

Community Spotlight
by Art McLain



Bob and Michelle Miller inside the Plate d'Azure

The Plate d'Azure: A Hidden Gem in Carbondale

A cold winter day was a perfect time for a cup of hot chocolate. The handwritten daily specials on a chalkboard outside the Plate d'Azure lend to its charm. Once inside you'll be struck by not only the menu but also the relaxing atmosphere.

Bob and Michelle Miller have preserved hometown friendliness and created a menu you'd expect to find in a big city. Open for breakfast and lunch, Plate d'Azure, is a perfect blend of gourmet dining and reasonable prices. Decorated blue wall on one side and large blackboards with handwritten menus frame a spacious yet cozy dining area.

Their website tells the story of how the name combines the idea of plate d'jour (plate of the day) and azure (a shade of blue) in recalling the blue plate special of yesteryear. Through their website and Facebook posts diners can stay updated on all of the

special items and events. Chances are you will be served by Heather Nysstrand-Stankiewicz or Danielle Timur. Their friendliness and attention to your requests will add to the enjoyment of your visit. The Miller's son, Julien, is also part of the staff.

The menu is simply amazing with all of the choices, all created on-site. Bob Miller is a master of the craft and Carbondale is blessed to have a hidden gem in this restaurant.

At 26 South Main Street in Carbondale look for the chalkboard outside the restaurant. They are open daily except for Monday. You can call them at 570-536-6543. You can find their menu and learn more about them on their website at theplatedazure.com.

The food is delicious, the menu is amazing, the atmosphere relaxing, and you'll experience friendly attentive service for a modest price.

By Shannon Madden
TRAIL FAMILY

Trail Family's Cold Weather Advisory

We all know that we need some basic winter gear to keep us warm and dry while enjoying the outdoors in cold temperatures. Recently, our blog featured a basic winter gear guide that you can check out here. Today, I want to focus on the underlying reasons, besides comfort, that we outfit our family properly while playing in the snow and on the ice.

Our first concern is frostbite. Frostbite occurs when the cells in the skin freeze from long exposure to extreme cold. Similar to how burns are assessed, severity of frostbite is measured in four degrees depending on how deep the freezing goes into the tissue. First degree frostbite is called "frost nip" and many of us have probably experienced it at some point. The most affected parts of the body are small exposed parts such as fingers, toes, and nose. Despite nostalgic Christmas songs, you don't really want Jack Frost nipping at your nose.

The first symptoms are numbness, then hardening of the skin which turns pale. A mild frostbite can be treated simply with gradual warming. But anything beyond first degree frostbite will require medical care to prevent complications from arising. A severe frostbite will likely be accompanied by hypothermia.

As Trail Parents, we have to be on the lookout for symptoms of frostbite especially in younger children who often ignore bodily discomfort when they are engaged in play. We do our best to outfit them properly and then keep a watchful eye.

The Mayo Clinic has an excellent page on frostbite that I suggest any Trail Family family

members use to educate and familiarize themselves with. Know the signs, symptoms, and care for frostbite.

<https://www.mayoclinic.org/diseases-conditions/frostbite/symptoms-causes/syc-20372656>

How cold is too cold? As I mentioned above, hypothermia is another condition that may require medical attention. Many cases of hypothermia (when body temp reaches 95 F or lower) are accidental due to prolonged exposure to cold temperatures without proper gear to keep you warm and dry. The body is losing heat faster than it can make it resulting in a net loss of heat and a drop in body temperature.

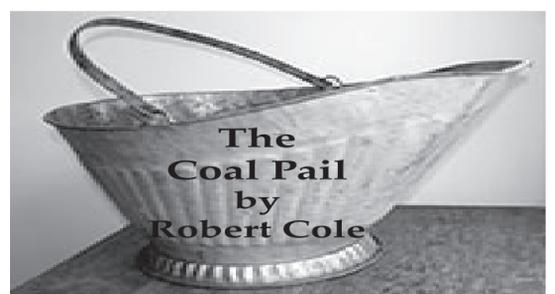
Again, we need to be especially conscious of little ones because they won't complain if they are having fun and can easily be over exposed. Shivering and a decrease in coordination are the first signs of hypothermia. Be diligent in watching all family members for these symptoms when you are outside for an extended period of time. Here is a great link for more information on hypothermia treatment and prevention.

<https://www.healthline.com/health/extreme-temperature-safety#extreme-cold-temperatures>

Prevention is the best medicine for either of these conditions. Staying dry, wearing layers, and being well hydrated are the best preventative for hypothermia. Cover your extremities and limit exposure to extreme cold to prevent frostbite.

Don't forget about your four-legged family members. Recently a friend of mine on Facebook shared this temperature safety guide for pets. I thought this was great information to have so I'll also share that here.

We hope that this article was helpful for you and your TRAIL FAMILY. Enjoy this wonderful winter, but do so safely!



The following short stories are of life as a young boy in the Forest City Area and are written by Robert Cole, Bordentown, NJ. His parents were Alfred and Jessie Atkinson Cole. He was born in 1940 in his grandparent's house on Railroad Street. His grandparents were Richard and Jessie Atkinson.

After we moved to Forest City in 1948, I was introduced to transparent apples. That is what we called them.

A lot of the neighbors had the trees in their back yards. They did not care if we took them because they were always loaded with fruit. I liked to get them when they were nice size and still green. They were crunchy and tart.

Bolis (Alan Atkinson), Boopie (Bruce Atkinson), and myself would get a salt shaker and pick just enough to eat. Take a bite out of one and put salt on the rest to eat it. UUMM- I still remember the taste. I have not had them for years.

No one here in NJ has those trees. My Grandma Atkinson would wait until they were ripe and make apple sauce and apple pies from them. The apple sauce was great but the pies were just OK. Pies were better when she made them from Northern Spies apples. They were a late apple and I think that they need some cold weather before they are picked.

The Railroad Street Boys had a different thing to do with apples. We liked the crab apples and there was a tree in the vacant lot off of Higgins Alley. It is where the telephone company stored their telephone poles and cross arms. Also there was an old horse barn there too. The lot is where the Telephone Co. office is now. We would cut a branch from a willow tree, about 4 feet long and cut a point on it. We called them apple slingers. We could throw a crab apple a long distance. Grab 2 pockets of apples and the apple fight was on. I bet no one today ever got hit in the back with a crab apple from an apple

slinger?? It smarts. LOL

We also used to shoot the apples from our sling shots. OUCH

We would then go to Aunt Anne's house, Bolis and Boopies mom and get into her Bartlett Pear tree. I just loved them when they were yellow and full of juice. The tree was very tall and she had a wire picker on the end of a long pole. You had to raise it into the tree and put the metal fingers around the pear and tug on the pole to pick the pear. It would then drop into a small wire basket and then you had to bring it down to get the pear. I don't remember if you could get more than 1 pear into the basket.

Fall harvest time is one of the best times of the year. I like only 2 seasons the best; Fall and Spring. Fall hunting and spring fishing. Not too hot or too cold and the smells that come at that time are something that city kids do not know anything about; the SMELLS of the woods and streams.

WHAT A GREAT TIME TO GROW UP.

FCR Class of 1980 Reunion meeting March 28

Save the date for the Forest City Regional High School Class of 1980 Reunion to be held Saturday, August 1, 2020 at the Speakeasy Saloon and Resort, Union Dale, PA.

There will be a meeting to finalize plans on Saturday, March 28th at 6:00 p.m. at the Speakeasy and classmates are asked to come out for their input in finalizing the reunion.

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

"World's Best Baked Beans"

I can remember my mom making baked beans from scratch when I was a kid. She had this bean pot and started with dried beans, soaking them and boiling them, then using all sorts of ingredients. Then they would bake for hours in the oven. And she would serve them as a meal with fresh corn bread. This recipe is a total shortcut but the results are great. Make some corn bread with a box or two of the "Jiffy" mix and you are all set!

- 1 Pound of bacon
- 1 Green pepper, sliced
- 1 Onion, diced
- 4 - 15 ounce cans of pork and beans
- 1 Cup Ketchup
- 1 Cup brown sugar
- 1 Tablespoon Worcestershire sauce

Fry the bacon and crumble it into pieces. Cook the green pepper and onion in the bacon grease until soft. If you wish, drain excess bacon grease. Preheat the oven to 350 degrees. Mix all the ingredients together, then put into a 9" X 13" baking pan. Bake covered for an hour. Serve as a side dish or as a main dish with a side of corn bread.

The Comm. Foundation Offers 2020 Scholarships

The Community Foundation of the Endless Mountains has 80 scholarships (providing a combined \$175,000 in tuition and post-secondary degree expenses) available for 2020 high school graduates. Additionally, if a winner of a Community Foundation scholarship graduates from a high school in PA, and attends college within PA there may be the potential of additional funding provided by the Pennsylvania PATH Program (Partners for Access to Higher Education).

These scholarships are available to students from selected school districts in Bradford, Lackawanna, Luzerne, Lycoming, Pike, Susquehanna, Tioga, Wayne, and Wyoming Counties. Following the wishes of scholarship sponsors some of The Community Foundation's scholarships are also available to home-schooled students.

Scholarship applications can be completed online from now until March 22 at <https://community-foundation.org/scholarships/college-scholarships.html>. Winners will be announced at the various award ceremonies conducted in the spring.

Survivors of Suicide Loss Support Group

The Wayne/Pike Suicide Awareness Committee announces the monthly meeting to be held on Thursday, February 27, 2020, at Wayne Memorial Hospital, 601 Park Street, Honesdale, and beginning at 7 PM. The meeting will take place in Conference Room #3, 2nd floor (take the Orange elevator "A").

The support group is a positive support time to help deal with suicide and loss of a loved one. We wish to invite individuals 16 years of age and older to attend the meeting.

Our 2020 Awareness Walk will be held on Saturday, September 26, 2020. PLEASE mark your calendar. We would like to thank everyone who participated in the 2019 walk and those who donated raffle prizes and baskets.

For more information please call 570-253-9200. Please note, in case of inclement weather the support group will not meet. Volunteers are welcome to service on the Wayne/Pike Suicide Awareness Committee also by contacting 570-253-9200.

FCR Boys Varsity Soccer Team recognized by School Board



The 2019 Boys Varsity Soccer Team was recognized by the Forest City Regional School Board on Monday, February 10 for bringing home the PIAA District II Class A Championship! Anyone who had the opportunity to watch this season was able to see the camaraderie, team work, and overall passion to win! A few highlights of the season included: 66 goals scored with only 14 goals given up; Ranked 22nd in the state in single A teams; Goalie, senior Carm Gigliotti averaged 5.8 saves per game; Senior Corey Daniels had 15 goals this season for a total of 27 in his career and Senior Jay Lipko had 33 goals this season for a total of 91 in his career. Jay now holds the school record for highest total of goals in soccer! Thank you to Coach Carm Gigliotti and Assistant Coach Jessica Ryzner for their dedication and commitment to supporting the student athletes and thank you for a great season! First Row: Danniell Hollis, Dakota Foster, Tanner Britton, Ben Weaver, Brayden Piatak. Second Row: Dr. Aquilina, Board President Mary Emmet, Nicholas Andrews, Jay Lipko, Gabriel Zukosky, Cade Hartman, Ben Thomas, Arthur Bronson, Evan Piatak, Vincent Thomas, Brady Hentschel, Principal Stout. Third Row: Coach Jessica Ryzner, Jacob Grey, Coach Carmine Gigliotti, Corey Daniels, Matthew Carey, Justin Pecko, Tanner Christina.

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