

Wivey's Memorial Golf League

Standings - Week 17

Team	Week 17	Totals
1 Tom Risboskin - Dave Shollock	15.5	242.5
2 Wivey Orasin Jr. - Bob Speicher	12	236.5
3 Jim Fitzsimmons - Jon Shea	14	224
4 Andy Striefsky - Jim Wells	9.5	222.5
5 Gary Krushinski - Bill Franceski	15	221
6 John Banko - Tom Rivenburgh	14.5	221
7 Brian Urbas - Carl Urbas	10	204.5
8 Brian Fitzsimmons - Hank Celbusky	14	203
9 Frank Lopera - Tip Tolan	16.5	202.5
10 Jack Sparks - Jim Bishop	8.5	199.5
11 Kevin Lesjack - Paul Smith	12	199.5
12 Ron Franks - Keith Foster	9	199.5
13 Wivey Orasin Sr. - Jim Walsh	9.5	196
14 Art McLain - John Kameen	14.5	194
15 Reggie Rudgunas - Nelson Herrmann	9	194
16 Drew Sparks - Emil Suchy	8.5	193
17 Jim Striefsky - Kyle Vanbuskirk	10	191
18 Karl Herrmann - Ed Pearsall	15	185
19 Nick Jubinski - Kevin Smith	7.5	182.5
20 Bill Heller - Fran Pantzar	15.5	168.5

Low Gross: John Banko 39
Low Net: Fran Pantzar 31

Urbas lands slammer Largemouth Bass



When most people hear Max Urbas and slammer in the same sentence, they're usually referring to home runs. Max also knows how to get the slammers out of his favorite secret fishing hole! He caught this large mouth bass recently. Max is the son of Brian and Lora Urbas, Brown-dale.

Classic Country Cooking by The Country Cook FCNewsCountryCook@gmail.com

Light Linguini

I came up with this the other day when I felt like some pasta but did not want the usual red sauce with it. Everyone gave it a thumbs up, so I decided to share. This is one of those recipes where I am giving you the basics and you can tweak and customize it to your taste. Then you can call it YOUR recipe.

- 1 Medium onion, diced
- 2 Pounds linguini
- 1 Can of mushrooms
- 32 Ounces chicken stock
- ½ Head of garlic, chopped
- 2 Cans diced tomatoes, with about half the liquid drained (I used fire roasted)
- Parmesan cheese
- Dash of crushed red peppers
- Salt and pepper to taste
- Pam or olive oil

Start by coating a large pan with Pam or olive oil. Cook the onions, adding the minced garlic when the onions are about half done. Stir until they are cooked, being careful not to brown the garlic. Then add the stock, tomatoes, red peppers, and mushrooms, then salt and pepper to taste. Let simmer on low heat, stirring occasionally. Cook the linguini in salted boiling water until al dente. Combine the linguini and the sauce together. Allow it to sit for 5 minutes before serving. Then serve, topped with Parmesan (or Romano) cheese. I also topped my plate of it with some garlic Mrs. Dash.

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By Shannon Madden



The Madden children love to hike and bike the trails.

Four First Steps to Becoming a Trail Family

Becoming a TRAIL FAMILY is exciting, but may be a bit overwhelming. Questions from, where to start, to how can we make this fun and not a chore, to what gear do we need all come to mind. Here are four quick tips to get you started in becoming a TRAIL FAMILY.

START SMALL. You do not have to hike the Appalachian Trail or climb Mount Everest to enjoy some family time. You can do a simple search online to find a trail near by. Just grab your sneakers and a water bottle and hit the trail. Don't worry about how far or how fast you walk at first. The key is that your kids enjoy it and want more adventure. You can build on distance and speed later. Simply take a stroll and make some memories.

CARVE OUT THE TIME. We all tend to lead overscheduled lives. If your children are school age and involved in extracurricular activities you probably feel the time crunch. You feel like a bunch of roadies living in a mini van, without the enjoyment of the concert. Your new goal of cultivating a TRAIL FAMILY lifestyle will help give you some breathing room from the busyness of fast paced modern life. But you also need to proactively set this time aside. If you say you will hit the trail "when you have time" it may never happen. It does take some intentionality. Look at your calendar today and pick a time or two you can hit the trail this week. "The key is that your kids enjoy it and want more adventure."

MAKE IT FUN. You are psyched about cultivating a TRAIL FAMILY lifestyle. You can't wait to get out there to hit the trail! The last thing the kids need is an edict from on high that "We shall now be a TRAIL FAMILY, and you shall like it!" We don't want the TRAIL FAMILY lifestyle to seem like eating vegetables, but like savoring dessert. Approach your family with a spirit of adventure and joy. You may still have to drag one

Patriot's Day Remembrance

Wednesday, September 11, 2019 is Patriot's Day across the Country. Wayne County residents are asked to remember September 11th by visiting one of the several memorials in the County or by silently remembering September 11th at 9 AM where ever you might be. This year is the 18th anniversary of the World Trade Center attacks. We encourage you to remember September 11, 2001, by visiting the 9/11 Memorial, attend a ceremony, or take a few moments to personally remember the events of that tragic day. A memorial to be held at the 911 Memorial site located at 925 Court Street, Honesdale in front of the Dimmick Building will include the Wayne County Correctional Facilities Color Guard beginning at 9 AM until 9:45 AM. All are invited to attend and pay their respects.

FCAES Saturday Night Comedy Night Sept. 28

The Forest City Area Emergency Services, 380 Railroad St., Forest City, presents Saturday Night Comedy Night, with Steamroller Entertainment, on Sat., Sept. 28. Doors open at 6:30 p.m. with the show at 8.

Rich Carucci will host the event featuring Martin Chaddock and headliner Ryan Maher.

Food will be available, and a 50/50 raffle held. Tickets are \$15 per person and the show is BYOB!

Call Kerry at 570-785-5025 for more information.

or two along before they catch the spirit, but this will happen organically, not because it is forced on your children.

GATHER INFORMATION. Now that you have started small, carved out time for the trail, and have almost everybody on board for this new adventure; you need information! The directors of your local trails and parks want your community to know all about how to find the trail head and what events are going on. Likely, there is a brochure with maps, phone numbers, and websites available. However, we only tend to pay attention to those brochures while we are on vacation. It seems counterintuitive to need such information about where we live. But millions of people live within a half an hour drive of a trail that they have never been on. Get your information ahead of time so you are ready to go. If mom and dad spend half an hour in the parking lot of the trail head trying to figure out a map, this will be counterproductive to the fun you are trying to create.

How can you start small this week? What are two times you can carve out to make this happen in the next couple days? Where is the closest trail to where you live? Do you have the information needed to make the trip the most fun it can be to children who are bombarded by screens? We hope that your TRAIL FAMILY adventure this week is a blast!

Free Tour of the Susq. County Recycling Center Sept. 11 & 19

If you are unsure about what is recyclable or not, you can join Jen Hibbard, Recycling & Solid Waste Coordinator, for a free tour of the Susquehanna County Recycling Center. Two opportunities to tour the center will be offered: Session 1 on Wed., Sept. 11, at 10 a.m. or Session 2 on Thur., Sept. 19 also at 10 a.m.

Learn how recyclables are collected, processed and shipped and hear about the recycling industry's advances and setbacks.

The Recycling Center is located at 133 Ellsworth Dr. in South Montrose. Part of the tour is outdoors so please dress accordingly. Tour limit is 20 students.

To register visit: www.montroseadultschool.org and click the Classes link. (Be sure and indicate which session you are interested in.) Or call 570-432-0184.

2019 FCR GOLF SCHEDULE
All league matches scheduled for 4 pm
Sept. 11 at Dunmore
Sept. 12 Elk Lake
Sept. 16 at Lakeland
Sept. 19 at Riverside
Sept. 23 at Blue Ridge

Community Spotlight

by Art McLain



Tom Feddock is shown restoring the D&H Caboose.

D&H Caboose being restored in Union Dale

If the D & H Caboose could talk it would have much to say. "I like my new home at Union Dale where I used to travel over the Rail Trail. Tom Feddock is doing a great job on my restoration. I wonder what happened to the 9 other cabooses that were also converted into pusher cabooses?"

The caboose is being restored by a local craftsman, Tom Feddock, who grew up in Dundaff. Although he has not previously restored a caboose this project was right up his alley as he is skilled not only with woodworking but also in metalworking. He is in the process of restoring a rocking chair he believes is from 1797.

There is an extensive amount of information about this caboose, one of 10 reinforced with steel so it could be pushed by an engine. It was produced in 1942 and helped move coal, critical for our World War 2 industry here in the United States. It was purchased by the Rail Trail Council and will be on display. You can see it at Union Dale as it goes through the stages of restoration.

You can also follow the progress on Facebook at Rail-Trail RTC Directors. Recently a swarm of honey bees decided to make the caboose their home but the bees were safely relocated to a better home.

Pipeline development helps return Lackawanna River to prior glory And can be viewed on video

By Tom Shepstone
Shepstone Management Company Inc. Honesdale

The Lackawanna River, once no more than a polluted coal region artery, is being restored thanks to a conservation group, a utility and a pipeline builder.

This is a beautiful story about a beautiful river that courses through the Lackawanna Valley, providing a trout stream in the midst of what was once known only as coal country. Indeed, how well I remember crossing over the river as a child in our family car and immediately being detoured around collapsing portions of the street due to underground mine fires that spewed smoke into the air.

The scene was so otherworldly the Saturday Evening Post even did a story on it in 1963, but today things are different and the Lackawanna River is now a trout stream thanks to the efforts of many, including the Lackawanna River Conservation Association. Moreover, the efforts continue and pipeline development is helping big-time with huge contributions from gas company UGI and utility contractor Linde Corporation. It's not a new river but, rather, one "restored to glory."

The story is on a film

beautifully narrated by Linde Corporation's Communication Director, Kevin Lynn. The title says, the "Culmination of Cooperation" by the Lackawanna River Conservation Association, UGI and Linde.

Linde Corporation was contracted by UGI to build a gas pipeline underneath a rail trail along the river from Union Dale south to Carbondale.

Many conservation measures were taken throughout the process. The rail-trail not only opens the glory of the river up to public appreciation, but also buffers it from the sorts of activities that once polluted it.

The video is about 11 minutes long but well worth the hike down the trail. It can be viewed at <https://vimeo.com/343289549>

Scott Linde of Linde Corporation shepherded video development, having been a proud part of the overall project. He should be proud. This is yet another example of the positive multiplier effects of the natural gas industry; another demonstration of the community sustainability being wrought by companies that, in contrast to the past, are doing it right. It's a beautiful story. And, it's not over yet. There are still miles to go.

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