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June 11, 2026

GOD BLESS AMERICA

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## Volunteers Needed for Local Community Gardens in New Jersey

Project Self-Sufficiency is seeking volunteers to assist with planting, maintenance, and harvesting of fruits and vegetables from the community gardens at the agency's Newton campus. Volunteers would work alongside seasoned horticultural professionals, Monday – Friday. Volunteers must be at least 18 years of age. Hours are flexible and no experience is required.

Project Self-Sufficiency's Newton campus is home to numerous vegetable gardens which bear all kinds of crops for consumption by the agency's low-income participants. During the summer, hundreds of potted tomato plants also wreath the sidewalks throughout the

5-acre campus. Fresh produce is harvested daily and offered to agency participants at Project Self-Sufficiency. Baskets are also provided for families to carry the bounty home and share with their children. Participants are given tips on cooking and nutrition along with the food, and the children at the agency's Little Sprouts Early Learning Center help with the harvest while learning about healthy eating habits.

"Fresh, nutritious food is of paramount importance for all families," comments Project Self-Sufficiency Executive Director Deborah Berry-Toon. "The community gardens at Project Self-Sufficiency are



a living example of the love our volunteers have for gardening, and just as importantly, for the dedication they have to the mission of ensuring that the most vulnerable members of our community have an equal opportunity to access fresh produce."

To volunteer to work in Project Self-Sufficiency's community

gardens, or to find out more information about the programs and services available at Project Self-Sufficiency, visit the agency's website [www.projectselfsufficiency.org](http://www.projectselfsufficiency.org) or call the agency at 973-940-3500.

Project Self-Sufficiency is a non-profit organization located in semi-rural northern New Jersey which

has assisted low-income families along the path to economic self-sufficiency since 1986. The agency is dedicated to empowering individuals and families to achieve economic independence and self-reliance, providing a safe and inclusive environment that fosters growth, learning, and opportunity. Services include career guidance and assessment, computer classes, high school diploma instruction, parenting workshops, childcare, legal assistance and education, help with emergency basic needs such as clothing and food, health education, support groups, life skills classes, family activities, home visitation, and more. For more information, call 973-940-3500, or visit [www.projectselfsufficiency.org](http://www.projectselfsufficiency.org).

## NJ Senator Doug Steinhardt's Bill on Preserving Warren County Farms Advances



The Senate Energy and Environment Committee advanced bipartisan legislation sponsored by Senator Doug Steinhardt (R-Hunterdon, Somerset and Warren) to help preserve four farms in Warren County. "Preserving these four farms is more than saving open space, it's about protecting our way of life," said Senator Steinhardt. "Agriculture remains a cornerstone of Warren County's economy and heritage, and preserving these farms will help ensure this land remains

productive for years to come."

Senator Steinhardt's bill, S-4427, would appropriate \$3.4 million in funding to the Land Conservancy of NJ to help preserve three farms in Blairstown Township and one in Harmony Township.

Read the full text of the bill and list of projects online at: [www.njleg.state.nj.us/bill-search/2026/S4427](http://www.njleg.state.nj.us/bill-search/2026/S4427)

To speak with Senator Steinhardt, contact Chris Sivel, SRO deputy communications director at [csivel@njleg.org](mailto:csivel@njleg.org).

## Paul Miller's Law Is Officially In Full Effect As of June 5th



Beginning June 5th, Pennsylvania's Paul Miller's Law is now fully enforceable, marking an important step forward in our efforts to reduce distracted driving and save lives.

The law is named in honor of Paul Miller Jr., who was tragically killed in 2010 by a distracted driver. In the wake of that unimaginable loss, Paul's mother, Eileen Miller, made a promise to her son that she would work to change the law and prevent other families from

experiencing the same heartbreak. For more than a decade, she turned grief into advocacy, becoming one of Pennsylvania's strongest voices for highway safety.

As the prime sponsor of this legislation, I worked alongside Eileen Miller and the Miller family for years to honor Paul Miller Jr.'s memory and help prevent other families from experiencing a similar tragedy. During the past year, law enforcement focused on educating drivers about the

new law through written warnings. Now, violations of the hands-free law may result in fines and penalties.

Paul Miller's Law prohibits the use of handheld mobile devices while driving, including when stopped at a traffic light or in traffic. Drivers may still use hands-free technology and exceptions exist for emergencies.

This law is not meant to hard drivers. It is meant to protect drivers and passengers on our roadways and change behaviors. Pennsylvanian to put their phone down, stay focused on the road, and do their part to make our highways safer for everyone.

For more information about Paul Miller's Law, motorists can visit the Pennsylvania Department of Transportation's distracted driving resource page.

## Shapiro Administration Invests \$10.6 Million to Reclaim Abandoned Mine Land, Expanding Outdoor Recreation and Supporting Economic Development in Allegheny County

The Pennsylvania Department of Environmental Protection (DEP) has awarded \$10.6 million to the Allegheny County Parks Foundation for the Pinkertons Run Project through the Abandoned Mine Land and Abandoned Mine Drainage (AML/AMD) Grant Program to reclaim abandoned mine land (AML), improve water quality, expand outdoor recreation opportunities, and support economic development in Allegheny County.

Funding from both the federal Abandoned Mine Land Economic Revitalization (AMLER) Program and Infrastructure Investments

and Job Act (IIJA) will support restoration of nearly two acres of abandoned mine land in Settlers Cabin Park, treatment of two abandoned mine discharges, and construction of a 1.5-mile paved trail connecting the park to the Panhandle Trail.

“Remediation of abandoned mine lands is critical for the health, safety, and well-being of communities in Southwest Pennsylvania and all across the Commonwealth,” said DEP Secretary Jessica Shirley. “This investment will improve water quality, expand outdoor recreation, and help put formerly abandoned land

back to productive use in support of local economies.”

Previous AMLER-funded projects have supported public parks, waterline extensions that provide clean and safe drinking water, recreational trails, and other community development initiatives.

At 399,669 acres, Pennsylvania has the largest inventory of abandoned coal mine lands in the nation, with an estimated \$5 billion in remaining reclamation and stream restoration needs. With support from state and federal funding, Pennsylvania has already rehabilitated more than 162,000 acres



Nanticoke Creek near Wilkes-Barre, PA, was pushed underground by past mining activity and now emerges from its subterranean route tainted with acid mine drainage. Photo & Caption by Ad Crable (Bay Journal)

of abandoned mine land. Funding for the AML/AMD Grant Program comes in part from IIJA. Funding for this project was put at risk in February 2025 when the

Trump Administration unlawfully froze \$1.2 billion in Congressionally appropriated federal funding, including IIJA funding to support Pennsylvania-based ini-

tiatives like this one. Governor Shapiro took legal action (opens in a new tab) and won — ensuring that this funding was kept available for Pennsylvania.

### New to the Blue Mountain Community Library

The library is located at 216 S. Robinson Ave. in Pen Argyl. Open hours are Mon-Sat 10am-12pm and Monday and Thursday 6-8pm. Questions? Call 610-863-3029 or email [info@bmcl.org](mailto:info@bmcl.org).

Thank you to everyone who attended the recent community conversations about plans to install a stairlift with grant funding from Libraries Transforming Communities: Accessible Small and Rural Communities, an ALA initiative that provides community engagement and accessibility resources to small and rural libraries to help them better serve people with disabilities. The BMCL is very grateful for the public's input for the project. The library is proceeding with its plans to install the stairlift this summer.

Coming very soon: a pass that you can check out for free to visit America on Wheels in Allentown! Courtesy of a sponsorship from Deerfoot Auto Parts, the circulating pass will offer unlimited admission for two adults and their children from that household for an entire year.

The library is in need of regular white copy paper. If you have any to donate, we'd appreciate it.

The library will discuss "A Marriage at Sea" by Sophie Elmhirst on Tuesday, June 9 at 6:30pm. Email [info@bmcl.org](mailto:info@bmcl.org) to RSVP.

The BMCL Summer Fun with Reading Program (SFRP) 2026: Words and Wonders! starts June 1st! Win big with reading challenges for all ages! Throughout June, July, and August, ALL ages can win amazing prizes (like passes to the North Summit Climbing Gym and Quiet Valley Living Historical Farm, PA Shakespeare Festival tickets, and gift cards to Sparkle Car Wash and the Gap Diner - plus MANY more) by keeping a reading log. 40+ prizes are waiting! ALL ages can enter our "Readers' Raffle" to win gift certificates for large pizzas from area restaurants just by using their library card! Children ages 3-6 can register for "Two Stories and a Craft" storytimes. Children ages 3-6 are invited to wear their coziest pajamas and come to "Books and Bedtime" storytime; no registration required. In addition, children ages 4-9 can register for a series of six special Wednesday morning educational programs at the municipal parks. Contact the library for dates and registration details.

This year's SFRP is sponsored by CJ's Heating & Cooling, Gaffney Parsons Funeral Home, Hoch Accounting, Sabatino Insurance Agency, and State Farm (Debbie Pettinari).

The Book Nook is having a half-price sale during all open shifts from June 22-27: every morning from 10am-12pm, plus Monday, June 22 and Thursday, June 25 (6-8pm). All items are half price! We have fiction and nonfiction for all ages plus large print, puzzles, and DVDs.

New to the circulating collection:  
Board games: Jenga; I'm a Little Crabby; Meme (Disney edition)

Adult fiction: Life: A Love Story (Elizabeth Berg); The Things We Never Say (Elizabeth Strout); Shadow Strike (Brad Taylor); Mad Mabel (Sally Hepworth); The Calamity Club (Kathryn Stockett); Hope Rises (David Baldacci); The Patchwork Players (Jennifer Chiaverini); Lady Tremaine (Rachel Hochhauser); Catch Her If You Can (Tessa Bailey); Wreck (Catherine Newman)

Adult nonfiction: True Crime (Patricia Cornwell); The Tell (Amy Griffin)

Large print fiction: The House at Watch Hill (Karen Marie Moning); Make It Out Alive (Allison Brennan)

YA fiction: The Witches [graphic novel] (Roald Dahl); Lady Murasaki's Tale of Genji [graphic novel] (Sean Michael Wilson)

YA nonfiction: Coyote Peterson's Brave Adventures (Coyote Peterson); Forest Craft (Richard Irvine); Murder Most Puzzling (Stephanie Von Reiswitz)

Juvenile fiction: The Intrepid Canadian Adventure (Jeff Brown); The Piano (Edgar J. Hyde); Why a Dog? by a Cat (Robin Michal Koontz); Owl at Home (Arnold Lobel); Daniel Goes Out for Dinner (Maggie Testa); Harry and the Lady Next Door (Gene Zion); Harold and Hog Pretend for Real (Dan Santat); This Is Miles Morales (Alexandra West); Red Titan and the Floor of Lava (Ryan Kaji); Awesome Heroes (Rosie Peet); Pokemon Legendary Nightmare [graphic novel] (Meredith Rusu); Pokemon Underwater Mission [graphic novel] (Simcha Whitehill); Finn the Regular Everyday Dog (Barbara Gervais Giancimino); I Spy Extreme Challenger (Jean Marzollo); Planes: Look and Find (Disney); You Choose in Space (Nick Sharratt and Pippa Goodhart); Ludwig the Sea Dog (Henning Lohlein); Love You Hoo (Rachel Bright); Angelina Ballerina 5-Minute Stories (Katharine Holabird); Slug in Love (Rachel Bright); Stage Fright (Edgar J. Hyde); Mystery Map (Franklin W. Dixon); Hopping Mad (Franklin W. Dixon); Mission Unpluckable [graphic novel] (Aaron Blabey); InvestiGATORS Take the Plunge [graphic novel] (John Patrick Green); InvestiGATORS Off the Hook [graphic novel] (John Patrick Green); I Survived the Shark Attacks of 1916 [graphic novel] (Lauren Tarshis)

Juvenile nonfiction: The Complete Cookbook for Young Chefs (America's Test Kitchen); Let's Meet Taylor (Alexandra Koken and Claire Baker)

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## WMA Highlight – Hamburg Mountain, Sussex County, NJ



The Hamburg Mountain Wildlife Management Area in Sussex County is 3,692 acres of large contiguous forest and streams. The Appalachian Mountains rise up from 700 to 1,495 feet, and trails and roads offer outdoor enthusiasts the ultimate off-grid experience in New Jersey.

It is great to visit for :  
Fishing - Silver Lake has a car-top boat ramp by the dam and is well stocked with trout and other warm water fish. Franklin Pond Creek is

also stocked with trout and provides year-round habitat.

Wildlife - The mountains, ravines, cascades, cliffs, rock formations, and highland swamps provide opportunities to spot deer, turkey, bobcats, black bear, and fisher.

Birding - The WMA serves as key habitat for the endangered northern goshawk and other listed species, including red-shouldered hawks, barred owls, and golden-winged warblers. Bald eagles and ravens are also frequently seen during



bird counts.

Hunting - Hamburg Mountain WMA supports a dense population of black bears that den in the deep ravines and sharp rocky outcroppings. Wild turkeys are plentiful in THA 6, as well as deer in DMZ 3, where rugged terrain and the amount of acreage make preparation and scouting very important. Small game hunters will find plenty of opportunities to hunt

for squirrels and rabbits.

Access - Owned by New Jersey Department of Environmental Protection, Fish & Wildlife, the Wildlife Management Area System is comprised of more than 360,000 acres in 122 areas throughout the state, which is more than 44% of New Jersey's state-owned public open space. WMAs are maintained and supported with funding from



hunting and fishing license sales, the Federal Wildlife and Sport Fish Restoration Program and the Wildlife Habitat Supporter Program.

Support the maintenance of New Jersey's Wildlife Management Areas by becoming a Wildlife Habitat Supporter! Donate now and get your Fourth Edition sticker Your donation shows your commit-

ment to conserving New Jersey's fish and wildlife species and the habitats on which they depend!

WMAs are patrolled by NJ Fish & Wildlife Conservation Police Officers to ensure public safety. If you see violations while visiting a WMA, please call the 24-hour DEP hotline at 877-WARN-DEP ( 877-927-6337).

## Rosemary Brown Hosts 2026 Senior Expo, July 21st



It is getting to be that time of year again! The 2026 Senior Expo on will be held on Tuesday, July 21st from 9 a.m. to 1 p.m. at the Pocono Mountain Swiftwater Elementary Center.

This event is a fantastic opportunity for our seniors to access valuable information, enjoy some great food and win some exciting prizes. There truly is something for everyone!

The event will give

residents the opportunity to learn about resources and programs provided by state government, and local non-profit and community groups in the area. It will offer a variety of prize drawings provided by vendors, health screenings, entertainment and more.

If you would like to sign up to be an exhibitor, please visit: <https://senatorbrown40.com/senior-expo/>

## New to the Bangor Public Library

### Adult Fiction

*The Children: A Novel* by Melissa Albert; *Road Trip* by Mary Kay Andrews; *Stuart Woods' Deep Water* by Brett Battles; *A Pair of Aces* by Marie Benedict; *A River Red With Blood* by John Connolly; *The Midnight Train* by Matt Haig; *The Goad* by Elle Kennedy; *The Divorce* by Freida McFadden; *Land: A Novel* by Maggie O'Farrell; *Whistler: A novel* by Ann Patchett; *The Final Target* by Nora Roberts; *Hysteria* by L. J. Ross; *Fortune of Sand* by Ruta Sepetys; *Ms. Mebel Goes Back to the Chopping Block* by Jesse Q. Sutanto

### Adult Non Fiction:

*Suicidal Empathy: Dying to Be King* by Gad Saad; *The Land and its People* by David Sedaris; *Take Me to Your Leader: Perspectives on your First Alien Encounter* by Neil deGrasse Tyson; *On Witness and Repair: Essays* by Jesmyn Ward

### Large Print Adult Fiction:

*26 Beauties* by James Patterson; *The Perfect Ruin* by Shanora Williams

### Easy Fiction:

*You're My Little Firecracker* by Nicola Edwards; *Dr. Suess's Red, White, and Blue Things* by Astrid Holm; *Pencil* by Hye-Eun Kim; *Bear for a Day* by Corey R. Tabor; *Little Ghost's Summerween* by Maggie Edkins Willis

### Easy Non Fiction:

*The Fossil Whisperer: How Wendy Sloboda Discovered a Dinosaur* by Helaine Becker; *What's Inside a Flower?: And Other Questions About Science & Nature* by Rachel Ignotofsky; *What's Inside a Caterpillar Cocoon?: And Other Questions About Moths & Butterflies* by Rachel Ignotofsky; *What's Inside a Bird's Nest?: And Other Questions about Nature & Life Cycles* by Rachel Ignotofsky

### Junior Fiction:

*Tales From a Not-So Popular Party Girl: Dork Diaries 2* by Rachel Renee Russell; *Dork Diaries: Tales From a Not-So Fabulous Life* by Rachel Renee Russell; *Pocket Peaches Game on 3* by Dora Wang

### Junior Non Fiction:

*Fantastic Flora: The World's Biggest, Baddest, and Smelliest Plants* by Ann McCallum Staats

### Young Adult Fiction:

*Lore Olympus: Volume Ten* by Rachel Smythe

### Young Adult Non Fiction:

*The Politics Book* by Rod Dacombe

### DVDs:

*Avatar: Fire and Ash*; *The Bride!*; *Hoppers*





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# Combat "Summer Slide" and Screen Fatigue with Free Outdoor STEM Lessons

(NAPSI)—Here's news about summer many families may find is not so hot: According to Dartmouth College, research shows some schoolchildren can lose approximately 20% of reading gains and 27% of math gains over the summer, with younger children and those transitioning from elementary to middle school most affected—but help for this "summer slide" may be at hand.

**A Solution:** The TurfMutt Foundation, which advocates for the care and use of backyards, public parks, schoolyards and other green spaces, reminds parents and guardians of its free educational resources designed to entice kids away from their screens and into the green space around them this summer.

The TurfMutt Foundation offers

downloadable activity guides, interactive lesson plans and outdoor exploration challenges tailored for children in grades K-8. These hands-on lessons are rooted in STEM standards and encourage kids to engage with the "outdoor learning labs" of their backyards and community parks.

"Our lessons are designed to help kids see the world through the eyes of Mulligan the TurfMutt—where every backyard is a living laboratory to be explored," explains Kris Kiser, President and CEO of the TurfMutt Foundation. Mulligan is a real-life rescue dog and "spokesdog" of the Foundation. "By following Mulligan's lead into the green spaces around them, students develop critical thinking and problem-solving skills while forming a



lifelong connection with the environment."

Families can watch a quick "Mulligan Minute" for inspiration before heading outside to start their own exploration. See the latest segments from CBS Lucky Dog at <https://www.turfmutt.com/education/videos>.

The TurfMutt educational suite includes lessons on:

**Superpowers:**

Understanding how green space produces oxygen, combats heat islands and traps carbon.

**Bio-Mapping:** Identifying and charting local flora and fauna to understand neighborhood diversity.

**Rain Gauging:** Tracking rainfall patterns to understand drought and water conservation.

**Wildlife Support:** Learning how backyard biodiversity helps ecosystems thrive and supports pollinators.

TurfMutt was created by the Outdoor Power Equipment Institute's (OPEI) TurfMutt Foundation and has reached more than 70 million children, educators, and families.

To download TurfMutt's free educational resources, and for more information, visit [www.turfmutt.com](http://www.turfmutt.com).

# Boscola Announces Over \$200,000 in Targeted School Safety Grants for Nonpublic Schools

Senator Lisa Boscola (D-Lehigh/Northampton) announced recently that \$207,832 in state funding has been awarded to three nonpublic schools in Northampton County through the FY 2025-26 Targeted School Safety for Nonpublic Schools Grant Program by the Pennsylvania Commission on Crime and Delinquency (PCCD).

"It's absolutely essential to ensure that our schools are safe places for children to learn and develop and these state grants will allow these schools to enhance their efforts to provide a safe learning environment," Boscola stated. "This funding of over \$19 million statewide is further proof that assisting our schools to better provide a safe learning environment for our children and our educators continues to be a Commonwealth priority."

The following grants awards were approved for schools in Northampton County:

- Bethlehem

Catholic High School \$68,000

- Moravian Academy \$64,832

- Notre Dame High School \$75,000

Section 923.3-A. of the Public School (Act 14 of 1949) provides for School Safety and Security Enhancements for nonpublic schools. That section declares that "(t)he welfare of this Commonwealth requires that all school children should be afforded the opportunity to attend a school that is safe and secure. It is the intent of the General Assembly to ensure that all of this Commonwealth's nonpublic schools are afforded opportunities to provide safety and security enhancements for their students similar to the opportunities provided to the public schools."

PCCD approved 353 of the 395 eligible applications submitted through the FY 2025-26 Targeted School Safety for Nonpublic Schools Grants Program totaling \$19,356,596, subject to resolution on outstanding programmatic or fiscal concerns.



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## Expanding the Meaning of ‘Excellence’ Through Cancer Screening

Cancer screenings are critical for preventing and treating disease, yet people too often lack access to these services. Screening also represents an essential gateway to better community health.

To meet this mission, Jesse Keiper, a member of St. Luke’s Cancer team, organized a free cancer screening and prevention fair that highlighted St. Luke’s comprehensive commitment to care—from detection to treatment to continuing wellness.

Jesse, an oncology prevention and advocacy specialist who has been with St. Luke’s for more than a decade, coordinated the inaugural screening fair in February at the St. Luke’s Upper Bucks Campus. Despite the bitter cold, more than 40 screenings for skin and head and neck cancers were conducted. Attendees also learned about screening and prevention for other types of cancer and toured the Upper Bucks Center for Hope & Healing—a one-of-a-kind patient-centered space for support throughout the cancer journey—where oncology dieticians made smoothies and

answered questions about nutrition.

Jesse organized the screening fair as part of her capstone project for a Master’s of Social Work from Moravian University. She designed the event to convene multidisciplinary cancer treatment teams around the shared goals of exceptional care and positive patient experiences, creating an opportunity to showcase St. Luke’s growing Centers of Excellence for cancer treatment.

The Centers of Excellence initiative is intended to encourage and foster communication and coordination among Cancer team members as they work to provide personal and seamless patient care. Currently there are four Centers of Excellence; the number will soon expand to 11 to include all disease-specific cancer programs at St. Luke’s.

“It’s not just about being ‘excellent’ in the clinical setting, but it’s how we deliver care and how we work together as a team,” said Kerianne Pollinger, Director of Oncology Excellence and Accreditation at St. Luke’s.



Photo caption (from left): Dr. Eleanor Harris, MD, Vice Chair of Oncology and Chief of Radiation Oncology, and a patient during a cancer screening.

Pollinger has been Jesse’s field supervisor for two years and encouraged her to coordinate St. Luke’s screening fair plans. Jesse’s work also underscores St. Luke’s mission to identify and cultivate talented employees who live in the communities they serve.

“Jesse is homegrown St. Luke’s talent and reflects what makes our St. Luke’s family so special,” Pollinger said. “We grow our own leaders, and we approach that responsibility with the same intention and care that we bring to our patients.”

Jesse is organizing the next St. Luke’s

cancer screening and prevention fair for August 1st from 9 a.m.-noon at St. Luke’s Sacred Heart Campus in Allentown. The event is free, and anyone can walk in, or accompany family members, to get screened and to learn more about how prevention and early detection can save lives.

“It’s about that one community member who builds trust and rapport with us. Therefore, they’re going to trust the

system and come to these appointments,” Jesse said. “It’s about relationship-building in the community.”

Founded in 1872, St. Luke’s University Health Network (SLUHN) is a fully integrated, regional, non-profit network with annual net revenue of more than \$4.5 billion. With 23,000+ employees at 16 hospital campuses and 350+ outpatient sites, it is the Lehigh Valley’s biggest

employer. St. Luke’s has been named a Leapfrog Group and Healthgrades Top Hospital and a Newsweek World’s Best Hospital. It is the only Lehigh Valley-based health care system to earn Medicare’s five-star ratings (the highest) for quality, efficiency and patient satisfaction. In 2026, the Network earned straight A’s from Leapfrog across all of its acute care hospitals. It has earned 100 Top Hospital designations from Premier 12 years in a row, including in 2026 when the Network was identified as THE #1 MEDIUM-SIZE HEALTH SYSTEM IN THE COUNTRY. Utilizing the Epic electronic medical record (EMR) system for both inpatient and outpatient services, the Network is a multi-year recipient of the Most Wired award recognizing the breadth of SLUHN’s information technology applications such as telehealth, online scheduling and online pricing information.



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### Fast Action at St. Luke's Monroe Campus Earns Lasting Gratitude of Poconos' Official Booster

Pocono Mountains Visitors Bureau President & CEO Chris Barrett didn't wake up that January morning thinking, "I'm going to have surgery today" – which is why he still remembers being told in the ER of St. Luke's Monroe Campus that his surgery was scheduled in 42 minutes.

"In an incredibly stressful situation, everyone at St. Luke's calmed me and said, 'We have this under control,'" Barrett said.

More than a year later, Barrett is healthy and back to normal following emergency surgery to clear an intestinal blockage that hit him without warning. Barrett, 64, felt fine that morning, began feeling stomach pain in the afternoon, and by 8 p.m. was in the ER at St. Luke's Monroe Campus. There, Dr. Daniel Fegely quickly diagnosed the blockage, scheduled surgery, and relieved Bar-

rett's anxiety.

"He said, 'This is not life-threatening, you'll recover,' and that made me feel much better," Barrett said. "Dr. Fegely was so kind, so helpful, and he really put me at ease. He knew exactly what he was doing. Everyone did."

The comprehensive care Barrett received is a testament to St. Luke's overall excellence. This past fall, the U.S. Department of Health and Human Services ranked St. Luke's #1 – ahead of Houston Methodist and Mayo Clinic, two of the nation's most prestigious institutions – as the nation's top health system for quality, safety, and patient experience. This objective recognition, based on public data reported to the government, reaffirmed St. Luke's preeminent position among the leading health systems in the country.

Barrett spent four days

recovering at St. Luke's Monroe Campus, where he contemplated the hospital's impact on the Pocono Mountains community, which welcomes more than 30 million annual visitors to enjoy four seasons of recreation, scenery and fun.

A region that serves a growing population of residents as well as tourists needs quality health care, Barrett said. After his experience with the Monroe Campus team, he switched his primary care to the team at St. Luke's.

"I tell everybody, 'I know you don't want to go to the hospital, but when you have to, you want to go to the best place you can go,'" Barrett said. "And St. Luke's is that place in the Poconos."

In 2024, St. Luke's Monroe Campus opened a four-story, 165,000-square-foot expansion that doubled its size, added advanced

services, and enhanced access to local care. The expansion included a cutting-edge interventional radiology suite, a cardiac rehabilitation suite, a new 36-bed medical-surgical unit, and a Homestar pharmacy.

Having a state-of-the-art hospital system available to everyone who lives and plays in the Poconos elevates the region's quality of life, Barrett said.

"When somebody visits, or when a company wants to relocate to a region, they're very sensitive to that quality of life," Barrett said. "Everyone can be assured that if, God forbid, something happens, we have a top-notch health system here that would be able to do anything. I'm just thankful that St. Luke's Monroe Campus is located within the Pocono Mountains. It's a treasure and jewel of our region, no question about that."

### County Executive Tara Zrinski To Hold State of Northampton County Address on June 24th



Northampton County Executive Tara Zrinski will give her State of the County address at the National Museum of Industrial History (NMIH) on Wednesday, June 24, 2026. This event includes hors d'oeuvres and is hosted by the Greater Lehigh Valley Chamber of Commerce.

Sponsors include Northampton Community College, ABE Airport Authority, BSI Corporate Benefits, Natural Food Group, and Service Electric Business. During her Annual Address, Executive Zrinski will highlight Northampton County's strongest accomplishments over the past five months, including key initiatives that have shaped the county's progress and development.

"When I look at my first 100 days in office, I see a County government that

is becoming more connected, more transparent, and more responsive," said Executive Zrinski. "I see teams working across traditional boundaries to solve problems in smart ways. And, I see the beginning of something bigger—a county government that is not only managing today's challenges, but preparing for tomorrow's opportunities. Together, we have accomplished significant milestones, and I am excited to discuss our path forward as we advocate for the needs of our community."

The meet-and-greet mixer and networking event is open to the public and registration is required.

Register at: <https://bit.ly/49SPCUw>

Media is encouraged to attend and should register at [kprentice@norcopa.gov](mailto:kprentice@norcopa.gov).

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### Blairstown Hose Company #1 Brings Home Annual Barrel Fights Championship Trophy Home For Second Straight Year



A year ago Blairstown Hose Company #1 took home the trophy, and this year they returned to bring the CHAMPIONSHIP Trophy home once again! A group of 7 of the BHC#1 Volunteer Firefighters and their families attended Mountain Lake Fire Company- 72 Fire Annual Barrel Fights, entering 3 teams, competing with over 20 Teams thru-out the night! Congratulation Blairstown Hose Co. #1 and Congratulations to Washington Township Fire Department, Warren County, NJ for their 2nd place Win of the Night! The Northern Sisters ladies team from 46 Fire & 38 Fire placed 2nd for the evening proudly handing off their 6 Year-run trophy to Harmony Fire. Congratulations Ladies! Courtesy Blairstown Hose Company #1 - Visit their Facebook for more details

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**\*\*\* Entrees Listed Above Are Served with 2 Veg., Soup or Salad & Cake\*\*\***

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Chicken Francese Over Angel Hair w/ Artichoke includes soup or salad & cake.....\$19.99

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**Hours: Mondays: 6am-9pm; Tuesdays: 6am-2pm; Wed-Sun: 6am-9pm**

# Bearwise And The Pennsylvania Game Commission Team Up To Discuss Pet Safety And Bears

What happens when you have a dog, plus a bear? Well, that spells T-R-O-U-B-L-E my friends.

Black bears aren't naturally confrontational or aggressive, but dog behavior is more complex. Some dogs bark, lunge, or bite from fear, while others have a nature response to chase. Protective breeds may want to guard their homes or humans, but some dogs just like to bark for no reason.

To a bear, though, the dog's reason doesn't matter — any of these behaviors can be seen as a threat, sending the bear into defense mode.

We've got some great tips on how to prevent negative bear/dog interactions from happening whether you live in bear country or are just walking



through!

Feed your pets indoors. If you must feed them outdoors, remove bowls once empty.

Install motion security lights and check yard before letting your dog out.

If you see a bear, immediately bring your dog inside, even if it's within a fence.

If walking, always

keep your dog on a non-retractable leash.

Avoid walking at dawn or dusk in areas with known bear activity.

If your dog gets into an encounter with a bear, DO NOT try to rescue it. Make loud noises (air horns work well) or use bear spray in an attempt to startle or scare off the bear.

There's about a 50% chance your dog could get injured or killed if involved in a bear conflict and an even higher chance, you'll be injured if you try to intervene.

While not every encounter may end the same, it's best to be prepared to keep you and your four-legged friend safe.

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# Williams, Topper, House Republicans Push Ratepayer Protection Plan as Electricity Prices Climb

Rep. Craig Williams (R-Delaware/Chester) joined House Republican Leader Jesse Topper (R-Bedford/Fulton) at a press conference today to push for advancement of the Pennsylvania Electricity Ratepayer Protection Act. The legislation will reverse the conditions for rising electricity costs, prevent data center infrastructure costs from reaching ratepayers and increase electricity generation across Pennsylvania.

The Pennsylvania Public Utility Commission (PUC) just announced another round of substantial electricity price increases across the Commonwealth effective June 1. Increased power prices are now a recurring theme for one reason: the available electricity supply cannot keep up with the demand on the existing electricity supply. That demand comes mainly from data centers across the PJM system (not only in the Commonwealth). Because there is no existing policy requiring data centers to build their own power supply, those data companies and developers are competing with Pennsylvania ratepayers for the limited supply.

“Pennsylvania families and small businesses are paying more for electricity because demand has risen as-

tronomically faster than available supply,” said Williams. “The Pennsylvania Electricity Ratepayer Protection Act addresses the root causes of that problem and protects ratepayers from costs associated with hyperscale data center development.”

The Pennsylvania Electricity Ratepayer Protection Act codifies certain commitments contained in the Statement of Principles Regarding PJM signed by Governor Josh Shapiro and the Governors of the PJM states, as well as the Ratepayer Protection Pledge signed by President Donald J. Trump and several hyperscale data companies. Both agreements recognize the principles of Bring Your Own Generation and Pay Your Own Way. These precepts were also included in the Governor’s budget address to the Pennsylvania General Assembly earlier this year. The Pennsylvania Electricity Ratepayer Protection Act carries those commitments into Pennsylvania law.

The Pennsylvania Electricity Ratepayer Protection Act contains three major components:

- Bring Your Own Generation – Requires hyperscale data centers to construct their own electricity generation in Pennsylvania

rather than drawing power from existing generation assets in the public supply, thereby removing that competition with Pennsylvania ratepayers for power supply.

- Pay Your Own Way – Requires hyperscale data centers to pay the full cost of electric infrastructure and grid connections needed for their projects, rather than visiting those costs on Pennsylvania ratepayers. The Pennsylvania Public Utility Commission (PUC) recently endorsed the principle that large-load users should bear the costs of infrastructure required specifically for their projects.

- Power Pricing Parity – Requires Pennsylvania electric utilities to enter long-term power purchase agreements on behalf of ratepayers, thereby giving Pennsylvania ratepayers the competitive, economic benefits currently extended to large data companies.

“The Governor signed the Statement of Principles Regarding PJM. The President announced the Ratepayer Protection Pledge. Pennsylvania now needs legislation that carries those commitments into state law,” said Williams. “Ratepayers should not subsidize infrastructure buildout for multi-billion-dollar corpora-

tions. Nor should ratepayers be left paying grossly inflated energy costs as these same wealthy companies buy up our existing, limited electricity supply. The principles are simple and largely the same as expressed by the Governor: you will not build your wealth on the backs of our ratepayers.”

“The demand for Pennsylvania’s energy will not slow down any time soon,” said House Republican Leader Jesse Topper. “That energy will fuel the next wave of digital advancements across the world, but it can’t be at the expense Pennsylvanians. This plan is crucial to protect our ratepayers so they can benefit from our Commonwealth’s unique position in the energy landscape.”

“The Pennsylvania Electricity Ratepayer Protection Act is the only legislation pending which directly addresses ratepayer costs, and it does so in a way that changes the market calculation overnight,” said Williams. “As the only energy attorney in the General Assembly, I stand by ready to assist the Governor with a smart plan forward.”

The Pennsylvania Electricity Ratepayer Protection Act currently awaits consideration in the House Energy Committee.

# PA House Approves Bill To Restrict Cell Phones In Schools

Responding to calls from Gov. Josh Shapiro and educators across the state, the state House today passed a bill on a bipartisan vote to restrict cell phone use in Pennsylvania schools.

House Bill 1814 would prohibit students in public schools from using or possessing a cell phone during the school day. Students would be required to secure their phones in a way that prevents access until the end of the day, with exceptions for certain emergency and medical needs approved by school administrators.

House Bill 1814 now moves to the state Senate for consideration.

“Our children need this bill,” Steele said. “It’s taken a lot of hard work to get this bill to this point, but it’s been

worth the effort. Research shows that unfettered access to devices is harming our children, and many educators tell me this bill is desperately needed. Governor Shapiro has urged the General Assembly to send him a bill banning cell phones in schools, and I urge the Senate to send this bill to his desk for the benefit of our children.”

While some school districts already restrict cell phones in schools, Steele noted that many do not. That is why a statewide standard is needed, she said.

Nearly 40 states currently restrict cell phone use in schools, according to Education Week. Twenty-nine states enforce a full “bell-to-bell” ban, also known as an “away for a day” policy.

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## Garden Dilemmas? Ask Mary?



**Mary E. Stone**  
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Leaves have a cycle much like our lives. There's a respite spot I used to frequent when living in Boonton, NJ, in the early summer of my life. I'd lie atop a picnic table at the top of Tourne Park, cooling down from a run there, and marvel at the unfolding leaves against the blue sky in early Spring.

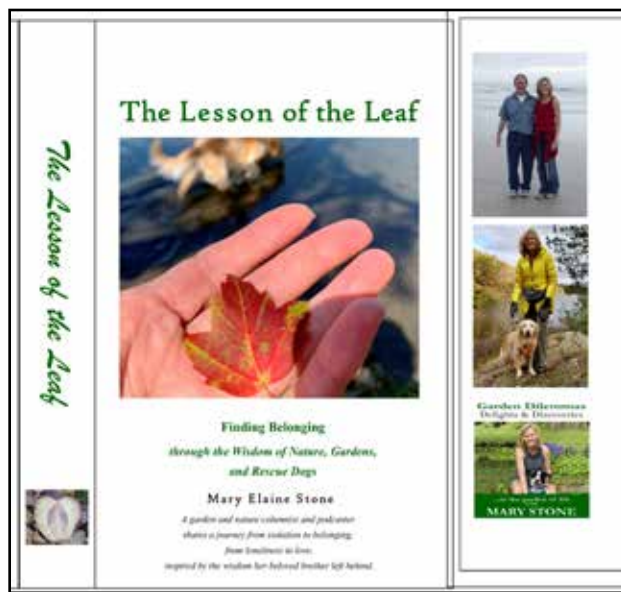
Virgin leaves.

Each time, they'd grow a bit bigger. They're tender to the touch when new. Then, they toughen up as they grow, preparing themselves for the sweltering heat ahead.

In the thick of summer, they begin to show signs of endurance. Holes from insects. Bumps or browning from fungus and wounds from deer browsing on those low enough to reach. As late summer looms, a few leaves shift in color. Some entirely so, then drop to the ground early. Ready to serve their next purpose—to fertilize our dear earth.

Then, the other leaves join them in the Fall, shifting in a sequence of colors. First, yellow, followed by orange, and ending with red leaves. It's during the mid-fall season, when all the colors overlap, that we enjoy the peak color performance.

Some leaves are never part of the rainbow but turn straight to tawny tan

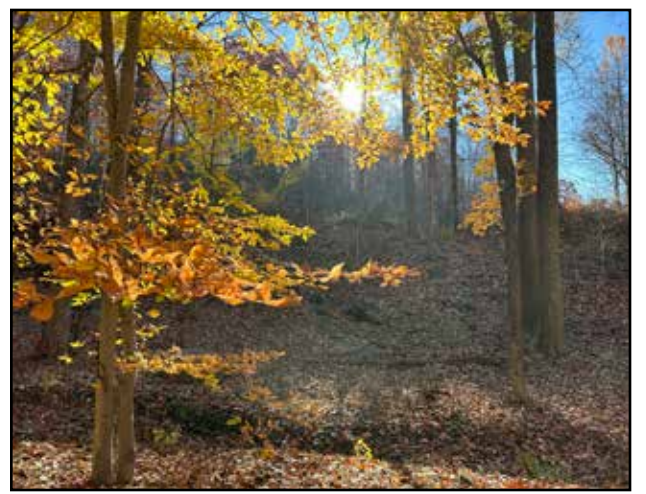


or brown. Then they fall. Others cling to the trees until Spring when the budding new leaves release the old.

In the Fall of our lives, we see things shifting as we age. But what appears to be declining is part of our growth. And we cannot force it or prevent it, just as we cannot make seeds sprout in early Spring. If we look at our changes

as we mature, accepting them as part of the cycle of nature—of life that returns each season to a new season of growth—we understand that we're part of this life and, therefore, always will be. Because the cycle of life never ends.

The sound of rustling leaves as they fall, that crunch as you walk. Rain comes, and they soften and begin to



smell like peas, inviting worms and others to help them decompose back into the earth, bringing all the nutrients from the sun and the rain they absorbed.

The Fall of Freddie the Leaf is a classic children's book. I came upon it long ago while waiting to speak with my grief counselor, Diana Sebzda, who later became Director of Bereavement at the Joseph T. Quinlan Bereavement Center. She'll forever remain my friend.

And while the book by Leo Buscaglia is for children, it's "A Story of Life for All Ages," as the subtitle describes. Although Freddie the Leaf feared letting go of his

tree, his friend Daniel explained that we don't fear Spring turning to Summer, and we don't fear Fall. So why should we fear the Winter season of our lives?

Freddie was the last leaf on the tree, and when he finally let go, he had the most magnificent, soft landing into the snow that felt warm. And for the first time, he could see the whole tree and felt proud to be part of it.

My hope for you, kind readers, is that The Lesson of the Leaf will help you grow to feel the same way.

Garden Dilemmas? AskMaryStone.com or tune in on your favorite podcast app.

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# Pen Argyl Borough Proudly Announces Phase II of the Weona Park Playground During their Annual Founder's Day Celebration



This past week, Weona Park was filled with excitement as Pen Argyl Borough hosted its annual Founders Day celebration and officially marked the opening of Phase II of the Weona Park Playground with a ribbon-cutting ceremony. With perfect weather and hundreds of families in attendance, the community came together to enjoy free carousel rides, mini golf, hot dogs, cupcakes, popsicles, birch beer, and, of course, the brand-new playground expansion. It was wonderful to see so many residents and visitors enjoying the park and celebrating this exciting milestone for our community. We would like to extend our sincere thanks to the Slate Belt Chamber for organizing the ribbon-cutting ceremony and to everyone who played a role in making the new playground a reality. This project has been years in the making, and it would not have been possible without the support and dedication of many individuals, organizations, and partners. Special thanks to Senator Lisa M. Boscola for presenting a commemorative plaque, as well as PA State Rep. Ann Flood and U.S. Congressman Ryan Mackenzie for providing certificates recognizing the occasion. We also want to thank Fidelity Bank for bringing its ice cream truck to the event, which was a huge hit with attendees of all ages. Events like Founders Day remind us what makes Pen Argyl special—a strong community that comes together to celebrate, support one another, and invest in the future. Thank you to everyone who attended and helped make the evening such a success! (photos and caption courtesy Pen Argyl Borough facebook page)



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# Getting Your Car Ready for Summer Road Trips



(NAPSI)—As millions of Americans gear up for family vacations, week-

end getaways and other grand adventures, and with high air travel costs

and rising delays, experts are calling for a road trip renaissance. That means more families driving to their summer destinations. But before packing bags and setting the GPS, it's a good idea to prepare your vehicle to make sure it's ready for a safe journey ahead.

**What To Watch For**  
The experts at the National Highway Safety Administration suggest you:

1. Inspect all belts and hoses to make sure there are no signs of bulges, blisters, cracks,

or cuts in the rubber. Replace any showing obvious wear. Also, make sure all hose connections are secure.

2. Make sure each tire is filled to the vehicle manufacturer's recommended inflation pressure, listed in your owner's manual and on a placard on the driver's door pillar or door frame.

3. Look closely at tire tread and replace tires that have uneven wear or insufficient tread.

4. Make sure you have enough coolant, oil, brake fluid and windshield washer fluid.

5. Have a mechanic check your battery and charging system.

6. Check your headlights, brake lights, turn signals, emergency flashers, and interior lights.

**Car Care Costs:** Maintaining a car can be costly. Since 2019, the average annual cost for car maintenance and repairs across has grown by 43% to over \$930 in 2025. This can include oil and filter changes, brake pad replacement,

inspection, and more. And don't forget tires. Long drives mean your tires will need extra attention. While necessary, these costs should not burden your wallet or force you to make tough cost-cutting travel decisions.

**A Solution:** You can check these pre-trip expenses off your list without depleting your vacation savings when you have the Synchrony Car Care credit card. Cardholders can spread out the cost of vehicle maintenance and repairs and enjoy the flexibility of having their payments align with their budget. Not only can the card be used for repairs and maintenance, but also for travel expenses including gas stations nationwide, toll booths, parking, car insurance, EV charging, and more.

And because cars on long family drives tend to become messy both inside and out, travelers can also use the card to keep vehicles clean with car washes and detailing.

If approved, Synchrony Car Care cardholders who are faced with a

\$930 pre-trip auto expense could take advantage of a six-month deferred interest promotion and see their monthly on-time payment be as little as \$155 per month for six months. With American consumers facing an uncertain economic environment, this can help many families hit the road with money still in their pocket.

Synchrony's Car Care cardholder network benefits include:

- Acceptance at more than 1 million auto merchant and auto-related locations nationwide
- Six months promotional financing on purchases of \$199 or more every day, as well as exclusive cardholder discounts
- No annual fee and \$0 fraud liability
- Convenient monthly payments
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For further information on the Synchrony Car Care credit card and a directory of retailers nationwide where it's accepted, visit [www.synchrony.com/financing/car-care/cardholder](http://www.synchrony.com/financing/car-care/cardholder).

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## Junior Game Warden Camps Provide Hands-On Learning

Whether collecting forensic evidence that will bring poachers to justice, tracking down lost hikers or live-trapping black bears for research, Pennsylvania State Game Wardens have among the most unique, diverse and exciting careers in wildlife conservation.

This summer, youths ages 12 to 15 can experience some of it for themselves.

The Pennsylvania Game Commission is holding one-day Junior Game Warden Camps across the Commonwealth, providing those who attend a structured, fun-filled day learning about the career of a Pennsylvania State Game Warden.

Campers will spend the day with game wardens, gaining insight into the job and the Game Commission's mission of managing and protecting the state's wildlife and habitats while promoting hunting and trapping. Campers will join wardens in light physical fitness activities, confidence-building exercises and hands-on learning stations. Campers will learn about wildlife forensics and methods used by wardens to catch



poachers and solve wildlife-related crimes. Other activities will involve wildlife-capture techniques, woodland tracking and outdoor survival.

Registration can be completed online. Registration is limited to those who have not attended a camp held previously.

The dates and locations for the camps are as follows:

- Northwest Region – Saturday, June 27, 8:00 a.m. to 4:00 p.m., at the Butler City Hunting & Fishing Club, 200 Grant Ave, East Butler, PA 16002. Registration is limited to 40 participants.

- Southwest Region – Thursday, July 23, 8:00 a.m. to 3:00 p.m., at the Game Commission

Southwest Region Office, 4820 Route 711, Bolivar, PA 15923. Registration limited to 40 participants.

- Northcentral Region – Tuesday, June 30, 8:00 a.m. to 3:00 p.m., at Scotia Building, State Game Lands 176, Scotia Range Road, Warriors Mark, PA 16877. Registration is limited to 30 participants.

- Southcentral Region – Saturday, June 20, 8:00 a.m. to 3:00 p.m., at Greencastle Sportsman's Association, 3260 Sportsmans Road, Greencastle, PA 17225. Registration is limited to 40 participants.

- Northeast Region – Thursday, July 30, 9:00 a.m. to 4:00 p.m., at Moscow Sportsmen's

Club, 230 Union Mill Rd. Covington Township, PA 18444. Registration is limited to 45 participants

- Southeast Region – Friday, July 24, 8:30 a.m. to 3:00 p.m., at Middle Creek Wildlife Management Area Visitor Center, 100 Museum Road, Stevens, PA 17578.

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## Celebration of Independence

WARREN250 LAWN CONCERT

**NJ Symphony's Patriotic Brass Quintet**

'Star Spangled Banner', 'America the Beautiful', 'Stars and Stripes', and more!

**Date: Saturday, June 20, 2026**

**Time: 2:00 - 3:00 PM**

**Location: Garret D. Wall Park  
Mansfield Street, Belvidere, NJ**

- Free concert
- Family-friendly
- Bring blankets and chairs
- Alcohol and tobacco products are not permitted



WWW.WARRENCOUNTYNJHERITAGE.COM

Visit our website for more information about parking, accessibility, and park rules

In case of inclement weather, visit our website for the new location



The concert will be paid for with funding from the New Jersey State Council on the Arts.



## Clean Team Workforce Announces May Employee of the Month

– The Clean Team Workforce congratulates its Employee of the Month for May, Roger R.

Roger never thought he would end up homeless. He owned two successful small businesses over the course of thirty years. In 2020, Roger decided to exit his repossession business. He enjoyed the challenge and travel of the job but was looking to slow down the fast-paced life. Roger took a shop maintenance and forklift job during the day, while managing apartments at night. Sadly, tragedy struck Roger's family in 2021, changing his life forever. Roger's loss is very personal, and he remains reluctant to talk about it, but he said, "I lost my way after that



tragic incident, and it forever changed me internally. It was a loss I couldn't comprehend, and I just mentally gave up for several years." To cope with his loss, Roger turned to alcohol. A few years later, Roger found the strength to

give up drinking, only to develop seizures. He was hospitalized and went through rehabilitation. The financial strain of the hospitalization took his savings and apartment, but he did not break his commitment to staying sober.

Roger struggled with homelessness for approximately a year before turning to the Allentown Rescue Mission. "I found the Mission in my greatest time of need," he stated. Roger joined the Mission's eight-week Transformation Program to take advantage of the classes it offered. He learned life skills and participated in biblical classes. "The opportunities here are beyond just a bed and a meal."

After graduating from the Transformation Program, Roger was hired with the Clean Team Workforce and immediately selected to work in the Mission's food service department. Between his past cooking experience and his strong work ethic, Roger quickly stood out. Today, he is known as a reliable colleague who is easy to work with.

Roger is saving money and realizing that everything he aspires to achieve is within his grasp. He would love to purchase a small piece of land and looks forward to becoming fully independent again.

The Allentown Rescue Mission, a 501c3, 145 bed non-profit homeless shelter has been providing shelter to men in crisis since 1900. In

addition to emergency shelter services (365 days a year), the Allentown Rescue Mission offers a faith-based 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 wage—helping them save a nest egg to transition back into the community. In a typical year, the Allentown Rescue Mission provides shelter services for nearly 1,000 men and serves more than 60,000 meals 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](http://www.allentownrescuemission.org)

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**DIRECTIONS:** From Bangor: Delabole Rd., Make Left onto Heimer Rd., and Right onto Gum Rd.  
 From Wind Gap: 3rd St., make left onto Delabole Rd., Right onto Merwarth Rd., Left onto Gum Rd.

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# Classifieds

## Rentals

Office & Lot for Rent - Rt. 512, Pen Argyl. \$1,600/mo includes utilities. Text 484-542-8579 with Name, Address & Business Use. Will Respond to Text

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Siding, Roofer, and Window Installer. Experienced only. Must have drivers license. Work available immediately. Call Comunale Construction at 610-588-6715 TS

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Please call the office at 610-759-3290

Part Time Tree Helper Wanted! Must Have Valid DL. Call 610-588-1034

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Bus Person Wanted! Mt. Bethel Diner, Apply In Person. 2600 North Delaware Dr., Mt. Bethel

## For Sale

For Sale Kitchen or Dinette Set. 60' x 84' Glass Table with six (6) chairs. In Very Good Condition! Please Call: 908-750-4077

## Yard Sale

MOUNT BETHEL: Community Yard & Bake Sale! Sat., June 13, 8am-2pm. (rain date: June 14), Evergreen Village, Evergreen Road.

**Pen Argyl Area School District EMERGENCY SUBSTITUTE TEACHER PROGRAM**  
Training Session on July 13, 2026 from 10am to 12pm.  
No teaching credentials required - only a Bachelor's Degree. If you are interested in being a substitute teacher in the Pen Argyl Area School District, contact Mrs. Kim Farnack at farnack.kim@penargylsd.org or 610-863-3191 ext. 11313 to learn more about the program and training opportunity.  
RSVP by July 8, 2026.



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\* Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. \*\* Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss accuracy of evaluation, proper fit, and ability to adapt to amplification. Only your Miracle-Ear® representative can determine which model and options may be right for you.  
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