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HAPPY THANKSGIVING

New in the Bangor Public Library

Adult Fiction:
Nash Falls by David Baldacci; The Restoration Garden by Sara Blaydes; Exit Strategy by Lee Child; Miss Winter in the Library with a Knife by Martin Edwards; The King's Ransom: A Recovery Agent Novel by Janet Evanovich; Queen Esther: A Novel by John Irving; The Girl from Devil's Lake by Judith A Jance; Empire of the Dawn by Jay Kristoff; Some Bright Nowhere : A Novel by Ann Packer; A Long Winter by Colm Toibin; Like Family: A Novel by Erin O. White

Adult Non Fiction:
Book of Live: A Memoir of Sorts by Margaret Atwood; To Rescue the American Spirit: Teddy Roosevelt and the Birth of a Superpower by Bret Baier; We Did Ok, Kid: A Memoir by Anthony Hopkins; Motherland: A Feminist History of Modern Russia, From Revolution to Autocracy by Julia Ioffe; Little Woodchucks: Offerman Woodshop's Guide to Tools and Tomfoolery by Nick Offerman; 1929: The Inside Story of the Greatest Crash in Wall Street History—and how it Shattered a Nation by Andrew Ross Sorkin

Large Print Adult Fiction:
The Christmas House: An Amish Christmas Novella by Beverly Lewis

Easy Fiction:
Ms Rachel and Bean and the Bedtime Routine: Encouraging a Calm and Comforting Good Night by Rachel Accurso; Knight Owl's Little Christmas by Christopher Denise; The Humble Pie by Jory John; John the Skeleton by Triinu Laan; 5-Minute Star War Stories; Disney Winnie the Pooh Storbook Collection

Easy Non Fiction:
What's Your Favorite Animal?; Tomie de Paola's Book of Bible Stories by Tomie DePaola; Carnival of the Animals by Saint Saens by Barrie Carson Turner; Baby's First Bible by Sally Ann Wright

Junior Fiction:
The First Cat in Space and the Wrath of the Paperclip by Mac Barnett; The First Cat in Space and the Soup of Doom by Mac Barnett; Hikaru in the Light! (Volume 2) by Mai Matsuda; Kindred Dragons 1 by Sarah Mensinga; Big Nate: A Good Old-Fashioned Wedgie by Lincoln Peirce; 39 Clues: The Sword Thief: A Graphic Novel by Hannah Templer

Junior Non Fiction:
The Story of Orchestra: Listen While you Learn About the Instruments, The Music, and the Composers Who Wrote the Music by Robert Levine; The Mayflower by Kate Messner

Young Adult Fiction:
The Same Backward as Forward by Jennifer Lynn Barnes; Lord of the Flies: The Graphic Novel by William Golding; We Fell Apart by E. Lockhart; Fallen City by Adrienne Young

DVDs:
The Best Christmas Pageant Ever

In Loving Memory of David Robert Stanton



David Robert Stanton, 89, of Centerville, NJ passed away peacefully, at home and surrounded by family, on November 10, 2025.

Known for his welcoming smile, the gleam in his eye, and his inexhaustible pursuit of God's Love, David was a stranger only to those he had yet to meet.

David is a graduate of Blair Boy's Academy, a veteran of the Vietnam War, and was a devoted deacon of his church. He was most proud of his marriage, his family, his 23 years of service in the U.S. Army, and his alma-mater, Rutgers University.

After his military career, David began a second career as a claims representative with the Medical Inter-Insurance Exchange of N.J. In his later years David partnered with "Rock Steady Boxing" to "fight back" against Parkinson's. Turns out, David packed a powerful punch.

David is survived by his wife, and the love of his life, Marilyn Stanton with whom he shared 67 years of marriage; his daughters, Catherine Wasileski (Mark), Susan Talarico (Tony); his son, Michael Stanton (Holly); his granddaughters: Katrina Ianuzzi, Christa Marx (Austin), Breanna Stanton, Rebecca Stanton, & Mia Stanton, his grandsons, Paul David Griffing (Megan), & Elijah Stanton; and his 3 great grand-daughters: Abigail, Sophie, & Kinsley Griffing.

David is also survived by his sister, Barbara Jean Johnson; and brother, George Arthur Winslow.

David will be reunited with his devoted parents, Robert Earl Stanton and Marie Boyson Stanton, and with his loving birth-mother, Alice Caroline Slade.

A celebration of David's life will be held on Saturday, December 13, 2025, at 11:00 AM from the Crossing Community Church, 80 Lower Silver Lake Road, Newtown, PA 18940.

In lieu of flowers, donations can be made in David's honor to the New Jersey/Pennsylvania chapter of the Parkinson's Foundation- serving the needs of veterans with Parkinson's Disease.

To view David's "Veteran's Legacy Memorial", please visit:
www.vlm.cem.va.gov/DAVIDROBERTSTANTON/ab0b83

Arrangements and care entrusted to:
Marcho, Sheldon, and Kukuchka Funeral Home & Cremation Care,
73 W. Tioga St., Tunkhannock, PA 18657.

Please visit the funeral home website at:
www.tunkhannockfuneralhome.com/obituaries/david-stanton
to share memories or extend condolences.



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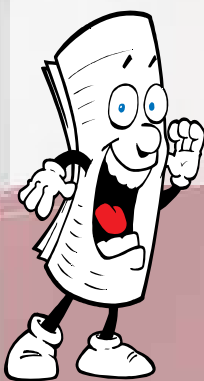
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SCAN ME

Warren County, NJ, Honors 47 Wartime Veterans

Warren County’s Distinguished Military Service medal was awarded to 47 wartime veterans in the County’s 18th Veterans Recognition ceremony, held on Nov. 8, 2025 at the Warren County War Memorial.

The Warren County Board of County Commissioners joined the Warren County War Memorial Corporation to commemorate Veterans Day and honor all veterans, while also recognizing the men and women who have worn the uniform in the United States military during times of conflict.

This brings to 2,265 the total number of war era veterans who have been recognized since the program began in 2003 with an award to 108-year-old Julius Hausold, who was Warren County’s last surviving World War I soldier at the time. Five of the veterans were recognized posthumously in this year’s ceremony, with loved ones accepting the medal on their behalf.

During the ceremony, Commissioner Director Jason J. Sarnoski read the 2025 Veterans and Military Families Month proclamation that the Board of County Commissioners issued recently.

“It’s truly our honor to be here today,” Director Sarnoski told the assembled veterans, adding, “It is important that we



honor our veterans here in Warren County and never forget the sacrifices that you all made so that our families can live in peace.”

“To all veterans here today: your service has strengthened our nation and enriched our county,” Deputy Commissioner Director Lori Ciesla remarked. “You’ve shown us what leadership, sacrifice, and integrity look like, and for that, we are truly grateful,” she added.

“I just want to say ‘thank you,’” said Commissioner James R. Kern III. “It’s you men and women who put duty before self, courage before comfort, and country before all else that lets us wake up in a nation that is safe, free, and full of opportunity. I’m thankful for that every day,” Kern said.

Warren County Veteran Coordinator/ Services Officer Jacquie Petersen spoke to the crowd as well, saying, “I have one

focus, and that is to support all of you. You’re worth the time, you’re worth the conversation, and your service to this country matters. If you could use assistance please make an appointment.”

The honorees, along with their war era and service branch, were:

Francis P. Aiello, Vietnam, Marine Corps
Richard T. Allen, Vietnam, Army (deceased)
Maurice E. Baker, World War II, Army
Alfonso Battaglini, Vietnam, Army
Robert M. Beck, Panama, Air Force
Robert T. Beck, Korea, Army (deceased)
Stephen J. Borys, Vietnam, Navy
Harold I. Brown, Vietnam, Army
Michael Cieri, Vietnam, Army
Eric Cliff, Beirut, Marine Corps
William J. Clift, Vietnam, Army (deceased)
Stefanie Colombo, Global War on Terror,

Army
Peter Colombo, Global War on Terror, Army
Anthony G. Cossio, Global War on Terror, Army
Stephen M. Czar III, Vietnam, Marine Corps
Harry W. DeLorenzo, Korea, Air Force
Johnny L. DePatto, Vietnam, Marine Corps
Thomas A. Devlin, Vietnam, Army
Emerson G. Dickson, Korea, Navy
Rocco V. DiPaolo, Vietnam, Navy
Brian J. Drum, Vietnam, Marine Corps
Arthur L. Ellis Jr., Vietnam, Army
Clifford W. Gibbs, Vietnam, Army (deceased)
John Gyorfi, World War II, Navy
George D. Hall, Korea, Marine Corps
Harold H. Hendra, World War II, Army
Gregory A. Hudson, Vietnam, Army
Walter R. Hughes Jr., Vietnam, Army
Alex J. Karmondi, Vietnam, Army
Bernard Karmondi, Global War on Terror, Army
Leroy H. Klipple, Vietnam, Air Force
Mitchell Lango, Vietnam, Army
Jack B. Long, Vietnam, Navy
Benjamin T. Lore, Global War on Terror, Army
Joseph J. Lubowiki Jr., Vietnam, Army
Robert Lubowiki, Vietnam, Navy
Kenneth Moye, Viet-

nam, Army
Louis H. Naumann Jr., Vietnam, Army
John E. “Ed” Palmer, Vietnam, Marine Corps
John Rega, Vietnam, Army
David L. Richards, Vietnam, Army
Bryan Romeo, Global War on Terror, Navy
William P. Sirotnak, Vietnam, Air Force
James Smith, Vietnam, Army
Robert Starrett, Vietnam, Army (deceased)
Stephan J. Stein, Global War on Terror, Army
Melvin Winters, Vietnam, Army
Warren County accepts applications for the Distinguished Military Service Award throughout the year, with ceremonies scheduled periodically.

ally. Current and former county residents, living or deceased, are eligible for the recognition, provided they served honorably during one of the recognized wartime periods from World War I through the present.

Learn more about Warren County Veteran Services, an office in the county Human Services Department, at www.warrencountynj.gov/government/human-services/division-of-aging-and-disability-services/veterans-services. Information about the Warren County Veterans Recognition Program, including an application that can be downloaded, is available at www.warrencountynjveterans.com/home-veterans.

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Back on Her Feet and Back to Her Active Lifestyle

Jackie Bauer of Walnutport, a mom to four athletic sons, has always lived life in motion. A runner since age 20, she carved out time daily to log 5 to 6 miles, either on her treadmill or along the scenic D&L Slatington Trail near her home.

But in October 2024, persistent hip pain began to slow her stride. She turned to a local health system, where she was diagnosed with bursitis and received a cortisone injection. The treatment offered only brief relief. “After that, I could run maybe a mile, and that was it,” she recalled. For



someone used to long daily runs, the limitation was deeply frustrating.

As her pain worsened, imaging revealed a hip labral tear. Physical ther-

apy was prescribed, but her condition deteriorated. Walking became a struggle. She needed her hands to lift her leg and found stairs nearly impossible. “I felt like a 90-year-old woman,” Jackie said. “My pain was a nine out of ten every day. Ibuprofen helped a little, but it upset my stomach.”

Determined to find answers, Jackie pursued further care, including pain management where she was diagnosed with sciatica and given another cortisone injection. But the message was clear: “How’s your hip?

You have to get it fixed.” Eventually, a joint replacement specialist in Philadelphia referred her to Dr. Ajay Kanakamedala of St. Luke’s Orthopedic Care.

“We call it hip-spine syndrome,” Dr. Kanakamedala said. “We see it all the time. The hip and the back are just so connected that if your hip is hurting, you change the way you walk. You change your posture. It affects your back, or vice versa.”

“I think that’s part of why maybe people weren’t convinced, because she had back issues, that anything was coming from her hip. Her back issues did get better once she had a back injection, but it didn’t fix the hip.”

Jackie appreciated Dr. Kanakamedala’s thorough approach. “He went over everything with me,” she said. “He recommended physical therapy first to help me get stronger and confirm the pain was coming from my hip.” His expertise in orthopedic sports medicine gave her hope.

On August 6, 2025, Dr. Kanakamedala performed an arthroscopic labral repair and femoral osteoplasty, a minimally invasive procedure to re-

lieve pain, restore movement and prevent further joint damage.

Jackie began her recovery at Physical Therapy at St. Luke’s in Lehigh-ton, focusing on rebuilding strength and mobility. She completed her final session on October 8.

“Jackie was a model patient, highly motivated and consistently compliant with both her rehab treatments and home exercise program,” says Tiven Teno, PT. “She progressed rapidly through a regimen designed to restore full range of motion and hip strength. Throughout her treatment, she experienced no pain and advanced quickly, allowing her to return to her active lifestyle with confidence.”

Today, Jackie is back to walking and cycling the trail she loves. While she hasn’t resumed running yet, she’s optimistic. “I’m just glad to be able to do everyday things without pain,” she said. Even sleeping is restful again.

Reflecting on her journey, Jackie shared, “Dr. Kanakamedala was a godsend. He gave me back my life. He told me I’d get to 75 or 80%, but I feel 100%. I just can’t believe how good I feel.”



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Dine in or Take Out

Garden Dilemmas? Ask Mary!



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

Hello fellow readers,
Last week, I shared my late-season harvest from my no-till vegetable garden. Over the weekend, I removed the deer netting, stakes, and cages and found other tomatoes that could’ve been harvested despite the heavy frost. They were tucked safely below the damaged foliage, but I left them for the critters to enjoy.

I hesitate to put produce in the compost pile. When I first moved here, I did, and the compost invited black bears and raccoons to feast. Though I enjoy them, there’s a fine line between sharing bounty and feeding wildlife (which is harmful), and allowing access to household trash, putting them at risk from hunters. Supplemental feeding also leads to unnatural deer density and the spread of diseases such as Chronic Wasting Disease.

So now my compost pile is made up of only leaves, plant debris, and coffee grounds. The nitrogen-rich grounds help balance the carbon-rich leaves for effective decomposition. But in the fall, I leave the cut-down plants in the garden as a Thanksgiving feast for the critters.

Last week, we reflected on how Nature does not hurry, yet everything is accomplished. Following Nature’s rhythm helps us trust the timing of our own lives. What we’ve planted—the work we do, the friends and loved ones who surround us, even what we perceive as hardship—feeds what comes next. Trusting the flow allows us to join the rhythm of the natural world, which always finds its way back to life.

And so, with a tender heart, I share that my dear friend and design colleague, Marty Carson, has passed away. Many of you have come to know Marty through our stories—her wisdom, her humor, her quiet generosity.

We met at the Springfest Garden Show about 25 years ago. I was a newbie, invited last minute, building a small design-studio display with houseplants, drawings, and before-and-after photos. On setup day, I quickly learned that Marty—modest as she was—was the matriarch of the event. She, with her husband, Buck, and the gardeners of her company, Three Seasons Inc., brought elegance to the show. Her garden display was worthy of the Philadelphia Flower Show.

She came up to me, introduced herself, and admired my designs. “You have what I need.”

“I can see you need help with garden design,” I teased, her voluptuous woodland display behind her.

Marty doodled her design ideas on a yellow legal pad, but couldn’t produce to-scale drawings that clients often requested. And so the



Marty-and-Mary design team began, as did our enduring friendship.

When Springfest, held at the Sussex County Fairgrounds, retired after 20 years, I wrote about it in The Press (April 2016). Attendance was strong, but costs grew too high. Its final gathering was full of gratitude for supporters, who insisted on anonymity. In respect of their wishes, I’ll write in “code.”

There are three seasons of growth each year, followed by a season of dormancy, but even then, roots remain active, preparing for new growth come spring. There are the creative talents of Louise, Kathy, and the crew (no codes there) working through the seasons, bringing finesse and style to the

show. Then there’s Gale and Barbara organizing the business of it all with the help of the Springfest Committee.

Twenty years of Springfest planted deep roots in the love of gardens and the appreciation of all things green. Its supporters created fertile soil for many local businesses to grow.

After it retired, big-business event coordinators wanted to jump in, but they couldn’t replace the grassroots enthusiasm, volunteer hours, and generosity that made Springfest a labor of love.

When things end, the seeds left behind carry on. Marty’s gardens, her kindness, and her presence in my life will continue to grow in ways seen and unseen. Thank you, my dear friend.



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Snow Blower Safety: Get Ready Before the Flakes Fall

(NAPSI)—When winter weather comes, the Outdoor Power Equipment Institute (OPEI) encourages home and business owners to review safety tips and ready their snow throwers—often referred to as snow blowers—and other winter equipment.

“Weather is more unpredictable now than ever, so you want to get your snow blower serviced now, before repair shops are busy,” says OPEI President and CEO Kris Kiser.

He offers these tips:

- Read your owner’s manual. Review safe handling procedures. Know how to operate the controls. If the manual cannot be found, look it up online, and store a copy on your computer.
- Check your equipment. Completely power off equipment when in-

specting it.

- Get the right fuel. Be sure to use the correct fuel, as recommended by the equipment’s manufacturer. Fuel that is more than 30 days old can phase separate and cause operating problems. Buy gasoline ahead of a storm. For more information see: <https://www.opei.org/programs/ethanolwarning/>.
- Use gasoline safely. Before you start the engine, fill up the fuel tank on your snow thrower while the engine is cold and outside your home or garage. Never add fuel to a running or hot engine. Store the gasoline in a fuel container and label with date purchased and the ethanol content. Make sure fuel is stored safely and out of the reach of children.
- Charge batteries. If using a battery/elec-



tric-powered snow blower, make sure batteries are fully charged in advance of a winter storm in case electricity goes

out—and always use manufacturer-approved batteries for equipment.

- Clear yard of obstructions. Doormats, hoses,

balls, toys, boards, wires, and other debris should be removed. When run over by a snow thrower, these objects may harm the machine or people.

- Dress properly. Locate safety gear and put it in an accessible place. Plan to wear safety glasses, gloves and footwear that can handle cold and slippery surfaces.
- Have a clean-out tool or stick ready. NEVER put your hands inside the auger or chute. Use a clean-out tool (or stick) to unclog snow or debris from your snow thrower.
- Turn off your snow thrower if you need to clear a clog. Turn off the machine and wait for all moving parts to come to a complete stop before clearing any clogs or debris.
- Operate your snow thrower only in visible conditions. Never operate the snow thrower without good visibility or light.
- Aim your snow thrower with care. Never throw snow toward people or cars. Don’t let anyone stand in front of your snow thrower.
- Use extreme caution on slopes and hills. Do not attempt to clear steep slopes and use caution when changing directions on slopes or inclines.
- Know where your cord is. If using a corded electric-powered snow thrower, use an extension cord that is weather-resistant and designed for outdoor use and do not run over the power cord.
- Keep pets and children inside while the snow thrower is operating. Kids and pets may love to play in the white stuff, but it’s best to keep them inside your home and supervised (by someone else) while a snow thrower is operating. Do not allow them to play in the snow as it is tossed out of the chute.

For more safety information on using outdoor power equipment and being weather ready, go to WeatherItBetter.com.

Knowlton Twp. Fire & Rescue Co. No. 1

PROJECT Santa

Friday December 19th
Gift Deliveries between 6:30-8:30 pm

We all know Santa is a busy man during the holiday season, but he is taking some time away from the North Pole to help the members of KTFR spread some holiday cheer, and deliver some early Christmas presents to the good boys and girls in Knowlton Township.

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The helpful place.

St. Luke’s to Establish Rural Street Medicine Training Program

A federal grant will help St. Luke’s University Health Network expand care for the medically underserved populations of rural Carbon and Schuylkill counties.

St. Luke’s plans to use the \$1.94 million, 5-year grant (from the Primary Care Training and Enhancement Residency Training in Street Medicine (PCTE-RTSM) initiative) to develop a Street Medicine Academic Tract within its Carbon (Rural) Family Medicine Residency program. Specifically, the grant will help St. Luke’s enhance rural family medicine residency training, equipping residents to deliver com-

passionate, high-quality care to individuals facing homelessness and opioid addiction.

“Meeting patients where they are takes special training and skills to help reduce barriers to healthcare,” said Danielle Godfrey, St. Luke’s Manager for Graduate Medical Education (GME) Rural Programs. “Our rural family medicine residents will learn how to best provide primary and preventative care in places like rural shelters, food pantries, in mobile outreach units and in other community settings that are often underserved.”

“In these counties, there’s an under-appreciated need and there

are more and more individuals experiencing homelessness and housing insecurity,” she added.

St. Luke’s Carbon (Rural) Family Medicine Residency program already features some street-medicine training, but the grant will allow it to develop a full Street Medicine Academic Tract. Residents will participate in structured clinical rotations that include telemedicine plus working in shelters and mobile-outreach units. They will also receive expanded behavioral health and addiction medicine training.

The grant will also allow St. Luke’s to establish Medical-Legal

Partnerships (MLPs). The MLPs will train residents in legal advocacy and help patients secure Medicaid, disability benefits, and housing stability services.

Carbon (Rural) Family Medicine Residency program director Dr. Thomas McGinley and associate program director Dr. Greg Dobash pursued the grant after identifying the need for expanded street medicine in Carbon and Schuylkill counties. About 100 organizations applied for the grant. St. Luke’s was one of 24 to receive funding.

“This is a unique training option that will attract medical school graduates seeking specialized Rural Street Medicine training and experiences that they just can’t get elsewhere. Our local patients benefit by having medical and academic leaders that take Rural Street Medicine seriously, provide direct care, and are training the next generation of Family Medicine physicians to do the same,” Godfrey said.



The Blue Mountain Community Library is once again sponsoring a Christmas Tree Fundraiser this year. Anyone wishing to honor or memorialize a loved one or a pet may purchase an ornament to hang on our Christmas Tree for \$5.00 each. The Fundraiser began November 1st and will continue through December 31, 2025. Please consider helping the library by purchasing an ornament to decorate the Christmas Tree. Visit our Book Nook to purchase books for the reader on your holiday list. Items include fiction and non-fiction books for adults, young adults, and juvenile readers, as well as large print materials and puzzles. The Blue Mountain Community Library is located at 216 S. Robinson Ave. in Pen Argyl. Hours are 10-12, Monday through Saturday mornings and 6-8, Monday and Thursday evenings. All information is available on our Facebook page and website at www.bmcl.org.

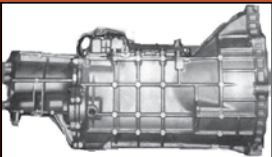
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Congressman Tom Kean Joins Bipartisan Effort Urging Senate Leaders to Partner with House to Address Rising Health Care Costs

Congressman Tom Kean, Jr. (NJ-07) joined more than 30 House Republicans and Democrats in sending a letter to Senate Majority Leader John Thune and Senate Minority Leader Chuck Schumer urging them to include House members in negotiations ahead of next month's Senate vote on the expiring Affordable Care Act (ACA) premium tax credits. The lawmakers called for a bicameral approach in order to quickly advance a bipartisan solution to protect families from significant premium increases.

"Bipartisan engagement across both chambers will be essential to crafting a health care proposal that can pass and be signed into law," the Members wrote.

In the letter, the bipartisan group of lawmakers underscore that families nationwide who rely on the expiring ACA premium tax credits are facing drastic spikes to their health insurance costs.

Congressman Kean has consistently advocated for healthcare affordability in New Jersey in recent months. In September 2025, he joined as an original cosponsor of the Bipartisan Premium Tax Credit Extension Act (H.R.5145), legislation that would extend the ACA premium tax credits to protect New Jersey families and small businesses from steep healthcare premium increases.

Further, in October

2025, Congressman Kean joined 12 Republican lawmakers in sending a letter to Speaker Mike Johnson urging the House of Representatives to take immediate action on the expiring Affordable Care Act (ACA) premium tax credits as soon as the government reopened.

Read the full letter sent to Senate leadership at: <https://kean.house.gov/sites/evo-subsites/kean.house.gov/files/evo-media-document/health-care-reform-letter-to-thune-schumer.pdf>

The bipartisan letter, led by Reps. Josh Gottheimer (NJ-5) and Jen Kiggans (VA-2), is also signed by Adam Gray (CA-13), Juan Ciscomani (AZ-6), Maggie Goodlander (NH-2), Jeff Van Drew (NJ-2), Susie Lee (NV-3), Don Bacon (NE-2), Ed Case (HI-1), Mike Lawler (NY-17), Greg Landsman (OH-1), Jeff Hurd (CO-3), Darren Soto (FL-9), Rob Bresnahan, Jr. (PA-8), Tom Barrett (MI-7), Debbie Dingell (MI-6), Tom Kean, Jr. (NJ-7), Jimmy Panetta (CA-19), Ryan Mackenzie (PA-7), Henry Cuellar (TX-28), Monica De La Cruz (TX-15), George Whitesides (CA-27), Maria Elvira Salazar (FL-27), Vicente Gonzalez (TX-34), Donald Davis (NC-1), Scott Peters (CA-50), Jared Moskowitz (FL-23), Josh Riley (NY-19), Laura Gillen (NY-4), Marie Gluesenkamp Perez (WA-03), and Carlos Gimenez (FL-28).

Rep. Ann Flood Issues Statement on 2025-26 State Budget

Rep. Ann Flood (R-Northampton) issued the following statement on the passage of the Fiscal Year 2025-26 state budget:

"This year's budget makes important strides for Pennsylvania families, students and businesses while addressing key priorities for economic growth and government accountability. While the process was not perfect, the budget includes meaningful reforms and investments that move the Commonwealth in the right direction.

"While I supported the Fiscal Code bill, which advanced several key Republican priorities, I could not support the \$50.1 billion General Appropriations bill because its spending level is too high. I remain concerned that revenue growth is not keeping pace with spending and that Pennsylvania will continue to face a structural deficit if we do not make lasting fiscal reforms. Still, several priorities our caucus outlined earlier this year

are included in this budget agreement, and I am proud of the progress we achieved.

"Repealing the Regional Greenhouse Gas Initiative (RGGI) and advancing permitting reforms are significant accomplishments. These measures will stabilize the electric grid, lower electricity costs, create jobs and reinvest revenue into our economy. They also show that Pennsylvania is open for business and ready to work with industry.

"Education remains a top priority. The budget provides \$50 million in school choice funding for schools and students facing the greatest challenges, while preserving cyber charter options for families. These investments ensure students in crisis have access to quality educational opportunities and give parents meaningful choices for their children's education.

"The budget also strengthens Medicare and public assistance programs. Reviewing



high SNAP (Supplemental Nutrition Assistance Program) balances and recovering funds when appropriate ensures taxpayer dollars are spent responsibly and benefits reach those who truly need them. These reforms improve program integrity and accountability.

"Importantly, this budget does not draw from the state's Rainy Day Fund, preserving those reserves to protect taxpayers in the event of future economic downturns and ensuring long-term fiscal stability."

"I will continue advocating for responsible spending, policies that expand opportunity, and programs that support Pennsylvania families and communities."

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Reasons To Shop Local This Holiday Season - Small Business Saturday is November 28th

In an age dominated by e-commerce giants and big-box retailers, the importance of shopping locally often gets overlooked. However, choosing to support local businesses offers a wealth of benefits that extend far beyond just purchasing goods or services. Shopping locally is a powerful way to invest in your community's economic health, foster social connections, and promote sustainability. This article explores the numerous advantages of shopping locally and why it should be a priority for consumers who care about their communities.

One of the most significant benefits of shopping

locally is the positive impact it has on the local economy. When you spend money at local businesses, a much larger portion of that money stays within the community compared to spending at national chains or online retailers.

Circulation of Money Within the Community: Local businesses tend to source goods and services from other local companies, creating a multiplier effect where money circulates within the community several times over. Studies have shown that for every dollar spent at a local business, about 68% remains in the local economy, compared to only

43% when spent at chain retailers.

This circulation helps create jobs for local residents, supports public services through tax revenues, and fosters entrepreneurship opportunities. The more vibrant the local economy, the more resilient the community becomes in facing economic downturns.

Small and locally-owned businesses are major employers in communities across the country. By supporting them, you help sustain jobs and can even contribute to job growth as these businesses expand. Unlike large corporations that often automate roles or offshore jobs, local

businesses tend to invest in hiring people from nearby, which benefits families and strengthens neighborhood networks.

Local businesses are an integral part of what defines a community's unique character and charm. Unlike chain stores that offer standardized products and designs, local shops often carry distinctive goods that reflect the tastes and culture of the area.

Preserving Local Culture: When you shop locally, you're supporting artisans, craftspeople, farmers, and entrepreneurs who bring their unique talents and heritage to your community. This helps preserve traditional crafts and local customs that might otherwise disappear under homogenized mass production.

Farmers markets, independent bookstores, boutique clothing shops, neighborhood coffeehouses — each contributes to a sense of place that makes your town or city special. This cultural richness not only enhances residents' quality of life but also attracts tourists looking for authentic experiences.

Enhancing Social Connections: Shopping local-

ly encourages face-to-face interactions between customers and business owners. These personal relationships build trust and foster a sense of belonging. When people know their shopkeepers by name, they are more likely to feel invested in their community's well-being.

Local businesses often participate in or sponsor community events such as fairs, parades, or charity drives. By supporting these businesses, you indirectly contribute to initiatives that improve neighborhood cohesion and social capital.

Boosting Local Innovation: Small business owners tend to be more flexible and responsive than large corporations when it comes to adapting product lines or introducing novel ideas. They listen carefully to customer feedback because maintaining good relationships is crucial for survival. This close connection often results in unique offerings unavailable elsewhere — whether it's handmade jewelry items designed by local artists or specialty foods crafted with regional ingredients.

Shopping locally often provides a superior cus-

tomers service experience compared to dealing with faceless chains or online stores.

Local shopkeepers usually take great pride in their work and go out of their way to ensure customers are satisfied. They can offer personalized recommendations based on what they know about individual preferences or provide customized solutions not possible with mass-produced goods.

The benefits of shopping locally extend well beyond individual transactions—they represent investments into your community's economic vitality, cultural uniqueness, environmental sustainability, innovation potential, customer experience quality, and public services funding. Every time you choose a local business over an impersonal chain retailer or an anonymous website giant you help build stronger neighborhoods characterized by resilience and pride. Embrace the power you hold as a consumer by consciously prioritizing shopping locally — it truly makes a difference in creating thriving communities where everyone prospers together.

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Hackettstown Rotary Club and WRNJ Radio Join to Hold the Annual Holiday Food Drive to Benefit Norwescap Food Bank on November 22

The Hackettstown Rotary Club joins with community partner WRNJ to hold the annual Holiday Food Drive to benefit NORWESCAP Food Bank from 9 a.m. to 12 p.m. on Saturday, November 22, 2024 at the Panera Bread parking lot in Mansfield Plaza on Route 57 in Hackettstown.

Cash donations are welcome and the following items are needed:

- Frozen Turkeys and Hams
- Canned fruits and vegetables
- Tuna
- Peanut butter
- Carrots
- Stuffing mix
- Pasta
- Sauces
- Non-perishable food

**Gift cards and donations are appreciated.

Food banks are experiencing a particularly challenging year, with dramatic federal cuts to USDA food programs amounting to over \$1 Billion. The cuts to TE-FAP (Emergency Food Assistance Program) and LFPA (Local Food Purchase Assistance) have resulted in reduced deliveries of meat, produce and other staples to food banks, which are already struggling with increased demand as food insecurity increases in our population.

The Hackettstown Rotary Club and WRNJ have been great partners in this worthwhile initiative, which we have been holding for over 20 years,” says Catherine Rust, Chair of the Hackettstown Rotary Holiday Food Drive, “and we are grateful to the Hackettstown community, which is extremely generous. I have no doubt that they will step up once again to provide dramatic support for NORWESCAP and for our local food pantries once again this season.”

A list of food pantries in our area where residents can access food assistance will also be provided during the food drive this year.

Food and financial donations for the drive support NORWESCAP Food Bank, an important resource regionally, and one of only 5 Feeding America Food Banks in the state of New Jersey.

For more information about this year’s Food Drive, please contact info@hackettstownrotary.org

Norwescap’s Food Bank, a member of Feeding America, is dedicated to ending hunger and reducing food waste by soliciting, storing and distributing donated food and other products to partner organizations in Hunterdon, Sussex and Warren counties. The Food Bank distributes enough food to provide nearly 1.7 million meals annually to over 100 pantries, shelters, soup kitchens, on-site feeding programs, childcare centers, senior centers, and programs for the disabled. Norwescap also supports summer food programs for children, school pantries and backpack programs for public schools throughout the region.

About Hackettstown Rotary Club

The Hackettstown Rotary Club is part of Rotary International, a global network of 1.4 million neighbors, friends, and leaders volunteer their skills and resources to solve issues and address community needs. The Hackettstown Rotary invites friends and neighbors to join us, so that the club can make an even bigger impact together.

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Pennsylvania Bill to Allow Cash as Payment for School Events Now A Law

the House passed legislation sponsored by Rep. Dan Moul (R-Adams) that will make cash an acceptable form of payment for admission to school-sponsored events in Pennsylvania.

Many schools across the Commonwealth have been rejecting cash as a form of payment for school-sponsored events and activities, instead requiring spectators to use credit or debit cards, or order online or through an app. Moul contends these policies have disenfranchised many seniors, poor people and children who may not have credit cards, smart phones or the technical capabilities to access the internet to purchase tickets.

Ticket purchases via the internet or apps require buyers to surrender a lot of personal information, which is particularly troublesome for senior citizens, a group often targeted by scams. For many who simply want to see their child, grandchild or friends play ball, the



new law will permit them to purchase tickets with cash – the legal currency of the United States.

Since he introduced House Bill 685 in March of this year, Moul's legislation has received widespread bipartisan support and an overwhelmingly positive response from citizens across the Commonwealth. In fact, the Pennsylvania Interscholastic Athletic Association (PIAA), which had conducted ticket sales exclusively online or through an app, recently

rescinded its policy after Moul's bill gained traction in the General Assembly.

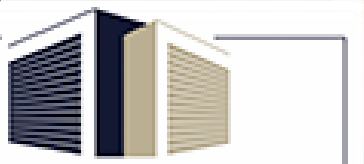
House Bill 685 was included in this year's Education Code bill that was approved as part of the state budget, which the governor signed into law today.

To see Moul's remarks following passage of his legislation, visit: pagopvideo.s3.us-east-2.amazonaws.com/944468284.mp4

To see House Bill 685, visit: bit.ly/4oCPzBu



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There wasn't anything scary about this year's Hometown Halloween as hundreds of children and their families made their way to Downtown Washington on Oct. 25 for fun-filled Hometown Halloween and Pumpkin Park. Two families, one dressed as the S'mores, and one with a "Claw Arcade Game" theme, were prize winners along with "Rapunzel". Another winner was Bucky the dog! Dozens of participating businesses took part in the big candy "giveaway!" Many unique costumes including Cotton Candy and we even had George Washington represented! Later on, Veterans Park was all lit up with pumpkins! Photos by Cathy Miller.



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Boscola Backs Bipartisan Budget Investing in Our Economy, Education, and Energy

During a recent return to session, Senator Lisa M. Boscola (D-Northampton/Lehigh) voted in favor of the bipartisan 2025-26 state budget, which passed with broad support in both chambers.

Boscola said, “Today I proudly voted for a budget that keeps Pennsylvania moving forward. There are no tax increases, it protects the Rainy-Day Fund, and

it invests in the pillars of a strong economy, quality education, and affordable energy.”

Acknowledging frustration over the delay, more than four months past the June 30th deadline, Boscola said she is relieved to see a final plan that delivers real results.

On the economy, the budget makes important progress through permitting reform. It cuts

red tape while maintaining environmental safeguards, an effort long supported by Boscola. These changes will help attract new business and development in Pennsylvania. It also includes \$25 million to recruit and retain childcare workers, helping childcare centers stay open and ensuring working parents can stay on the job.

On education, the plan

delivers long-awaited cyber charter school reform and meaningful increases in basic and special education funding, bringing nearly \$13.5 million more to public schools in the 18th District. It also provides \$2 million in recurring funding for St. Luke’s University’s medical school, ensuring ongoing support for the Lehigh Valley’s only four-year medical

program.

On energy, Boscola called the budget a turning point, ending the RGGI stalemate and opening a path for bipartisan energy policy discussions that can lead to lower costs for Pennsylvania households. Included in the budget is a significant policy proposal she supported, directing the PUC to improve electric load forecast-

ing, a tool that will help reduce inflated demand projections and ultimately lower customer bills.

Boscola added, “This budget delivers balanced, forward-looking investments that support working Pennsylvanians by lowering energy costs, strengthening our schools, and keeping business competitive. I was proud to vote for it.”

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(Please note due to certain holidays, supplies will be offered on the 3rd Saturday of the Month)

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October 25, 2025 | November 22, 2025 | December 20, 2025

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P & S Endorsments
Will Train.
Call 973-383-2786
stockerbus@gmail.com

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

Roofing, Siding & Windows

PA & NJ Roofing, Siding, & Pella Windows. Free Estimates, Licensed & Insured. PA: 610-716-0533, PA199715. NJ: 908-531-2486, NJ13VHO0857300

Home For Sale

307 Oak St., Roseto Pa 4 Bedrooms 2 Full Baths New Hi-Efficient Gas Fired Boiler New Gas Water Heater. New Washer & Dryer On First Floor. **CALL Agent: Mckayla O'Connell 484-264-5534**

SMALL BUSINESS SATURDAY

The Vault Hair Company
29 South Main St Bangor Pa 18013

SUPPORT LOCAL!



DATE
NOV 29

SALON HOURS

9-8

LOCAL VENDORS MARKET

4-8

SALON

GIFT CARD SPECIALS
10% OFF ALL RETAIL
GIVEAWAYS

LOCAL VENDORS



Classified Ad Order Form

Non-commercial classified ads (Misc., Vehicles, Recreation, Wanted, Pets, Yard Sales) are \$5 per week, per inch (1.8" W x 1" H). There is no charge for Free items. Services, Rentals, Real Estate, Homes For Sale and Help Wanted ads are \$15 per week, per inch. Please specify the category in which your ad should appear, the size your ad should be (boxes on right), and how many weeks your ad will run. Please PRINT ad information.

Ads with Photos!
\$18

NAME: _____

PHONE: _____

ADDRESS: _____

CATEGORY: _____

WEEKS RUNNING: _____ AMOUNT PAID: _____

Please PRINT Your Ad Information Below

One inch
(actual size shown here)

Two inches
(actual size shown here)

CLASSIFIEDS MUST BE RECEIVED NO LATER THAN NOON ON FRIDAY IN ORDER TO BE PRINTED IN THE UPCOMING EDITION.

All classified ads must be paid in full, in advance. Credit cards are NOT accepted for charges less than \$25 Classifieds may be submitted by mail: The PRESS Classifieds 106 Kline, St. Bangor PA 18013; email: thepressads@gmail.com or fax: 610-599-1185. Classifieds are NOT accepted by phone Help Wanted ads are free for current advertisers.
Make Checks Payable to: The Free Weekly Press, LLC

Save the Date!

We Are So Thankful For Our Valued Clients, Readers and Friends
Thank You For Your Continued Readership and Support!

May You and Your Families Have a Happy Thanksgiving

From All of Us at
The Free Weekly Press

NOV 29

Small Business Saturday is November 29th!
Remember to shop local this holiday season.
Supporting Local Businesses Helps Support Your Community



You're Invited - Now Through November 29, 2025

To a Special Hearing Evaluation we're conducting in your area! While in our office, you will receive a **FREE** Hearing evaluation* and we'll explain the many options currently available to you.

A Hearing Evaluation Is Important If You:

- Hear but don't understand certain words.
- Frequently ask people to repeat themselves.
- Have difficulty hearing on the phone.
- Haven't had a hearing test in 12 months

Tiny Micro-Chip In The Ear - NOW AVAILABLE!



NOW YOU SEE IT...

- One of the smallest custom hearing aids ever made
- 48 channel digital signal processing
- Digital engineering allows 1,000's of custom settings
- Controlled by state-of-the-art software

The Miracle-Ear Advantage

- 100% Satisfaction Guarantee* - 3-Year Limited Warantee++
- FREE Lifetime Service - Over 75 Years in Business
- Over 1,500 Locations Nationwide

Spaces are Limited, Call Today for Your FREE* Hearing Evaluation!

Miracle Ear

1343 Blue Valley Drive, Pen Argyl, PA 18072

610-588-3383

Miracle Ear
at Brodheadsville
Chiropractic
134 Pilgrim Way
Brodheadsville, PA
570-476-9949

Miracle Ear Center
1619 N. Ninth Street
Stroud Commons
(Rear of building)
Stroudsburg, PA
570-476-9949

Miracle Ear Center
Strykers Crossing
Shopping Center
201 Strykers Rd.,
Phillipsburg, NJ
908-954-7997



NOW YOU DON'T...



Tiny micro-processor



RISK FREE** 30-DAY FREE TRIAL

Call Today for your FREE Hearing Evaluation!

2 FOR \$895

Receive 2 MEMINI CIC Hearing Aids at 895 for a Limited Time Only.

*Limited one coupon offer per patient at the promotional price during the event dates only. Not valid with any other discount or offer. Does not apply to prior purchases. Offer valid on Audiotone Pro CIC Only! Valid at participating Miracle-Ear locations, see store for details. Fits up to 25db loss. Offer Valid Thru 11/29/2025



Miracle-Ear®

Most Insurance Plans Accepted

FS-CF5702-0309-23786-v4-1 *If you are not completely satisfied, the aids may be returned for a full refund within 30 days from the completion of fitting, in satisfactory condition. Fitting Fee May Apply. ++Not Valid on Audiotone Pro.



Dr. Albert Shrive, NJ Dispenser # 662, Supervising Licensee