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January 9, 2025

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Vol. 52, No. 25



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Domenic Daleo North American Grappling **Tournament**



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Dominic Daleo is only seven years old and weighs 52 pounds. He was entered in the North American Grappling tournament held in Hillsborough Township, NJ. Dominic completed in two children's divisions. There are two types of matches. Gi, which means in typical Judo gear and No-Gi, which means ordinary gym clothes. Not surprisingly he had no competition in his group. So they moved him up to intermediate, with 8 and 9 year old kids. It doesn't sound fair does it?...I mean for the other kids, because he won two matches in the No-Gi for a first place belt, and a second place metal in the Gi. Dominic is a Blairtown Local and as been competing since he was five. Best of luck in future competitions, and keep up the great work! Bob Halberstadt/The Free weekly Press

Slate Belt Heritage Center **Seeks Nominees for Preserva**tion Award

located 30 Forth 1st Street, and can be nominated by Bangor, Pa, is pleased to themselves or by another announce that it is now accepting applications for its' "Annual "Annual Heritage Award". The purpose of the award acknowledge to individuals who have performed exemplary acts that promote and preserve the culture and heritage of the Slate SBHC cont'd on pg 3

The Slate Belt Heritage Belt. Candidates may at be an individual or group party.

There will be three (3) categories:

1. Initiative Award: who has Applicant performed exemplary actions in promoting and preserving the Slate Belt heritage through in-kind actions. This

Excells in | Bangor's Avery Nelson Scores 1,000th Career Point in Rivalry Game Against Pen Argyl



Bangor and Pen Argyl went head to head on December 28th in their girls basketball rivalry game. Pen Argyl won 57 to 44. Bangor Senior, Avery Nelson (pictured above) scored her 1000th point of her career, she had 27 points in the game. Pen Argyl's Julia Vargo also scored 27 points in the game. Photo by Dale Young/The Free Weekly Press

Rt. 80 Re-Opens After 40ft Sinkhole Repair



All lanes of Interstate 80 eastbound in Wharton reopened at about 8 a.m. Monday Dec 30th, according to an announcement by the New Jersey Department of Transportation, following the completion of emergency sinkhole repairs near mile post 34. This announcement comes four days after a sinkhole, 40 feet wide and 40 feet deep, developed off of the shoulder of the roadway Thursday morning, closing all lanes. This sinkhole was found to have been caused by the collapse of an abandoned mineshaft, leading to days of delays and detours for motorists. Per the NJDOT, contractor crews have worked "around the clock" since Thursday to complete the repairs as "quickly and safely as possible." "I want to commend the outstanding efforts of the NJDOT and contractor crews that worked tirelessly to get Interstate 80 reopened quickly and safely for the motoring public,' said Commissioner Fran O'Connor. "Given the extensive nature of the damage, it is truly remarkable the amount of work that was done in such a short amount of time." Photo by Bob Halberstadt/The Free Weekly Press



NORTH WARREN HOLIDAY EXTRAVAGANZA BASKETBALL TOURNAMENT DECEMBER 27TH © 28TH

Photos by Dale Young/The Free Weekly Press

















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NORTH WARREN VS MORRIS COUNTY TECH-NOLOGY GIRLS BASKETBALL 12-27-2024











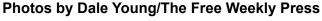














SBHC

Continued from page 1

means acts that do not necessarily involve monetary donations but can be unpaid service for a preservation cause.

2. Architectural Award: Applicant who is saving or conserving a historic building, place or artifact where restoration is authentic to preservation. 3. Special Focus Award: Applicant who is saving

Applicant who is saving or conserving tradition or a body of knowledge. That individual who contributes to educational information via exhibits, documentation, internet, archival, etc.

Consideration is given to projects with:

- A specific start and end date.

- Whether the project meets Professionally accepted preservation and/or scholar standards.

-Whether the project is considered "complete" with goals and how they were achieved.

- Whether the project had a significant impact with before and after photographs for proof of information and/or proof that a historic piece would have been otherwise lost if the nominee had not completed the project.

Nominations will be accepted this fall and

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will be reviewed in January of each year. the awards will be presented at a special program in June. One prize will be awarded with the possibility of one per category depending on committee's review of candidates. Nominations should include description of entry, photos (if applicable), and any pertinent documentation. Heritage Center retains the right to exhibit and/or publish the application materials, including photographs. Applications for those not chosen will be held on file, indefinitely, for future consideration. Interested parties may

obtain an application at the Heritage Center (Sundays 1-3), at local municipal offices or by contacting Karen Brewer at 484-894-5661. If calling, please leave an address to where applications can be mailed in addition to name and phone number. For additional information contact Karen Brewer.



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Mike Inganamort Slams Hochul's "Money Grab" **Congestion Tax**

Assemblyman Inganamort is calling out New York Gov. Kathy Hochul's congestion tax as an unfair and desperate "money grab" targeting New Jersey commuters.

"This is a money grab, plain and simple," said Inganamort, a member of the state Assembly Transportation Committee. "The MTA is hemorrhaging money and New Jerseyans shouldn't be forced to bail them out. We're not chumps."

Citizens Budget Commission report showing that nearly half of New York bus riders skipped fares in 2023, costing the MTA their own cars.' more than \$700 million. He also criticized the agency for wasting \$1 billion on unnecessary, oversized designs for its Second Avenue subway expansion plan in East

Harlem.

President-elect Donald Trump has called the tax a "disaster" and promised to cancel it during his first week in office. Inganamort echoed Trump's criticism, insisting that the tax unfairly shifts the MTA's failures onto New Jersev commuters.

"If Governor Hochul's goal is to keep New Jerseyans out of New York City, the rising violent crime is doing that already," continued Inganamort. "Instead of improving safety, He pointed to a after a year where 11 people were murdered on New York subways, she's making it more expensive for people to drive in the safety of

He urges New Jersey and federal leaders to block the congestion tax, calling it a direct attack on the wallets and safety of hardworking commuters.

New Jersey Assemblyman | Parents Needed to Serve on Advisory Board - Project Self-**Sufficiency Seeks Input from Parents about Needs and Services**

Local parents are invited to attend an information session about the Journey Family Success Center Parent Advisory Board at Project Self-Sufficiency, Tuesday, January 7th, 5:00 p.m. Organizers are seeking input from families regarding area services, parenting challenges and concerns, services, and ideas for upcoming events. Family Success Center staff will highlight ways the agency can address issues facing local parents and feedback incorporate into future programs. Dinner and childcare will be provided for those in attendance. The gathering will also be available on Zoom; interested participants are invited to call 973-940-3500 to obtain log-in details. Advance registration for the inperson session is required.

"Input from parents is crucial to the success of the Family Success Center and we are excited about offering residents the opportunity to meet area providers, express

their concerns about gaps in services, and identify strategies for moving forward," remarked Deborah Berry-Toon, Executive Director of Project Self-Sufficiency. "The Family Success Center has supported Sussex County parents and children for many Expanding years. the Parent Advisory Board will allow us to further respond to the needs of area families and incorporate their suggestions into existing and new programs for the community."

Those who attend their first meeting of the Journey Family Success Center Parent Advisory Board will be eligible to receive a gift card. Project Self-Sufficiency is located at 127 Mill Street in Newton. For information about the Parent Advisory Board, or to find out more about any of the programs sponsored by the Journey Family Success Center at Project Self-Sufficiency, call 973-940-3500 or visit www.journeyfsc.org.

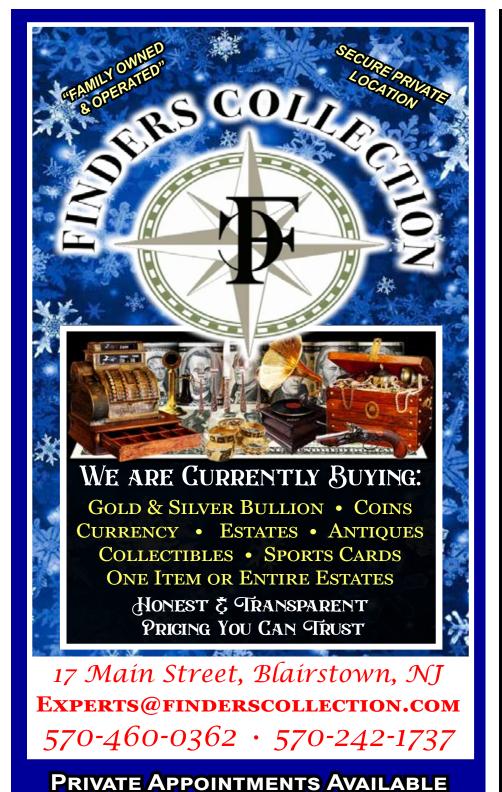
Project Self-Sufficiency



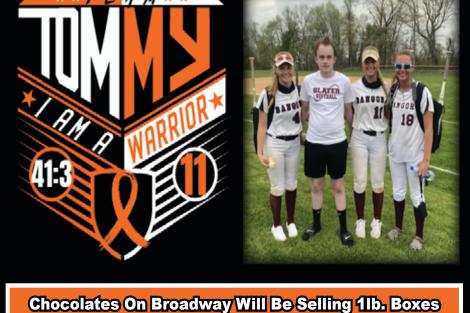
has assisted low-income individuals and families in northwestern New Jersey since 1986. Services offered at Project Self-Sufficiency include high school equivalency education, computer courses, employment skills training, job placement services, support groups, parenting classes, childcare and preschool, legal assistance and education, counseling and advocacy, referrals, and help with emergency basic needs, like food and clothing. For more information about the programs and services offered by Project Self-Sufficiency, visit www.

projectselfsufficiency.org or call 973-940-3500.

The Journey Family Center Success Project Self-Sufficiency is a program of support which includes parenting skills training, economic self-sufficiency services, family activities, legal education services, information about health and nutrition, referrals, advocacy, and other services. All activities are free and open to the public. Family Success Centers offer services children. to youth, families, individuals, and communities. Funding is provided by the New Jersey Department of Children & Families.



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ALL MONEY RAISED FROM TEAM TOMMY THROUGHOUT THE YEAR <u>IS KEPT IN THE SLATE BELL TO HELP LOCAL FAMILIES.</u>

TeamTommy Inc is a 501c3 pediatric cancer foundation offering support to families of the Slate Belt community. The foundation was created to carry on the legacy of Tommy Stackhouse, a 2021 graduate of Bangor High School who was diagnosed with Acute Myeloid Leukemia in 2019 and subsequently, passed from the same in May 2022. Tommy was a Special Education major at Northampton Community College and was dedicated to helping teens with disabilities. TeamTommy Inc provides grocery and gas gift cards along with hospital cafeteria stipends to pediatric cancer families. Comfort boxes are also sent to patients with fun items to make their hospital stay a little less cumbersome. We also present a scholarship to a graduating senior at Bangor High School. Behind every facet of our mission is one simple goal: to improve the lives of pediatric cancer patients and their loved ones.

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Commissioner Jason J. Sarnoski Named Director as Kern Starts Third Term to keep the county board

Commissioner Jason and in 2024 Warren J. Sarnoski was named Ciesla tapped as Deputy Director as the Warren County Board of Wildlife Federation. County Commissioners held their annual Courthouse today.

Commissioner other James R. Kern III, reelected last November, was surrounded by family members as Congressman Tom Kern's third three-year is underway term on the board.

Kern was joined at the front of the historic Courtroom 1 by his wife, Carina Sitkus; his parents, Joan and Jim Kern, Jr.; his sister, Elizabeth McGuinness; and niece and nephews Caylee, Chris, and Charlie McGuinness.

Kern noted that at last year's reorganization meeting, "I had some pretty ambitious goals for Warren County, and we were able to achieve them."

In the past year, the help first responders Kern noted. jobs, He also announced Commissions' Conservation Jersey

County became the Director for the year first county in New and Commissioner Lori Jersey to be certified as a Community Wildlife Habitat by the National

Warren County continues to be a reorganization meeting leader in farmland in the Warren County preservation in New Jersey, Kern said, while achievements include the opening of a new building to house county Social Services and Rutgers Cooperative Extension Kean, Jr. administered of Warren County, the oath of office for while construction completely rebuild the Catherine Dickson Hofman Branch of the Warren County Library system, which will open this spring.

Kern also touted the new county government newsletter, Warren County Chronicle, as a way to keep residents informed.

Both Kern and Sarnoski referred to Warren County's recent effort to spur an update to the way governments publish legal notices, and legislation signed County has made the this week temporarily largest investment in allows publishing in public safety in recent a newspaper's online memory, which will edition, as many news organizations abandon stay safer and do their their print editions and go with digital publication only.

"Jim and NJAC (New Association Challenge a year ago, of Counties) led the committee



Congressman Tom Kean, Jr. administers the oath of office as Warren County Commissioner James R. Kern III starts his third term on the board. With Kern are his wife, Carina Sitkus; sister, Elizabeth McGuiness; and his parents, Joan and Jim Kern, Jr. (not visible), as well as nephew Charlie McGuinness; niece Caylee McGuinness; and nephew, Chris McGuinness.

sure the public has access to information that they deserve," Sarnoski said.

Looking back on his 14 years on the board as he gets ready for his fifth stint as Director and prepares to run for a sixth term, Sarnoski said he realized, "This is one of the most impactful and historic boards that I have been on. Not only are we leaders of this county, but we hold leadership positions on statewide boards." Kern is on NJAC's executive while

charge in suing to make Sarnoski is a longtime representative on the North Jersey Transportation Planning Authority and is in line to become its chairman.

> The commissioners have used their influence to improve only not Warren County but the state as well, Šarnoski said.

Sarnoski said that when he becomes NJTPA Chairman he will have more authority to fight wasteful spending like the proposed Route 80 rockfall mitigation

projects in Warren County that have been critically underfunded and delayed by the state.

Sarnoski noted that as of July of this year, Warren County will be completely debt-free. "We will continue our pay-asyou-go philosophy that has protected the taxpayers' pocketbooks while building a strong and resilient county, Sarnoski said.

In the coming year, Sarnoski said he plans to continue to reduce taxes and invest in project, and push for farmland preservation has been careful and prudent with your tax dollars," he noted.

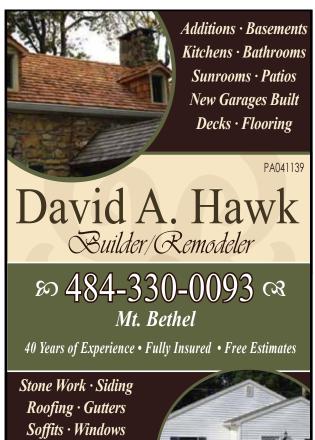
"As the county enters its 200th year ... I want to say how proud and honored I am to have been a little part of this great county's history," Sarnoski added.

Commissioner Ciesla noted that the County is now in its bicentennial year, as the celebration kicked off with a gala last November marking the 200th anniversary of the November 1824 legislation that divided the southern section of Sussex County in a new county. More events are planned for 2025 to mark the two centuries that Warren County has existed, she said.

All commissioners praised the state and federal legislators who represent Warren in Trenton Washington, DC, while also applauding the county government staff for their efforts.







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Michael Bucher with his parents, Joy and Michael



Alex Farensbach with his parents, **Cassie and Peter**



Nolan Koza with his mother, Lisa

BANGOR HIGH SCHOOL

ETIC HALL OF FAME



Hunter McShane with his parents, Pam and Rick



Yaniel Rivera Gonzalez with his mother,





Pictured Above are this year's Hall of Fame inductees: Toni Caiazzo and Zachary Kantz (Left) Toni Caiazzo - Class of 1986, Hall of Fame Inductee for Field Hockey and Softball. (Right) Zachary Kantz - Class of 2014, Hall of Fame Inductee for Football, Track & Field, and Swimming.



Jeremiah Singer with Melissa Bates, and Kim Singer



Exavior Prado with his family Photos by Dale Young/The Free Weekly Press

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BANGOR (74) VS PALISADES (27) SENIOR NIGHT BOYS BASKETBALL GAME

















Space Bill To Provide Fully Disabled Veterans Access To **Dental Care Passes Committee**

Affairs Veterans' passed Committee legislation sponsored small but meaningful are associated with Space (R-24) that would gratitude and ensure our to ensure timely require certain dental veterans have access treatment for disabled clinics to prioritize to essential dental Veterans within 30 appointments for fully services." disabled veterans.

made sacrifices for our country, so it's our duty to make sure they throughout the State. S 1 8 5 9 ? u t m

Senate Military and receive the care they

Currently, "Our veterans have is the only university tremendous with a dental school of medicine and has three community clinics

Senator Spaces bill, S-1859, would require deserve," said Senator S-1859, would require Space. "This bill is a all dental clinics that Senator Parker way to show our New Jersey universities days of scheduling an Rutgers appointment.

You can read the full text of the bill online at: https://www.njleg.state. nj.us/bill-search/2024/

source=New+Jersey +Senate+Republicans &utm campaign=9328 48eccf-EMAIL C A M P A I G N _ 2 0 2 4 _ 1 2 _ 0 5 _ 0 5 _ 1 7 C O P Y _ 0 1 & u t m _ medium=email&utm t e r m = 0 - a 3 5 \overline{f} 0d8e31-463346998.

To speak with Sen. Space, contact Kyle Fischer, SRO director of communications at kfischer@njleg.org.







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BANGOR (44) VS PEN ARGYL (57) GIRLS BASKETBALL









































Photos by Dale Young/The Free Weekly Press







nounces November Employee of the Month



Clean Team Workforce congratulates its Employee of the Month for November 2024, Michael D.

Michael has been a model worker for the Clean Team Workforce. He is prompt, a team player, and ready to work every day. He also has been an asset to the demolition crew. He was recently promoted to crew leader for a demolition contract the Clean Team Workforce will begin at the end of December.

Before Michael became homeless, he worked for 15 years as a supervisor for a filter manufacturing company. As the demands of his job grew, so did the stress that he experienced increased the workload. Michael ended up having disputes with his supervisor and health issues because of his

He suffered from dizzy spells and psoriasis from "head to toe." Michael said, "It was so difficult to function, and it was unbearable at times." Ultimately, he parted ways with his employer

and decided to live off his savings until he found a job with less stress.

Unfortunately, between the cost of Michael's psoriasis medication and his inability to promptly land another job, he drained his savings. No longer capable of paying his rent, he came to the Allentown Rescue Mission for help.

Michael joined Transformation Program at the Mission and used the time there to better his life and situation. He took advantage of the life skills and Bible classes taught in the program, which give him a new perspective on life. After completing the eightweek program, Michael was hired by the Clean Team Workforce.

Today, Michael making friends, saving money, and working toward a bright future. Eventually, he

would like to find a supervisory position with a Lehigh Valley manufacturing company and be able to afford a little place of his own.

Clean Team Workforce An- | Pennsylvania Senate Democratic Caucus Celebrates Hommrich v. Boscola Decision from Commonwealth Court as Victory for Elected Officials, Democratic Process

Tthe Commonwealth Court issued a ruling in the Hommrich v. Boscola defamation case, reversing the trial court and holding that the statement in Senator Boscola's net metering co-sponsorship memo is protected by legislative immunity.

Cohn-Jubelirer authored the the 6-1 decision, concluding that the "co-sponsorship memo falls within the sphere of legitimate legislative activity, thus immunizing Senator Boscola from suit in accordance with the privilege legislative doctrine." This is a win for protected speech under the Speech and Debate Clause, Art. II, Section 15 of the Pa. Constitution and will protect legislators from future lawsuits ancillary to their efforts to craft legislation.

The defamation claim in question was brought against Senator Boscola by Mr. Hommrich after she issued a cosponsorship memo to all Members in 2023 seeking support for her legislation that would, "upon the recommendation of the [PUC] . . . close the Hommrich loophole by limiting net metering to generator's system designed to generate no more than 110% of the customer-generator's requirements electricity."

Legislators commonly co-sponsorship memoranda to kickoff the legislative factprocess and finding express the intent to fellow members behind their soon-to-be introduced legislation.

The phrase "Hommrich loophole" in the memo related to a 2020 court ruling in Hommrich v. Pa. PUC holding that



the PUC exceeded its statutory authority when it established limits on net metering for solar facilities producing up to 3 MW of electricity.

Constitutional legislative immunity protects the legislative process from judicial interference legitimate legislative activities. In a strong opinion, J. Cohn-Jubelirer concluded that "there is no doubt as to the applicability of the legislative privilege to the Co-sponsorship Memo."

"preparation The and circulation of cosponsorship memoranda are core legislative functions within the legitimate legislative

sphere," and "[t]o subject legislators to litigation for actions taken during the legislative process would, in essence, permit the very ills against which registative privilege seeks to protect."

Of note, House Democratic and both Republican Caucuses filed a joint amicus brief in support of Senator legislative Boscola's immunity claim.

"I am grateful the Commonwealth Court ruled in my favor yesterday," said Senator Lisa Boscola regarding the outcome of this case. "Co-sponsorship memorandums are an essential component to the legislative process.

officials to lawsuits for the contents of those memorandums would have a chilling effect on the legislative process. I am proud that the Senate Democratic Caucus led the charge to defend the Speech and Debate clause and that the other three caucuses joined in our efforts."

"I am very pleased yesterday's with Commonwealth Court decision, which affirms lawmakers' protections as we carry out our duties in office," said Senator Costa of the ruling. "Our primary concern as legislators, regardless of our party or chamber, is to draft and advocate for bills that will improve the lives of every Pennsylvanian. The protections afforded us in the speech and debate clause allow us to do our jobs without of frivolous lawsuits, retaliation, or bullying by bad actors seeking to interfere with the legislative process. I am proud to have supported my friend and colleague Senator throughout Boscola these proceedings, and I am glad that the courts ruled in favor of our democratic processes today."

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Warren County Habitat for Humanity Welcomes 25th Homeowner Family in 25 Years

Werkheiser and his three young boys, Coltin, Lincoln and Jacob Jr., became Warren County Habitat for Humanity's (Warren County Habitat) 25th Homeowner Family in 25 years. On Saturday, November 9th, 2024, they were officially handed the keys to their new home in Phillipsburg, one with enough rooms everyone to live and sleep comfortably in.

Prior to moving into his new Habitat home, Jacob and his three sons lived with his parents in a small home they rented. The six family members slept in a twobedroom home, with a third "bedroom" that was just bigger than a closet. They would utilize their living room as a bedroom. When



a partner family in May of 2023, having their own bedrooms a dream that was no longer out of reach.

As with all Habitat Homeowners, Jacob was required to perform over 250 hours of sweat equity: time spent volunteering on the build site or other various volunteer sites with Warren County Habitat. By the time his they were accepted as home was complete, he had performed over 280 sweat equity hours.

Warren County Habitat for Humanity was graciously joined by an integral community partner for this project: NORWESCAP. "This is what it's all about working together," Mark Valli, ČEO of NORWESCAP mused. "NORWESCAP, our investors, the Department Affairs. Community

the town, all coming together to make sure Jacob and his sons have an amazing experience and have a future they can be proud of. So, thank you Habitat for Humanity, thank you for all of you who support Habitat.... We're grateful for this work, but nobody's more grateful than the three little boys who are going to absolutely destroy this basement

the second they move

Thanks NORWESCAP's partnership and that of the New Jersey Department Community Affairs, PNC Bank, Provident Bank, and Valley Bank, the build was completed flawlessly. The home was Warren County Habitat's third modular build as well, and it could not have happened as smoothly or as timely as it did without the support of Phoenix Modular.

The energy was high at the Werkheiser family's Home Dedication, but no one was bursting with excitement quite like Coltin, Lincoln, and Jacob Jr. In the same vein as Mark Valli's comment, Cara Vega, Family Support Chairwoman, shared,

"The boys are very excited to have a bit more space, [and] the yard they've already been running around in." Seeing them chase each other, dance humorously on their front porch, and run around their new yard painted a perfect picture of the joy and hope that homeownership brings. Warren County Habitat

for Humanity is the local affiliate of Habitat for Humanity, International and has served Warren County since 1999. An accredited 501 (c)(3) charitable organization, Habitat's mission: Seeking to put God's love into action, Habitat for Humanity brings people together to build homes, communities, and hope. You can learn more about Warren County Habitat at www. warrenhabitat.org.

Attention Cat Parents: HSN1 Bird Flu Detected In One Brand Of Raw Cat Food, And Migrating Birds Can Spread Virus To Outdoor Cats

With an uptick of documented cases of bird flu sickening domestic and wild cats in the U.S., a Lehigh Valley business with ties to the cat rescue community is sounding the alarm about the virus and urging cat owners to

be cautious about what's their properties. in their cats' food dishes. Purr Haus owner Laurie Mason Schroeder is urging cat owners to check the labels of raw cat food in their freezers, and to keep an eye out for dead birds around

"Cats hunters by nature," she said. "Keeping our pet cats indoors is the best way to protect them from bird flu, as well as other dangers like predators and being hit by cars."



For people who feed community cats - felines that live outdoors, preferably after being trapped, fixed and vaccinated through TNR programs available in the Lehigh Valley - Mason Schroeder suggested moving cat feeding stations away from bird feeders, and cleaning up any dead birds or bird droppings they find. Unusual amounts of dead birds should be reported to county health departments.

So far, the virus has only been detected in one brand of commercial raw cat food, Northwest Naturals, which recalled a line of its products last week after a cat in Oregon died after eating frozen food from the company that contained raw turkey. Among the FDA's recommendations

were that pet cats should be kept indoors to prevent them from hunting and eating wild

Bird flu can affect cattle and other animals, but cats are especially susceptible to it. Last week, 20 cats at a Washington animal sanctuary, including cougars and African servals, died after eating wild birds. The virus has been prevalent on dairy farms and has been detected in raw milk.

Signs of bird flu in cats include lethargy, loss of appetite, fever, eye swelling and discharge, breathing issues and neurological symptoms such as tremors, seizures or blindness. Contact a veterinarian immediately if your cat shows any signs of illness, Mason Schroeder said.



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Assembly Honors Former Speaker Garabed "Chuck" Haytaian

Assembly Minority Leader John DiMaio and Assembly Speaker Coughlin Craig honored former Speaker Assembly "Chuck" Garabed Haytaian, who passed on Nov. 1, by presenting his family with a ceremonial resolution prior to the Assembly voting session Thursday.

"New Jersey has lost a giant, and I have DiMaio lost a dear friend,"



(R-Warren) heart and soul of New said. "Chuck was the Jersey politics. His

tireless commitment to this state inspired everyone around him,

elected to the Assembly in 1981, winning reelection six times. He held several key leadership including whip from 1984 to 1985, majority leader from 1986 to 1989 and minority leader from 1990 to 1991. In 1992, Republicans

including me." Haytaian was first roles, minority

a wave of opposition to higher taxes and Haytaian was elected to serve as Speaker, position he held

58 Assembly seats on

through 1996. His daughter, Debbie Haytaian Snyder, and brother, John Haytaian, accepted the resolution on behalf of the family.



St. Luke's Proudly Announces the first baby born in 2025. Owen Brewer was born at 12am on January 1st. Weighing 6lb 3oz, and measuring 18in. Congratulations to his parents, Nadia and Ethan Brewer.

Most Popular Baby Names for 2024 at St. Luke's Reflects Wide Variety

What's in a name? Apparently, there was quite a bit of variety in the naming of the newborns born at St. Luke's University Health Network in 2024.

These are the top three (or more) favorites at campuses where babies are born:

St. Luke's Allentown: Mia, Charlotte, Riley, for girls. Oliver, Henry, Lucas for males.

St. Luke's Anderson: Girls—Olivia and Sophia (tied); Madelyn/



Madeline and Riley (tied); Zoe/Zoey and Mia

(tied). For boys—Liam, Noah and Theodore.

St. Luke's Upper Bucks: Girls—Charlotte, Lucy, Emma. Boys—Jackson and Liam (tied); Henry and Luke (tied); Wesley, Noah, Andrew, Brooks, Carter (tied).

The most popular baby names given to newborns at St. Luke's University Health Network 2023 bears only a slight resemblance to the 2024 names. In 2023, Liam and Isabella were those top monikers, for boys and girls, respectively at the network.



Allentown Rescue Mission Celebrates 125 years of Love and Hope



This January, the Allentown Rescue Mission will celebrate 125 years of Rescuing, Rehabilitating, and Restoring men experiencing homeles-sness. It's launching a year-long social media campaign to look back over its history and highlight moments, milestones, and the men who have benefited from its life-changing services. The Mission is also challenging the public to raise \$125,000 for its 125 years of service through individual and corporate donations.

out of his family home, and by 1917, the Mission had grown into a substantial institution and the growth continued throughout the years. Today, the Mission shelters nearly 1,000 men and serves over 65,000 meals annually. It operates a 123-bed facility that provides three distinct programs to help men change the trajectory of their lives. It rescues men off the streets and teaches biblical principles and life skills in its Transformation Program to men seeking further In 1900, Obediah Bechealing. Men who comker founded the Mission plete the Transformati-





on Program, are eligible for immediate transitional employment on the Clean Team Workforce where they gain work experience and save money for housing to end their homelessness.

Allentown Rescue Mission has adapted to and addressed the changing face of homelessness to provide life-changing help to thousands of men. The Mission welcomed soldiers returning their homelessness. comed soldiers returning Over the decades, the from all tours of duty be-

ginning with World War I, victims of the Great Depression, addicts from the emerging drug culture of the 1960s, patients after the de-institutionalization of mental illness and the AIDS epidemic, men financially injured from the 2008 recession and housing market collapse, and most recently men looking for safe shelter during the CO-VID-19 pandemic.

"Over the past 125 years, the Allentown Rescue Mission has been an essential institution addressing homelessness, re-education, and re-employment for thousands of clients. With continued community support, we hope to carry on our Mission to rescue, rehabilitate, and restore men for the next 125 years," said Skip Smith, CEO of the Allentown Rescue Mission.

The public is invited to follow the year-long celebration on Facebook, Instagram, or X, and donate to the \$125,000 fundraising challenge at www.allentownrescuemission.org or on Venmo or PayPal. The Allentown Rescue Mission is a local non-profit that is 100% non-government funded. It thanks all donors, supporters, and anyone considering supporting its Mission in the future.

The Allentown Rescue Mission, a 501c3, 123 bed non-profit homeless shelter has been providing shelter for homeless men since 1900. In addition to emergency shelter services (365 days a year), the Allentown Rescue Mission offers a residential life skills program, and transitional employment on the Clean Team Workforce that's available for hire to the community. The Clean Team Workforce pays the men above PA state minimum wagehelping them save a nest egg to transition back into the community. In a typical year, the Allentown Rescue Mission provides shelter services for over 946 men per year, and serves over 42,000 meals a year to men in need.

To refer someone to the Allentown Rescue Mission for services or to learn ways you can help make a difference please visit www.allentownrescuemission.org

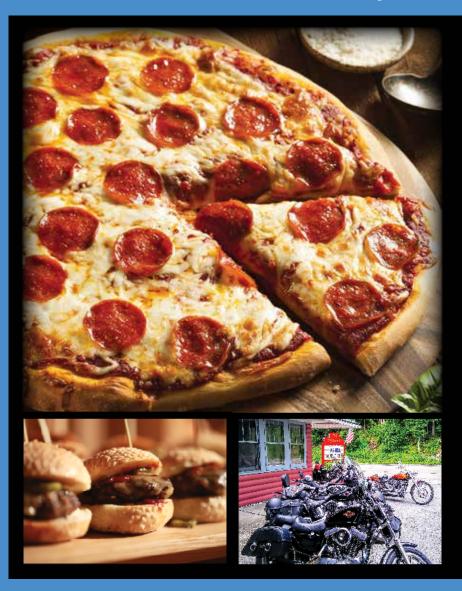
Never confuse a single defeat with a final defeat. - F. Scott Fitzgerald

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Garden Dilemmas? Ask Mary!



Mary E. Stone Stone Associates Landscape Design & Consulting, Blairstown

Hello, fellow readers,

A few weeks ago, I shared the folklore and fun of forcing Paperwhite bulbs to bloom in water and how to keep them from flopping by giving them a cocktail. I received a gift of an Amaryllis bulb already in bud. Watching the alien-looking beefy blooms open is such fun, but it's causing the stems to bend badly, making me wonder if Amaryllis bulbs also like to party. And it turns out they do, though they tend to be less floppy, so their need for an alcoholic drink isn't as great.

To grow an Amaryllis bulb in water, layer 3 inches of stones, place the bulb, then add stones alongside to stabilize it. Maintain the water slightly below the bulb to not touch, causing the bulb to rot. Then, begin offering alcoholic drinks after two inches of growth emerge. Pour out the water and begin a 7 -to-1 ratio of water-to-spirits. You can use any hard liquor (vodka, tequila, whiskey) or rubbing alcohol. Skip the wine or beer, though, as they're too high in sugar.

Both Paperwhite and Amaryllis bulbs can only flower once in the water and won't survive if left in the ground outside in our zone, though they can in zones 9 to 11 and zone 8 if protected. But Amaryllis bulbs can bloom annually for up to forty years in a potting mix inside, as can Paperwhites for about two years.

To get them to rebloom, whether growing them in soil or water, cut the flowers as they fade to an inch above the bulb. Then, transplant the bulb into a pot, leaving half of the bulb above the soil. Plant the Paperwhite bulbs in tight groupings to support each other and prevent flopping. But Amaryllis bulbs like to stand alone unless you have a large trough-type pot where a few bulbs will fit.

Be sure the pot is deep enough to accommodate six or so inches of soil below the bulb for root space. Giving it plenty of sun will allow the long strap-like leaves to grow as a houseplant



until after the spring frost risk. Then put the pot outdoors, protected from the hot afternoon sun, keeping the soil moist, not soggy. And fertilize it monthly to keep the foliage growing strong.

Come Fall, bring the bulbs into the garage or other protected spot where temperatures stay above freezing and stop watering them so they will go dormant once it cools to 55 degrees or less. Sometimes, our garage drops a bit below 32 degrees for a few days, and that's fine, but certainly, it can't get to a deep freeze, or it will destroy the bulbs.

After two to five months of rest, again without water, you can rotate when you bring your bulbs inside to en-

joy an extended period of blooms. They say it is best to repot the bulbs in fresh potting mix, which is likely wise due to the possibility of bringing in outside critters. But I usually forgo repotting, call me lazy, and place them in a bright spot isolated from other houseplants until I notice that nothing is emerging other than new growth. Water them thoroughly, then sparingly until the bulb sprouts. Once it does, maintain the moist soil and enjoy the new blooms to come.

Don't serve your bulbs alcoholic drinks, though, because they-





're grown in soil. That's only a trick for water-grown bulbs. So, you see, you can save the spirits for yourself (smile). But please keep the spirit of your loving care going forward for your plants, wildlife, and all you come across, which makes such a difference. Loving care and

kindness exponentially spread when shared in our communities and amongst our neighbors like the lovely ripples in a pond—Wishing you a Happy New Year of growth.

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Santa Touches Down at Blairstown Airport





























In Case You Missed It: It was a cold snowy day with a tricky cross wind as the red Cessna touched down on the runway of the Blairstown airport. It was't an ordinary pilot at the stick is was Santa. He made this his last stop here in Blairstown, NJ, on his way to the North Pole before the busy night ahead on December 24th. As he taxied the blacktop to his spot in front of the cafe, the children saw the white beard and knew right away is was Santa. He stepped out with a bag of goodies to the delight of the crowd. He made his way to the gate where Mrs Claus was waiting and through the snowy ground to his seat in front of the Christmas tree to greet the children and listen to their requests for presents. Geoffrey and Vincent Orlandi have been bringing Christmas magic to the Blairstown community by flying Santa from the North Pole and then back since 2015. Guests of all ages enjoy this unique event and have made it a family tradition to attend. Bob Halberstadt/ The Free Weekly Press



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Blairstown Rotary Project Overview - "Kids Bags" For Food Pantries



A local study how shown that one in three households with children experience what is referred to as "child-level insecurity" This means that a child was hungry, skipped a meal or did not eat for a whole day. The Blair-

stown Rotary club has become aware of this and has addressed this situation by gathering their local club members to prepare "KIDS BAGS".

Our club members met on December 19, 2024, to prepare "Kids



Bags" that were distributed to our local pantries (First United Methodist of Blairstown, Blairstown First Presbyterian, Evangelical Free Church, St. Jude's Church and Knowlton United Methodist). Based on feedback from



the pantries we learned approximately 200 children pass through the pantries per month. We assembled 250 bags for distribution during the month of January 2025. Each bag provides joy and kid-friendly meals, snacks and beverages for a child aged 12 and under. The bags work to make each child feel special and bring a positive vibe to their food pantry trip.

Once we completed our assembly line all the participants gathered to share a holiday meal prepared by Roman's Pizzeria.

Blairstown Rotary sends a huge shout-out and thank you to the following organizations and volunteers to make this project a huge suc-

1. Blairstown Ambulance Corp for permission to use their meeting room and kitchen

2. Blue Star Mom's Club members for assistance on the assembly line

3. North Warren Regional Interact Club (11 students) for decorating and filling the bags

4. North Warren Regional Wrestlers decorating and fill the bags (1 student and Coach Lascari)

5. Killian Donnelly and Joey Diguiseppi for set up and assembly.

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