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PHOTOS:



**Pen Argyl
Wrestling Senior
Night - Page 2**



**Bangor Boys
Basketball
Senior Night
Page 3**



**North Warren
Wrestling
Senior Night
Page 6**

North Warren Regional High School Takes On Belvidere High School in Wrestling



North Warren took on Belvidere High School on January 24th during their Senior Night Wrestling Match. Belvidere won, 45 to 33. Photo by Dale Young/The Free Weekly Press

Bangor and Pen Argyl Take Their Slate Belt Rivalry To The Mat



Pen Argyl went head to head against their Slate Belt Rivals, Bangor High School, during their Senior Night wrestling match on January 24th. Bangor was the victor in a close match up, 34 to 31. Photo by Dale Young/The Free Weekly Press

Bangor Goes Head To Head Against Southern Lehigh During Senior Night



Bangor took on Southern Lehigh during their Senior Night boys basketball game on January 23rd. Bangor won, 60 to 52. Photo by Christmas City Studios

Pen Argyl Pulls A Win Over Northern Lehigh During Senior Night Game



Pen Argyl went head to head against Northern Lehigh during their Senior Night boys basketball on January 25th. Pen Argyl won, 47 to 45. Photo by Dale Young/The Free Weekly Press

Free Family Fun Nights Focus on February Holidays



Parents who are looking for affordable ways to entertain the kids are invited to check out the free Family Fun Nights hosted by Project Self-Sufficiency on Thursday evenings in February, 6:00 – 7:30 p.m., 127 Mill Street, Newton. A special event to highlight Valentine's Day will be held on February 8th. Families are invited to enjoy classic family films, games, and crafts with a focus on February holidays, including Groundhog Day and the Year of the Dragon, February 1st, 15th, 22nd, and 29th. Dinner will be provided for all participants. Advance registration is encouraged by calling Project Self-Sufficiency, 973-940-3500. Family Fun Nights are a program of the Journey Family Success Center at Project Self-Sufficiency. "These weekly Family Fun Nights offer parents and children a place to relax and have a good time together in a safe and supportive environment," explains Project Self-Sufficiency Executive Director Deborah Berry-Toon. "The focus on February holidays invites children to express themselves creatively through fun crafts and activities while having fun with their family."

Shapiro High Education "Blueprint" for PA Lacks I-95 References and Profanities

House Republican Appropriations Chairman Seth Grove (R-York) shared the following thoughts on Shapiro's new Higher Education "blueprint." "I am glad the Governor recognizes the success of the House Republican Caucus to bring accountability and transparency to the state-related uni-

versities as well as fight for tuition freezes and our continued fight to protect Jewish students from antisemitism on campus," Grove said. "If that is what the Governor considers political gamesmanship, we need more of it in Pennsylvania. His proposal to eliminate the last remnants of non-preferred bills

is a direct result of leadership by the House Republican Caucus during this past Great Betrayal Budget Impasse using this process to achieve meaningful reform for Pennsylvania students." Grove offered further thoughts on Shapiro's new "blueprint" for higher education, which lacks some critical de-

tails, most importantly, financing. This plan is a continuation of the Shapiro for President three-step plan for financial disaster: - Step 1: Massive and unsustainable spending increases. - Step 2: Elimination of the \$12 billion surplus. - Step 3: Leaves families and businesses

on the hook for significant future income tax increases. "The bottom line is this plan creates more bureaucracy, necessitates more spending, and creates more questions than answers," Grove said. "The House Republican position on education, from PreK to College, EDUCATION cont'd on pg 2

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EDUCATION

Continued from page 1

is simple: fund students, not institutions,” Grove stated. “This plan fails to fund students and continues to fund institutions, many of which are in debt of their own making. Shapiro should propose direct grants so every child of God will have options for higher education. But given his track record on renegeing on school choice, it appears the Governor is once again siding with unions over students.”

Grove also further pointed out this massive spending plan will negatively impact the General Fund’s financial picture moving forward.

“Deficit spending is a financial disaster in Washington DC, and it’s an economic tsunami waiting to devastate Pennsylvania,” Grove said. “We can’t afford Josh Shapiro’s Washington DC style reckless spend-



ding here in Pennsylvania.”

Grove concluded that this plan appears to be a poor “copy and paste” from the far-left State of Minnesota. “Apparently, after a year of work, the best the Shapiro administration could come up with is a poor copy of Minnesota’s higher education plan. It’s just following another state in financial peril like Pennsylvania. This plan isn’t even innovative or bold. To put it mildly, if the higher education “blueprint” was for a house, I wouldn’t step foot inside of it.”

**Warren County to Become a “Wildlife Friendly Community”
Commissioner’s Conservation Challenge Introduced**

The Warren County Board of County Commissioners is issuing a challenge to its residents to help Warren County become the first county to be certified as a Community Wildlife Habitat with the National Wildlife Federation.

Commissioner Director James R. Kern III announced the County’s partnership with the National Wildlife Federation and participation in the Community Wildlife Habitat program at tonight’s meeting of the Commissioners, saying, “The goal of this partnership is to help Warren County become a healthier and more wildlife-friendly community by encouraging our residents to voluntarily create wildlife habitats at sites like yards, schools, businesses, places of worship, community gardens, and parks.”

Kern also introduced the launch of the Commissioner’s Conservation Challenge. “The challenge is to make Warren County the first county-wide Community Wildlife Habitat certified by the National Wildlife Federation in New Jersey,” he said.

“Warren County is known for its natural beauty, but unfortunately, habitat loss is impacting many species that call this county home. By

working together, Warren County can create an environment that helps our local plants and animals thrive. As we look for places on county property to certify, anyone can volunteer to make their space more sustainable for our wildlife; whether it’s at home, at work, at your school, or house of worship,” Kern added.

“As an avid outdoorsman, it’s clear to me that a healthy environment is crucial for maintaining the fish and wildlife populations,” Commissioner Jason J. Sarnoski said, adding, “Our hunting and fishing areas are important to local sportsmen and to the culture of Warren County.”

Since 1973, The National Wildlife Federation has provided millions of people with the basic guidelines for making their landscapes more hospitable for wildlife. To date, through the Certified Wildlife Habitat program, the National Wildlife Federation has certified more than 250,000 sites. To be certified, a site must provide the four basic elements that all wildlife need to thrive: food, water, cover, and places to raise young while integrating sustainable gardening and landscaping practices.

Warren County is as-



the Allamuchy Green Team. “In Allamuchy, we have been working with both the elementary school students and senior citizens to provide a great learning experience, help protect our wildlife, and have fun,” she said.

On Monday, February 12 at 6:30 p.m., Warren County Park Naturalist Jennifer Correa-Kruegel and the Washington Boro Green Team will be hosting a “Gardening for Wildlife” presentation at the Washington Public Library, 20 Carlton Ave., Washington. The free event is a great presentation for those interested in learning simple tips and getting free resources for starting their own wildlife garden.

Don’t forget to keep your eyes out for more information about upcoming events and make sure to visit Hope on April 27 for their annual Green Fair.

To certify your green space as a Certified Wildlife Habitat visit: <https://nwf.org/Certify>

For more information about the National Wildlife Federation’s Community Wildlife Habitat network, please visit www.nwf.org/community.

For more National Wildlife Federation news, visit www.nwf.org/news.

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PA House Republican Bryan Cutler: Supreme Court Oversteps Authority in Abortion Ruling

House Republican Leader Bryan Cutler (R-Lancaster) issued the following statement on the Pennsylvania Supreme Court decision in Allegheny County Reproductive Health Center v. PA Department of Human Services:

“Regardless of how one feels on the underlying subject matter, today’s decision by the Pennsylvania Supreme Court is another activist decision that has the court seeking to overstep its authority and change well-settled law.

“Pennsylvania law already allows public

funds to be used to pay for abortions in case of incest, rape or to protect the life of the mother. This decision, supported by only part of the seven-member court, eviscerates the past, well-established precedent of the Pennsylvania Supreme Court and opens the door for tax dollars to pay for all elective abortions.

“Pennsylvania’s Abortion Control Act is the gold standard for a middle ground and compromise over reproductive rights law. It was passed with bipartisan support and signed by a Democra-

tic governor. The court opening this law does nothing but further the divide over such a sensitive topic and will only lead to more mischief and bad faith where lawmakers and other elected officials should be leading with respect and understanding.

“I am also extremely frustrated by this opinion’s continued narrowing of legislative standing to intervene in cases like this one. As those who are responsible for creating laws as a reflection of the voice of the people, lawmakers have a vested interest when

those laws are challenged in court.

“The ability for legislators to intervene in these cases, when enacted laws are questioned in court, allows lawmakers the ability to not only defend the process by which they were enacted but follow through on the legislative prerogative as the primary lawmaking body in our system of government. Today, the Pennsylvania Supreme Court once again severely limited the Legislature’s voice in defending the laws they created through our constitutional process.”

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PEN ARGYL (31) VS BANGOR (34) WRESTLING SENIOR NIGHT



Aiden Knorr with his mother, Megan



Bradley Lacey with his parents, Rachael and Brad



Alex Moser with his parents, Stephanie and Nolan



Bangor freshman, Jaxson Kreider was the recipient of the Doug Communale award for outstanding wrestler on the Bangor/Pen Argyl Match

Photos by Dale Young/
The Free Weekly Press



Vincent Reto with his parents, Alisa and Alan



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BANGOR HIGH SCHOOL BOYS BASKETBALL SENIOR NIGHT

Photos by Christmas City Studios



Gavin Nelson with his parents, Aaron and Denille



Josh Wilkins with his mother, Cassandra Dean



Cody Quagliato with his parents, Mark and Julie



Meysun Gray with his parents, Tinaya and Joe

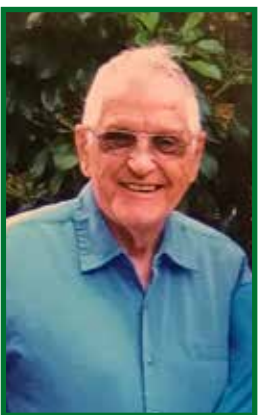
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In Loving Memory of Charles Lyman Gibbs



Charles Lyman Gibbs, 101, of Willimantic, CT, passed away peacefully in his sleep on January 26, 2024. Born on November 2, 1922, in Easton, PA, Lyman was a beloved Husband, Father and Grandfather who will be deeply missed by his family and friends.

Lyman, known for his love and caring nature, had a passion for singing and was an active member of the Chaplin Congregational Church in Chaplin, CT. He also was active at Colorado River Cowboy Church of Smithville, TX and at Knowlton Presbyterian Church in Columbia, NJ. He also ministered in Nursing Homes, sharing his beautiful voice and musical abilities to bring joy to others. Lyman was a dedicated Christian man who cared deeply about the well-being of those around him.

In his earlier years, Lyman served in the Army under Patten's 94th Infantry for three years. His military service was a testament to his bravery and commitment to his country. He was the recipient of the purple heart. Lyman loved his country so much that he would fix American flags if he saw something wrong with them.

Professionally, Lyman worked as a Postal Clerk in Blairstown, NJ. Additionally, he had a talent for roofing and pursued it as a trade. He specialized in slate roofs. After retirement, he worked with an organization named RVIC's (Roving Volunteers In Christ's Service). Lyman and his first wife Allean served for 12 years all around the United States.

Lyman had a variety of hobbies that brought him joy. He enjoyed singing, playing the piano, and listening to music. Every day at 3pm, you could find him engaging in a friendly game of billiards. He also had a passion for collecting antiques and loved exploring garage sales in search of hidden treasures.

Lyman is survived by his loving wife, Sandra Gibbs, and his children: Charles Lawrence Gibbs (Wife - Kathy), Kathleen Gibbs, William Lyman Gibbs (Wife - Ruby), Susan Lange, and Judith Abraham (Husband - Abe). Also, stepchildren, Albert Searles (Wife - Jan), Ken Searles (Wife Holly), Kim Bolduk (Husband - Roger), Cynthia Seiwert and AJ Searlovera. He was also blessed with many grandchildren and great Grandchildren. Lyman was preceded in death by his first wife Allean of 53 years.

A memorial service will be held on February 17th, 2024, at the Chaplin Congregational Church located at: 43 Chaplin Street, Chaplin, CT 06235 at 11am. In lieu of flowers, contributions can be made to RVIC (Roving Volunteers In Christ's Service) at 1700 SE 4th Street, Smithville, TX 78957.

Charles Lyman Gibbs will be remembered as a kind-hearted individual who touched the lives of many through his music, caring nature, and dedication to his community. He leaves behind a legacy of love and compassion that will continue to inspire others.

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PEN ARGYL (47) VS NORTHERN LEHIGH (45) SENIOR NIGHT BOYS BASKETBALL



Miyah Snyder with her parents, Cortnei and Bobby



Dominic Dauley with his parents, Andrea and Dan



Ethan Holland with his parents, Chris and Chrissie



Chase Kennedy with his parents, Carly and Daryl



Photo by Dale Young/
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Reservations will be held with a credit card and charged the night of the event. Cancellations will be accepted one week prior to the event. Unfortunately gift cards are not a form of payment for this Event.

FEBURARY 29TH 2024 6-9PM



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1ST COURSE: USINOWICZ BEER N CHEESE SOUP
-PRETZEL BRATWURST SKEWER | SMOKED CHEDDAR CHEESE | CHIVE OIL
BEER PAIRING: BUDS SUDS

2ND COURSE: STUFFED CHICKEN WING
-MANCHEGO CHEESE | KOBE BEEF | CELERY ROOT BLUE CHEESE PUREE | BUTTER BRAISED CARROTS | HOMEMADE HOT SAUCE
BEER PAIRING: SOMETHING SPECIAL

3RD COURSE: SHORT RIB BIRRIA TACO
-HOMEMADE TORTILLA | QUESO FRESCO | ANCHO CHILI AIOLI | CITRUS SLAW
BEER PAIRING: NUTTY PROFESSOR

4TH COURSE: BUDS RESUME BEER BATTERED SHRIMP
-BANG BANG SAUCE | PEA SHOOTS SALAD
BEER PAIRING: BUDS RESUME

5TH COURSE: WAGYU SLIDER
-FIG SPREAD | SMOKED GOUDA | BEER BATTERED WAFFLE FRIES
BEER PAIRING: WHAT THE HELLES

6TH COURSE: BLACK POWDER BEER CAKE
-CHOCOLATE CAKE | CARAMEL ICE CREAM | STUFFED CHOCOLATE CHURRO
BEER PAIRING: TERMINATOR

February 29th, 2024

6:00-9:00pm



\$89 Per Person plus tax & gratuity

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Valentine's Day Menu



APPETIZERS

- Lobster Bisque 10**
- Pan Roasted Scallops 18**
-Mango Salsa | Orange Ginger Glaze
- Pork N Ginger Dumplings 16**
-Spicy Lemon Grass Broth | Scallions | Shiitake
- Boneless Wings 12**
-Orange Ginger Sauce
- Szechuan Cauliflower 12**
-Blue Cheese
- Mongolian Chicken Lettuce Wraps 16**
-3 dipping Sauces
- Pan Seared Scallops & Lobster Medallions 19**
-Mozzarella Corn Cake | Truffle Butter
- Potato Pancakes 12**
-Sour Cream | Pomegranate Apple Sauce

- Tempura Tuna Roll 16**
-Wasabi Aioli | Seaweed Salad

SALADS

- Fajitas 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
- Warm Brie Salad 16**
-Fig Strawberry Vinaigrette | Pumpkin Croutons | Mandarin Oranges | Roasted Pecans
- Chilled Seafood Cobb Salad 26**
-Crab | Shrimp | Lobster | Bacon | Avocado | Blue Cheese | Creamy Garlic Dressing

ENTREES

- Ravioli 22**
-Homemade Butternut Squash & Manchego Ravioli | Cranberry Chutney | Delicata Squash | Pumpkin Seed Gremolata
- Risotto 32**
-Andouille Sausage | Roasted Corn | Tomatoes | Topped with Crab Cake
- Beef Tips 25**
-Smothered in Mushrooms & Onions | Mashed Potatoes & Brown Gravy
- Beef Wellington 42**
-Potato Puree | Roasted Baby Vegetables
- Truffle Wagyu Burger 22**
-Burrata | Arugula | Tomato | Garlic Aioli
- Rack of Lamb 42**
-Mustard Crust | Smashed Red Potatoes | Apple Mint Relish
- Pan Seared Scallops 42**
-Cauliflower Puree | Sautéed Spinach | Crispy Duck Prosciutto
- Pan Roasted Halibut 39**
-Polenta Cake | Lobster Sauce | Sauteed Spinach
- Tomahawk for Two 99**
-Duck Fat Potatoes | Vegetables



Menu Starts February 9th!

Garden Dilemmas? Ask Mary!



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

Hello, fellow readers,
After last week's Festive Partridge Berry-Terrarium Basics Podcast (Episode 144), Jamie asked if the sedums used in the terrarium are succulents, reminding me of a special sedum and succulent garden.

A handful of years ago, I had the privilege of helping Karen and Jim of Washington, NJ, choose a few plants for their beautiful gardens. What a unique proper-

ty! A small building, a springhouse in its day, charmingly serving as a backdrop off their back patio. Behind it is a gravel area I thought was a work-in-progress sedum and succulent garden.

Creeping Jenny, a perennial known as Moneywort, the ambitious chartreuse trailing plant with rounded leaves, is the mainstay scrambling about the gravel. As it turns out, there once was a small stone patio on the spot, Jim said, explaining the remnant gravel. But my work-in-progress sedum and succulent garden assumption inspired an idea!

Jim snuck sedums onto the cart when we met at a garden center to pick up the fill-in flowering shrubs. Sedum 'Munstead Dark Red,' a newer variety that looks much like the tried-and-true pink flowering upright 'Autumn Joy,' but with irresistible dark raspberry-colored flow-



ers, was the first to land in the cart. Both grow twelve to twenty-four inches and bloom from late August to October. When dry through winter, the flowers remain a feature, especially when adorned with frost and snowflakes.

Then there's Sedum 'Lime Zinger'—a six-inch variety with lime green foliage and reddish edges that forms a stunning compact mat before flowering pink in late summer to mid-fall. Next came Sedum 'Fulda Glow' with bronzy-green leaves that sport a swath of dainty pink flowers in summer that pollinators love. Come fall, the foliage shifts to

beautiful burgundy.

And 'Wheels of Wonder Fire' Ice Plant (Delosperma cooperi), a 'cactus/succulent' groundcover per the plant tag, with yellow and orange blooms from summer to fall, was also smuggled onto the cart.

So, what is the difference between sedums and succulents you may ask? Sedum is a genus of plants, and succulents are not. Succulent is an adjective to describe many types of plants with thick fleshy parts (roots, stems, or leaves) that store water for dry spells. While cacti are succulents, not all succulents are cacti.

Sedums are succulents ranging from ground cover to one to



two feet tall. They are easy keepers. And most are relatively deer-resistant. They must be in well-drained soil, not clay, or they will quickly rot. While most are sun-loving, some can take a bit of shade.

Many other finds

ended up on Karen and Jim's cart. What's a sedum garden without a few magical hens and chicks (Sempervivum tectorum)? You're likely familiar with the succulent, which has momma rosettes (hens) and, beside it, smaller rosettes (chicks) that spread two feet or more. Their vegetation is often green, blueish, gold, copper, or a combo of colors. Sometimes, they bloom a rather silly, stalky flower. I adore them in the nooks and crannies of rock gardens.

I couldn't wait to see all the new plants dug into their new home. The highlight—the new sedum garden! What a magnificent collection amongst a stream of river stones creatively placed by their grandson Dom. It warmed my heart to see the mix of plants and artifacts of pottery and poetry—a combination of a sedum garden and a fairy garden filled with delights.

Garden Dilemmas?
Ask Mary Stone.
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