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October 10, 2024

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Vol. 52, No. 12



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The Free Weekly Press PO Box 606, Bangor, PA, 18013 Pen Argyl Wins Over Salisbury High School in their Senior Night Girls Soccer Game



Pen Argyl took on Salisbury High School in their Senior Night Girls Soccer game on September 30th. Pen Argyl won, 1 to 0. Senior Night Photos are on page 10. Photo by Dale Young/The Free Weekly Press.

Pen Argyl Takes on Notre Dame Green Pond in their Senior Day Football Game



Pen Argyl Takes on Notre Dame Green Pond in their Senior Day Football Game on October 5th. Pen Argyl lost 42 to 15. Photos of the Seniors for Football, Cheering, Field Hockey, Golf, Cross Country & Marching Band will be published in the October 17th edition. Photo by Dale Young/The Free Weekly Press

Happy 99tk Birtkday & Frances Maller



Frances Muller of Frelinghuysen, NJ, celebrated her 99th Birthday on October 4th, with her family and her husband, Charles, who is 100, by her side.



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ching Band will be published in the October 17th edition. Photo by Dale Young/The Free Weekly Press Pheasant Season Headed For Flying Start in Pennsylvania

through cover, birds thundering off with a pulse-quickening cackle, and hunters needing to stay ready throughout, Pennsylvania's ring-necked pheasant season always packs excitement. And the action is about to get underway.

With dogs zig-zagging

Saturday, Oct. 12 marks the start of the junior pheasant season, and the statewide season follows close behind, opening on Saturday, Oct. 26.

All told, the Game Commission plans to stock approximately 237,000 birds incrementally through early January,

with most releases occurring on public land. About 15,000 pheasants will go out for the junior pheasant hunt, open to all junior hunters and mentored hunters of any age. The junior season runs from Oct. 12-19. Visit the pheasant hunting page at www.pgc.

pa.gov for junior season stocking locationsOpens In A New Window. Stocking for the regular season follows.

"Releases will occur weekly from late October through late November," said Ian Gregg, chief of the Game Commission's Wildlife Operations Division. "A mid-December release will bolster hunting opportunity prior to the holidays, and for the fourth year, many sites are also scheduled to be stocked twice after Christmas for late season hunting. Increased production on our two game farms has allowed us to make these *Pheasant cont'd on page 11*



BANGOR VS NORTH SCHUYLKILL SENIOR NIGHT FOOTBALL



Marco Marozzi with his parents, **Dana and Chris**



Troy Brownell with his mother, Sabrina



Luke Rinaldi with his parents, Tony and Becky and sister, Grace



Gohen Delahoz with his parents, Kathie and Honorio



Alex Favensbach with his parents, **Pete and Cassie**



Gianni Goodrich with his parents, **Alicia and Matthew**



Lowell Jones with his parents, Katie and Eljaye



Jace LaBar with his parents, James and Hanah, and Step-Mom Amber



TJ McLain with his parents, Tim and Jessica

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The

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BANGOR VS NORTH SCHUYLKILL SENIOR NIGHT CHEERLEADERS & BAND



Mavia Leszkowicz with her parents, Helin and Tommy



Dylon Antoin with his parents, Marie and Didier



Tajanae Bailey with her parents, Tajee and Ciarah



Brielle Black with her father, Eric and stepmother. Christine



John Casagrande with his parents, John and Kathleen



Caleb Condel with his parents, Chris and Kim

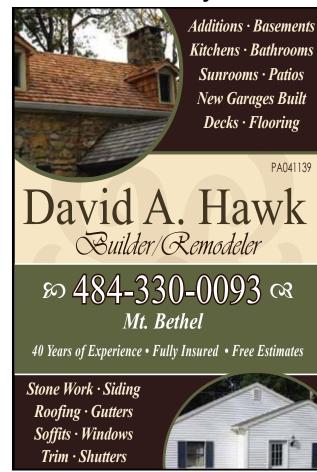


Paige Compton with her parents, Jeff and Desiree



Rachel Finkbeiner with her mom, Tracy, and grandfather, Robert

Senior Night Photos on Pages 2 & 3 are by Dale Young/ The Free Weekly Press





Alex Friedman with their family

Attention Parents: We can only go by the information that is given to us for senior nights, and we edit as best as we can for accuracy with the photos and family members in attendance. Thank You for your understanding!





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BANGOR VS NORTH SCHUYLKILL SENIOR NIGHT BAND

Photos by Dale Young/ The Free Weekly Press



Eric Goffinot with his mother, Amy and Sister, Emily



Ky Grasserbauer with their family, Doris, Helga, Monika, and Paul



Madison Heckman with her family



Hailey Kio with her parents, Andrea and Brandon



Melanie Levy with her parents, Lori and Zach



Brandon Martino with his parents, Joe, Francine, and sister, Jolie



Khloe Overfield with her parents, Tonia and Kyle



Kennedy Roberts with her parents, Lauren and William



Michael Robinson with his family

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BANGOR VS NORTH SCHUYLKILL SENIOR NIGHT BAND

Photos by Dale Young/The Free Weekly Press



Sahara Taih with her mother, Carolann



Emmajean Tran with her mother, Jennifer and grandfather, Randy



Alden Twist with his parents, **Crystal and Mark**



Jaydin Weidmen with her parents, **Nanci and Jay**



UNDER 18







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PERMITTED *NO OUTSIDE FOOD OR BEVERAGES* Tickets Available at East Stroudsburg American Legion. Any Questions, Call The American Legion: 570-424-1112 or Holly (Aux. President) - 570-656-7523

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tion Options for NJ Residents **Arriving Soon**

More Accessible Transporta-



Gov. Phil Murphy signed a measure expanding accessible transportation options for New Jersey residents with disabi-lities and seniors. The two-year program permitting taxicabs, limousines, and transportation network companies to replace NJ Transit's Access Link van in certain cases will begin in four

"NJ Transit has experienced many bumps in the road when it comes to providing Access Link riders timely, efficient and consistent service," said Assemblyman Michael Inganamort (R-Morris), one of the prime sponsors of the bill (A2607). "This is a modern-day solution. It builds upon the agency's successful pilot program and ensures our seniors and residents with disabilities have the safe, reliable and accessible transportation they deserve moving forward." In May 2023, NJ Transit began offering a Riders' Choice Pilot Program

that allows Access Link customers in nearly every county, who do not need wheelchair lifts, to opt in to receive their rides through transportation network companies. The program has reduced wait and trip times for both the riders who opt into the program and those who rely on the van's wheelchair acces-

"Our most vulnerable residents depend on reliable transportation to get the medical care they need, groceries and life-sustaining services," Inganamort said. "All New Jersey residents with limited mobility require more widely accessible service, but it's especially concerning for those who live in our more rural communities who currently have very few options. Expanding NJ Transit's reach through alternate providers recognizes the limitations of Access Link and the growing needs of customers and caregivers."



2024 Senior Expo Hosted By PA State Rep Ann Flood

















Photos by Dale Young/The Free Weekly Press



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Tandoori Ostrich | Elk Szechuan Meatball | Quail & Pork Belly Beer Pairing: BudNick

VENISON LOIN

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GODIVA CHOCOLATE MOUSSE

Orange Biscotti | Macerated Berries Beer Pairing: Drop Time Tripel

RESERVATIONS WILL BE HELD WITH A CREDIT CARD AND CHARGED THE NIGHT OF THE EVENT. CANCELLATIONS WILL BE ACCEPTED ONE WEEK PRIOR TO THE EVENT. UNFORTUNATELY GIFT CARDS ARE NOT A FORM OF PAYMENT FOR THIS EVENT.

Slate Regional Police National Night Out



















Photos by Dale Young/The Free Weekly Press

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NORTH WARREN REGIONAL HIGH SCHOOL SENIOR NIGHT FOOTBALL















North Warren Regional High School proudly presents their 2024-2025 Senior Football Team Members: Number 58, Jack Fuhrmann; Number 54, Jayden Gulick; Number 66, Owen Honey; Number 70, Gregory Kalymnios; Number 78, Logan Shipps; Number 56, Carter Smith; and Number 33, Kyle Ammerman. Photos by Bob Halberstadt/The Free Weekly Press









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BANGOR VS WILSON SENIOR NIGHT FIELD HOCKEY



Emily Goffinet with her mother Amy



Ashley Lautenbacher with her parents, Jamie and Robert



Victoria Parks with her parent, Joe and Kris and little sister



Marissa Siu with her parents, Max and Kim





Photos by Dale Young/The Free Weekly Press



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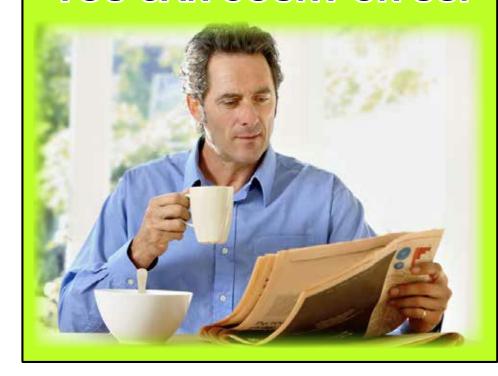
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PEN ARGYL VS SALISBURY SENIOR NIGHT GIRLS SOCCER



Riley Kocher with her parents, Jennifer and Robert



Louise Miller with her parents, Timothy and Jamie



Emily Morris with her parents, Charles and Stacev



Selena Muyulema with her parents, Janis and Angel



Madacyn Rivera with her parents, **Bobby and Cortnei**



Nataliya Ruppert with her parents, **Brad and Rachel**



Callia Wilgus with her parents, Jason and Summer

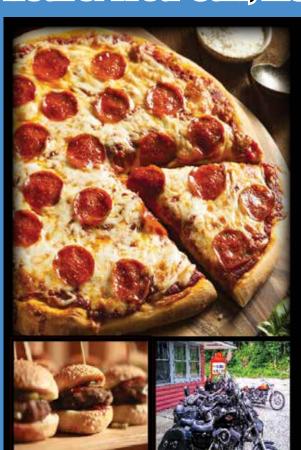


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PHEASANT Continued from page 1

improvements to winter pheasant hunting without impacting opportunity during the traditional autumn season."

Pheasant hunting is open statewide, except in Pennsylvania's two Wild Pheasant Recovery Areas (WPRAs) - the Central Susquehanna WPRA in Northumberland, Montour and Columbia counties, and the Franklin WPRA in Franklin County. No pheasant season will be established in either WPRA this year. While the Game Commission in the past several years has authorized a youth pheasant season within the Central Susquehanna WPRA, and regulations were amended earlier this year to allow hunters of all ages to participate if a season was established, springtime pheasant crowing surveys in these areas were below the population estimate trend at which hunting would be authorized.

Elsewhere in the state, hunters may harvest either male or female pheasants. Both are released by the Game Commission, at a ratio of about three males for every female. Although protecting hens is an important aspect of wild pheasant management, survival of propagated pheasants is too low to support sustainable populations, even without hunting mortality. Hunters must abide by a twopheasant daily limit and six-pheasant possession limit.

All adult hunters and some senior hunters who pursue pheasants are required to purchase a pheasant permit in addition to a general hunting license. The permit costs \$26.97 and is available through HuntFishPA or from any license issuing agentOpens In A New Window. Like a general hunting license, hunters can store a digital pheasant permit on a smart device to carry when hunting. Paper licenses and permits must be signed when carried afield. Senior lifetime resident license holders who acquired their licenses prior to May 13, 2017 are exempt from needing a pheasant permit. Junior hunters and mentored permit holders under 17 need a free permit.

Although pheasant permit revenue is not earmarked specifically for the propagation program, and does not completely offset the costs of raising and stocking pheasants, it is important in ensuring the financial sustainability of the program. Permit revenue for the 2023-24 license year was nearly \$1.5 million.

"Over 75,000 pheasant permits are issued each year," Gregg said. "This interest level is encouraging for the future of small game hunting in Pennsylvania and it's a great time to be a pheasant hunter. Good luck, have fun, and hunt safely!"

Finding pheasants: Because pheasant hunting in Pennsylvania relies on the release of propagated birds, hunters are wise to focus their efforts on the time periods and locations where the Game Commission stocks birds. To increase awareness of where and when pheasants will be stocked, the agency publishes an allocation table and interactive stocking locations map at www. pgc.pa.gov.

Click on "Hunt & Trap" on the upper banner, then "Hunting," then "Small Game," then "Stockings" under "Ring-Necked Pheasants". A table displays the number of pheasants to be released in each Game Commission region.

Click on a region to see the number of male and female pheasants planned for stocking in each county for each release, as well as the range of dates for each release, and a listing of each property to be stocked.

Click on the interactive map of pheasant stocking locations to see the more than 220 properties that are scheduled to be stocked. Click on an individual pheasant icon to see the property name, the number of releases, and number of birds released last year to get an idea of large versus small release areas. Users can also zoom in to see pink highlighted areas representing areas of best pheasant hunting habitat where birds are most likely to be found.



The junior pheasant season runs Oct. 12-19. The statewide pheasant season runs Oct. 26-Nov. 29, including Sundays, Nov. 17 and Nov. 24; Dec. 16-24, and then Dec. 26-Feb. 28. The limit is two birds daily with six in possession.

Learn to Hunt: For those new to hunting pheasants, the Game Commission has created an online resource that provides the information needed to be successful. The "Learn to Hunt: Pheasants" webinar is available on the Game Commission's Learn to Hunt webpage http://bit. ly/pgclearntohuntOpens In A New Window and YouTube channel.

Handling harvested wild birds: Highly pathogenic avian influenza (HPAI) viruses can be carried by wild birds and have been found across the Pennsylvania landscape. To protect themselves and to reduce the risk of spreading this extremely contagious disease to other birds, hunters are advised to practice the following precautions:

Have dedicated footwear, clothing, and tools that are only used for handling or dressing harvested wild birds.

Do not handle or harvest wild birds that appear sick or are found dead. Wear gloves when handling or dressing harvested wild birds.

Do not eat, drink, or

smoke when handling or dressing harvested wild birds.

Dress harvested wild birds in the field.

Double bag any offal

and feathers that will be removed from the field.

Wash your hands with soap and water or an alcohol-based hand sanitizer immediately after handling or dressing harvested wild birds.

Wash all tools and work surfaces with soap and water after using them, then disinfect with a 10% household bleach solution. Allow to air dry or rinse after 10 minutes of contact time.

Change footwear and clothing before coming in contact with any domestic poultry or pet birds.

While influenza viruses can infect humans, the Centers for Disease Control and Prevention has declared that currently in the United States "viruses circulating in birds are believed to pose a low risk to the general public".

Any sick or dead domestic birds should be reported to the Pennsylvania Department of Agriculture at 717-772-2852.

Sick or dead wild birds should be reported to the Game Commission at 1-833-PGC-WILD or online using the Wildlife Health Survey tool at www.pgcapps.pa.gov/WHS.



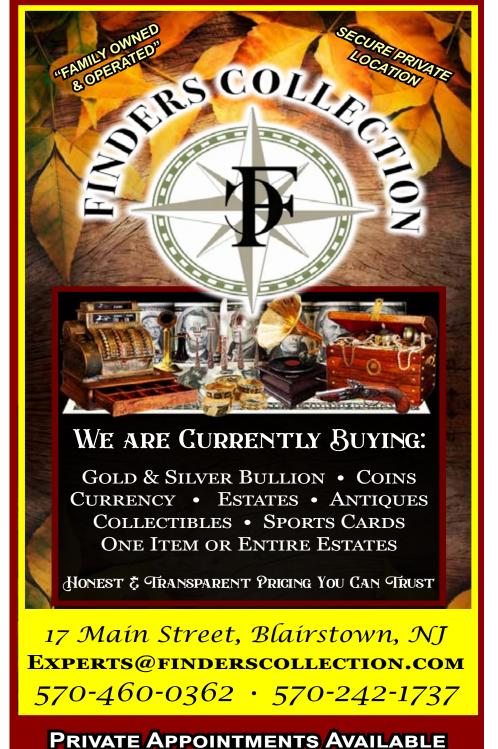


An old belief is like an old shoe. We so value its comfort that we fail to notice the hole in it.

-Robert Brault







We Do House Clean Outs!













Knowlton Township Fire and Rescue spent their most recent drill night hosting their "neighbors across the river," Portland Hook and Ladder Company. Both companies work hand-inhand together on I-80 in what is referred to as the "Scrap Mile" in the Delaware Water Gap. Each company was assigned a vehicle from a simulated motor vehicle collision. Working closely together each crew had to stabilize and extricate an injured occupant. Everyone took the time to look over each other's apparatus to familiarize themselves with available equipment. More Photos can be found on page Photos courtesy KTFR Facebook

Washington, NJ, To Celebrate Dia de los Muertos, Day of the Dead on October 24th

To some people, celebrating the dead might seem strange. But in the Southwest, celebrating the dead is like a holiday event in late October.

For the fourth year in a row, Downtown Washington will bring that southwestern touch to the Northeast when it hosts its Annual Day of the Dead celebration on Thursday evening Oct. 24.

This Day of the Dead celebration, presented by the Washington Business Improvement District, is the largest of its kind in the region and takes place by Veterans Park in the Cen-

ter of Downtown along
E. Washington Avenue
(Route 57). The free family-friendly event takes place from 5-8 p.m. mourni
use the remember and event

The Day of the Dead, originally a Mexican holiday, is typically celebrated throughout the Southwest, as well as in other parts of the country, usually just after Halloween, or around that time. It has also been referred to as All Souls' Day. The holiday involves family and friends gathering to pray for and to remember friends and family members who have died. It is commonly portrayed as a day of celebration rather than

mourning. Many people use the opportunity to remember pets, events and even businesses.

Attendees are invited to dress up in makeup and clothes consistent with the theme and to take part in the festivities. The hugely popular Mariachi oro de Mexico band will once again entertain the crowd with two sets of music with additional musical entertainment provided by Kevin "Skull" Defeo.

There will be an opportunity to write a message to someone lost and then have the message included in a small bonfire on-site where it'll go up in flames toward heaven. There will also be sugar skull face painting table available and assorted vendors.

Attendees should bring chairs. Attendees can also bring food or get take out from the various eateries in town.

The event is sponsored by Warren Hills Memorial Home, Get a Grip & More, Swift Print Solutions, Good Impressions Print Communications, Home Instead Senior Care, West Washington Dentistry, Builders General Supply/Direct Millwork and Warren County Cultural and Heritage Division.





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Pennsylvania House Republicans Announce **Package to Bolster Prosecution to Continue Fight Against Crime**



Members of the Pennsylvania House Republican Caucus unveiled the third pillar of its four-pillared approach to tackling violent crime in the Commonwealth.

The bills are focused on effective prosecution and are authored by Reps. Sheryl M. Delo-(R-Čumberland), zier Tim Bonner (R-Mercer/ Butler), Torren Ecker (R-Adams/Cumberland) Valerie Gaydos (R-Allegheny).

Rep. Delozier's bill would allow for prosecutors within the Pennsylvania Office of Attorney General (OAG) to be requested by county district attorney offices to supplement and enhance their staff in the event additional resources are necessary. This initiative would bring great assistance to counties and provide law enforcement another tool to do their

"We must give our prosecutors the tools they need to fight for justice for victims of crime," said Delozier. "My bill would accomplish that by allowing highly train-

upon request, to temporarily help county district attorney offices. Staffing shortages are often unexpected, and some cases take more staff hours than anticipated. My initiative would help ensure the justice system works as intended."

Rep. Bonner's legislation aims to end the lack of statewide uniformity on the availability of bail, as his bill would expand the role of the Pennsylvania Sentencing Commission by charging it with publishing guidelines for the availability of bail and conditions for pretrial release of defendants.

"Some of the most violent jurisdictions in our Commonwealth are granting bail very liberally. That is not only baffling but also potentially risky," Bonner said. "Clear guidelines provided by the Sentencing Commission will insure muchneeded transparency and uniformity in the bail process.'

Rep. Ecker's bill would create a public registry,

nally, Ecker's bill creates pathways to counseling for convicted people to work their way back into

"In addition to the registry aspect, my legislation includes a component that requires violent offenders to undergo ancounseling ti-violence services," Ecker said. "Getting convicted violent offenders the help they need would decrease recidivism while further protecting our neighbors from acts of violence."

Rep. Gaydos' legislation would strengthen our bail system to further protect the public from violent crime. This legislation would empower our judges to make decisions that prioritize public safety, not just whether a defendant poses a flight risk. The bill would not strip anyone of their constitutional rights. It ensures the justice system takes seriously the need to protect public safety.

"Families across the state deserve to feel safe in their neighborhoods, confident the justice system is protecting them," said Gaydos.
"Our judicial system can no longer be a revolving door for violent criminals. This legislation will empower our judges to prioritize public safety, not just whether a defendant poses a flight risk."

You can view the co-sponsor's memos here: https://www.legis.state.pa.us/cfdocs/ Legis/CSM/showMemo-Public.cfm?chambe r=H&SPick=20230&co-

similar to that of Megan's Law, to account for severe violent offenders in the ed OAG prosecutors, Commonwealth. AdditiosponId=43217 Have you Recently Lost a Loved One? We run obituaries to help spread the word to the community about the services for your beloved family members.

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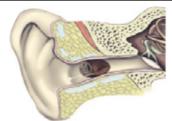
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Garden Dilemmas? Ask Mary!



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

Hello, fellow readers,

In the spirit of multitasking to complete my book, I plan to share bits of it going forward. It's our book, really, as the column and your questions over the last 13 years have contributed significantly to the mission, and I am so grateful.

If I may share my working title, subtitle, and cover blurb with you, kind readers.

The Lesson of the Leaf: How Nature, Gardens (and Rescue Dogs) Help Heal & Grow Your Life.

A garden and nature columnist and hospice volunteer shares a journey from loneliness and loss to love and hope inspired by the wisdom her beloved brother left behind.

I hope The Lesson of the Leaf will help readers overcome losses in the later seasons of life by finding wisdom and respite in the rhythm of nature and gardens. The book (like our column)



is not only for those who love to dig in the dirt but for those who admire gardens and nature or wish to. And those who love dogs, which I grew to do after having a dreadful fear of them. Maybe it was unconditional love that I feared not having experienced such love until a couple of pups unexpectedly entered my

I plan on 18 chapters. Eighteen, 1 - 8 means being One with the Infinite—God, or your higher power if you prefer. Each chapter will have nature and personal stories, sharing how nature and gardens helped heal and grow my life as I worked through the loneliness I felt as a child and recreated well into adulthood by choosing unavailable relationships in varying disguises. And how my dreaded fear of dogs turned around after a spontaneous adoption of a couple of puppies; the positive outcome of a marriage that sadly ended years ago. After every storm, the sun shines

The wisdom gained from my canine kids weaves through the book. I know you will enjoy that part — those who love canine kids, feline kids, or pets of your choice. Their beautiful spirits bring such joy to our wor-

The origin of The Lesson of the Leaf stems from my brother Bill when I gathered the courage to end the merrygo-round of a marriage ruined by the neglect and isolation of addiction—a tough time in my life. Bill and I became twins in third grade, always heartto-heart, which is part of the story.



It was Election Day 2008, and I drove from an attorney appointment to town hall to vote. Out of the blue, Bill called, Never before had he called in the middle of a workday, but he felt my energy and sadness. Through ugly tears, I shared the recent details of the marriage struggle, which put my safety at risk. But I still love him. I said.

Bill asked if I had water nearby.

"Go there and find a leaf. Watch it maneuver through the current slowly, beautifully, and serenely. You see, none of us have control of the current — a parallel to the ebbs and flows in our lives. Let go, trust, and live calmly and serenely rather than resist the flow. Like the leaf in the water."

I've observed hundreds of leaves since.



Little did I know that a few years after Bill shared The Lesson of the Leaf, his wisdom would see me through losing him, too, rolling right into the torturous, long goodbye of my mother with dementia. I look forward to sharing bits of the journey of healing and growth by integrating portions of the book into our weekly chats. If you'd like to offer ideas or suggestions or share your stories, I would love to hear them by emailing me at AskMaryStone@gmail.

Thank you for inspiring and encouraging me, and I hope I do the same for you because we are all in this one world together, in the Garden of Life.

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