

Dr. Davis speaks at Economic Dev. Breakfast



Dr. Alice Davis, who heads Susquehanna County's highly successful Career Technology Center, was the speaker at the Annual Susq. Co. Economic Development Breakfast held on Thursday, August 22 at The Speakeasy. Pictured left to right are County Comm. Alan Hall, Ec. Dev. Board Pres. George Connor, County Comm. Mary Ann Warren, Dr. Davis, Senator Lisa Baker and County Comm. Betsy Arnold. State Rep. Jon Fritz is in back.

Safe2SaySomething Program at FCRSD

Forest City Regional School is part of the Safe2SaySomething anonymous reporting system which was established to teach students, educators, and administrators how to recognize the signs and signals of individuals who may be at risk of hurting themselves or others.

The recently released Annual Report revealed that the majority of tips received have been focused on students struggling with bullying, anxiety, thoughts of self-harm and other serious issues.

It has become painfully apparent that limitations are keeping young people from crucial services at their time of need, and an overhaul of behavioral health services must be part of a comprehensive solution to helping children in crisis.

A highly successful model is when Community/School Based Behavioral Health

teams become integrated within the schools, and work closely with teachers and professional staff, and school superintendents, teachers, board members, and behavioral health professionals find this approach highly successful.

Following months of inquiry and discussions with care professionals and local officials, State Sen. Lisa Baker (R, 20th), prepared legislation to substantially open up and expand services and coverage.

Among the principles that serve as the basis for this proposal are the following:

- The focus is on behavioral health.
- Schools are required to have a program, but can choose this model or another.
- Accessibility of services is a paramount consideration. This program is not site specific. In many communities, the school may be

a preferable site, but it could be coupled with a private setting.

•The current private insurance and Medical Assistance coverage is inflexible and inadequate.

•School officials and students are seeking services that are frequently not available when the need is apparent.

•The system must accommodate need, rather than forcing folks in crisis to fit within the existing structure.

•Telemedicine can help fill the breach in certain circumstances, but that again raises the problem of lack of broadband capacity in many rural areas of the state.

Allowing for school based access regardless of the payer represents a comprehensive rebalancing of how behavioral health services are delivered, providing an effective tool to assist children and families in need.

NEPA Valley Wine Train Sat., Sept. 14 & 28

Take a step back in time on the Valley Wine train, where guests are transported along a four-stop tour of local food, wine, entertainment and history.

Beginning in Carbondale, where passengers will board a historic railway car, the train will stop at the Archbald, Jessup and Dickson City railroad platforms. Along the route, enjoy brief history tidbits from D&H historian, Dr. Robert S. Powell.

At each platform, guests will spend one hour being treated to a tantalizing assortment of food and wine.

The train will run on Sat., Sept. 14 and 18 at 2 p.m. Ticket cost is \$50 and guest must be 21 years of age or older.

To reserve your tickets call 570-282-1690

Viking Day at Old Mill Village Sat., Sept. 14

Experience a glimpse of a centuries-old way of life during Viking Day at Old Mill Village on Sat., Sept. 14 from noon to 5 p.m. on the village grounds, 5774 State Route 848, New Milford.

There will be plenty of displays and demonstrations of the culture, arts, and skills of the first Europeans to visit North America, as well as: authentic Viking food, demonstrations of Viking weapons, Norse weaving and knitting, a workshop of Rune reading, and a trading post.

Admission: ages 12 and over, \$5, ages 5-11, \$2, and under 5 free.

Tour the village buildings while there and stop in at the Village Mercantile and Canteen.

Hist. Society Sets Museum 2019 hours

Forest City Area Historical Society Museum schedule of openings for 2019 are as follows:

The Museum will be open on Sunday, Sept. 15, 11 am to 2 pm; Sunday, Sept. 29, 11 am to 2 pm; Sunday, Oct. 13, 11 am to 2 pm.

Anyone seeking genealogical information can see Museum curator Barb Klobucar during those hours or email her at fagan@nep.net

Free Italian Fest at Cold Spring Chapel Sept. 21

Cold Spring Chapel will hold a free Italian Fest on Sun., Sept. 21 from 11:30 a.m. to 1:30 p.m.

On the menu will be spaghetti and meatballs, tossed salad, garlic bread, and sheet cakes.

Cold Spring Chapel's Community Kitchen is located at the crossroads of Great Bend Tpk. and Upper Woods Road in Lebanon Twp. For additional info, check them out on Facebook.

Free Lunch at Christ Church Sat., Sept. 28

The Stone Soup Kitchen at Christ Church, Corner of Delaware & Dundaff Streets in Forest City, will hold a free Community Lunch on Sat., Sept. 28, from noon to 1 p.m.

Please call 570-785-3425 to confirm the luncheon will be served, in case of questionable weather or a sudden church-related event.

DID YOU KNOW?
The Empire State building has its own zip code?

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Pleasant Mount News By Theresa Opeka 570-679-2065 bu7294@gmail.com

Happy Birthday to: Andrea Burleigh, Charles Dix, Debbie Lewis, Craig Czpanick, Morgan Kneier, Kyle Sampson, Billie Jo Curley, Adeline Hersh, Brian Brooking, Marian Knapp, Tracy Howard, Bridget O'Neill, Kristen Short, Wyatt Weaver, Kevin Knapp, Tim Knapp, Claire Lombardi, Patricia Megivern, Evelyn Giles, Neil Branning and Billy Branning.

Happy Anniversary to: Mike and Helen Cook and Christopher and Kristen Tallman.

Events coming up at the Pleasant Mount Library: Wednesday, September 11, Homeschool Group meets at Noon; Saturday, September 14, Quilting Class Catch up day 9 am-12 pm.

Italian Fest at Cold Spring Chapel's Community Kitchen.

September 21 marks the date for the chapel's Italian Fest. Serving begins at 11:30 am until 1:30 pm and is free. On the menu for their Taste of Italy is: Spaghetti and meatballs, tossed salad, garlic bread, and sheet cakes. "Come out and enjoy a beautifully prepared spaghetti and meatball dinner and top it off with desserts and beverages. Just leave the cooking to all of us at the Chapel. We would love to serve you our best food," said Pastor Bryant.

Cold Spring Chapel's Community Kitchen is located in fellowship hall and sits at the crossroads of Great Bend Turnpike and Upper Woods Road, Lebanon Township, in the beautiful farm country of Wayne County. For additional information, check them

out on Facebook.

Also, Cold Spring Chapel will be the venue for The Spark Gospel Singers on September 22. The group, hailing from the hills and dales of Nicholson, will present a worship concert at 11 am. "Their unique style of preaching God's Word through their music, will grace the sanctuary and gift the congregation with a sense of joy in being a child of God," said Pastor Mary Bryant. The public is cordially invited to attend the worship concert. Seating is limited, so early attendance is encouraged. Following the worship hour, a chicken barbecue with all the trimmings will be served in fellowship hall and on the chapel grounds. For additional information, contact the pastor at 570-253-4033.

The Northern Wayne Food Pantry is collecting school supplies for the upcoming school year for children of all ages. Items include: crayons, notebooks, backpacks, etc. The items will be distributed at the food pantry but also shared in the community and local school districts. Also, if you have any fruits or vegetables from your garden you would like to share, the food pantry could use your help. Families with a need come to the food pantry once a month with the next distribution on Wednesday, September 18. For drop off information, special arrangements or for questions, please call Barbara Sprovin at 570-727-8385. They thank you in advance!

Tick/Lyme disease forum In Forest City Sept. 18th

Susq. County Commissioner Elizabeth Arnold has announced that Susq. County Tick Control will hold an informational program on tick-borne diseases and Lyme disease in Forest City on Wednesday, Sept. 18, at 6:30 pm at the Historical Society, 629 Main St.

Principal speaker will be Michele Cassetori, vice pres. and director of Education and Outreach with the PA Lyme Resource Network. She is a certified Lead Facilitator of the Dare 2B Tick Aware Program.

Lyme disease is one of the fastest growing infections in the country. Awareness is key. The Lyme Resource Network was funded by the PA Dept. of Health to implement a statewide, community-based Lyme and tick-borne disease prevention program.

Dare 2B Tick Aware uses the



Michele Cassetori

most current research available and standardizes prevention messages across the state. Certified PA Lyme Resource Network faculty present the program information.

The public is invited. The Historical Society is handicapped accessible with an elevator and is air conditioned.

F.C. Sr. Center Sculpting Workshop Sept. 18

The Forest City Active Living Center, located at 535 Main Street in Forest City, will host Artworks Gallery & Studio for a sculpting workshop on Wed., Sept. 18 from 12:30 p.m. to 1:30 p.m. The cost to attend is \$5.00.

For more information and to register by September 13, please call 570-785-3386.

DID YOU KNOW?

In 1943, the temperature in Spearfish, South Dakota jumped 49 degrees in two minutes (-4°F to 45°F)?

AAA Four Diamond rating to restaurant/hotel Owned and run by family of former FC resident

The French Manor, located in South Sterling, Wayne County, has again received the esteemed AAA Four Diamond Rating for both their restaurant and lodging facilities. It is owned and operated by the Logan Family whose matriarch is Mary Kay Zimmer Logan, a former resident of Forest City.

Four Diamond restaurants account for only 2.1 percent of the nearly 32,000 AAA inspected and approved restaurants, while Four Diamond hotels account for 6.3 percent of similarly inspected and approved hotels.

Owner Mary Kay Logan says this is a great time to visit The French Manor with a lot of new and exciting things happening. They include wonderful outdoor activities which keep relaxation, meditation and nature in mind.

On weekends, Saturday mornings 8:30-9:30 they are

offering "Yoga with a View," which is conducted on their lawn overlooking a 30+ mile view of the Northern Pocono Mountains.

Saturday evenings at 5pm there will be a guided meditation called "Forest Bathing." Go to a forest. Walk slowly. Breathe. Open all your senses. This is the healing way of Shinrin-yoku Forest Therapy -The medicine of simply being in the forest.

Throughout July and August they had live jazz music on the terrace; "Tuesdays on the Terrace". Guests can enjoy a wonderful meal offering small plates, or full entrees, cocktails and fine wine, while listening to some amazing local talented jazz musicians.

There is also a Spa Getaway Package called the "Executive Package." This is for those who "Just want it all". It will include resort credits for Spa and Dining, full gourmet

breakfast each morning (with option of room service at no additional cost), early check in/check out based on availability.

Officers and staff of The French Manor include: Mary Kay Logan, owner; Bridget Logan Weber, Director of Marketing and Sales; Nina Waskevich, Vice President Brand & Membership; Christopher Jordan, Assistant Manager; Amanda Russo, Spa Manager; Ivy Santiago, Innkeeper; Jude Monteleone, Dining Room Manager; Keegan Marchand, Executive Chef; and Genevieve Reese, General Manager.

For more information visit online at www.the-frenchmanor.com or visit in person at 50 Huntingdon Drive, South Sterling, PA 18445

Sportsman Assoc. Meeting Thur., Sept. 12

The Tri-County Sportsman Association will resume its monthly meetings on Thur., Sept. 12 at 7:30 p.m. in the VFW Hall, Main St. Simpson. Members can pay their 2020 dues starting at this meeting. All membership dues must be paid by Dec. 31

Roast Pork Dinner in C'dale Thurs., Sept. 12

Trinity Episcopal Church, 58 River Street, Carbondale, is having a Roast Pork Dinner fundraiser on Thursday, September 12th from 12:00 pm - 5:00 pm. Dinner includes: Roasted pork, mashed potatoes with gravy, green beans, apple sauce, bread and dessert. Adult Donation \$10, Children (under 5) \$5. Call church office for advanced tickets at (570) 282-3620.

Eat In or Take Out. Walk-Ins Welcome!

Pine Mill Pancake Breakfast Sun., Sept. 15

The Pine Mill Community Hall, 919 Pine Mill Road, near Lookout, will hold a Pancake Breakfast on Sun., Sept. 15, from 7:30 to 11:30 a.m.

Cheddar Cheese Omelets or eggs the way you like them, plain or blueberry pancakes, sausage, home fries, apple sauce, orange or apple juice, and coffee or tea. Adults: \$9, children 10 and under, \$4 under four, free.

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