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PRESS



March 22, 2024

GOD BLESS AMERICA

Vol. 51, No. 35



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Roseto Helping Hands Hosts Annual Easter Egg Hunt



With Easter quickly approaching on Sunday, March 31st, the Roseto Helping Hands hosted their annual egg hunt on March 16th to help get everyone in the Easter Spirit. Photo by Dale Young/The Free Weekly Press

Rotary Club of The Slate Belt Hosts Breakfast With The Easter Bunny



The Annual Miller House Spring Craft Show was held on March 15th-17th. Local crafters displayed their work, to help spread the feeling of "SPRING." Photo by Dale Young/The Free Weekly Press

Rotary Club of The Slate Belt Hosts Breakfast With The Easter Bunny



Rotary Club of the Slate Belt hosted a breakfast with the Easter Bunny on March 16th. Photo by Dale Young/The Free Weekly Press

Local New Jersey "Celebrities" Read Across The Counties

Read Across America is a nationwide initiative that celebrates reading and spotlights the importance of literacy in the lives of young children. It's a fact – the younger children are when they start reading, the better they do in school.

Norwescap, a comprehensive nonprofit organization providing services to over 30,000 individuals, oversees ten Head Start (Early Head Start) Centers located in Hunterdon County (Ringoes), Sussex County (Newton, Hopatcong, Wantage), and Warren County (Hackettstown, Phillipsburg, Washington).

During the week of March 4 through 8, the Head Start Centers held



several special "Read Across America" events for their young learners. Among the "celebrity" book readers for Norwescap's Head Start students were Warren County Commissioner Lori Ciesla, Mayor Randy Piazza, Councilman

Lee Clark, Phillipsburg Police Sergeant Ryan Sokoloswki, and Police Officer Tyler Scott who all read in Phillipsburg; Washington Township Police Captain John Kaufmann, who read "Hop On Pop" and *READ cont'd on pg 2*



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READ

Continued from page 1

environmental educator Diana Dove, who read "Yertle the Turtle." both in Washington; Hunterdon County Commissioner Susan Soloway in Ringoes; Morris County Commissioner Deborah

Smith in Denville; and Mayor Marie Galate in Hopatcong.

Two female firefighters from the Washington Fire Department celebrated Read Across America and International Women's Day when they read to the youngsters at Washington Head Start. Firefighter Destinee Har-

trum, who recently won an award for being the first female firefighter in the Washington Fire Department to drive the truck, read "Are You My Mother." Her cousin firefighter Stephanie Hartrum read "I Wish That I Had Duck Feet." Both women attended Norwescap's Washington Head Start when they were preschoolers.

Acknowledging Read Across America, the White House issued a

proclamation stating "Dr. Seuss once wrote, 'The more that you read, the more things you will know. The more that you learn, the more places you'll go,'" urging all readers to "celebrate the power that is unleashed by reading" and "forge a future of limitless possibilities."

Launched in 1998 by the National Education Association, Read Across America is all about reading, aspiring to inspire

children (and others) to relish reading. In that regard, Norwescap's Read Across America event provided young readers an enjoyable, memorable experience.

Norwescap, originally established in 1965, has evolved into a comprehensive nonprofit organization providing services to over 30,000 individuals in New Jersey annually. Our organization is dedicated to supporting and empow-

ering people with low to moderate income, helping them move away from the crisis of poverty and towards a future where they can thrive. Norwescap programs address immediate needs and build strategies for long-term success, focusing on education, employment, financial empowerment, health and nutrition, housing and community development, and volunteerism and civic engagement.

Project Self-Sufficiency Offers Spring Parenting Classes

Project Self-Sufficiency will offer virtual parenting workshops for parents with children of all ages, Tuesdays April 9th - May 28th, 6:00 p.m. Participants will learn how to build positive parenting skills, prevent behavioral problems, and encourage effective anger management. The parenting classes offered by Project Self-Sufficiency follow the ACT Raising Safe Kids Program developed by the American Psychological Association which aims to educate parents and other adults who raise and care for young children about creating environments which protect them from violence. Classes are co-sponsored by the Journey Family Success Center and Project Sussex Kids, the Sussex County Council for Young Children. The sessions are free and open to the public; interested participants are invited to call 973-940-3500 for log-in details.

"The ACT Raising Safe Kids curriculum is based on the premise that effective parenting is an important factor in preventing behavioral issues and violence," explains Deborah Berry-Toon, Executive Director of Project Self-Sufficien-



The ACT/Raising Safe Kids Parenting Workshops will be co-facilitated by Noreen Kilduff, Little Sprouts Early Learning Center, and Haley McCracken, Project Self-Sufficiency.

cy. "We are delighted to continue offering these innovative parenting courses to the general public."

To register for the free parenting workshops, to discuss your parenting needs, or to find out more about other programs and services available at Project Self-Sufficiency, call 973-940-3500.

Based on research that indicates that effective parenting is a critical factor to prevent youth behavior problems, the APA created and launched ACT/Parents Raising Safe Kids, the ACT 8-week program. The program focuses primarily on educating parents and other adults who

raise and care for young children to create early environments that protect them from violence.

The ACT/Parents Raising Safe Kids program focuses on parents and other adults raising young children. It is based on research demonstrating that intervening early in life and developing effective parenting skills are critical ways to prevent violence in the lives of children.

The program is designed to be delivered by trained ACT Facilitators, professionals who work for organizations and agencies that provide educational, social and/or mental health services to families and children;

those who are college professors, advocates, and others.

The Journey Family Success Center at Project Self-Sufficiency is a program of support offered to all families. In addition to parenting skills training, local families can participate in family activities, receive information about health and nutrition, take part in economic self-sufficiency programs, receive legal education, obtain referrals, and other services throughout the year. Additional information is available at www.journeyfsc.org.

Project Sussex Kids, the Sussex County Council for Young Children, has been designed by the New Jersey Department of Children & Families to address the needs of local families who are expecting or who are parenting young children. County Councils for Young Children have been established in every New Jersey County to bring together parents, caregivers, as well as health, education and social service professionals to enhance communication, coordination and collaboration of services. Additional information is available at www.projectsussexkids.org.

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Roseto Helping Hands Egg Hunt



New Jersey Senate Approves Steinhardt Bill That Would Exempt Metal Bullion From Sales Tax

Legislation sponsored by Senator Doug Steinhardt that would exempt the sale of metal bullion and investment coins from sales tax was advanced today by the New Jersey Senate.

“This legislation will not only align New Jersey with the laws of other states, but it will treat investment bullion and investment coins like other investments, such as stocks, which are not subject to sales tax,” said Steinhardt (R-23). “This is a commonsense change to the tax law that

would keep buyers in the state and allow New Jersey to remain competitive in the precious metals marketplace.”

Steinhardt’s bill, S-721, would provide an exemption from the sales and use tax for the sale of investment metal bullion and investment coins.

“Investment metal bullion” is any precious metal that has been put through a process of smelting or refining, including, but not limited to, gold, silver, platinum, and palladium, and

that is in such state or condition that its value depends upon its contents and not its form.

The exemption would not apply to the sale of precious metals that have been assembled, fabricated, manufactured, or processed in one or more specific and customary industrial, professional, aesthetic, or artistic uses.

For further comment or background from Sen. Steinhardt, please contact Jonathan Azzara in the SRO communications department at jazzaa@njleg.org.



Photos by Dale Young/The Free Weekly Press

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Montville Organizations Donate Hundreds of Dresses to Sussex County Non-Profit, Project Self-Sufficiency Gives Away New and Gently Used Prom Dresses and Accessories

Project Self-Sufficiency recently received 283 gently used prom gowns gathered at the "Dance & Donate: A Celebration of Strength, Support & Sisterhood" event coordinated by the Rosenberg Real Estate Group in conjunction with the Montville Township Women's Club and Fred Astaire Dance Studio in Montville. The celebratory event featured a professional dance lesson, performances, refreshments, and photos captured by Montville photographer Julian Garcia. The prom dresses will be distributed to teen girls during Project Self-Sufficiency's annual "Sister-to-Sister" Prom Shop in April.

"The overwhelming response from the community exceeded all expectations," remarked Estrella Rosenberg, who coordinated the effort. "We have a very generous community and the excitement and enthusiasm from women wanting to contribute to our cause was truly inspiring. The success of this year's Women's Event serves as a testament to the strength and generosity of the Montville community, reaffirming the importance of supporting and uplifting women in need."

Project Self-Sufficiency's annual "Sister-to-Sister" Prom Shop offers free, new, and gently used formal wear, including prom dresses, bridesmaids' dresses, gowns for mothers-of-the-bride, evening bags, jewelry, wraps and shawls, and shoes to teens

during select hours in April. Hundreds of dresses are distributed to teens every year; all items are displayed in a boutique pop-up shop housed on Project Self-Sufficiency's Newton campus. The shop is open to the public and no appointment is required. The Sister-to-Sister Prom Shop will be open 3:00 – 7:00 p.m., April 4th, 8th, 9th, 10th, and 11th; 3:00 – 5:00 p.m., April 5th and 12th; and 9:00 a.m. – 1:00 p.m., April 6th and 13th.

"We are touched by the generosity displayed by Estrella Rosenberg and the Montville Township Women's Club towards the young women in our community," commented Deborah Berry-Toon, Executive Director of Project Self-Sufficiency. "We are delighted to have hundreds of unique gowns of all sizes in our collection, and we are looking forward to opening the prom shop in April."

Donations will be accepted at Project Self-Sufficiency, Monday – Friday, 9:00 a.m. – 3:00 p.m., through April 5th. Project Self-Sufficiency is located at 127 Mill Street in Newton. The Sister-to-Sister Prom Shop is a program of the Journey Family Success Center at Project Self-Sufficiency. For information about the Sister-to-Sister Prom Shop, or to find out more about any of the programs at Project Self-Sufficiency, call 973-940-3500 or visit www.projectsselfsufficiency.org.

United Way Offers Free Online Tax Filing - Free Service Saves Low- And Moderate-Income Households Time And Money

For those struggling to make ends meet, affording a paid tax preparer isn't the only hurdle during tax season — finding time to meet with a preparer is also a challenge. Taking time off from work isn't financially feasible and low- to moderate-income households often juggle multiple jobs or work long and unpredictable shifts.

Recognizing the financial and time constraints of these households, United Way of Northern New Jersey and its partners — the IRS, Norwescap and Greater Providence Missionary Baptist Church — offer free tax preparation services through a safe, secure and convenient online portal.

By visiting uwnnj.org/freetaxprep, individuals and families who are ALICE (Asset Limited, Income Constrained, Employed) or in poverty can access the easy-to-use online system to have their state and federal tax returns prepared and filed electronically all while saving the average \$270 fee paid preparers charge.

"In these challenging times, when many of our neighbors are struggling to afford the basics, it is crucial that we offer tools that can alleviate the burden of tax preparation,"



said United Way CEO Kiran Handa Gaudioso. "Our online portal is more than a convenience — it's a lifeline, ensuring clients can file their taxes accurately and get back what they are due, all while saving time and money."

The online portal uses secure document uploads, encrypted email communication, and video conferencing. Assistance and forms are available in both English and Spanish. Clients using the online portal can also expect a high-quality experience with IRS tax law-certified preparers, a double review process, and completed returns within seven to 10 business days from document uploads, Gaudioso said.

"We've been using their secure online portal with ease. So easy to use and

upload," said client Barbara. "Then they make an [appointment] for a Zoom call with a certified agent and you are done! Wonderful people, wonderful organization."

In addition to accessing the easy-to-use online system, individuals and families who visit uwnnj.org/freetaxprep can also schedule a drop-off or in-person appointment or use self-filing software to file their taxes for free.

The self-filing software allows households earning \$79,000 or less to file their federal and state returns. Self-employed filers can access a Schedule C and all filers using the software can schedule time with a tax coach if they have questions.

"Whether our clients choose the convenience of the online portal or prefer the hands-on

approach of a drop-off or in-person appointment, our goal remains the same — to ensure that taxes are filed accurately and with no costs attached, using a service they can trust," Gaudioso emphasized.

United Way of Northern New Jersey is a nonprofit organization fighting to improve life for families and individuals in our five-county footprint who are ALICE (Asset Limited, Income Constrained, Employed) or in poverty. We believe that by securing racial and economic equity for ALICE we can improve life for all. We're investing in ALICE's future in the workplace, at home, and across the community. We do this through our initiatives that fill gaps in services, community partnerships, public policy work, and volunteer efforts. United Way of Northern New Jersey serves Morris, Somerset, Sussex, and Warren counties as well as portions of suburban Essex County including the Caldwells, Cedar Grove, Essex Fells, Fairfield, Glen Ridge, Livingston, Millburn-Short Hills, Montclair, Roseland, and Verona. To learn more, call 973.993.1160 or visit UnitedWayNNJ.org.

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The Rotary Club of The Slate Belt Breakfast with the Easter Bunny



Photos by Dale Young/
The Free Weekly Press



PA HOMEOWNER ASSISTANCE

A Pennsylvania Housing Finance Agency (PHFA) program created after the pandemic to help homeowners facing foreclosure or having their property sold for back taxes has reopened after over a yearlong pause. Review details and eligibility on this reopened program at www.pahaf.org



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Hello, fellow readers,
While walking Jo-lee, I admired crocuses on the side of the road. A white one sat solo with purple lines on the petals, almost like runways, leading pollinators to the yellow puffy pollen. I stood above it, watching the dance of two honeybees, and marveled how they worked around each other in the tiny space, sharing the bounty. It makes me think of my college roommate's dilemma, who lives in California, resulting in relocating honeybees with surprises.
Linda's first colony of honeybees inundated their sixty-year-old olive tree in 2017. I remember convincing her the tree should remain, though technically too close to the front door. Mr. Olive has such character, with multiple gnarly trunks

bursting into a dense green canopy, offering a shady seating spot below. But with all the bee activity, there's no sitting under the tree. More problematic is their dog Sugar had a near-death experience when she was stung.
In the spirit of saving the crucial pollinators rather than using pesticides, Linda sought out a bee relocation company. They closed the tree openings and installed a metal mesh cone that allowed the bees to exit the hive but not re-enter. Pheromones enticed the bees to enter a temporary box hive below the tree.
Four months later, the bees were still there. The first box of pheromones didn't attract them, and it turns out Linda's honeybees "acted oddly," according to Dan, the bee man of We Save Bees, who never saw anything like it. After seven visits to seal up entries, the bees managed to find a way into their hive by digging in the ground each time.
Linda described the bubble of bees working and the "bee pile of the lazy buggers who opted out of the dig." There's a subterranean hive in the underground caverns around the roots. At last, they managed to plug up all the entries, and about 50,000 honeybees were



relocated to work on a farm.
Seven years later, Linda has another colony of honeybees. It turns out that the remedy of filling the entries from the first hive failed as the tree grew, and the cavity became accessible again.
Interestingly, there isn't a demand for honeybees in Southern California now. The bee man said more rain than usual in the last two winters has encouraged bee migration from the desert areas. So rather than gathering the honeybees to move them, they smoked them out and then stuffed the cavity with steel wool, a temporary fix. Linda will have to hire another company to install a permanent way to block the entries.
Isn't it interesting that there are enough honeybees now, even a surplus in Southern California? What was once sought out is considered a pest to some. Yet the-

re's a decline in honeybees and other essential pollinators elsewhere.
Maybe we shouldn't judge beneficial bees versus pests. Perhaps we should let them be rather than modify environments by irrigating deserts to have lawns. Not to say we can have 50,000 honeybees right outside our front door, but here are kind ways to move them along. Thank you, Linda, for doing just that.
Your local Beekeepers Association can help you find bee relocating

providers. Many are beekeepers themselves and don't charge for their service.
We can all do our part to protect pollinators by planting plants with a sequence of blooms so nectar and pollen are available throughout the growing season. Include plants like dill, fennel, and milkweed on which butterfly larvae feed. And provide a water source such as a fountain or birdbath.
Lay off the chemicals, even organic ones, as they also can be toxic

to insects. However, an organic approach is safer applied when pollinators are inactive in the early morning or late evening.
Let part of your lawn grow wild to provide shelter. Leave a dead tree standing or lying, creating nooks for butterflies and solitary bees. Most of all, be grateful for nature's magnificence. We are all part of the cycle and share this world with wildlife. Be Kind.
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Murphy Administration Awards \$16 Million In Grants To Advance Recycling And Waste Reduction Goals

As part of its commitment to promoting sustainability and clean communities, the Murphy Administration is awarding nearly \$16.2 million in grants to communities across the state to support waste reduction and recycling programs. Environmental Protection Commissioner Shawn M. LaTourette announced recently. Annual Grant Awards—The annual grant awards are based on 2021 recycling performance, the most recent year for which data is available. Municipalities must use their funds for various recycling initiatives which can include sponsoring household hazardous waste collection events, providing recycling receptacles in public places or maintaining leaf composting operations.

“Reducing, reusing and recycling solid waste remains one of the best ways the public can protect the environment each and every day,” said Commissioner LaTourette. “These grants help our municipalities strengthen their recycling programs and educate their residents on waste reduction. I

strongly encourage all residents, businesses, schools, communities and organizations to recommit to recycling to preserve precious resources, divert waste from landfills and other disposal facilities, save energy and combat climate change.”

The grants are awarded through the state’s Recycling Enhancement Act and funded through a \$3 per-ton surcharge on trash disposed statewide at solid waste facilities. The DEP returns that money to municipalities based upon how much recycling each community reports accomplishing during the calendar year.

Municipalities (organized by county) receiving grants of more than \$100,000 for their 2021 recycling efforts:

- Bergen County: Paramus, \$146,367
- Camden County: Cherry Hill, \$124,357; Camden, \$104,758
- Cumberland County: Vineland, \$536,516
- Essex County: Newark, \$360,695; East Orange, \$101,348
- Gloucester County: Logan, \$255,160; Swedesboro, \$118,463; West Deptford, \$104,023



- Hudson County: Jersey City, \$347,874; Secaucus, \$195,184
- Mercer County: Hamilton, \$139,876
- Middlesex County: Woodbridge, \$262,237; Edison, \$239,039; South Brunswick, \$173,701; Perth Amboy, \$130,909; South Plainfield, \$123,429; Old Bridge, \$122,875; Cranbury, \$109,556
- Monmouth County: Middletown, \$133,799; Wall, \$109,312
- Morris County: Parsippany-Troy Hills, \$111,240
- Ocean County: Lakewood, \$191,460; Toms River, \$169,560; Brick, \$125,503
- Passaic County: Paterson, \$283,897; Clifton, \$173,356; Wayne, \$134,607; Passaic, \$104,914
- Somerset County: Franklin, \$304,412

For a complete list of grants, visit nj.gov/dep/dshw/recycling/stats.htm

State Recycling and Solid Waste State Recycling and Solid Waste Disposal Facts

For 2021, New Jersey generated 22,116,562 total tons of solid waste (disposal and recycling). Municipalities (and in limited instances, counties) reported 12,014,367 tons as recycled, and 10,102,195 tons of solid waste disposed.

New Jersey achieved an overall recycling rate of 54 percent in 2021, a slight decrease from the 2020 rate of 55 percent.

Compared with data from 2020, the overall amount of material reported as recycled and

disposed of increased. In addition, the total tonnage of materials reported as being disposed of increased more than the amount recycled, leading to a slight decrease in the overall recycling rate. Solid waste includes municipal waste plus construction debris and other types of non-municipal waste.

Municipal Solid Waste (MSW) Recycling and Disposal Facts

For 2021, New Jersey generated 10,059,297 tons of MSW. Municipalities (and in limited instances, counties) reported recycling 3,770,132 tons of MSW and disposing 6,289,165 tons of MSW.

New Jersey experienced a MSW recycling rate of 37 percent in 2021, a decrease from the 2020 rate of 39 percent.

Compared with data from 2020, the total tonnage of MSW recycled slightly decreased in 2021. In addition, the amount of MSW disposed of increased, leading to a small decrease in the MSW recycling rate.

The MSW disposal and recycling data translates to New Jersey residents disposing of 3.7 pounds of solid waste and 2.2 pounds of recycling per person per day in 2021. Compared with data from 2020, there was an increase in the total solid waste disposal amounts per person, while the recycling amount stayed consistent.

To learn more about recycling in New Jersey, visit nj.gov/dep/dshw/recycling/

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Now Trending: Cozy Crochet for Well-Being

Now more than ever, people everywhere are seeking new ways to de-stress and prioritize their mental health. It's no debate that life can get hectic, and no one is immune to stress. Cue cozy crochet.

It's not just about crafting beautiful handmade pieces, but it's also (and maybe more importantly) about well-being. Crochet is proven to be a mood-lifting, therapeutic practice that's surprisingly beneficial for mental health as well as an incredible outlet for creativity—and more people are starting to realize it.

What Is #CozyCrochet?

Cozy crochet is a growing social media trend that's all about creating time for yourself while connecting with your creative side. Think of it as a soothing, meditative escape from the chaos of everyday life. With a hook, yarn, and a little inspiration, you can create a space of comfort and tranquility that has amazing, positive impacts on stress, mood, and overall well-being.

Crocheters everywhere are using the hashtag #cozycrochet on Instagram and TikTok to share their projects and inspiration, connecting with each other to pause and cultivate mindfulness in a fast-moving world.

See how you can create your own #cozycrochet nook and use the hashtag to show us how you crochet!



Meditation and Mindfulness: Calming, repetitive motions like those involved in crocheting are proven to promote focus, relaxation, and mindfulness, all of which encourage you to be present in the moment.

Personal Accomplishment: With crochet, you can create beautiful, unique pieces that express your personal style, giving you a sense of accomplishment and individuality.

Stress Relief: Like many forms of creative expression, regular crocheting helps relieve the stress of day-to-day routine, helping you find a sense of grounding amidst life's ups and downs.

Improved Mental Health: Studies also show that crocheting can even have surprisingly positive impacts on mental health, reducing symptoms of anxiety and depression while boosting

overall mood.
Community Connection: Embracing a new hobby like crochet fosters a sense of connectedness and allows you to share your passion with like-minded individuals. Our community is a place to make friends, swap ideas, and grow together, all of which are essential for positive well-being.

How to Get Started with Cozy Crochet

1. Gather Your Supplies: One of the best things about crochet is that you don't need many supplies to get started. All you need is a basic crochet hook or set of hooks, your favorite color of yarn, a cozy corner, and a comfortable chair that feels just right. (Looking for a list of crochet essentials? Check out this article to see what you need to get started.)

2. Set the Mood: Once you've found a cozy nook to curl up in, add a few soft blankets, plush

pillows, and opt for warm lighting. Put on your favorite movie, TV series, or music, grab a snack, and pour yourself a drink to enjoy like tea, cocoa, or wine. Follow these tips to create your own cozy crochet nook.

3. Choose a Project: Start simple! If you don't already have a crochet project going, get started with something easy like a scarf, blanket, or beanie. You'll be amazed at the sense of accomplishment with every stitch. (Not sure where to get started? Check out our free Beginner's Guide to Crochet or our free pattern hub for ideas!)

4. Embrace the Journey: When it comes to crocheting, there's no wrong way to express yourself. Don't fret if a stitch takes an unexpected turn; it's all part of the adventure. Like Bob Ross wisely said, "There are no mistakes, just happy accidents."

5. Share Your Creation: Share your projects on social media with the hashtag #cozycrochet and inspire others to get started on their own cozy crochet journey! Whether you're crocheting for yourself, a friend, or a loved one, sharing the joy that crochet brings with a community of creative, like-minded crafters is what it's all about. And if you're looking for a good reason to crochet, donating your project to someone in need or an organization that collects handmade items is a great way to spread the love.

PA House Republican Leaders: Shapiro Energy Plan Just Another Tax on Pennsylvania Families

Pennsylvania House Republican Leadership held a press conference Monday to call out Gov. Josh Shapiro's latest energy plan as another tax on Pennsylvania's families and businesses. Pennsylvania House Republican Leader Bryan Cutler (R-Lancaster) argued Shapiro's energy plan will increase energy costs while doing too little to spur on Pennsylvania's energy economy.

"If Gov. Shapiro really wants to have a conversation about getting stuff done and no longer losing out to Ohio, we are ready to have a conversation about how we can leverage our energy resources into making Pennsylvania a more competitive state," he said.

"But what that conversation will not, and cannot, include are plans that will increase mandates on producers and consumers while increasing energy costs on Pennsylvania's families and small businesses through new and higher energy taxes, and that is what the Shapiro energy plan will do."

House Republican Whip Tim O'Neal (R-Washington) said the energy plan laid out by Shapiro is a continuation of his left-wing

environmental agenda that is not rooted in Pennsylvania's best interests.

"Simply put, the governor is proposing a tax on your utility bills," O'Neal stated. "This is just another example of the failed tax and spend policies directly contributing to rising costs and out-of-control inflation. Once again, it seems like the governor is more interested in appealing to voters in California than making life better for the people of Pennsylvania."

House Republican Policy Committee Chairman Josh Kail (R-Beaver/Washington) hammered Shapiro's energy plan for the detrimental impact it will have on Pennsylvania's families.

"The governor's energy plan is anything but common sense," he said. "It will hurt jobs, wallets and the environment. Every Pennsylvanian is facing costly utility bills. Unlike our governor, the House Republicans are committed to helping our constituents balance their budgets and thermostats."

You can watch a recording of the press conference here: <https://pagopvideo.s3.us-east-2.amazonaws.com/822991001.mp4>

FIREFIIGHTERS WANTED
Second Ward Fire Company of the Bangor Fire Department is seeking new volunteers of good moral character to join the ranks. Training is provided both in-house and through classes provided by Northampton County Fire School. If you are interested in joining to help serve the community or have any questions please call or message Captain Tom Betzler at 610-393-0654.

You may also stop by the station during our weekly drills on Mondays at 7pm.
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- Stuffed Mushrooms 14
- Sausage | Mozzarella | Spinach
- Shrimp Cocktail 16
- Cocktail Sauce
- Cranberry Cassis 16
- Sweet Potato Tots
- Rabbit Sausage 17
- Sautéed Spinach | Bourbon Glaze
- Seared Scallops 19
- Ginger Glaze | Mango Salsa
- Pan Seared Scallops & Lobster Medallions 19
- Mozzarella Corn Cake | Truffle Butter
- Chilled Shellfish 35
- Mignonette Sauce | Cocktail Sauce | 1/2 Lobster Tail | Crab Legs | Oyster on Half Shell | Clams on Half Shell | Jumbo Shrimp Cocktail

Salads

- Fajita Salad 16
- Seasoned Skirt Steak | Guacamole | Sour Cream | Black Olives | Cheddar Cheese | Tortilla Strips | Lime Cilantro Vinaigrette
- Asian Salad 16
- Baby Greens | Shredded Vegetables | Crispy Wontons | Mandarin Oranges | Avocado | Steak & Chicken Skewers | Sesame Ginger Vinaigrette
- Chilled Seafood Cobb Salad 26
- Crab | Shrimp | Lobster | Bacon | Avocado | Egg | Blue Cheese | Creamy Garlic Dressing

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Entrees

- Bourbon Glazed Virginia Ham 27
- Baked Sweet Potato | Green Beans | Pineapple Chutney
- Lamb Harissa Burger 18
- Greek Yogurt Sauce | Tomato & Cucumber Salad | Feta Cheese
- Grilled Cajun Teriyaki Mahi Mahi 34
- Mango Salsa | Rice | Spinach | Asparagus
- Mustard Crust Rack of Lamb 45
- Garlic Smashed Red Potatoes | Rosemary Demi | Apple Mint Relish
- Ribeye 38
- Hollandaise sauce | Asparagus | Duck Fat Potatoes
- Oven Roasted Prime Rib 45
- Duck Fat Potatoes | Vegetable | Au jus Sauce
- Pan Seared Scallops 42
- Butternut Squash | Cranberry Apple Relish | Guava Glaze
- Surf n Turf 48
- Baked Potato | Vegetable



45 State Rt 94 | Blairstown, NJ 07825

New Electronic Tracking Requirement for Federally-Permitted Lobster Vessels



The NJ Marine Fisheries Council approved to modify commercial lobster reporting requirements in order to maintain compliance with the Atlantic States Marine Fisheries Commission's (ASMFC) management plan for American lobster. As approved under Addendum XXIX to Amendment 3 to the Interstate Fishery Management Plan for American Lobster, electronic tracking devices are required for federally-permitted vessels with commercial trap gear area permits for Lobster Conservati-

on Management Areas (LCMAs) 1, 2, 3, 4, 5, and Outer Cape Cod. The data collected through electronic tracking will improve the stock assessment's ability to estimate exploitation and abundance for American lobster by providing size composition data at a finer resolution than what is currently available. Additionally, enhanced monitoring will provide improvements to the models used to assess the fishing locations and their associated risk to endangered right whales.

The new electronic tracking requirement is now in effect, as follows: All vessels with a federal American lobster permit shall have an approved vessel tracker installed. Installation of the tracking device must be completed, including certification by Department staff, prior to the permit holder's first fishing trip. This vessel tracker must remain powered and transmitting when the vessel is in the water regardless of landing state, trip type, location fished, or target species.

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	Mar. 24 10am-3pm	Mar. 25 9am-6pm	Mar. 26 9am-6pm	Mar. 27 9am-6pm	Mar. 28 9am-6pm	Mar. 29 9am-6pm
March 31 CLOSED	April 1 CLOSED					

We Are Closed Easter Sunday & Monday

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PUBLIC NOTICE

PLEASE ATTEND MEETING IF YOU DON'T WANT YOUR TOWN TO GO INDUSTRIAL

Warehouse, Light Pollution, Local Resource Water Aquifer Depletion Set For Frelinghuysen Township, Rt. 94

PLEASE TAKE NOTICE

That One Faith Wellness LLC has made an application to the Frelinghuysen Township Land Use Board for the property known as Block 201, Lot 31.01 located at 720 Route 94, Warren County, NJ. The property is situated in the Township's "ROM" Zone District. The Applicant is seeking preliminary and final site plan approvals and bulk variance relief to allow for the development of the property for a cannabis cultivation facility which is a conditionally permitted use in the ROM Zone. Bulk variance relief is required because the Applicant does not meet the ROM Zone district's minimum setback requirement between buildings whereas 50 feet is required and only 1.50 feet is proposed between the enclosed greenhouses. The Applicant further requests such variances, waivers, permits, approvals or licenses that are deemed necessary or appropriate upon review by the Applicant or the Board.

This application is listed on the calendar before the Frelinghuysen Land Use Board and an in-person public hearing has been set for April 1, 2024, at the Municipal Building, 210 Main Street, Johnsonburg, New Jersey at 7:00 P.M. When the case is called, you may appear either in person or by attorney to present any evidence or make any comments, which you may have regarding the application. The matter will be heard on the above date or any adjourned date designed by the Land Use Board at this public meeting without additional notice.

The maps, plans, plats and applications for which approval is being sought are on file with the Land Use Board Secretary and are available for inspection at the Municipal Building during normal business hours.

This notice is provided pursuant to the rules of procedure of the Frelinghuysen Land Use Board and state law. If you need further assistance, the Township's Land Use Board Secretary, Dawn McPeck, may be contacted at (908) 852-4121 or via email at landuse@frelinghuysen-nj.us.

LAVERY, SELVAGGI & COHEN, PC
Attorneys for the Applicant,
One Faith Wellness LLC

The proposed project will put back to back large buildings in plain sight on Route 94 by Wilbur's Country Store and Yellow Frame Church. They will be a huge draw on our water supply, but yet build and asphalt right above the watershed runoff for the Paulenskill. Fertilizers and other toxins used will be rinsed right into the spotted salamander creek and will be rinsed right into our drinking water source. The lighting will need to be 24/7 and will put a huge draw on the electric supply. Plus, say goodbye to dark starry sky nights. Trucking will complicate route 94 and Frelinghuysen school traffic.

Come Voice Your Concerns At The Meeting On April 1, 2024, 7pm
Located At The Municipal Building, 210 Main Street, Johnsonburg, New Jersey

Warren County Offering Free Environmental Education Programming

The County of Warren is pleased to offer free environmental education programming for small groups of all ages. Programs can be done at a county park or brought as an outreach program to schools, home school students, scouts, and other groups.

“We are delighted to offer free environmental programming in Warren County,” Commissioner Director James R. Kern III said, adding, “This environmental education not only fosters a deeper understanding of our natural world but also exemplifies a commitment to community enrichment through engaging programs.”

Free programming includes: Magnificent Mammals, Story and Search for Little Ones, Budding Birders, Amazing Adaptations, Tracking with Transmitters, Searching for Seeds, Stream and Pond Ecology, Searching for Salamanders, Seasonal Interpretative Hikes, and more. While programs are offered for all ages, some classes are better suited for different age groups and vary in length.



Jennifer Correa-Kruegel, Park Naturalist with the Warren County Land Preservation Department, leads one of the county's free environmental education programs.

Additionally, Power-Point Presentations are now being offered as a way to “bring the parks to you.” Programs run 45 minutes to an hour and include: Endangered and Threatened Species of NJ, Hummingbirds, Mammals of Warren County, Life on a Milkweed Plant, Monarch Butterflies, Wildflower Folklore,

and Herpetology. To discover what programs are the best fit, interested participants should visit the County's website www.warrenparks.com/educational-activities for more information. Classes are led by Jennifer Correa-Kruegel, Park Naturalist with the county Land Preservation Department.

Prior to joining the Land Preservation Department in 2021, Ms. Correa-Kruegel worked as an Environmental Educator and Program Coordinator for Montclair University's New Jersey School of Conservation. She previously worked for the Hunterdon County Park Commission as a Park Naturalist. She earned a bachelor's degree in Environmental Studies as well as a master's in Parks and Resource Management.

A Certified Master Herpetologist, Ms. Correa-Kruegel specializes in the study

of reptiles and amphibians, including researching salamanders, wood turtles, painted turtles, and more. She is currently pursuing an Environmental Steward certification through Rutgers to further increase awareness of our environmental impact and create outdoor opportunities for everyone.

One way to become a steward for the environment in the Warren County community is to participate in the Commissioners' Conservation Challenge. This urges county residents to create Wild-

life Habitats in their community. They are then eligible to receive a Wildlife Habitat Certificate through the National Wildlife Federation: <https://certifiedwildlifehabitat.nwf.org>. The goal of the initiative is to help Warren County become the first county to be certified as a Community Wildlife Habitat with the National Wildlife Federation.

To learn more or schedule a program, please contact Jennifer Correa-Kruegel at the Department of Land Preservation at jkruegel@co.warren.nj.us.

Fantasia's Five-Farm Preservation Bill Advances In Assembly

The Assembly Appropriations Committee on Thursday approved Assemblywoman Dawn Fantasia's bill funding preservation efforts at five farms in northwestern New Jersey.

The bill (A3698) reallocates \$1.723 million from corporate tax revenue and a 2009 farmland preservation fund to the State Agriculture Development Committee, which oversees the state's Farmland Preservation Program. The

committee will use the money for grants to help farmers pay for approved preservation projects.

“Preserving farmland throughout New Jersey, and especially in the northwestern part of the state, ensures that generations of residents will know where their food comes from, how livestock is cared for, and the permanent value of our agricultural communities. We have to help farmers if we want to live up to our Garden State slogan

and preserve a way of life that is cherished in New Jersey,” Fantasia (R-Sussex) said. “I know these farms will put the funds to good use and they deserve this support.”

The grants will go toward preservation efforts at two farms in Stillwater and Wantage townships in Sussex County, two farms in Delaware and Union townships in Hunterdon County, and a farm in Blairstown Township in Warren County.

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DID YOU KNOW?

Communities Newspapers are rated as the most trusted source of information about candidates running for public office - topping ALL OTHER MEDIA!

YOU CAN COUNT ON US!



MILLER'S EGG RANCH

Country Store & Farm Market



Coming Soon



Ice Cream Shop

Easter

EGG HUNT
Saturday, March 30, 2024
 Bunny Arrives at 12:30pm
 Hunt Begins at 1:00pm at Pavilion starting with first age group-Prize Ceremony at 2:15pm

Rain or Shine
 Food & Drinks available by:



Sponsored by:
Miller's Egg Ranch
 Country Store & Bakery





690 Allegheny Road
 Mt. Bethel, PA
570-897-9050

FREE HUNT
 kids 12 and under
Age categories
 0-3 | 4-5
 6-8 | 9-12
Donations to local food pantry accepted

Prizes

Sponsored by:



Thursday BBQ Dine-in or Take-out



APRIL NEW HOURS

Wed - Sat
12pm-9pm
Sunday 11am-5pm

at Apple Blossom Village

690 Allegheny Road in Mount Bethel, PA

www.millerseggranch.com

610.588.4204