



Winter camping in St. Croix USVI at B.S.A. Camp Howard H. Wall

Part 2 of Boy Scout St. Croix trip

This is a spectacular eventful, educational, Team building, cultural awareness trip.

We start the first day with a trip to the "Whim" sugar cane plantation museum built in the early 1800 hundreds. Lots of history, stories by museum curators and hands on exhibits. This takes several hours. Then we go to Rainbow Beach for a period of swimming. (Always using the buddy system while traveling or at activities.)

Second day is a tour by (Tan-Tan tours) 4 wheel drive jeep through the Rain Forest. We first stop on "Blue" mountain, the second highest peak on the island, the panoramic views are spectacular, you can see from one end of the island to the other, west end, east end, airport, refinery, island housing, shopping centers & ocean, ocean. Then we travel past Cane Bay, over the hills to the sugar mill an antique structure where we hear a detailed story of the daily operation of the "Mill". Next we travel through the Rain Forest down the steep hills to the ocean pools, where the water & fish are trapped behind the rocks, this is a great swimming place. Then we travel to the "Domino Club" to see the beer drinking pigs that live there.

Third day is a boat ride to Buck Island for snorkeling, alternate Udall Point and Kramer park beach. Buck Island is a National Park managed property with lots of exciting trails both on land and under water. Udall Point is the spot where the sun rises first in the USA, another spectacular spot on the island

Fourth day we are off to the town of Christiansted, our first stop is the old Dutch/Spanish fort built in the early 1700 hundreds. This a very historical spot with lots of educational value. National Park tour guides are provided. We tour the historic town and shop a little for gifts to bring home to Mom. Then we are off to "Cane Bay" for some more snorkeling and swimming.

The fifth day is spent at the Agricultural Fair where our scouts work with the Island scouts (Team Building), rope bridges, towers, entrance way and other activities. We eat lunch cooked by the island scouts in traditional style cooking pots. After that we tour the "Fair" taking in all the island traditions to include foods and deserts and ice cream, crafts and trade booths.

The sixth day we do a work project at the camp or with the National Park service representatives, we also go to the Botanical Gardens for a tour learning about island plants and Caribbean islands plants.. very informative.

Seventh day is filled with chores, cleaning camp, kitchen, restrooms, etc. and packing for the trip home.

Some of the other things scouts do:

Each morning flags raising at 7:00

Each evening Retreat flag lowering

These involve all scouts in uniform and adults present

Housekeeping, scouts merit badges, school work, opening camp fire with skits & songs closing campfire, island scouts and leaders are invited to these events.



By Shannon Madden



High-Tech Trailhead

We hit the trails to escape modern technology, right? While this is mostly true, we still like to maintain some link to the 21st century even when we make a point to commune with nature. Lots of us use apps like Strava to track our steps or biking miles. It's also wise to just have your phone on you for safety purposes. Let's discuss, then, why it is a great idea for trailheads to have free Wi-Fi.

The reason that trails don't just have a beginning trailhead and an ending trailhead is much the same reason we have exits every few miles on the interstate highways. There needs to be several access points along many miles for both safety and convenience. Some trailheads are just a sign post and a parking lot. That's fine and we need those types too. But who among us doesn't love to see a trail head with facilities, trash cans, maps and pamphlets, and most of all a sign reading "Free Wi-Fi"?

Here are THREE main benefits to having free Wi-Fi at your trailhead

1 Safety- If you happen to be in an area where your cell service is weak or non-existent, getting to the trailhead with Wi-Fi allows you to at least contact help if you have an emergency, need a ride because your car needs a jump, or don't feel safe. Even though we love to unplug, we also want to feel secure on our adventures by being able to contact the outside world should it be necessary.

2 Convenience- Mobile devices have become an integral part of our society and they are not going anywhere soon. You don't have to feel like you are selling your family short if your trail time includes mobile devices. We love to take photos for ourselves and to share on social media. It's nice to be able to look up information about nearby restaurants, gas stations, and lodging while at the trailhead. As long as your devices are not taking over the experience of being on the trail, you are doing great.

3 Attraction- Trailheads that are well developed are good for small towns along the trail to attract tourism. Everyone needs to start a trip or make pit stops somewhere. If you live in a trail town, then one of the goals is to make your town "the place" where everyone wants to kick off a trip or make sure they

stop by. The Rail-Trail system can be an economic boom for many little towns.

Now that you know there are great reasons to have free Wi-Fi at your trailhead, how do you go about making it happen? In our town, this was a combined effort of our local businesses alliance, the trail council, and phone company. If you are a trail enthusiast, start with the trail council. Bring the idea and its benefits to someone who can get the ball rolling. Then, volunteer to help with the project. Many hands make projects like this actually happen.

What other elements make a great trailhead? What other reasons are there for developing a trailhead and adding free Wi-Fi?



Week #24

This week results had Yacinovich Excavating taking 21 points from NEP Telephone and Thiede Livestock taking 20 points from Guild Flagstone.

Individual High game was 275 by Derek Benson. Individual High series was 258-748 by Jim Mican.

Team High Scratch game and series was 1026-2917 by Guild Flagstone. Team High Handicap game and series was 1239-3630 by Yacinovich Excavating.

Other scores: Derek Benson 275-713, Bob Johnson 248-678, Adam Loughney 257-674, Rob-Young 225-605, Bob Stine 208-586, Mike Yacinovich 552, Bryan Tallman 200-534, and Mike Cottrell 214-530.

The following splits were converted this week: Jason Thiede 2-7-8, John Smith 5-7, Dave Pitus 3-10 and Jim Mican 3-10.

Standings

Thiede Livestock	174 1/2
Yacinovich Excavating	172
Guild Flagstone	144
NEP Telephone	99 1/2

Pruning Basics Class in Clifford Sat., Mar. 14

Join Susquehanna County Master Gardener and retired State Forester Jim Kessler for a hands on basic pruning class on Sat., March 14, at 9 a.m. at a private residence in Clifford. The class is offered in partnership with the Montrose Area Adult School.

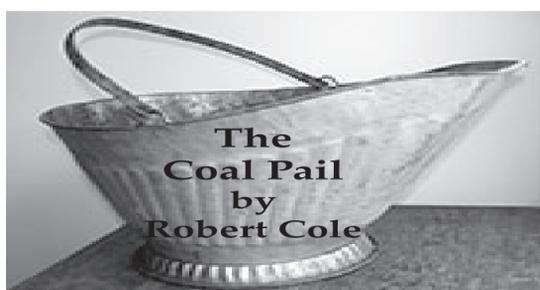
Pruning basics will take place at 348 Old Bloxham Farm Lane in Clifford, and directions will be emailed before class. There is a \$5, and class is limited to 20 students. Held rain or shine, so please dress appropriately.

To register visit: www.montroseadultschool.org; call Penn State Extension Office at 570.666.9003, or email: susquehannamg@psu.edu.

Craft Event at C'dale YMCA Sun., March 15

ATTIC TREASURES & MORE - Flea Market & Craft Show at the YMCA

On Sunday, March 15, the Greater Carbondale YMCA will hold a Flea Market and Craft Show from 1:00-4:00pm. There will be a large variety of attic treasures and hand crafted items for sale. The Y will have a bake goods & refreshments for sale. \$1.00 donation and the door.



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.

It must have about 1954

when I remember this. My uncle Richard Atkinson, (Dick), and I used to go out every fall to pick princess pine, as did many of the local people. We had a few places where we liked to go and the pine was abundant. On Browndale Mountain there was a spot that we liked and we tried not to take a lot so that it would be there the next year for the picking. I started to pick at the end of August and would keep it in old burlap sacks. I would put water on it to keep it from getting brown. The buyers did not want to see any brown on the pine. We decided to go to the Stillwater Cliffs to pick this day because we had a few spots that yielded lots of pine. We had a couple of burlap bags and a ball of string with us to tie the pine in small bundles and then put in the bag. Uncle Dick parked the car at the end of the bridge where the old Stillwater Dam used to be. We went straight up into the woods and were into the princess pine that was growing in very big patches. We worked our way up the mountain and were there for 3 or 4 hours. All at once Uncle Dick hollered for me to come over to him to see what he had found. I went over and he showed me some Native American Chestnut trees that were loaded with chestnuts.

WOW I did not think that there were any more American Chestnut trees left in America. The chestnut blight had killed all of the trees in the late 20's and 30's. It happened when someone brought chestnut trees from overseas and the blight from them killed the native American ones. We picked many chestnuts from the stand of trees. The trees were not real tall but all had chestnuts on them. Pockets full and many in the burlap sacks. The native chestnuts are smaller than the ones that are in the stores now. They are sweeter meat and when put on top of a coal stove lid with a small cut in the side they roast well.

When we came back to the car I looked up the mountain and I saw a large patch of yellow trees and I knew that was where we had been. We went back in a few days and picked some more chestnuts. Really easy to find because the yellow leaves stuck out from the rest of the colored leaves in the woods. I went back 4 or 5 years later and stood at the same place at the bottom of the mountain and there was not a bit of yellow leaves there.

At Coles Cabin a few years ago there was an American Chestnut growing. It was about 8 inches in diameter and it had many chestnut burrs on it, but the squirrels ate all of the nuts. There are many small native chestnut trees at my cabin but they do not get big enough to grow nuts. Sad to think that the trees were all killed by someone bringing a tree here that

had a blight.

I hunted once in Juniata County with a school teacher from Stevens Trade School. He had built his cabin from Native Chestnut tree logs that he salvaged from the woods. An awesome cabin and the logs were enormous. The floor was dirt and there was a large fireplace made with field stone with an opening that would take a really large piece of wood. I would love to go back there and stay one more time. So many memories. Great to sit back and think about it all. We hunted native pheasants on his father's farm and Mr. Hower, my teacher, said that I should not walk in front of his father because he was carrying a 97 Winchester pump gun that had a hammer and he kept it cocked. I was hunting with my 16 gauge Remington pump and we had a great day. After the hunt we went back to his cabin and he roasted a racoon on a spit over the open fire. One of the best meals that I have ever had. Would love to duplicate that 1 more time. Raccoon is a fat animal but on the spit it turned and the fat dropped into the fire. I can remember my father Alfred Robert Cole putting coon grease on his leather shoes. He said that it was the best water repellent ever. I bet that no one uses that anymore?? MOST LIKELY WENT AROUND SMELLING LIKE A RACCOON. LOL

Golf movie at Montrose

A movie filmed at Fern Hall Golf Course and Inn, Crystal Lake, in 2018 is premiered at Montrose Movie Theater this week. The Eagle and the Albatross has a number of area folks in the crowd scenes.

Showings began last week and continue with 5 shows daily on Wednesday, March 25 and Thursday, March 26, at 1, 2, 5, 7, 9pm.

A viewing of the film was held last year at the Candlelight Inn, Herrick Township, at which many of those who served as extras in the film, got to view their work, and give their ideas on how they thought it might be improved.

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

"Perfect Mashed Potatoes"

Mashed potatoes are often a staple at our meals. I admit we use instant a lot. Not that we prefer them, but they are a time saver. So when we take the time to cook some from scratch, why not make sure they are the best they can be? Here is a good recipe to that end.

2 Pounds Yukon Gold OR Russet potatoes

1 Tablespoon of kosher salt

1/2 Cup of cream

3 Tablespoons of butter

1/8 Teaspoon of baking powder

Kosher salt and freshly ground black pepper to taste

Peel, cut up, and place potatoes in a pot. Add half the salt. Add enough cold water to barely cover them and place over medium high heat. Bring to a boil, then reduce to a simmer, and cook for 15 minutes or so, until fork tender. In another sauce pan, over low heat, warm the cream and butter, not allowing over a simmer, just warm it before adding to the hot potatoes. When potatoes are done, drain and shake to remove as much water as possible. Return them to the warm sauce pan. Add the cream and butter. Mash with potato masher, and if necessary beat with spoon. Mix in the baking powder, which will make them light and fluffy. Then taste and add salt and pepper as necessary.

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Yoga Hike in Thompson Sat., March 14

Join the Rail Trail Council of NEPA on March 14th, from 12- 2 pm to enjoy the Winter beauty of Buck's Falls. Experience a Yoga Hike with Tiffany Debish, Saturday, March 14th, at 12 PM. We will be breathing, stretching and hiking along the D&H Trail through the woods to Buck's Falls. Once there, you will experience the calming environment of the natural falls in all its glory with the Spring melt beginning. We will be parking at the Little Ireland Road Trailhead. If you would like to follow us to the Parking Area, we will meet at the Rail Trail Office at 11:15 and departing at 11:30 for Little Ireland Road Trailhead Parking Area. There is a \$5 donation.

All are welcome to join. Please dress appropriately, wearing warm waterproof boots, coats, hats and gloves. We hope to see you there. Happy Trails!

420 Main St. Forest City, PA

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6 WAYS TO MAXIMIZE YOUR HEALTH:

MIND, BODY AND SPIRIT

Health is a package deal, and a series of small tweaks to your mind, body and spirit can allow you to maximize your overall health. Here are some ways you can start maximizing your health.

MIND

Slow time down by resting more. Slow down your perception of time by getting enough sleep and mental rest.

Start a mindful habit. Hobbies like knitting, sewing and coloring in adult coloring books can function as a kind of moving meditation and tap into creativity.

BODY

Schedule your screenings. Schedule your screenings for everything from breast cancer to heart disease to diabetes. Men and women need different preventive tests at different ages.

Add stretches into your day. Many of us sit hunched at desks, which causes our muscles to get shorter and tighter. Short, tight muscles can eventually lead to pain and injury. One simple way to counteract the effect of sitting hunched for much of the day is to try some basic stretches.

SPRIT

Start a gratitude journal. Each day write down one thing you're grateful for. People who make an effort to focus on gratitude tend to be happier and more satisfied with their lives.

Be more honest. Being honest with friends and loved ones leads to greater levels of social connection.

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