, and potatoes are a staple in all three. Try Manhattan Paella.

\* **Gluten-Free Diets:** Potatoes are naturally gluten-free, and they can help provide several of the nutrients often inadequately consumed by people following gluten-free diets, such as fiber,

thiamin, folate, magnesium, calcium and iron. Try Gluten-Free Spiralized Hash Brown Casserole.

Along with being nutrient-dense, some research suggests that potatoes are one of the most filling foods you can eat. Studies indicate that potatoes may stave off hunger better than common sides like pasta, rice and bread.

Beyond eating well, working out more is a resolution for many people, and carbohydrates provide important fuel for muscles during exercise. However, not all carbs are created equal. A medium potato has 26 grams of quality carbs, which is important for optimal physical and mental performance. Potatoes also deliver the energy, potassium and vitamin C needed to fuel your workout. In particular, the potassium in potatoes is perfect

for aiding muscle, cardiovascular and nervous system function during long endurance events.

On a final note, you may believe that sweet potatoes are healthier than regular potatoes, but they're more alike than you think. They provide similar amounts of key nutrients like protein, potassium and vitamin B6, all of which contribute to a well-balanced, nutrient-dense diet. They're

also both included on the FDA's Top 20 Raw Vegetable list, and they're similar in calories and carbohydrates.

So, as 2022 gets underway, pass the potatoes, and know you're helping achieve your health and fitness goals for the New Year. And be sure to check out [www.potatogoodness.com](http://www.potatogoodness.com) for more information and inspiration!

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### HAPPY NEW YEAR-JOIN TODAY AND GET FCC FIT!

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  
Information provided by The Mayo Clinic

### 2022 MEMBERSHIP INFORMATION

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  
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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

### “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 FRENCH FOR FUN HEALING SOUNDS AT THE PARK WEEKLY WALKERS FCC FOODIES ART CLASSES BALANCE TRAINING MEDITATION WOMEN'S CIRCLE and more.....

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John Cafarella

*Gnus Almanac  
books available  
on Kindle*

patent peanut butter – it had probably been developed by the Inca in 950 BC.

### The full moon is the Wolf Moon.

1. New Year's Day - The world's most widely celebrated holiday. The celebration of the new year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago, during the premiere of Dick Clark's New Year's Rockin' Eve. The first time zone to usher in the New Year is just west of the International Date Line. At that time the time zone to the east of the Date Line is 23 hours behind, still in the previous day. The central Pacific Ocean Island nation of Kiribati (aka Christmas Island) claims that its easternmost landmass, uninhabited Caroline Island, is the first to bring in the New Year. Instead of a ball, a coconut is lowered from a tree.

2. 1890-Thursday- President Benjamin Harrison (the one sandwiched between Grover Cleveland's two terms) appointed Alice Sanger as the first female White House staffer. Sanger was hired as a stenographer. Previously, the only women employed in the White House were maids.

3. 961 -Tuesday- Three technicians died at a U.S. plant in Idaho Falls in an accident at an experimental nuclear reactor. According to the Director of the Atomic Energy Commission, radioactivity was "largely confined" to the reactor building. This set the pattern for initial description of all future nuclear accidents "slight leak", "quickly contained", "itty bitty.... we hardly knew it was there", "leak? What leak?", "a mere puff", and "teeny tiny crack, just ignore the carp with 9 eyes".

4. 1981 -Sunday This show's magic tricks were actually pointless from both an artistic and commercial standpoint.....Frank Rich..... Oh boy! I just got two tickets to the Broadway show, Frankenstein starring John Carradine and Dianne Weist, for January 5. What's that? But it just opened on this day, January 4. It closed on the same day? Yeesh. Anyone want two tickets to Frankenstein?

5. 1943-Tuesday- George Washington Carver Day honors the African-American scientist on the anniversary of his death in 1943. He is best known for developing crop-rotation methods for conserving nutrients in soil and discovering hundreds of new uses for crops such as the peanut. No, Carver didn't

6. 1540-Saturday- My Lord, if it were not to satisfy the world, and My Realm, I would not do that I must do this day for none earthly thing.....Henry VIII on his wedding day as he married wife number four, Anne of Cleves. Anne, who was conspicuously ugly and only bathed occasionally, was selected after a continent-wide search. Needless to say, several of those responsible for finding her, would be be-headed.

7. 1900-Sunday- First boat went through the Panama Canal. It was a test run and the boat was the Alexandre La Valley. The first official trip through was the S.S. Ancon, carrying a cargo of ..... spice? no.....precious stones? No.....furs? No.....money? No.... how about cement? Yes, on August 15, 1914.

8. 1935 -Tuesday- Happy Birthday, Elvis Presley, cultural icon and originally a pretty good Rock n Roll singer .....at least the pre army Elvis. The post army Elvis was spotty. For every "Stuck on You" or "Devil in Disguise", he came out with "There's No Room to Rhumba in a Sports Car" or "Do The Clam". During his amazing career, Presley helped popularize rock and roll music in America.

9. 1894-Tuesday- Remember -all copyrights are awarded on a Tuesday....William Kennedy Laurie Dickson copyrighted the first motion picture. The movie, filmed in February 1893 at the Edison studio in West Orange, New Jersey, featured 47 images of a man sneezing...."God Bless You". Who nose what came next?

10. 1935-Wednesday- Amelia Earhart would become the first woman to fly solo across the Pacific Ocean as she began her flight from Honolulu to Oakland. The luggage was lost but she did enjoy the in-flight movie featuring Adam Sandler and the mating habits of the Sumatran Slug.

11. 1919-Saturday- Romania annexed Transylvania. Transylvanians did not discover the annexation until after dark when they arose from their coffins. They took to the streets to protest but of course all the Romanians were asleep. They knocked on Romanian doors and windows, but they could not get in unless invited in. The whole thing was a bloody mess.

12. 1737 -Saturday- Happy

Birthday, John Hancock, he of the huge signature on the Declaration of Independence. "I'll sign it in letters bold enough so the King of England can see it without his spectacles on!"

13. 1978- Friday- NASA selected its first female astronauts. The six women chosen were Rhea Seddon, (three flights - Discovery and two on Columbia) Kathryn Sullivan, (three shuttle missions logged over 532 hours in space ), Judith Resnik, (died on January 28, 1986 on her second mission, during the launch of Challenger STS-51-L.), Sally Ride (who would fly two shuttle missions and become the first American woman in space), Anna Fisher (one shuttle mission - the second was cancelled after the Challenger disaster), and Shannon Lucid (four shuttle missions.)

14. 1794-Tuesday- "I was Caesarian born...can't tell...except every time I leave a room, I go out through the window....." Steven Wright..... Elizabeth Hog Bennett became the first woman in the U.S. to successfully give birth to a child by a Casarean section. Her husband, Dr. Jesse Bennett of Edom, Va., performed the operation without anesthesia.

15. 1861 -Tuesday- The safety elevator was patented as a "Hoisting Apparatus" by American inventor, Elisha G. Otis, of Yonkers, New York. His invention was designed to stop the fall of an elevator in case of the lifting rope breaking. The process, however, did have its ups and downs. No, Otis did not invent the elevator, he invented the brake used in modern elevators.

16. 2003- Thursday- The space shuttle Columbia was launched. The shuttle broke apart during its return descent on Feb. 1, killing Commander: Rick D. Husband, Pilot: William C. McCool, Payload Commander: Michael P. Anderson, Payload Specialist: Ilan Ramon, a colonel in the Israeli Air Force, Specialist: Kalpana Chawla, an Indian-born aerospace engineer on her second space mission., Mission Specialist: David M. Brown, and Mission Specialist: Laurel Clark

17. 1706- Sunday-Happy Birthday, Benjamin Franklin, American inventor, scientist and statesman, and first husband of Aretha Franklin. He invented a type of stove, the Franklin Stove, still being manufactured, the lightning rod and bifocal eyeglasses. He also helped establish institutions people now take for granted: a fire company in 1736, a library in 1731, an academy in 1751, and an insurance company in 1752.

18. 1779-Monday- Happy Birthday,

pill pusher, quack\*, sawbones\*, specialist, surgeon) born in London. Roget spent his life on the project that has made his name, his thesaurus (synonyms - glossary, language reference book, lexicon, onomasticon, reference book, sourcebook, storehouse of words, terminology, treasury of words, vocabulary, word list), Roget's Thesaurus of English Words and Phrases.

19. 1825-Wednesday- The first patent for food storage in cans - to "preserve animal substances in tin" - was issued to Ezra Daggett and his nephew Thomas Kensett of New York City. They stored salmon, oysters, lobsters and rehabbing celebutards in their cans. January 19 is now celebrated as Tin Can Day.

20. 1998- American researchers announced they had cloned calves that could produce medicinal milk. They were first to clone cows from fetal cells in which human genes were spliced into cattle DNA. A research assistant who tasted the milk turned into Sylvester Stallone.

21. 1799- Monday- - Edward Jenner's smallpox vaccination was introduced. In 1796, Jenner took the fluid from a cowpox pustule on a dairymaid's hand and inoculated an 8-year-old boy. Six weeks later, he exposed the boy to smallpox, and the boy did not develop any symptoms. Jenner coined the term "vaccine" from the word "vaca" which means "cow" in Latin.

22. 1997-Wednesday- American Lottie Williams was reportedly the first human to be struck by a remnant of a space vehicle after re-entering the earth's atmosphere. At 3 a.m., while walking in a park in Tulsa, Oklahoma, she saw a light pass over her head. "It looked like a meteor," she said. Minutes later, she was plunked on the shoulder by a six-inch piece of blackened metallic material, and thus, teaching us all a lesson about walking in a park in Tulsa at 3 a.m.

23. 2003 -Friday The Final communication between Earth and Pioneer 10. Pioneer 10 was launched on March 2, 1972. At last contact, Pioneer 10 was 7.6 billion miles from Earth, or 82 times the distance between the Sun and the Earth. At that distance, it takes more than 11 hours and 20 minutes for the radio signal, traveling at the speed of light, to reach the Earth. The last message indicated it had encountered a strange life form that appeared to resemble Vladimir Putin.

24. 1972-Monday- "Is it safe to come out yet?" After 28 years of hiding in the jungles of Guam, farmers found Shoichi Yokoi, a Japanese sergeant who was unaware that World War II had ended.

25. 1759 -Thursday- "Oh wad

some power the giftie gie us / To see oursels as others see us ".....Happy Birthday, Robert Burns, Scotland's national poet. He wrote "Auld Lang Syne" - which we all happily sing but no one knows what the words mean.

26. 2004 -Monday- Beware of exploding whales. The decomposing remains of a 60-ton sperm whale exploded on a busy street in Tainan, Taiwan showering nearby cars and shops with blood and liver, kidneys, intestines, lungs, pancreas, spermaciti and melon, and stomach, stopping traffic for hours. The whale had been on a truck headed for a necropsy by researchers, when gases from internal decay caused to explode into a mammalian sushi fest.

27. 1967-Friday- Astronauts Gus Grissom, Ed White, and Roger Chaffee were killed when fire broke out during routine tests in the Apollo. They were training for the first crewed Apollo flight, an Earth orbiting mission. At 6:31 p.m. one of the astronauts (probably Chaffee) reported, "Fire, I smell fire." Two seconds later White was heard to say, "Fire in the cockpit." The fire spread throughout the cabin in a matter of seconds. The hatch opened inward, and it took over 90 seconds to get it open from the outside.

28. 1986-Tuesday- Faulty O-rings destroyed the space shuttle Challenger 73 seconds after takeoff. The crew - Mission commander Francis R. Scobee, pilot Michael J. Smith, mission specialists Ronald E. McNair, Ellison S. Onizuka and Judith A. Resnick, and payload specialists Gregory B. Jarvis and teacher, Christa McAuliffe all died in the accident.

29. 1927 -Saturday- Happy Birthday, Lewis Urry, Canadian inventor. Urry created the small alkaline batteries that first went on sale in 1959 and now make up 80% of battery sales. Check your mobile phone, laptop and camera, see the lithium batteries? Yup, also an Urry invention.

30. 1945 -Tuesday- The sinking of the M.S Wilhelm Gustloff, the greatest maritime disaster in history. Well over 10,000 evacuees were crammed aboard the ship. Within 9 hours, 3 torpedoes launched by a Soviet submarine would hit the ship. Over 9,500 people were killed. 1,523 people were killed on the Titanic.

31. 1769-Tuesday- What was he thinking the first time he tried it? Happy Birthday, Andre Garnerin, French aeronaut, who was the first person to use a parachute regularly and successfully. In the words of Jonathan Swift, "twas a brave man that first ate an oyster."



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## District Court 43-4-02

District Justice  
Phillip Riley



### Charges against the following individuals were waived to court:

- **Frank S. Braun**, 72, of Cresco, charged with DUI, and 2 counts of traffic violations.
- **Malachi Andrade**, 22, of Mt. Pocono, charged with possession of marijuana, and use/possession of drug paraphernalia.
- **Niani Y. Johnson**, 27, of Astoria, NY, charged with 3 counts of DUI, possession of marijuana, use/possession of drug paraphernalia, and 2 counts of traffic violations.
- **Amanda Maria Matts**, 20, of Suffern, NY., charged with retail theft.
- **Kelvin Jose Olive Jr.**, 26, of Long Pond, charged with 3 counts of DUI, possession of marijuana, use/possession of drug paraphernalia, and 2 counts of traffic violations.

### Charges against the following individuals were held for court:

- **James Scott Luthcke**, 32, of Stroudsburg, charged with manufacturing, delivery, or possession with intent, tampering with evidence, possession of a controlled substance, and use/possession of drug paraphernalia.
- **Martin A. Baboon**, 33, of Henryville, charged with drug delivery resulting in death, manufacturing, delivery, or possession with intent, criminal use of communication facility, possession of a controlled substance, use/possession of drug paraphernalia, and involuntary manslaughter.

### Moved to Non-traffic:

- **Tristan Alexander Thompson**, 23, of Tobyhanna, charge with 2 counts of retail theft.
- **Denebola Hoyt**, 36, of Long pond, charged with 2 counts of retail theft.

## 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](http://www.BarrettTownship.com). We ask that items be in good condition; we have the right to refuse any item.



Santa visited Pack 89's December Pack Meeting to present Pinewood Derby car kits to all the Cubs.



Submitted by Wayne Gross

Santa visited Pack 89's December Pack Meeting to present Pinewood Derby car kits to all the Cubs.

The Pack prepared Holiday Greeting Cards that were distributed to various nursing homes, assisted living homes, and shut ins in the community.

Awards presented at the December 20 Pack meeting:

**Lion Den:**  
Aaron Michael: Lion Badge Rank  
Grayson Turner: Lion's Honor Adventure Pin

**Tiger Den:**  
Michael Dwyer: My Tiger Adventure and Tiger Bite's Adventure

**Jackson Woodrow:** My Tiger Adventure and Tiger Bite's Adventure

**Wolf Den:**  
Nicholas Brunelle: Digging in the Past Adventure  
Ryker Jackson: Digging in the Past Adventure  
Odin Kier: Digging in the Past Adventure and Running With the Pack Adventure

**Webelos Den:**  
Salvatore Cubeta: Art Explosion Adventure  
Garrett Nauman: Art Explosion Adventure  
Joshua Pallone: Art Explosion Adventure and Protect Yourself Rules

**Arrow Of Light Den:**  
Chase Crawford: Outdoor Adventurer Adventure and Building

**a Better World Adventure**  
Anthony DeDomenico: Scouting Adventure

Nathan Dunlap: Scouting Adventure  
Bryce Gross: Scouting Adventure

Quinten Niering: Scouting Adventure  
Aldrick Noba: Scouting Adventure and Castaway  
Riley O'Conner: Scouting Adventure and Building a Better World Adventure  
Finn O'Keefe: Scouting Adventure and Building a Better World Adventure  
Gabriel Petroff: Scouting Adventure  
Nicolas Trindade: Scouting Adventure

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## Library Letters

By MaryAnn Lewis

Happy New Year, everyone! 2022 is already off

to an exciting start as we prepare to switch to a new library software system in February. We're busily updating patron cards and item barcodes, learning how to use all the features of the new software, and hoping for a smooth transition! The big switch is scheduled for February 10. Please bear with us as we get used to all the changes! We think you'll be pleased with the outcome, including conveniences like email or text notifications for due dates & holds, and a more streamlined online catalog among other things.

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. The sturdy card features the Library's logo and comes with a handy key tag, too! We need to update all cards as soon as possible. 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](http://www.barrettlibrary.org).

The Basket Raffle was a success! Thanks to everyone who purchased tickets and/or donated raffle items, we raised over \$3100 for the Library. The drawing was held on Dec. 11 and streamed on Facebook. The links to view the video and the list of the winners are posted on the Library's web page: [www.barrettlibrary.org](http://www.barrettlibrary.org). Thanks again for everyone's generous support!

**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](http://www.barrettlibrary.org)) or let us know what you like and we'll make some suggestions.

**\*\*Please note that we CANNOT accept used book or DVD donations until further notice\*\***  
**PROGRAMS:** Current programs & descriptions below. Check our Facebook page for additional programs, posts, and opportunities: [www.facebook.com/BPFLibrary](http://www.facebook.com/BPFLibrary). Our live videos can be seen at [www.facebook.com/BPFLibrary/live/](http://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](mailto: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 January 6:  
Popsicle Snowflake Craft – Ages 0-5; Crystal Candy—Ages 6-11.  
Pick Up Begins Feb 1: Heart Wreath – All Ages.

### 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. Every 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.

"Bedtime!"-- Pick Up begins January 12. This month we will explore simple steps to help establish a pleasant bedtime routine that encourages relaxation and learning.  
**Saturday Night Library: Lights of Winter**

January 22nd, 7PM. Ages 6-11. Join us as we explore the significance of light in many winter holiday celebrations. Use supplies from the Library to create a simple circuit that will illuminate a special holiday card. Call 570-595-7171 to register.

### 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 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.

### 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](mailto:l.vromanbpfl@gmail.com).

### Adult-Take Home Craft: Bath Bombs

Pamper yourself with a DIY mint bath bomb. We'll supply all the materials and directions to make this craft, which smells amazing! Pickup begins Monday, January 10.

### Thursday, January 13: Virtual Writing Group 6:30 pm

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.

### Tuesday, January 18: Virtual Afternoon Book Club 1:00 pm

Join our virtual afternoon book club on Zoom! This month, we will discuss A Beautiful Blue Death by Charles Finch. Register to receive the Zoom link.

### Monday, January 24: Progressive Story Writing Let's write a story together!

From January 24th to January 31st, we will write a community story on our Facebook page. We will give the first line of

the story in a post, and then another person writes the next line in the comments. The story continues in this way, with the community contributing lines in the comments, until we have a complete story. Don't miss the fun!

### Tuesday, January 25th Virtual Evening Book Club 7:00 pm

Join our virtual evening book club on Zoom! This month, we will discuss The Invisible Life of Addie LaRue by V.E. Schwab. If you're interested in joining, please call the Library for more details.

### February: 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, and rate it using the card found in the bag. Return the rating card to the Library to be entered into a prize raffle. For more information, call the Library.

### 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. Pick up begins Monday, February 14.

### Thursday, February 10: Virtual Writing Group 6:30 pm

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.

**Please note: The Shakespeare group is taking some time off; we hope to resume in February.**

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 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.

Looking forward to a year filled with good books and good health!

Mary Ann, currently reading (and thoroughly enjoying!) A Gentleman in Moscow, by Amor Towles.

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**Super Crossword****Answers**

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E P I A P H A E S O P I C H O S E D
C A M I L L E I A H A I N A F R O G
C H U E L A N O U N S C A L M E R G E
E S S T H I G S N A G C E A H
S K E I N A O U G I Z A R R F
A I U N N A F G T R O S I N
C U H I O U S G E O R G E O T I O M A N
T R I T T U S S A U S A L A
F K E S A I N T T H A T P F G U I A R
G S L E B U E R N O A N E M I C
E C C L N T R I C O R B I T S
O L D S O D I A V S U N O H A T
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E N S H C B O N O O O Z E S
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A L O E O N E I S A Y A E C U
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E D I I F S I A Y D R Y H E M A I L S
G E C O Y S C L D E P S I S L A N D E H

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**CryptoQuip****answer**

Popular sitcom about a family of fashion clothing designers: "Everybody Loves Raiment."

**Weekly SUDOKU****Answer**


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

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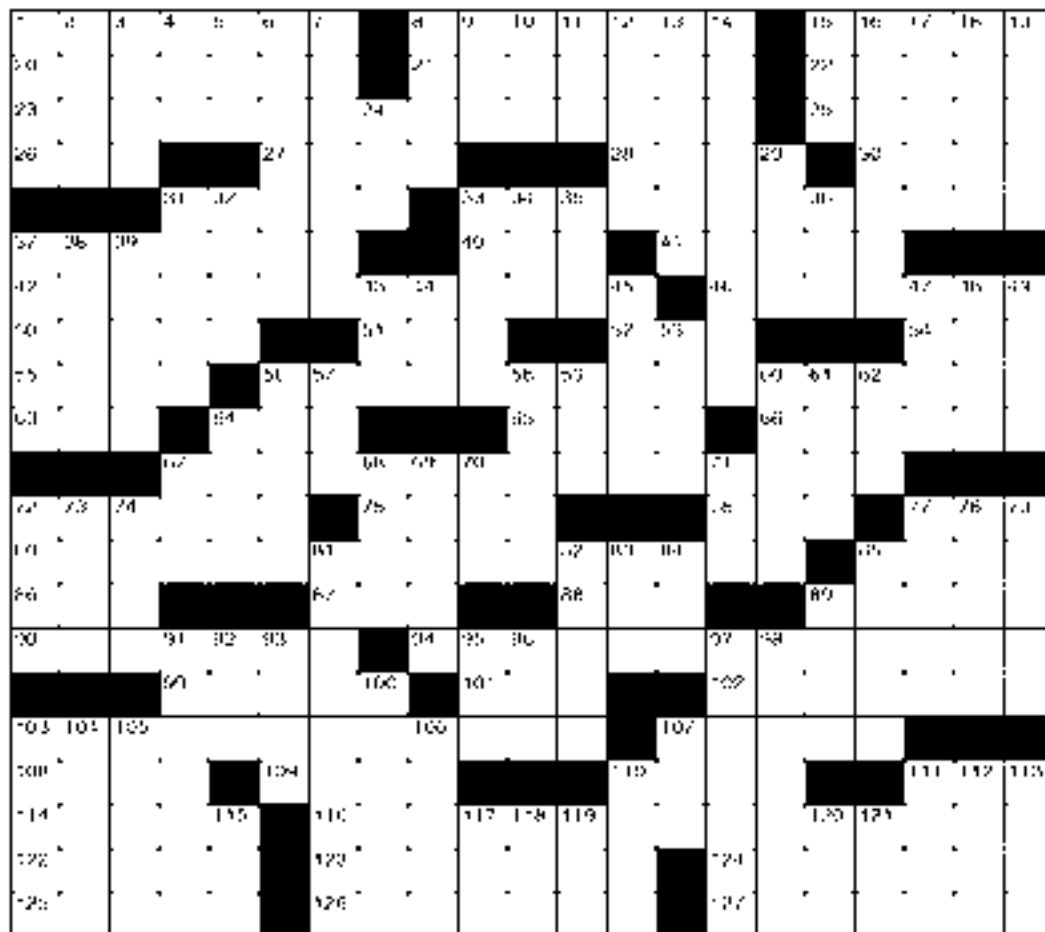
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# Super Crossword

## OUT OF THE ORDINARY

- ACROSS**
- 1 Empty desert  
Here too
- 8 Two fabric  
with initials
- 15 Sprayed like  
a fire hydrant
- 20 Cinnamon  
Santitas
- 21 Mountain  
tower
- 22 Wash away
- 23 Look closely  
with
- 24 punishment
- 25 Comedate
- 26 Surface with  
propriet
- 27 Call printing
- 28 Hosiery hich
- 30 Transmiss on  
option
- 31 Out of gear
- 33 1985 author  
Shirley C.
- 37 Female  
graduates
- 40 Western Actor
- 41 Close bow  
netter
- 42 Yonkers of  
gold
- 45 hyperbolic  
footnote
- 50 Country  
single hairs
- 51 Into and  
happy vessel
- 52 Neighbor of  
Gee
- 54 Asquith  
mode
- 55 Just makes  
with "out"
- 56 1965 Marvin  
Gaye hit
- 63 Out of  
character,  
for short
- 64 Put away
- 65 Gable  
inventor
- 66 Fable
- 67 Nonconform  
paths around  
nodding
- 72 Home and  
affectionately
- 75 Big name in  
depicted
- 76 108 card  
game
- 77 Inquisitor  
Shirley C.
- 80 1967 hit for  
the Doors
- 85 "Innocent"
- 86 "Star Trek"  
rank Abner
- 87 Date from
- 88 Super Yoda
- 89 Leased slowly
- 90 In the paint
- 94 Mismatched  
unionism
- 99 Knife-like  
infernal
- 101 Kipper
- 102 Stream of  
children
- 103 White in  
"Voodoo"
- 107 Caribbean  
or honeydew
- 108 Body go  
advised
- 109 "The  
Lament  
boring"
- 110 "playful"
- 111 Only Web  
site buffer
- 114 Beach Hills
- 118 "The  
Sunset  
Strip" actor
- 122 Max Barker
- 123 Out of  
character, very
- 124 Poets again
- 125 Under the  
line
- 126 Fable  
allies
- 127 Bushy mouth
- DOWN**
- 1 "and" is key
- 2 Clot normal
- 3 Devil of  
evil
- 4 Deafening
- 5 100%
- 6 Tabular
- 7 Unit of  
inductance
- 8 Drug
- 9 Bull's eye
- 10 M... park
- 11 Western  
leaky milk
- 12 Pope before  
Gregory XVI
- 13 More  
nonconformist
- 14 Prose  
intentionally
- 15 "and how"
- 16 Pizza party
- 17 Most unrelated
- 18 Revere  
Waller
- 19 New power
- 24 Mary Clamer
- 29 Use of  
idea
- 31 Arthur  
Jenny
- 32 Grumpy it  
is
- 33 At the  
spread of
- 34 Letter in a  
P.O. box
- 35 Postal  
NATO Ash
- 36 Aeneas
- 37 Precedent  
on stage
- 38 Last night
- 39 Apocryphal  
architect
- 43 Will the  
Down
- 44 nervous and  
aprehensive
- 44 Part of the  
wife could  
learn
- 47 Inquisitor
- 48 Ja
- 49 DeA agent
- 53 Stamp  
ship out
- 56 Alphabet  
operator
- 57 May of  
service?
- 58 Ruggles's job
- 59 Missions  
death
- 60 Dullmouth  
skin Mervin
- 61 For a  
child's board
- 62 Gumball  
Mall
- 64 "Greatest"  
Graham
- 67 Soap power
- 68 Robert De  
—
- 69 1980s  
excuse for  
sex
- 70 Big lady
- 71 Virus to  
kill
- 72 Not closed
- 73 Day of  
NOC
- 74 Retired  
77 Not typical  
action
- 78 Circus venue
- 79 Touchy
- 81 Robinson  
even
- 82 Mountain  
view
- 83 Chestnuts  
and
- 84 Turned down
- 85 Live Butler
- 89 Prince  
even
- 91 Get away  
with
- 92 Cripple's cry
- 93 Thirty  
words
- 95 Counting and
- 96 Cinnamon
- 97 One's having  
the time
- 98 Tag along
- 100 In the middle  
of
- 103 Cinnamon  
ford
- 104 Gel by
- 105 Love is  
changed  
about
- 106 Central at  
the beach
- 107 "Innocent"
- 110 Fair  
time
- 111 Marking of  
Tanner time
- 112 No egg  
mark
- 113 Statue's  
land
- 115 See 43  
Down
- 117 End of  
character
- 118 "Great  
view"
- 119 Short  
Bobby
- 120 Penny's  
Sonic
- 121 Campaigned



### Be careful! CAREFUL!

A woman is cooking eggs in the kitchen when her husband comes running in. Immediately, he sees the eggs and gasps in horror. "Be careful! CAREFUL! Put in some more butter! Oh, my GOSH!" The wife, startled at her husband's violent reaction, dashes to the fridge to get some butter. "You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW!" The wife, concerned by the status of her husband's mental state, forgets about the butter and goes running to the eggs. "WE NEED BUTTER! Are you CRAZY??? Where are we going to get the butter? They're going to stick! HURRY!" The wife runs to the fridge.. "CAREFUL about the eggs! CAREFUL. You NEVER listen to me when you're cooking! Never! Turn them quickly! Oh not that quickly, don't you know how to cook? Are you insane? Turn the EGGS!" At this point, the wife starts crying, since she has no idea what to do. She gasps, "What is WRONG with you? I know how to cook eggs." The husband simply smiles and replies, "I just wanted to show you what it feels like while I'm driving with you in the car," and leaves.

### Killer Jigsaw Puzzle

A little silver-haired lady calls her neighbor and says: "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started." Her neighbor asks, "What is it supposed to be when it's finished?" The little silver haired lady says, "According to the picture on the box, it's a rooster." Her neighbor decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table. He studies the pieces for a moment, then looks at the box, then turns to her and says: "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster." He takes her hand and says, "Secondly, I want you to relax.

Let's have a nice cup of tea, and then," he said with a deep sigh ... "Let's put all the Corn Flakes back in the box."

## Weekly SUDOKU

by Linda Thistle

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

Standard Sudoku rules apply. Numbers 1 through 9 must appear only once in each row, column and 3x3 sub-grid. Empty cells are to be filled in.

**DIFFICULTY THIS WEEK: ★★**

★ Moderate ★★ Challenging  
★★★ HOO BOY!

## CryptoQuip

Each letter in the message below has been replaced by a letter from the alphabet. The message is a sentence from a famous book. Can you guess which one?

Clue: A famous book

QOOOPLF VHMSON ICOM I

ZLHXP QZ ZLVHGW SPMBHWK

GUVHKWJFY "URUFXCDGX

PDRUV FLHNUWM."

With 400 words, this is a long one!

Answers on page 24



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## Radiant heat a top home-improvement trend in new and existing homes

(BPT) - As people look to make their homes healthier and more comfortable, interest in radiant heating systems has soared. Predicted to be a top home-improvement trend for 2022, these highly comfortable, energy-efficient heating systems aren't just for new-home construction. A variety of installation methods means there are options for existing homes, too.

Hydronic radiant heating systems work when warm water flows through flexible crosslinked polyethylene (PEX) pipes that can be installed under any floor covering, including carpet, tile, wood and linoleum. The radiant system heats spaces from the floor up, providing comfort, efficiency and improved indoor environmental quality (IEQ). Some of the key benefits of radiant heat include:

- \* Even temperature in spaces, with no hot or cold spots
- \* Warmth remains at your feet instead of rising to the ceiling
- \* Ability to zone the heating system throughout a home to maintain different temperatures, depending on room usage
- \* Elimination of fans that circulate dust, pollen, odors and viruses for improved air quality
- \* Quiet systems that enhance sound quality for a more peaceful home

Radiant heating systems can be used throughout a home for efficient temperature control. In gathering spaces like the living room, they can provide comfort even when relaxing on the floor. They make functional spaces like the kitchen and bathrooms cozier, and they remove the chill often associated with rooms such as basements or rec rooms.

Different radiant heating options have modular components and accessories that allow systems to be installed easily and quickly no matter the circumstances of the home.

Uponor is a leading provider of radiant heating systems with installation options that work for new-home construction or remodeling situations.

Radiant heat systems in new homes use a special radiant piping stapler tool to fasten the flexible PEX piping to the surface. The staples go around the outside of the pipe to adhere it to the surface. After the pipe is completely fastened, a lightweight gypsum concrete is poured over the piping to create a smooth, solid surface for the flooring.

Another popular option for new homes that saves time is knobbed mats, like Fast Trak™. The underside adhesive keeps the mats in place as the pipe is easily pressed between the knobs, either by hand or foot, in the desired pattern. Finally, just like with the staple-down method, gypsum concrete is poured to create a smooth surface.

Radiant heat in remodels

If you're interested in adding radiant heat to an existing home, there are alternative options that don't require extensive flooring replacement or pouring concrete. For example, with a typical thickness of only a half-inch, wood-based radiant panels are an ideal solution for residential remodel and retrofit applications.

How does this work? The wood panels feature a groove down the center for piping placement with an aluminum sheet on the bottom to transfer heat effectively. These panels fasten easily to the plywood subfloor for a minimal increase in floor height, plus there's no moisture from concrete overpours.

Another option for existing homes or vacation properties is joist heating with aluminum panels called Joist Trak™. These extruded aluminum panels install from underneath in the joist bays of the floor. It is an ideal application for homes that have an exposed ceiling, such as an unfinished basement. This allows you to add radiant heat to the floor above without tearing up any floor coverings.

From increased comfort to a healthier home, energy efficiency and more, there are many reasons why radiant heating systems are a top home-improvement project. For more information on radiant heat and installation options for new and existing homes, visit [uponor.com](http://uponor.com).

In radiant floor heating systems, warm water flows through flexible PEX pipes that can work under any type of floor covering. The pipes connect to a heat source, such as a boiler or hot-water heater, and pumps, manifolds and controls round out the system.

## TRIVIA

### Dead Person Perfume

In late 2015, a French perfume company came out with a product that smelled like dead people... literally. For \$600, a consumer could purchase a custom made perfume that has the distinct smell of a passed love one. The company developed a method of extracting the scent of a person from their clothing or belongings. They would then bottle up the scent and make it a perfume.

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