

The Clarion Mirror

FREE

“A Reflection of Life In Our Hometown”
Vol. 13, No. 5 • May 2024

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Former Clarion-Limestone Boys Basketball Coach Joe Ferguson Named 2024 Sportsmanship 1 “Sportsperson of the Year”

by Clarion Sports Zone



Coach Ferguson (Left) receiving the Sportsperson of the Year Award from Coach Baschnagel. (photo courtesy Sportsmanship 1/Fun With Fundamentals Basketball Camp)

Former Clarion-Limestone Lions Boys basketball coach Joe Ferguson was recently named the 2024 “Western Pennsylvania Sportsperson of the Year” by Sportsmanship 1/Fun With Fundamentals Basketball Camp. The award has been given out for over twenty years.

Coach Ferguson, who retired as head coach of Clarion-Limestone Boys basketball at the end of the 2022-23 season, after 17 seasons at the Lions’ helm, is the winningest coach in school history, with 284 wins. His Lions won 7 Keystone Shortway Conference titles in 9 appearances, made 16 District 9 playoff appearances, winning two titles and had 20 or more wins 7 times.

He is a local businessman and still one of the owners of Delta
see COACH on page 4

Annual Delta Contractors & Design, Inc. Chamber Golf Outing May 24

The Clarion Area Chamber of Business & Industry is pleased to announce the 2024 Delta Contractors & Design, Inc. Annual Chamber Golf Outing, set for Friday, May 24, 2024, at Clarion Oaks Golf Club. This popular event provides opportunities to expand business and community relationships in a fun and relaxed setting.

Participation in this best ball scramble is just \$300 per team. The fee includes green fees, cart, box lunch, dinner, and refreshments with lunch and dinner catered by Red River Roadhouse of Clarion. Shotgun Start tee off will happen promptly at 10:00 a.m. Skills contests will be held throughout the event.

The Annual Delta Contractors & Design, Inc. Chamber Golf Outing is sponsored in part by Clarion County Community Bank and First United National Bank.

Corporate and hole sponsorship opportunities are still available by contacting the Clarion Area Chamber of Business & Industry.

Registration forms are available at the Clarion Area Chamber office. For more information, contact the Clarion Area Chamber at 814-226-9161 or tracy@clarionpa.com.

Clarion Travel Plaza Nearing Completion Begins Hiring Process

New travel center at the junction of Interstate 80 and State Route 68 seeks employees for its convenience store, food court, and refueling station, signaling imminent opening.

by Gavin Fish, exploreclarion.com



The new Clarion Travel Plaza main building, receiving its finishing touches. Gavin Fish/EYT Media.

Construction of the Clarion Travel Plaza in Monroe Township is nearing completion. The plaza will be located at Trinity Point along State Route 68, just off Interstate 80 Exit 62.

While an exact opening date has not been set, workers on-site confirmed that the plaza is in its final stages of construction.

Additionally, job postings have appeared online seeking employees for the convenience store, food court, and refueling station. Employment website Indeed.com listed a Store Associate job posting for the Clarion Travel Plaza, with an offer of \$15 to \$17 for part-time and full-time employees. “The Clarion Travel Plaza is looking for convenience store and food court convenience store attendants,” says the posting.

The job posting confirms four of the five food franchises previously reported by exploreClarion.com — Fatburger, Dunkin’, Jimmy John’s, and Tikka Shack. Another franchise, Sbarro, is also listed.

It’s unclear whether the plaza will include the previously planned Buffalo’s Cafe, a restaurant chain known for its Buffalo-style chicken wings. Buffalo’s Cafe is operated by FAT Brands—the parent company of Fatburger.

In addition to the online postings, the plaza was accepting applications at the Clarion Chamber’s Job Fair at the Clarion Mall on April 24th.

GJAMS Clarion Holdings, LLC began construction of the plaza the week of December 26th, 2022. The main building has been constructed and is in the final stages of build-out. Most of the flooring is in. An enormous wall of refrigerators has been installed.

see TRAVEL PLAZA on page 6

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When the Blackbird Sings

by Jennifer Black

We are all judgmental. Yes, even you. I certainly am, many times I think it's human nature and yet while it is in our nature to be judgmental, I don't think it's ever useful to us. Do you look down on others, as if you are so much better? Do you realize this creates division between people? Think about it for a second, we see someone, and based on their looks or actions, we pass judgement on them. Normally not good judgment, either. Usually without even knowing the person. That's it, that's usually the extent of our interaction with that person. We don't make an effort to get to know the person, or understand them, or to see whether our judgment was right or not.

Consider what happens when we pass judgment on people we do know. Do you see something they do and get angry at it, or disappointed in the person, or think worse of them? Do you judge without understanding? Once again, that's the end of it, but why don't we try to find out more, and through communication begin to understand, and through understanding we could begin to build a bridge between the two of you.

Do you think you can build a bridge with every single person you meet? Probably not. That could take time and effort. Two things we're usually short on anyways. I have found that taking that extra time, even just once a day, I can make a difference.

Why not this month try not to pass judgement and instead build a bridge between yourself and others. If you find yourself being judgmental, stop yourself. This will take all of us a great effort to do. The first step is to think about your thoughts for a few days, try to notice when you're being judgmental. This can be difficult at first, but once you keep reminding yourself to do it, it will get easier each day. Once we are more aware can we stop ourselves from being judgmental? Take this to heart. So many of us judge without having a clue what that person is going through. We look on the outside, maybe their clothes, house, cars, jewelry, I could go on and on. This month stop and take the time and think of once simple scripture. Do not judge for you shall be judge, pretty simple right?



Member Spotlight

Mechanistic Brewing Co.

Mechanistic Brewing Co. celebrated their 5th Anniversary on May 4th!

George and Chelsea Alexander returned to the Clarion area to raise their family. With George's background in science and Chelsea's business background, they created Mechanistic Brewing in 2019. Beer is their mechanism of bringing people together to build community.

George and Chelsea say, "We love the people! Our area is filled with talented, smart, hardworking and honest people. There are many opportunities in



our area."

Mechanistic Brewing offers a private event area that can be rented for parties or get togethers. They have hosted reunions, birthday parties, retirement parties, even a wedding and rehearsal parties.

They are constantly improving, from their outdoor patio area to the quality of beer they make. Their batches are small, which allows them to experiment and learn, with each and every brew day. Their events have grown and have become Clarion's bock party.

Upcoming events include May 4th for their 5th Anniversary, Clarion Summerfest the

weekends of June 7th and 8th, July 5th and 6th and August 2nd and 3rd, Octoberfest September 20th and 21st and Autumn Leaf Festival weekends September 27th and 28th and October 4th and 5th.

George focuses on water chemistry to make the best beer possible - using Clarion water!

Also stop by Mechanistic Brewing during the 12th Annual Cheers and Beers Walk which is happening the very night before their 5th Anniversary. Play Star Wars Trivia and enjoy their delicious brews.

For more information visit their website: <https://www.mechanisticbrewing.com/>

The Clarion Mirror

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ATTENTION ADVERTISERS AND COPY WRITERS

The deadline for all advertisements and stories is the **5th day of the month of publication.**

Please email advertisements in a pdf format and email news stories as a Microsoft Word document to: theclarionmirror@gmail.com.

Publisher reserves the right to reject, edit or cancel any advertisement or news copy without liability at any time. Liability for any error in an advertisement shall not exceed the cost of space occupied by the error. The Clarion Mirror is not liable for errors on advertisements submitted by an outside source. If for any reason an advertisement or news story is not published, the publisher assumes no liability.

Submitted articles do not necessarily reflect the views and opinions of The Clarion Mirror.

Student-Run Manufacturing Enterprise Summit

Students from across the northwest and north central region of the Pennsylvania Commonwealth convened on May 7 in Warren PA for the inaugural Student-Run Manufacturing Enterprise (SRME) Summit hosted by Northwest Industrial Resource Center (NWIRC).

The Summit, with this year's theme 'Reaching New Heights,' was a conference geared for students who are running a manufacturing business, right out of their high schools, in order for them to share best practices for making their programs (businesses) stronger. Students presented information about their successes and challenges over the past year, as well as provided tips and asked for advice. The day included team building activities, networking with company sponsors, and a panel discussion. The business panel featured individuals in various manufacturing

roles, including Rick Young, President of Sintergy; Kyle Astor, Manufacturing Engineer Manager at Acutec Precision Aerospace; Kevryn Boser-Dixon, Reliability Manager

at American Refining Group, and Shana Bailey, Marketing Manager at Viking Plastics. The panelists will share experiences

see *SUMMIT* on page 8

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photo by Mazzarella

20th Annual Cook Forest French & Indian War Encampment June 8-9, 2024

Cook Forest State Park will host a series of living history events depicting life during the French & Indian War. Highlights of this full two-day encampment include woodland natives, cannon and musket firing, cooking, primitive skills, blacksmithing, tin smithing, pottery, children's games, sutler camp, renown living historians, French & Indian War Era artisans, and live tactical engagements. Every battle is different! Take a walk back in time along the Black Bear Trail by the Sawmill Center for the Arts during open camp hours to view British, Colonial, French, and Native American re-enactors as they portray lifestyles of the 18th century.

Saturday, June 8

10:00am-6:00pm *Event Open*

10:00am-11:00am *Blacksmithing Demonstration* - by 'Friends of Dennis Murray, across from Sawmill Craft Market

10:00am-12:00pm *Turkey Wingbone Call Fabrication* - by Paul Stillman, living historian from *Historically Speaking*, in the Old Sawmill Classroom, \$15 for materials.

10:00am-4:00pm *Cooking Demonstration* - by Geoffrey Domowicz, Compagnie LeBoeuf chef, along Black Bear Trail at the main encampment site

10:30pm-5:00pm *French & Indian War Era Art & Demonstrators* - meet with distinguished artists, authors, artisans, and demonstrators in the Old Sawmill Classroom

10:30pm-5:00pm *Sutler Row Demonstrators* - Want to meet with skilled artisans to make a trade or purchase? Looking to get into the hobby and need clothing & accoutrements? Meet tinsmiths, cordwainers, leather workers, cooks, gunsmiths, clothiers, weapons outfitters, and gourd makers in the long field on your right as you come into the main Sawmill entrance.

11:30am-12:15pm *Confrontation at the Forks: The Ohio Company Fort and its Surrender* - treaty and fort surrender engagement in the woods along Black Bear Trail across from the Old Sawmill Classroom

1:00pm-2:00pm *Stoffel Stump: The Man Who Walked with Conrad Weiser* - by Richard Pawling nationally renowned living historian from *History Alive!* at the Sawmill Theater

2:00pm-3:00pm *18th Century Children's Games* - by the Noel family-Compagnie LeBoeuf, along Black Bear Trail at the main encampment site

2:00pm-5:00pm *Powderhorn Fabrication Workshop* - by Paul Stillman, living historian from *Historically Speaking* in the Old Sawmill Classroom, \$25 for materials.

2:30pm-3:30pm *The Opportunity to Meet the Character Within the Character* - by Richard Pawling nationally renowned living

see COOK FOREST on page 6



Bird's
Nest

GRAND OPENING

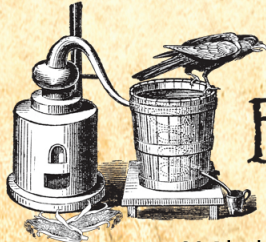
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Business & Professional SPOTLIGHT



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(843) 708-6741 or find them on Facebook. Brian also says, “Call me and let’s get this party started!”



Coach

continued from page 1

Contractors and Design, and Ace Concrete.

Coach Ferguson had this to say about receiving the award, “It is an honor to have been selected and voted as Sportsperson of the Year. I would never have dreamed of being selected for something like this, nor would I have ever dreamed of coaching for 17 years as a high school coach!

“This award is mostly about

character, not wins and losses, and that is what I appreciate most, since that is what I hoped to instill as a leader to my players. Most importantly, I hoped to direct the athletes to honor Christ in all they do, and to represent themselves, their parents, and the community with integrity and solid character.

“I want to thank Norb Baschnagel, the Sportsmanship committee that voted for me to receive this award, and to all those that supported me and the C-L basketball program through the years.

“It is very special!”
 Forgive me for the cliché, but Coach Ferguson is more than a “One-Trick Pony.”

He was very active in Clarion Little League for a number of years as a board member, coach, longtime All-Star coach (think “Three Amigos,” Coach Ferguson, Coach Dan Shofestall and Coach Jim Campbell), and more.

He was softball player for various teams, church league and men’s league. He played in a local men’s basketball league and was one of the driving forces, along with Coach Baschnagel and others) in the early days of the YMCA, with funding, field procurement etc.

As he mentioned he is a Christian, putting Jesus Christ first in his life and is always wearing his Christian faith on his sleeve. Coach Ferguson’s order of priority has been 1) Jesus Christ, 2) Family, 3) Lions’ Basketball.

Forgive me again, but for this brief bit I’m going to break

protocol. If you know me at all, you know my opinion that a coach, or teacher should be addressed as Coach, Mr., Mrs., Miss as a sign of respect.

But for this part, I am going to just call him Joe. I’m sure you will understand.

Joe and I have been friends for over fifty years. Where did we meet? at church of course? both of us were dating the young ladies who we would end up marrying. We were part of the Youth Group at the Liberty Street Church of God. That group’s influence on me, was very instrumental in my getting saved.

We played softball together, again church league and men’s league. The local church league was pretty solid back then. Joe and I could share some great memories from softball.

Joe and I had a Contemporary Christian Music program, “The Sonlight Express,” on WWCH in the 70s. Contemporary Christian Music was just getting a foothold in mainstream music at the time.

Joe was in our wedding party.

Yep, I’ve known Joe for over half a century. Class Act!!

Coach Bashnagel shared these fine words about Coach Ferguson.

I have known Joe Ferguson for over thirty years, and believe he is one of the most competitive individuals as a player and a coach that I know and have competed against. He and his basketball teams at Clarion-Limestone have always demonstrated great

sportsmanship, integrity, poise, and discipline.

Joe’s record in Boys basketball at Clarion-Limestone High is the best in school history and he always did it with first class and dignity.

Joe Ferguson is a giver, who has helped the Clarion Community greatly to develop the Clarion County YMCA over many years of his support and leadership.

He is also very involved with his church and has been a major sponsor of the Clarion Area Chamber of Commerce Golf Scramble for many years.

Coach Ferguson’s players speak very highly of him on his impact on their basketball career and life skills they learned.

Ferguson would rather be noted as one who mentored his players to be men of integrity and character, and to understand that ‘life is about relationships.’ His relationship with Jesus Christ is his foundation to all other relationships and he knows that is what ultimately made the basketball program successful. Coach Ferguson is most appreciative of having the opportunity to mentor young men as well as have good relationships with the coaches, AD’s, officials, players, and most importantly his family, throughout the years.”





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First Step: Starting a Small Business in PA
on Tuesday, May 7, 2024

2024 PA Tax Series: Getting Started with myPATH
on Wednesday, May 8, 2024

Tax Talk with Corry
on Wednesday, May 15, 2024

First Step: Starting a Small Business in PA
on Saturday, May 18, 2024

OSHA: Personal Protective Equipment
on Thursday, May 23, 2024

First Step: Starting a Small Business in PA
on Thursday, May 23, 2024

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BROOKVILLE to Rehabilitate Mobile Lounge and Plane Mate Prototype Vehicles for Metropolitan Washington Airports Authority

Plane Mate and Mobile Lounge Prototype Vehicles have arrived onsite at Brookville Equipment Corporation

Brookville Equipment Corporation (BROOKVILLE) was given Notice to Proceed (NTP) on a \$16.4 million contract by Metropolitan Washington Airports Authority (MWAA) on November 2, 2023, for the rehabilitation and upgrade of the existing plane mate and mobile lounge vehicles at Washington Dulles International Airport (Dulles International). BROOKVILLE's rehabilitation will include one prototype of each vehicle type. When the work is complete, MWAA will have the option of revamping the rest of the fleet for an estimated \$143 million, not to exceed \$160 million, over six years. "We are so excited to have the opportunity to rehabilitate these vehicles and bring them back to life, after being a critical part of the operations at Dulles International. We plan to reimagine the functionality of these vehicles, with anticipation

they will be in operation for decades into the future," said Joel McNeil, Executive Vice President of Brookville Equipment Corporation.

The vehicles are used to transport passengers from the main terminal area to Concourse D, which is not connected to the AeroTrain. In the 1960s, Washington Dulles came up with the concept of the mobile lounge, in the peak of the jet age, by saving passengers time by eliminating walking long distances from the ticketing gate to the jet ramp. Currently, the vehicles are used to disembark passengers from most international flights arriving at Dulles International.

The fleet in its entirety consists of 19 mobile lounges and 30 plane mates. The mobile lounges have been an essential part of Dulles International since opening in 1962 and are considered a historic element. The plane mates were an evolution of the concept and produced in Pennsylvania in the 1970's and 80's. The vehicles remain a critical part of the airport's passenger transfer operations. "Mobile lounges and plane mates are important parts of Dulles International Airport's
see BROOKVILLE on page 9

3rd Annual Rail 66 Time Trial



The Clarion Summer Fest committee invites cyclists to participate in the 3rd Annual Rail 66 Time Trial. Cyclists must be 16 years of age and older, in good physical condition, and can register to compete in an 11.5-mile point-to-point time-trial bike race. The race begins at the Farmington Township Community Park in Leeper, PA, travels north along the Rail 66 bike corridor and finishes next to Northwest Hardwoods, which is located about 1 mile south of the village of Marienville, PA. Racers will leave the starting line in 30 second intervals.

The race is scheduled for Saturday, June 8, 2024. Check-in opens at 7:15 a.m. and the first rider will start the race at

8:30 a.m. Online registration is available at rail66tt.com. Janney Montgomery Scott, LLC (Clarion office), the race sponsor, will provide refreshments at the finish line.

Rail 66 is an asphalt-paved bike trail that begins on Rt. 322 just west of Clarion and ends in the village of Marienville. The 11.5-mile bike time-trial course does not cross any major highways, but it does cross 19 township roads, driveways and lanes along this ride. The race committee will provide traffic control at these intersections to ensure a safe crossing.

All proceeds go towards trail maintenance and T-shirts are guaranteed to racers who register by May 31, 2024.

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BEVERAGE-AIR.

In the Spotlight

Greg Dinger started his career at Beverage-Air in August, 2002. His current position is Refrigeration Assembler.

Greg (AKA Doc) has been employed at Beverage-Air for 22 years. He is a great worker and knows his job very well. He is always on task and never hesitates to do whatever is asked of him. Greg is also pleasant to work with and gets along well with his Refrigeration Team. He is always at work and consistently stays on task until the end of every day.

In his free time Greg likes to build things in his workshop, play corn hole and ride his side by side.



Greg Dinger

Travel Plaza

continued from page 1

One of the five food court counters is in.

Outside, the main frame of the fill station canopies is erected. Plumbing and electrical work for the fuel pumps is in progress.

At a planning commission held in June of 2022, GJAMS Clarion Holdings, LLC Operations and Project Manager, Ang Sandoo, told exploreClarion.com in January of 2023 that the plaza will need approximately 40 employees, half of which would be full-time.

Initial operating hours will be 4:00 a.m. to midnight and hours could eventually increase to 24/7, Sandoo said.

The plaza is one of two being constructed off Interstate 80 Exit 62. A second plaza, on the northern side of Interstate 80 at the site of the former Ramada Inn, will feature a Sheetz and two proposed chain restaurants. That project is in the early development stages with demolition beginning on Tuesday.

This story is courtesy of EYT Media Group Inc. and first appeared on their website, www.exploreClarion.com. Visit their website to find more stories like this one.



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**The Clarion Mirror
advertising and article
deadline is the 5th day of the month
of publication.**

Cook Forest

continued from page 3

historian from *History Alive!* At the new Sawmill Classroom

3:00pm - 5:00pm
Blacksmithing Demonstration - by 'Friends of Dennis Murray', across from Sawmill Craft Market

3:30pm-4:00pm **Cannon & Musket Firing Demo** - by the camp Corps of Artillery, located in the woods along Black Bear Trail across from the old Sawmill Classroom

4:00pm-4:30pm **Peril in the Forest** - tactical engagement in the woods along Black Bear Trail across from the old Sawmill Classroom

8:00pm-9:00pm **An Evening to Be Remembered: Stoeffel & His Son Frederick Will Take You on a Journey to be Remembered** - by Richard Pawling nationally renowned living historian from *History Alive!* at the Sawmill Theater

Sunday, June 9

9:00am-3:30pm **Event Open**

9:00am-9:30am **18th Century Sunday Service** - by Rick Sanguigni of 'Friends of Dennis Murray', located in the main encampment site along Black Bear Trail

9:30am - 11:00am
Blacksmithing Demonstration - by 'Friends of Dennis Murray', across from Sawmill Craft Market

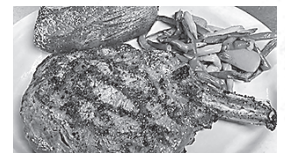
9:30am-3:00pm **French & Indian War Era Art & Demonstrators** - meet with distinguished artists, authors, artisans, and demonstrators in the old Sawmill Classroom

9:30pm-3:00pm **Sutler Row Demonstrators** - Want to meet with skilled artisans to make a trade or purchase? Looking to get into the hobby and need clothing & accoutrements? Meet tinsmiths, cordwainers, leather workers, cooks, gunsmiths, clothiers, weapons outfitters, and gourd makers in the long field on your right as you come into the main Sawmill entrance.

10:15am-10:45am **18th Century Children's Games** - by

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the Noel Family-Compagnie LeBoeuf, along Black Bear Trail at the main encampment site

1 1 : 0 0 a m - 2:00pm **Turkey Wingbone Call Fabrication** - by Paul Stillman, living historian from *Historically Speaking*, in the Old Sawmill Classroom, \$15 for materials.

11:30am-12:00pm **In Defense of the Homeland** - morning surprise tactical assault at the main encampment site along Black Bear Trail

1 2 : 3 0 p m - 2 : 0 0 p m **Blacksmithing Demonstration** - by 'Friends of Dennis Murray', across from Sawmill Craft Market

2:00pm-2:30pm **Cannon & Musket Firing Demonstration**

- by the camp Corps of Artillery, in the woods along Black Bear Trail across from the old Sawmill Classroom

2:30pm-3:00pm **Peril in the Forest** - tactical engagement in the woods along Black Bear Trail across from the old Sawmill Classroom

Programs at Cook Forest State Park

Cook Forest Living History Weekend, May 24-26

Please join us for a fun filled weekend of living history as we

journey through various historical eras of the United States: French & Indian War, Colonial Period, Civil War, Spanish American War, and Pennsylvania's lumber heritage. Join living historian and master story-teller Paul Stillman, historical interpreter Dave Clark, and historian-songwriter Van Wagner, as they take us through these noteworthy periods of American history through first person character portrayals, hands-on demonstrations, and song.

Friday, May 24 from 8:00-10:00pm

'Seneca Point by Candlelight'

Take a walk back in time with historical characters from the past. Please meet at the Fire Tower parking lot where a 1750's French Marine will guide us through the ancient rocks of Seneca Point in search of old Seneca & Abenaki warriors on their trek south along the Catawba Trail.

Saturday, May 25 from 9:00-11:00am

Paul Stillman as a 'Seneca Indian'

A Native American visits us from the past on his trip from New York as he travels south along the

historic Olean Trail. Please bring your camp chairs and meet at the Log Cabin Inn Environmental Learning Classroom where he will be preparing for his trip.

Saturday, May 25 from 1:00-2:30pm

Paul Stillman and Dave Clark as 'The North Meets South'

Come see the Civil War through a New York regimental line soldier and a rebel of the Army of Northern Virginia. Please bring your camp chairs and meet at the Log Cabin Inn Environmental Learning Classroom.

Saturday, May 25 from 8:00-9:00pm

'An Evening with Ben Franklin'

Franklin' by Paul Stillman

One of the founding fathers of our country. Science, glass music, and philosophy are only part of Doctor Franklin's life. Join the elderly statesman as he reminisces about his involvement in the French & Indian forts of the 1750's. Please bring your chairs & blankets and meet at the Ridge Camp Park Amphitheater.

Sunday, May 26 from 1:00-2:00pm

Dave Clark as a 'Private of the 71st New York Regiment During the Spanish American

War'

Private Charles Johnson Post recounts the charge up San Juan Hill. Post, an illustrator for William Randolph Hearst's newspaper, endured the hardships of a soldier in the "Splendid Little War in Cuba." Please bring your camp chairs at meet at the Log Cabin Inn Environmental Learning Classroom.

Sunday, May 26 from 2:30-3:30pm

Paul Stillman as a 'Colonial Craftsman'

Learn how things were made during the early part of the 18th century during a quill and bamboo pen fabrication workshop. Please bring your camp chairs at meet at the Log Cabin Inn Environmental Learning Classroom.

Sunday, May 26 from 4:30-6:00pm

'Tall Timber: Van Wagner's Timber Heritage Program'

Celebrate the past and present of Pennsylvania's timber heritage with historian, songwriter, and forester, Van Wagner, as he demonstrates dozens of tools spanning 200 years of logging history. He will also focus on the
see COOK FOREST on page 8

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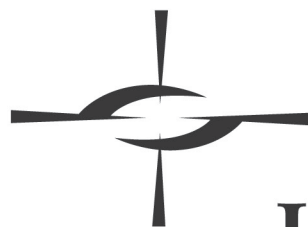
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Clarion Rotary Learns about Clarion Hospital's Pulmonary Rehabilitation



Ashley Conticelli and Kevin Wolfe pictured with Rotarian Emily Bonk

Clarion Rotary learned more about the Pulmonary Rehabilitation department at Clarion Hospital's Trinity Point facility. Kevin Wolfe and Ashley Conticelli described how their department helps to strengthen patient's lung capacity to perform normal everyday tasks that most of us take for granted.

Learn more about Clarion Hospital's Pulmonary Rehabilitation Center at <https://www.butlerhealthsystem.org/locations/bhs-pulmonary-associates-clarion/>

Learn more about Clarion Rotary at www.clarionrotary.com

Clarion Rotary Learns about the Lumber Heritage Region



Holly Komonczki with Rotarians Estelle Frese and Jon Williams

Clarion Rotary invited Holly Komonczki from the Lumber Heritage Region to speak at their regular Monday meeting at the Clarion YMCA. Komonczki highlighted the non-profit's expanse of 15 counties, Clarion being one of them. The goal of the heritage region is to market its assets to potential visitors, to serve as a resource to the PA hardwood industry, and to keep the economic impact of the region in the forefront.

To learn more about the Lumber Heritage Region visit www.lumberheritage.org

To learn more about Clarion Rotary visit www.clarionrotary.com



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Summit

continued from page 2

and answer questions from the students focused on various areas of manufacturing including leadership, sales, engineering, quality, and marketing.

Lion Manufacturing is very excited and thankful to be a part of the SRME Summit. We hope to learn how to make our student run manufacturing business better in multiple aspects. We also are looking forward to seeing all the other Student Run Manufacturing enterprises and how they operate.

Schools participating in this year's Summit include: McDowell High School in Erie (McDowell Manufacturing), St Marys Area High School in St Marys (Dutch Manufacturing), Bradford Area High School (Parkway Industrial), Warren County Career Center (1st Class Precision Manufacturing), Clarion-Limestone High School (Lion Manufacturing), Titusville High School (Rocket Manufacturing), and Corry High School (in early planning stages of their program).

Businesses and organizations supporting the Summit include Haas, Miller Fabrication Solutions, Gasbarre Products, Ellwood Group, Beverage Air, American Refining Group, and NWPA-NTMA.

NWIRC was integral in helping these regional high schools plan and launch their programs, building awareness, and connecting with local manufacturers. The SRME model puts the information learned during coursework to practical use as they produce actual parts, deliver services, add value as part of the supply chain for local manufacturers, and possibly create their own original products.

Over the course of an academic school year, students

learn about and perform different job functions in manufacturing, develop essential life-long skills, use advanced manufacturing technologies, and build relationships with local companies. At the same time this work readiness is occurring, capacity for local manufacturers is advancing and the next generation of manufacturing talent is being cultivated. Through this experience, students interact with local manufacturers and learn their requirements – including performance metrics for production, quality, and on-time delivery. Students are getting the opportunity to be mentored, gain expert insight, and develop manufacturing skills. The working relationships established and developed will position the students for future employment opportunities.

All of these regional SRME programs, and the Summit, are supported in part by The Pennsylvania Department of Community and Economic Development (DCED) through

the Manufacturing Training-to-Career grant program.

Cook Forest

continued from page 7

old rafting days when millions of board feet of Pennsylvania Timber were assembled into various styles of rafts and piloted down our streams and rivers. Please bring your camp chairs and meet at the Log Cabin Inn Environmental Learning Classroom.

Sunday, May 26 from 8:00-9:00pm

'Evening Concert by songwriter Van Wagner'

Featuring acoustic songs about the cultural and natural heritage of Pennsylvania at the Ridge Camp Park Amphitheater. Van's music has been featured on the *History Channel*, *Country Music Television*, and several film productions. Be prepared to not only be entertained, but also inspired to learn more about Pennsylvania's history. Don't forget your chairs and blankets!



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Rotary Hears from Coalition for Christian Outreach at PennWest Clarion



(l-r) Rotary President Jesse Kelley, Laura Burford, Ashlyn Gray, Owen Rynex, Emily Blaker, Rotarian Jessica Hansford, Rotarian Avari Schmader.

Clarion Rotary heard a program presented by Coalition for Christian Outreach (CCO) that encompasses Koinonia and Fellowship of Christian Athletes at Clarion University. Campus Staff leader, Emily Blaker, discussed the mission

of the organization and segued the conversation to two current Clarion University students, Ashlyn Gray and Owen Rynex. The students discussed all the campus events open to the students and welcoming them into their activities.

More can be learned about CCO at www.ccojubilee.org/campus-detail/pennwest-clarion. To learn more about Clarion Rotary, please visit www.clarionrotary.com

BROOKVILLE

continued from page 5

operations. They provide flexibility and increased capacity to move passengers around the airport while offering unique views during the ride. Built in the 60s, it's time for a major overhaul of these iconic vehicles. We look forward to following the two prototypes through refurbishment," said Richard Golinowski, Vice President and Airport Manager, Dulles International Airport. As MWWA continues to expand the facilities at Dulles Airport, including the AeroTrain, the fleet remains a highly effective solution for moving passengers between terminals and aircrafts until future facilities are completed. The vehicles are considered nostalgic among many Dulles travelers, employees, and residents of the Nation's capital.

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Wolves Have a Fine Showing at 35th Annual Oil Country Invitational

by Clarion Sports Zone

The North Clarion Wolves Track and Field Team had twelve athletes participate in the 35th Annual Oil Country Invitational, held at Oil City High School's Oil Field sports complex on Saturday, May 4th.

The Wolves came away with five medals.

Brenna Armstrong led the way, taking first in the Girls' shot put, with a heave of 35'-7" and third in the discus with a throw of 108'-11".

Kaitlyn Guth took home the fourth-place medal in the Girls' 300 hurdles, with a personal record time of 52.50.

Jackson Nicewonger placed fifth in the 3200. He had a personal record time of 10:43.81. Jackson's time qualified for the District 9 Class-AA Championships.

The Wolves had another place winner in Mason Gourley, who finished sixth in the 300 hurdles. Mason was clocked in 44:29, which was a personal record.

Several other Wolves, who didn't medal, still placed in the



Brenna atop the Girls' shot put podium.
(photo by Coach Ryan Cornecki)



Brenna, third place in the discus.
(photo by Coach Ryan Cornecki)



Kaitlyn Guth 300, fourth place 300 hurdles.
(photo by Roxanne McFarland)

top ten.

Abbie Hastings was seventh in the Girls' 3200 (12:49.34). Dane Sliker finished eighth in the Boys' 800 (2:08.29), a personal record and district qualifying time. Eliza Datko ran for ninth in the Girls' 1600 (5:53.68); she also finished eleventh in the 3200 (13:09.93), both personal records. Josh Turner had a personal record as he finished ninth in the Boys' 3200 (11:12.60).

Others competing for North Clarion included Brady Guth, with a personal record in the Boys' triple jump (38:01 – personal record); Hayden Hindman, in the Boys' shot put (36?-4.5?); Emma Fitzsimmons, in the Girls' 100 hurdles (18.48), 300 hurdles (59.96) and long jump (12?-4?); and Addison Siegel in the Girls' shot put (27?-8.5?) and discus (83?-08?).

(Way to go, Wolves!!!! Thanks to throwing coach Ryan Cornecki and distance coach Roxanne McFarland for their photos!!)

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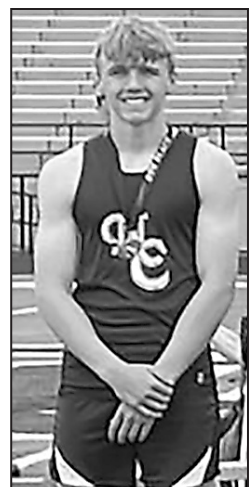


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Jackson Nicewonger,
fifth place
Boys' 3200
(photo by Roxanne McFarland)



Mason Gourley,
6th place,
300 hurdles.
(photo by Roxanne McFarland)



Distance runners (l-r) Josh Turner, Jackson Nicewonger, Abbie Hastings, Eliza Datko. All four ran PRs in the 3200, With Eliza also getting a PR in the 1600. (photo by Roxanne McFarland)

Former Clarion Area Standouts, Sisters Aryana and Kyara Girvan Sign to Play Volleyball with PSU-GA

by Clarion Sports Zone

Former Clarion Area Volleyball standouts and sisters, Aryana and Kyara (KK) Girvan are joining together on the court once again, with both signing with Penn State – Greater Allegheny, located in McKeesport, continuing their academic and athletic careers.

Both were members of the Bobcats' 2020 and 2021 Pennsylvania Interscholastic Athletic Association (PIAA) Class-A Champions, with both receiving Pennsylvania Volley Coaches Association (PVCA) All-State Class-A nods.

Aryana, who transferred from Butler County Community College, signed on Friday, March 22nd, was a National Junior College Athletic Association, Division III Women's Volleyball All-American Outside Hitter, for the 18-6 Pioneers.

Kyara signed two weeks later, on Friday, April 5th. She played at Penn State DuBois as an



Coach Finocchi with her recent signees, KK (Left) and Aryana Girvan. (photo submitted by Coach Alyssa Finocchi)

Outside Hitter/Libero. KK and her Nittany Lions teammates captured third place in the United States Collegiate Athletic Association's (USCAA) 2021

Division II Women's National Volleyball Championship Tournament. She then coached a while, see GRIVAN on page 13



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Brenna Armstrong Claims Two Titles, Several Others Medal for Wolves at 26th DeMans Team Sports Track and Field Invitational

Clarion Sports Zone

The North Clarion Wolves were among twelve teams to compete in the 26th DeMans Team Sports Track and Field Invitational, which took place on Saturday, April 27th.

In addition to North Clarion, Brookville, Bellefonte, Cameron County, Coudersport, Cranberry, DuBois Central Catholic, Erie High, Oswayo Valley, Otto-Eldred, Redbank Valley and Union/A-C Valley competed. The top six in each event medaled.

Though the North Clarion had a small contingent at the competing, they had a very successful meet.

Brenna Armstrong had a big day for the Wolves capturing both the Girls' shot put and discus. Brenna's winning distance in the shot put was 32'-01" and her top throw in the discus was 109'-.07".

Mason Burford took home three medals. He finished second in the Boys' 100 hurdles, with a time of 16.48, second in the 400, with a clocking of 2:11.29 and third in the 100 at 11:93.

Eliza Datko took home the second-place medal in the Girls' 3200, qualifying for District 9 Class AA Meet with a time of 13:18.79.

Mason Gourley garnered two medals in the Boys' meet. He was timed in 53.44 for third place in the 400 and was sixth in the 800, turning in a 2:11.29.

Isaac Lerch just missed two medals, finishing eighth in both the 100 and long jump. Ky Clark also just missed a medal, with an eighth-place finish in the 3200. He also competed in the 800.

Other competitors for the Wolves were Anthony Bartley in the long jump and triple jump and Michael Swanson, in the high jump.

(Great meet, Wolves!!!! Thanks to Tara Steele and Christie Datko for their images!!)



Brenna competing in the shot put. (video still image by Tara Steele)



Brenna displaying her first-place medal for the discus, along with with Throwing Coach Ryan Cornecki. (photo by Tara Steele)



Eliza with Running Coach and training partner Roxanne McFarland. (image by Christie Datko)

Memories to Last a Lifetime for Bobcats, Cardinals and Others at PNC Park/Pirates High School Baseball Showcase

by Clarion Sports Zone

The Clarion Area Bobcats and DuBois Central Catholic teams made memories to last a lifetime, on Saturday, April 27th, as they took part the day long PNC Park/Pirates High School Baseball Showcase.

Their matchup, the last of four, which had a two-hour time limit, began at approximately 6:00pm and ended in a 3 -all tie, for the

Pennsylvania Interscholastic Athletic Association (PIAA) Class-1A State Champion Bobcats and State Runner-up, Cardinals. The Cardinals were the 2022 State Champions.

The other contests included: Eden Christian Academy vs Southside High School at 10:00am, Grove City vs Slippery Rock at 12:40pm and Seneca



Photo by Brinlee Kiskadden/BK Photography.

The Clarion Mirror advertising and article deadline is the 5th of the month of publication.

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Bobcats and Cardinals congratulating each other after the game. (photo by Madonna Schwentner/mjschwentner Photography)

Valley vs Gateway at 3:20 pm. Matt Privette – PNC Park/Pittsburgh Pirates, Account Executive, Ticket Sales & Service shared, “It was cool to watch the games because you could really see how much this experience meant for the players, coaches, and families. This is an experience they’ll never forget, to play in the best ballpark in America with their teammates.”

Privette played baseball at Clarion University from 2018-2022 and reached out to Clarion Area head coach Rob Jewett about taking part. “I reached out to him through email because we had openings for the High School Baseball Classic. I was thinking of high school teams around the area, and I knew they were a successful team because they won state championship last

season.

“He was all for it. He got in touch with Coach Fox from DuBois Central Catholic and everybody was on board such

as the boosters, coaches, players and parents.”

Demonstrating the friendly rivalry these two schools have, the happenings began with the two teams and others from the communities gathering for a tailgate party.

Folks from both schools brought covered dishes, chips, you name it. Dave Smail kept busy by manning the grill.

The players got to relax while catching some of the Seneca Valley – Gateway game which preceded their contest.

The Clarion Singers, under the guidance of Choral Music Teacher, Miss Sarah Matson sang the “National Anthem.” Miss Matson had this to say about this great honor, The Clarion Singers had a wonderful experience singing the National Anthem at

the Bobcat baseball game at PNC Park during the Pirates ‘High School Baseball Showcase.’

“It was so great for them to be able to sing from behind home plate, and in such an awesome venue as PNC Park.

“We would like to thank Dr. Carrico, Mrs. Miller-Martini, the Clarion Area School Board and the Clarion baseball team and coaches for inviting us to be a part of this event and to cheer them on in Pittsburgh.

Clarion Area Head Coach Rob Jewett said, “It was an amazing experience all these young men will never forget! So thankful for the baseball boosters and players parents to help make this possible and for all our fans for traveling so far to watch some really good baseball in such a beautiful park.

see PNC GAME on page 16



Joint tailgate party. (photo by Rick Miller)



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Grivan

continued from page 11

but decided to join Aryana and PSUGA.

Coach Finocchi had this to say about KK and Aryana, “I could not be more excited to add Aryana and Kyara to PSUGA for 2024! We can’t wait to see what they accomplish together on and off the court. Both girls are extremely talented and competitive with leadership attributes that we can’t wait to watch continue their volleyball and academic journeys together.”

“PSUGA was able to play against both girls at different schools over the course of the years and to be able to add them to our team is beyond exciting. Both Aryana and Kyara, although small in stature, will be huge additions to our program!”

One of their new teammates, Gianna Tour, had her excitement in the Grivan sisters signing, “They both have great attitudes, their work ethic is insane, and I think their addition to the team is exactly what we need to take the next step.”

(Congratulations to Aryana, KK and their family, Coach Finocchi and PSUGA!!!!)

Head Coach Keith Ferraro Brings Stability and Success to Clarion Wrestling

by Owen Krepps, exploreclarion.com

Ferraro explained, "Looking back on the moment the program was in, the assessment was right. We needed stability. That was a time when the program needed someone they could count on, and I appreciated the opportunity."

In 2014 Clarion University's goal for their Division I wrestling program was to find a head coach who could bring stability to the team.

"We needed to get some stability in the program," Dave Katis, former

Clarion University athletic director, told exploreClarion.com, "So, I went to the table with a high school resume (for assistant coach Keith Ferraro.)"

Ferraro explained, "Looking back on the moment the program was in, the assessment was right. We needed stability. That was a



time when the program needed someone they could count on, and I appreciated the opportunity."

While not having much collegiate coaching experience at the time, Ferraro had been involved in the game since he was five years old.

His father,

Lenny, coached wrestling at Brookville, Johnsonburg, and Ridgway and was a physical education coach who naturally got his son into the sport.

"I don't know if there was even a conversation," Ferraro said. "I guess we just always knew that I would wrestle. I started when I was five and did it my whole life like everybody does... When

you grow up in a house like that, I guess it is natural to do what they want to do."

After the passing of his father during his junior year of high school, Ferraro followed in his footsteps in the sport of wrestling, and later, teaching. He got a teaching degree in physical education at Lock Haven University and started coaching wrestling at Brookville just like his father did.

"I ended up marrying my high school sweetheart, and Lock Haven was a great fit for both of us as we wanted to go to school together," Ferraro added. "It was important for me to be around home."

When Ferraro's name was being considered as the next head coach of Clarion University wrestling, he certainly had some merit but was still looked at as a "dark horse" candidate.

Ferraro—who has been with the program for over a decade—came with stability and success. He took a 1-16 team over in 2014-15 and has turned the program around, producing multiple NCAA D1 qualifiers such as four in 2017-18.

Most recently, Will Feldkamp took seventh at the national championships in 2022-23, the same year Ferraro won MAC coach of the year.

"I feel strongly that it is an



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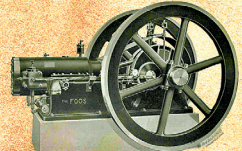
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incredible thing that this small community has a division one wrestling team,” Ferraro explained. “And it means a lot to people, more than you can ever express.”

While the team is technically in offseason mode, the wrestlers never sleep and for Ferraro and

the rest of the Golden Eagles, their next challenge is the U23 world team trials, which will begin around Memorial Day.

“We are training in full tilt now. This is the second part of our season after the NCAA tournament is all freestyle wrestling in the Olympic style of

wrestling. We will ultimately end that right around Memorial Day at the U23 world team trail.”

This story is courtesy of EYT Media Group Inc. and first appeared on their website, www.exploreClarion.com. Visit their website to find more stories like this one.

Preventive Care is the Key to a Healthier, Longer Life

Have you ever thought to yourself, “I feel great! Why do I need to schedule a check-up?” Even if you feel healthy, preventive health care can help you assess your risks for certain conditions, such as diabetes, cancer and osteoporosis.

“Staying up to date on routine care and screenings helps you take steps to prevent and sometimes even reverse the affects of a disease,” said Varun Dobariya, MD, a fellowship-trained internist with Penn Highlands Internal Medicine in Monongahela, Pa. “Preventive care can also help you manage and monitor things such as high blood pressure, high cholesterol or high blood sugar so that you can keep symptoms in check.”

What health screenings do I need?

“Some health screenings are recommended based on your age and gender,” said Dr. Dobariya. “Other screenings depend on risk factors, such as family health history, lifestyle factors such as smoking and diet, and other health conditions you may have.”

If you have elevated risks, you may need to start some screenings earlier than recommended or have them done more frequently. Scheduling an annual checkup with your primary care provider is a great way to ensure that you get the screenings you need when you need them.

Your primary care provider may recommend a multiphasic blood test, which is one test that can check for early warning signs of conditions such as coronary heart disease, liver disease, kidney disease, diabetes and others. In addition, here are some general preventive health screening guidelines for adults:

Age 18-39

- Blood pressure annually
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- see PREVENTATIVE CARE on page 23*

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May is Trauma Awareness Month. The blood already on hospital shelves is what helps in an emergency. The Red Cross depends on the generosity of volunteers to ensure blood products are available at a moment's notice.

As we move through spring, the Red Cross encourages individuals to make an appointment to give blood. Donations made now can help patients and their families enjoy a fun-filled summer.

5/8/2024, 09:30 AM - 2:30 PM
Clarion Area High School - Gym

5/10/2024, 11:00 AM - 5:00 PM
Brookville Evangelical Methodist Church - Basement

5/16/2024, 10:00 AM - 3:00 PM
Alliance Church - Gym, Punxsutawney

In Memory of Stephanie Kennedy Hosted by her family
5/17/2024, 12:00-5:00 PM
Clarion Mall - Empty Store Front

5/23/2024, 01:00-5:30 PM
Trinity Point Church of God - Fellowship Hall, Clarion

5/29/2024, 10:00 AM - 2:30 PM
Clarion County YMCA Multi-Purpose Room

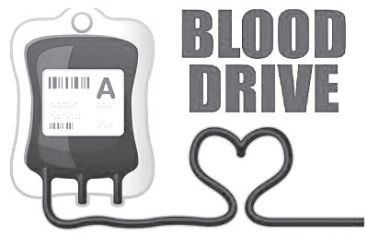
6/3/2024, 12:00-5:30 PM
Clarion Mall

6/8/2024, 9:30 AM - 2:30 PM
Heritage House Brooke Emery Memorial Blood Drive, Brookville

6/18/2024, 12:00-5:00 PM
Clarion Mall

6/21/2024, 11:30 AM - 5:00 PM
New Bethlehem First Fellowship Church - Church Hall

6/27/2024, 12:00 PM - 5:00 PM
Pisgah Presbyterian Church - Family Life Center, Corsica



PNC Game

continue from page 13

"Thank you to Matt Privette, Clarion University Baseball Alumni, for inviting us to this special event and the Pirates organization for hosting a memorable event like this."

Coach Jewett gave his take on the game. "There were three games before us, as we finished a long day of high school baseball.

"Our game was a great game of baseball. Both teams hit the ball well, played really good defense and put on a great show for their fans. Snowberger threw a great game for DCC, hats off to him!

"I thought my pitchers did a great job on the bump as well! I was really proud of our team for how they played and handled the atmosphere. I told them to take it all in and enjoy the moment, but don't make it bigger than it is...a game. I thought they did a great job controlling emotions and staying calm and loose.

"We tried to get as many players as we could in the game, but it was difficult with this game counting towards your record and playoffs. I was able to get everyone from last year's team except one in the game. If we did this again, I would count it as a scrimmage to take some pressure off the whole winning aspect."

Coach Jewett had many that he wanted to thank. "Again, a great experience that no one will ever forget. Really happy everything went smoothly and the weather held off. Thanks again to everyone that made it possible: the players, coaches,

parents, fans, administration, Pirates organization, umpires who traveled to be there, and the grounds crew."

DCC Coach Adam Fox said, "It was a great experience and the Pirates are generous to allow high school teams this opportunity. With this being somewhat of a rival game, I think the level of play was great and we had great support from our communities.

"Our players and myself joined in on the tailgate prior to the game. It was very nice of everyone to hang out like that and have some good fellowship prior to competing.

"The weather was fantastic. Couldn't have asked for a better day!"

As for the game. "I thought both teams played a good brand of baseball that was both entertaining and up to standards both programs have shown over the last few years. Walking out after the game I was told by an usher that our Game had the best 2 teams of the day by a Longshot. So that is always great to hear

from a subjective fan.

"... It was a once in a lifetime experience for everyone I feel, I'm thankful our team was invited. I'm thankful the boys put on a show for their fans, Mission accomplished."

Mr. Privette said he believes the showcase began around 2017. He estimated the overall attendance total for all this year's Showcase to be roughly 10,000.

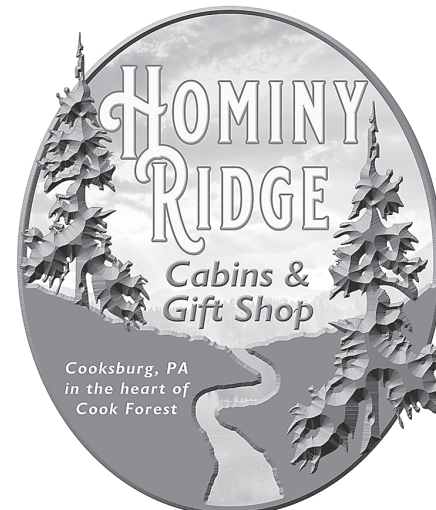
About the Bobcats - Cardinals matchup he shared, "Both teams put on a great performance. You could tell the teams knew each other very well and neither team wanted to lose." Prevent mentioned that he felt that their game was the most competitive one in this year's event.

Clarion Area teacher Mr. Dave Constantino, has done the Public Address for various Bobcat sporting events over the years, as well as Central Clarion Wildcats Football and various other PA work for other schools around the area. He was asked to do the Public Address for the game.

Mr. Privette said, "Dave did

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Clarion Singers, with Miss Sarah Matson directing, performing the National Anthem. (photo by Doris Brown)

great with the PA announcing. He brought great energy and I think both teams fed off that.”

Mr. Constantino showed no partiality for this contest. “I kept a scorebook as I was announcing, so there wasn’t a whole lot of time for anything else. I was neutral in the announcing as I wanted both sides to truly enjoy the experience.

“I had a blast and can cross off announcing at a major league baseball park off of my bucket list.”

As a true sports fan, Dave took it upon himself to lead the fans in “Take Me Out to the Ball Game,” complete with the motions,

during the fourth inning stretch.

This really impressed Mr. Privette. He mentioned that he doesn’t ever remember an announcer doing that at the Showcase before.

Perhaps a new tradition has been started.

Privette said, “That was really cool. Both teams participated.” The rendition started as the lights were coming on. He felt that really got the teams and fans more in to it for the rest of the game. “It really brought out the energy under the lights at arguably the best stadium in Major League Baseball.”

The consummate

“professional” Dave was locked in on his singing. “To be honest with you, I was so focused on doing my part I really did not notice what was going on in the crowd.”

Dave should see if PNC could enlist his services leading “Take Me Out to the Ball Game” at all future Showcase games maybe fill in, in a pinch in any game that may not have an announcer.

Clarion Area Superintendent Dr. Joe Carrico was very pleased. “What a great event not only for our student athletes but for the schools and families! Lots of folks made the trip to catch a great game in a great park!

“Congratulations to the coaches and boosters for putting all of this together and thank you to the Pirates for letting the kids create a lifetime memory.

“Even Dave Constantino may have found a new calling with his thrilling rendition of “Take Me Out to the Ballgame” although we are glad he has a backup plan.”

Dave Smail, Clarion Area Baseball Booster Board member shared his thoughts as a dad, “As far as from a parent viewpoint, the day started out with a fun tailgate with lots of food and drink provided by the families. Lots of food, laughter, and seeing some alumni come out to support the team was fantastic.

“DCC is a good team and when you finish in a tie (forced by the PGH Pirates), it is what it is. You have to expect both teams to play hard and they did. It was a feeling of great accomplishment to see all that we have fundraised for happen at PNC Park. For the players to get a chance and families to be able to watch their athlete play on an MLB field is just spectacular.

“An experience like this doesn’t happen often and we all made the best of it.”

Coach Fox also shared some background on some things took

place on what took place so not to damage the playing surface. “On field we had to be very careful of staying off the grass as much as we could. The grounds crew did a great job of communicating all the guidelines for us coaches, players, and umpires.”

He mentioned the officiating crew, saying, “We had 4 local umpires, Dave Neal behind the plate, Kevin Doverspike at first, Rob Morgan at 2nd, and Lee Kroll at 3rd. They did a tremendous job and we are grateful for them.”

Mr. Privette recognized others from PCN Park/Pirates who work diligently in making the Showcase a success. He said, “I give credit to my colleagues Josh Avart, and Nick Ramsey as we all took it upon ourselves to find teams to participate in the annual high school baseball classic and continue to grow it. I also give credit to our events team and groundskeeping crew for making this a successful day.”

Congratulations to all who made this special event possible!!

(Thank you to all who contributed photos and quotes for this article!!!! The response for photos was fantastic!! So many folks, so many photos. I couldn’t possibly share them all. Absolutely great work!!)

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Brady Quinn and Josh Beal Receive Central Pennsylvania Chapter of the National Football Foundation and College Hall of Fame Scholar Athlete Awards

by Clarion Sports Zone



National Football Foundation and College Hall of Fame Logo

The Central Pennsylvania Chapter of the National Football Foundation and College Hall of Fame held their 27th annual Scholar Athletes Awards Banquet Sunday, March 17th at the Penn Stater Hotel and Conference Center, in State College.

Central Clarion's Brady Quinn, received the Wildcats team award and Keystone's Josh Beal who has wrestled for Clarion Area and for the Central Clarion Wildcats, in this their inaugural season won the Panthers' award.

Both also won special awards, which came with \$1,000 in scholarship money. Brady, the son of Jess and Heather Quinn, of Sligo and attends Clarion Area, received the Thrivent Mutual Award. Josh, the son of Jon and Elizabeth Beal of Knox, received the First Citizens Community Bank Award.

The criteria for a student athlete to be named their team's scholar athlete include academic achievement – forty percent of the score, athletic achievement – forty percent and extra-curricular/community service participation – twenty percent.

According to the national website: "Our mission is to promote and develop the power of amateur football in developing the qualities of leadership, sportsmanship, competitive zeal and the drive for academic excellence in America's young people."

This year's Featured Speaker was Trace McSorely, who was the Penn State Nittany Lion's starting quarterback from 2016 to 2019. PSU won the Big10 Championship in 2016 and

played in the Rose Bowl. In 2017, McSorely was the Fiesta Bowl MVP.

He was drafted by the Baltimore Ravens. In addition to the Ravens, he played for the Arizona Cardinals, New England Patriots, Chicago Bears and Pittsburgh Steelers.

McSorely was the NFF Scholar Athlete in 2018.

Central Clarion Coach Dave Eggleton said, "Brady has a high motor that few can match. Though undersized, he plays with an intensity that is unmatched. He is the ultimate team first guy, that is willing to do whatever it takes for the team to win.

"His heart and desire on the field is unmatched by any player I have coached. Brady is a second year Captain. He is the vocal leader of our football team. He has become a great example to all of our younger players through his hard work and dedication, on and off the field.

"Having Brady on the field is the equivalent of having a coach on the field."

Brady's parents shared, "It was special to know that all six varsity coaches were present in support of Brady. Each and every one of our coaches has played an incredible role in helping to shape and mold Brady into a young man of character. As a parent, I'm grateful for Coaches Eggleton, Louder, Ferguson, Hindman, Kirkland and Knepp for the time, energy and love they poured into my son."

Brady's Community Volunteerism includes Central Clarion Wildcats Youth Camp Leader, volunteers at Sligo Presbyterian Bible School, delivers flowers to shut-ins at



Brady with Wildcat coaches (l-r) Cam Kirkland, Dave Louder, Dave Eggleton, Doug Knepp, Mike Hindman and Mike Ferguson.

Easter, volunteers laying flowers at Wreaths Across America.

His Academic Highlights include National Honor Society, High Honor Roll since ninth grade, Clarion Area High School Math Award 2022/2023, Pennsylvania Football News All-Academic Team.

Brady's Athletic Highlights include Playing Slotback, Wide Receiver and Safety, All-Conference Safety in 2022 and 2023, Central Clarion Sophomore of the Year and Junior of the Year, also participated in baseball, basketball and track.

Brady plans to attend Triangle Tech's Electrician program.

Keystone Coach Todd Smith shared, "Josh has a been a solid all-around-player for us, playing offensive line, defensive line and kicker. He has especially excelled on Offense, where he has been one of the top linemen in our district for two years. He also set the school record for career field goals, with five.

"Josh brings enthusiasm for the game each day to practice and

games, that rubs off on the other players. We will certainly miss him. He has made a huge impact to our program.

"Josh was a team captain and vocal leader on our team. He cared about team attitude and effort and always worked to keep us moving in the right direction. He is an excellent example for the other players on our team, both



Brady with Thrivent Mutual Award.

on the field and in other avenues, such as his church, where he volunteers and in Scouts where he is an Eagle Scout candidate.

"Josh's dad, Jon, was on our staff at Keystone. Josh comes from a wonderful family. I am super proud of Josh and all he has accomplished; he has a bright future ahead of him.

"Josh is a top-notch human being."

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Josh's parents shared, "It was such an honor for Josh to be recognized among this outstanding group of young men. Listening to the incredible accomplishments of the 52 boys nominated brought home just how hard-working the student-athletes of Central Pennsylvania are. They have already contributed so much to their communities.

"We appreciate Coach Todd Smith's support of Josh and his teammates these past two years—he is a remarkable role model for the boys and encourages them to strive always to be their best on and off the field."

Josh's Community Volunteerism includes Volunteering at St. Michael's Catholic Church in Fryburg and Boy Scouts.

His Academic Highlights include: National Honor Society, Principal's List, Pennsylvania Football News All-Academic Gold Team 2023-2024.

Josh's Athletic Highlights include Keystone Football: Team Captain 2023, District Nine Football League Region 2 All-Conference Offensive Lineman 2022-2023, All-District Nine Team – First Team Offensive Lineman and Second Team Kicker 2022; First Team-Region



Josh receiving Student Athlete Award from Sam Phillips and Trace McSorely.

2 Offensive Lineman 2023.

Central Clarion Wildcat Wrestling: Second at Districts and third at Regionals, advancing to the State Tournament 2023.

Clay Dusters' Trap Shooting Team (Keystone-Clarion-North Clarion High Schools): Member since 2018, Pennsylvania State Sporting Clays Tournament Champion in 2023 (Overall and Male Varsity).

Josh plans on attending Slippery Rock University to further his academic career, pursuing a master's degree in exercise science – Pre-Athletic

Training. He also plans on trying out for the football team next winter.

District Nine Committee member and former Redbank Valley Football Coach received the lifetime achievement award from the Central Pennsylvania Football Chapter – National Football Foundation.

Congratulations to former Redbank Valley head football coach, Bob Tonkin, for receiving a lifetime achievement award from the National Football Foundation.

Quiet Creek

Quiet Creek Shop Opens this May 3 and 4, Friday and Saturday, 9-5 p.m. Please come and discover the herbal soaps, salves, teas, culinary mixes and live veggie & herb plants made and grown right here in Jefferson County.

Quiet Creek Herb Farm & School of Country Living 2024 Schedule

June 1st, Sat 10am - 4pm Spring Fest FREE

ALL WELCOME

July 13th, Sat 10am - 4pm

Medicinal Use of Herbs in the Garden \$131.25

(includes luncheon, herbal remedies, live plants)

August 10th, Sat 10am - 4pm

Medicinal Use of Herbs in the Garden \$131.25

(includes luncheon, herbal remedies, live plants)

August 31st, Sat 10 am -4 pm Fall Fest FREE

ALL WELCOME

October 5, Sat 10 am - 4 p.m. Asian Rural Institute Day in the USA

Suggested Donation to ARI October 12, Sat 10 am - 4pm Cultivating Medicinal and Gourmet Mushrooms \$85.00

(includes mushroom log, spawn, Rusty's mushroom

growing booklet, and mushroom luncheon)

November 1st and 2nd, Fri & Sat 10am - 5pm Gingerbread Tour FREE

ALL WELCOME

November 16th, Sat 1pm - 4pm Herbal Soap Making \$52.50

(includes bar of soap, Rusty's booklet, and herbal refreshments)

*Children (16 and under) accompanied by a paying adult are welcome at half price.

Email/call to register children.

Please register early, classes fill quickly. https://www.quietcreekherbfarm.org/.../2024_Workshops.html

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Email quietcreekherbfarm@gmail.com, if you have questions.

Quiet Creek open Fri/Sat 9-5 p.m. (May- Dec)

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JCHC Upcoming Events

Saturday-Sunday May 18-19th 1PM – 4PM: JCHS will host **Open House at the Greenberg Cadillac Museum, 67 S. White St, Brookville.** Admission by Donation. All proceeds benefit the Jefferson County Historical Society.

Saturday May 25th Noon – 3PM. **Bowdish Model Railroad & Animated Miniatures Show.** Bring the Kids and Grandkids! (And the Kid in yourself!)

Saturday, June 1st 9AM – 3PM: **JCHC 9th Annual Military Collectibles Show,** Jefferson County Fairgrounds on Rte. 28, ¼ mile north of I-80, Exit 81. Adults \$10; Age 17 and under Free. Featuring Military memorabilia and collectibles for sale, show and trade. Civil War to the Present.

MAY 2024 Exhibits

NEW EXHIBITS:
KIDSPACE ILLUSION GALLERY: 2024 Re-Design! “Illusions and Perceptions – Is What You See or What You Think You See Real or Not?” *Illusion Toys, Gadgets, Pictures & Paintings. Interactive Hands-On for Kids!*

GRANDE HALL:
THE 105th “WILDCAT” REGIMENT – COME MEET YOUR ANCESTORS! A Civil War photograph & artifacts exhibit – Ken Burkett’s

private collection of some never before seen photos of our Jefferson County Civil War Ancestors of the 105th PA Infantry Regiment. Also meet “Bob The Bobcat” – The Wildcat Regiment’s Mascot!

NEW FRONT WINDOW EXHIBIT: OLDE TYME SPRING SPORTS

1ST FLOOR LIVING ON THE LAND IN THE PARKER GALLERY:

FIRST PEOPLE: NATIVE AMERICAN LIFEWAYS: Bring your own arrowheads and implements to identify using our diagnostic Indian Artifacts display. *Accompanying Front Window Exhibit: Paleo-Indian and His Wolf-Dog, Hunting with the Atlatl*

MID-1800S – EARLY 1900S TRANSPORTATION: Twyford Replica - 1st 4WD Motorcar built here in Brookville. Brookville Wagon, Winter Sleigh, Purl McCracken’s Decorative “Housing” Saddle, Murphy Buggy, Wicker Baby Buggy, **EARL SANDT** - Brookville’s “Birdman” pilot and 1st International pilot flying over Lake Erie to Canada in the Curtiss Biplane. Biplane replica and original wooden propeller blades on display with a video showing Earle in his biplane surrounded by Brookville friends and family.

HORSE-RACING: This Jefferson County Surry saw action at Brookville’s Horse Racing Track and at The Jefferson County Fair when it was held at Memorial Park.

EARLY PIONEER LIFE TO LEISURE SPORTS CAMP: Log Cabin, Wainwright Shop, Lumbering and Rafting, Model Oil Rig, 1950s Hunting Camp. A recently acquired Winchester Rifle circa 1873 used for hunting and owned by John R. Burgoon, a Rose Township farmer, and

inherited and donated to JCHS by his grandson August Burgoon, is now on display.

MEDICAL PRACTICE: Dr. Wm McKinley’s office and antique medical devices.

ABBIE NEAL: Local Country Western Star from Baxter. From family band to having her own band, she started out on Pittsburgh Radio and TV Stations, the nationwide WV Jamboree, and hit the big-time in Reno! *Lou Christie of 1950s-60s fame helped promote her. Come meet a local CW Star!*

BILL MCCRACKEN: **Our own local Richlandville Renaissance Man!** WWII Uniform & 1943 Photo of Bill in full uniform. B-27 And B-29 Bomber Engineer. (Temporary Exhibit on Loan).

Bill is also the creator of the Twyford 4WD replica!

2ND FLOOR GALLERIES:

GRANDE HALL:
THE 105th WILDCAT REGIMENT – COME MEET YOUR ANCESTORS! A Civil War photograph & artifacts exhibit, personal collection. *Don’t Miss It!*

KIDSPACE ILLUSION GALLERY: Imagine, Create, Play & Learn. *2024 Re-Design!*

Illusions & Perceptions! Illusion Toys, Gadgets, Pictures & Paintings. Come on in with the Kids and Explore!

BOWDISH MODEL RAILROAD & MINIATURE DIORAMA: This year is the 20th Anniversary of the Bowdish Exhibit Opening in 2004 at JCHC that coincided with the Bicentennial of the founding of our County! Featuring the miniature creations of Brookville’s own Charlie Bowdish and those of the Bowdish Crew and the “O” Gauge Model Railroad & Trains.

“STONES N’ BONES.” Our award-winning 2-gallery exhibit showcasing Jefferson County Paleontology and the Ice Age: *This exhibit garnered the PA Museum’s coveted 2020 Special Institutional Award! Don’t Miss it!*

THE VICTORIAN PARLOR: Showcasing Victorian Parlor Life. A video recording takes you on a self-guided tour of the Prominent Portraits in the Parlor. *Also, Come and meet our GHOSTS of the Parlor! We have several !!!*

THE PITTSBURG & SHAWMUT RAILROAD: STEAM TO DIESEL. Showcasing Steam Locomotive

Bell #200 from the 1st steam locomotive acquired by the P&S. “The P&S didn’t go to Shawmut and it didn’t go to Pittsburg.” *Then where DID it go???*

Brookville’s Greenberg Cadillac Museum Announces 2024 Season



The Greenberg Cadillac Museum (the world’s largest Cadillac Collection) has announced its opening dates from May through October on select weekend afternoons.

This unique museum is the private collection of Dr. and Mrs. Steven Greenberg and represents a lifetime of collecting and restoring these iconic luxury automobiles. This year the museum has expanded its campus to a 4th large display building and displays over 80 cars from every decade from 1903 to the present. Visitors walk back in time to experience

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the evolution of American transportation technology and Cadillac's unique car culture.

Admission to the Museum is "FREE" with donation. This season, The Greenberg Cadillac Museum is presented in partnership with the Jefferson County Historical Society and the Greenberg's donations benefit the History Center.

Please plan a visit with your family and friends.

2024 OPENING DATES & TIMES:

May 18 & 19 (Sat, Sun) 1-4PM
 June 22 & 23 (Sat, Sun) 1-4PM
 July 20 & 21 (Sat, Sun) 1-4PM

Aug 17 & 18 (Sat, Sun) 1-4PM

Sept 21 & 22 (Sat, Sun) 1-4PM
 Oct 19 & 20 (Sat, Sun) 1-4PM
 Cadillac Museum Address: 67 South White Street (Route 36), Brookville, PA 15825

More info at www.greenbergcadillacmuseum.com

The Clarion Mirror advertising and article deadline is the 5th of the month of publication.

JCHS Presents the 9th Annual Military Collectibles Show Saturday June 1st

Attention all militaria enthusiasts! Mark your calendars for Saturday, June 1, 2024, as we gear up for the highly anticipated 9th Annual Military Collectibles Show from 9 am – 3 pm, at the Jefferson County Fairgrounds, Brookville, PA. With an exciting array of collections and memorabilia expected, whether you're a seasoned collector or just starting your journey into the world of military artifacts, this event is not to be missed.

This indoor event includes two buildings with 100 vendors and exhibitors displaying a wide range of interesting military collectibles and related items ranging from the Civil War, WWI, WWII, Vietnam, and Gulf Wars to the present. Collectibles available for show, sale and trade include weapons, uniforms, artifacts, accouterments, photographs, publications, and other items of historical interest to both the beginner and advanced



military collector. Bring your collection items for evaluation and value by the experts who are always willing to help and answer questions. Our raffle prize this year is a replica of the 105th Pennsylvania Civil War Regiment's "Wildcat" monument located at Gettysburg. This is a casting of the sculpture, authentic to the original monument, by renowned Gettysburg artist Gary Casteel. Tickets are only \$5 each or 5 for \$20. Raffle tickets may be purchased in advance at the History Center or at the show. *Raffle tickets also will be available soon on our website so watch our website!* The raffle drawing will be held at 3 PM, day of the show.

The Jefferson County Fairgrounds are located on Route

28 approximately 1/2 mile north of Interstate 80 (Exit 81). Adult admission is \$10 and children 17 and under are free

We are still accepting table reservations for vendors and exhibitors eager to showcase, sell, or trade their military-related treasures. To reserve your space or for additional information,

please contact kburkett-jchc@windstream.net or give us a call at (814) 849-0077.

Also see our Event Page on our website, jchconline.org/events, and our facebook page (facebook/jchconline).

#MilitaryCollectiblesShow
 #JCHC #militaria #civilwar
 #militaryhistory

PFBC Sets 2024 Daily Creel Limits for Lake Erie Yellow Perch and Walleye

The Pennsylvania Fish and Boat Commission (PFBC) announced that the 2024 creel limit for Lake Erie Yellow Perch will remain at 30 per day and the creel limit for Walleye will remain at six per day.

The PFBC Lake Erie Research Unit evaluates the populations of Yellow Perch and Walleye in Lake Erie annually. If populations reach critically low levels, processes are in place to reduce harvest and rebuild the numbers of Yellow Perch and Walleye in the Lake. All jurisdictions on Lake Erie adhere to this system.

"The 2023 assessment

showed that both Yellow Perch and Walleye populations in Pennsylvania waters of Lake Erie remain at levels that don't necessitate regulation changes," said Mark Haffley, PFBC Lake Erie Research Unit Leader. "Based on this, the 2024 creel limits are being maintained at the standard limits."

At its March 22, 2024, meeting, the Lake Erie Committee allotted to Pennsylvania a Yellow Perch total allowable catch (TAC) of 457,000 pounds, a 14% decrease from 2023, and 16% *see PFBC on page 22*

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How is Parkinson's Disease Treated?

According to the Parkinson's Foundation, nearly 60,000 Americans are diagnosed each year with Parkinson's disease, a brain disorder that causes shakiness, stiffness and problems with balance and coordination. While there is no cure for Parkinson's, treatment is available to help reduce symptoms.

What causes Parkinson's?

"The main symptoms of Parkinson's occur when nerve cells in the basal ganglia, which is the part of the brain that controls movement, become impaired or die," said James Pacelli, MD, a neurologist with Penn Highlands Neurology in DuBois, Pennsylvania. "Unfortunately, we still do not know what causes the nerve cells to die."

Some cases appear to be hereditary. However, while genetics is thought to play a role, most cases of the disease do not seem to run in families. Rather, many researchers believe that Parkinson's occurs from a combination of genetics and environmental factors.

What are the symptoms?

Parkinson's develops slowly over years, and symptoms generally begin on one side of the body. As the disease progresses, symptoms often affect both sides. Symptoms can include:

- Involuntary shakiness in the hands, arms, legs, jaw and face
- Stiffness or tightness in the arms or legs
- Slowness of movement
- Poor balance and coordination
- Quiet or slow speech
- Dementia (in advanced stages)

How is Parkinson's disease diagnosed?

"There is no blood or imaging test that can check for Parkinson's," said Dr. Pacelli. "Instead, your physician will ask about your medical history and the symptoms you are experiencing. They will also perform a physical and neurological exam, which may include checking your hearing, vision, reflexes, balance, strength, memory and concentration."

Because the symptoms of Parkinson's disease are similar to other neurological conditions, your physician may order blood tests or scans to rule out other causes. They may also prescribe Parkinson's disease medication to see if it helps reduce your symptoms. If it does, that would likely indicate your symptoms are caused by Parkinson's.

How is Parkinson's treated?

At this time, there is no cure for Parkinson's disease. There are treatments, however, that can be effective at controlling symptoms and slowing the progression of the disease. Medication is typically very effective, especially if started in the early stages of the disease. If medication stops controlling your symptoms as the disease progresses, your physician may recommend a surgical procedure called deep brain stimulation, in which electrodes are implanted in the brain and emit electrical impulses to stimulate cells and chemicals.

Lifestyle changes also can help manage symptoms. Your doctor may recommend ongoing aerobic exercise, outpatient physical therapy that concentrates on balance training and stretching, speech therapy and occupational therapy.

Other lifestyle changes that may help reduce symptoms include:

- A balanced diet that includes foods high in fiber (to help prevent constipation that is common in Parkinson's disease) and omega-3 fatty acids
- Exercise, which can increase your muscle strength, flexibility and balance
- Massage therapy to reduce tension
- Yoga and tai chi to increase stretching and flexibility

Your physician will work with you to develop a treatment plan that offers the greatest relief from your symptoms.

The neurologists and neurosurgeons at Penn Highlands Healthcare offer the most advanced treatments for brain conditions such as Parkinson's, brain aneurysms and spinal conditions that cause back pain and neck pain. They also offer treatment for nerve conditions causing pain, including carpal tunnel syndrome and trigeminal neuralgia. To learn more, visit www.phhealthcare.org/neurology.

Treasurer Stacy Garrity Kicks Off '529 Day' Promotion with Awards Totaling More Than \$30,000

Three top awards of \$5,529 available – enough for a year's tuition at a Pennsylvania community college

Treasurer Stacy Garrity announced that this year's 529 Day celebration includes three top awards of \$5,529, enough to cover a full year of tuition at a Pennsylvania community college. The event started May 1, and Treasurer Garrity encouraged families to save for their child's education with the PA 529 College and Career Savings Program.

Families who open and contribute at least \$10 to a new PA 529 Guaranteed Savings Plan (GSP) account between May 1 and May 31, 2024, will be eligible to win one of two statewide awards of \$5,529, or one of six regional awards of \$2,529. Last year, more than 1,000 families started saving during our 529 Day promotion.

New for this year, families who already have a PA 529 GSP account with a balance of \$10 or more as of April 30, 2024, are eligible to win one statewide award of \$5,529 if they make an additional contribution of at least \$10 to their child's account during the promotional period. Full 529 Day promotion details and official rules are available at pa529.com/529day.

"I'm excited to kickoff this year's 529 Day promotion to help *see 529 DAY on page 25*

PFBC

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below the long-term average of 546,768 pounds. The 2024 level includes a Yellow Perch TAC for Pennsylvania's commercial trap net fishery of 100,000 pounds. Currently, Pennsylvania is a very small part of the total Yellow Perch harvest in Lake Erie. Yellow Perch harvest has averaged about 36,000 pounds over the last five years. In 2023, Pennsylvania harvested only 53,209 pounds (1.24%) of the 4.3 million pounds harvested lake wide.

The Yellow Perch and Walleye populations in Lake Erie are maintained strictly by natural reproduction. Good "hatches" and survival of young fish are necessary to provide fish for sport and commercial fisheries. The Lake Erie Walleye hatches have been record-setting over the last five years while the Yellow Perch hatches have been poor over the last five years. Both fisheries reflect these trends. Walleye fishing is excellent and Yellow



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Perch fishing remains below average. Sport fishing is very self-regulating. Anglers tend to fish for species based on the quality of the fishery. In 2023, 86% of Lake Erie boat anglers targeted Walleye, while only about 1% targeted Yellow Perch.

Based on a 2024 abundance estimate of 72.07 million Walleyes age two or older, the Walleye population has decreased approximately 20% from 2023. It typically takes three years for Walleye within Lake Erie Walleye to fully grow to the 15" minimum size limit.

The PFBC's objective is to keep harvest limits at conservative levels without being too restrictive to fisheries, but also be able to act promptly if Walleye or perch populations reach critically low levels. The PFBC adopted

a regulation in 2012 which established flexible creel limits for Walleyes and Yellow Perch based on the annual quotas established by the Lake Erie Committee, which consists of fisheries managers from Pennsylvania; Ohio; New York; Michigan; and Ontario, Canada.

Under the regulation, the PFBC sets daily creel limits for these species by April 15 each year.

"Adaptive fishing regulations are based on the most recent fishery assessment results and are better aligned with the current status of the Yellow Perch and Walleye stocks," Haffley added. "This regulatory flexibility gave fisheries managers the ability to change daily harvest limits prior to the onset of the summer boat fishing season on Lake Erie."

Preventative Care

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high cholesterol

- Skin: full-body check for moles or other spots that could be skin cancer

- Women: clinical breast exam annually, pelvic exam annually with an HPV test and Pap smear every three years if results are normal (until age 65)

- Men: testicular exam to check for cancer

Age 40-64

Follow the guidelines for ages 18 to 39, plus talk with your primary care provider about these additional screenings:

- Fasting blood sugar (hemoglobin A1C) test every three years after age 44 to check for diabetes

- Colonoscopy starting at age

50 and repeated every 10 years if results are normal. If you have a family history of colon cancer, talk with your primary care provider about earlier or more frequent testing.

- Annual vision screening
- PAD (peripheral artery disease) screening based on risk factors

- Stroke/carotid artery screening based on risk factors

- Low-dose CT lung cancer screening annually starting at age 50 if you are a current or former smoker

- Women: mammogram every one to two years starting between age 40 and 50, depending on your provider's advice. If you have a family history of breast cancer, talk with your provider about earlier or more frequent testing.

- * Men: prostate cancer screenings, including digital rectal exam and PSA (prostate specific antigen) blood test starting at age 50 or age 40 for high-risk individuals

Age 65-plus

Follow the guidelines for ages 40 to 65, plus talk with your primary care provider about these additional screenings:

- Bone density or DEXA

screening starting at age 65 and repeated every two to five years, depending on risk factors

- Colonoscopy every five years until age 75

- Mammogram every one to two years until age 75

- Annual vision and hearing tests

One of the best things you can do for your health is to have routine preventive care so that you can stay healthy and catch problems early for a longer and healthier life. Talk to your primary care provider about which screenings you may need based on your current risk factors.

The primary care providers at Penn Highlands Healthcare include internal medicine, family medicine and pediatric practices to cover all ages of life. The Penn Highlands primary care providers work with patients to help them make healthy choices and improve their quality of life. They help create the best preventive health screening schedule for their patients, and serve as a partner in making sure they receive the care needed. To find a primary care provider near you, visit www.phhealthcare.org/primarycare.

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AND
Clarion Cooperative, 32 Raypush Ln, Clarion, PA 16214

The nature of Clarion Cooperative is wellness consulting, mindfulness and resilience. Their mission is to help neighbors flourish. For more information, contact Joseph Croskey at 814-673-3686 or email jcroskey@pennwest.edu.

PFBC Encourages Anglers and Boaters to Enjoy Plentiful Opportunities During Spring and Summer

The Pennsylvania Fish and Boat Commission (PFBC) began its quarterly business meeting by thanking anglers, agency staff, and volunteers for a safe and successful start to the 2024 trout season and promoting the plentiful fishing

and boating opportunities that remain throughout the spring and summer months.

“The spring and summer seasons are special times of year in Pennsylvania, where the Opening Day of trout season is only the tip of the iceberg,” said William Gibney, PFBC President and District 7 Commissioner. “We’re grateful to the volunteers who assisted us with stocking trout in hundreds of waters so far and will continue to help us stock over the next several weeks right up until Memorial Day.”

Gibney also encouraged anglers to explore new waters and seek out different types of fishing experiences beyond trout.

“When you combine the opportunities that our stocked trout program provides with our phenomenal wild trout streams, panfish and catfish action that really picks up this time of year, and the opening of Walleye season on May 4, you’ll never run out of options,” added

Gibney. “If you fish from a boat, please remember to always wear your life jacket.”

Anglers and boaters are reminded that the PFBC’s cold weather life jacket requirement remains in effect from November 1 through April 30. During this time, anyone aboard a boat less than 16 feet in length, including all canoes, kayaks, and paddleboards, is required to wear a life jacket. In addition, the PFBC and many other organizations throughout the Commonwealth will partner with the National Safe Boating Council to celebrate National Safe Boating Week from May 18-24, 2024.

Boating Facility Grants Awarded

The PFBC awarded several grants through the Boating Facility Grant Program. Funds for this program are derived primarily from boat registration fees, state motorboat fuels tax, and restricted revenue accounts,

if applicable. In certain instances, federal aid is also used, if appropriate.

In 2023, the PFBC was awarded a \$1,000,000 grant from the National Fish and Wildlife Foundation’s Delaware Watershed Conservation Fund to improve access in the watershed and connect anglers, boaters, and others to the region’s water resources. As a result of this funding, the PFBC gave special consideration to proposed projects within the Delaware River Watershed, resulting in over \$1,114,000 being dedicated for six impactful projects, including:

- Delaware River Watershed**
 - Brandywine Conservancy and Museum of Art; Design and Construction of Canoe/Kayak Access, Brandywine Creek, Delaware County
 - City of Allentown; Canal Park Boat Launch Upgrade Site Plan and Engineering Design, Lehigh River, Lehigh County



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County of Bucks; Hal H. Clark Boat Launch Design and Construction, Delaware River, Bucks County

Delaware River City Corporation; Tacony Boat Launch Design and Construction, Delaware River, Philadelphia County

Glen Foerd Conservation Corporation; ADA Compliant Dock Design, Delaware River, Philadelphia County

-Schuylkill River Development Corporation; Boating Facility Feasibility Study, Schuylkill River, Philadelphia County

Ohio River Watershed

-Boroughs of Tarentum and Cheswick; Master Plan for Two Fishing and Boating Accesses, Allegheny River, Allegheny County

-Borough of Union City; Construction of Canoe/Kayak Access, South Branch of French Creek, Erie County

-Carnegie Science Center; Boating Facility Feasibility Study, Three Rivers Heritage Trail, Allegheny County

Forward Township; Gallatin Sunnyside Park Boat Ramp Replacement, Monongahela River, Allegheny County

Susquehanna River Watershed
French Azilum, Inc.; Non-Motorized Boat Launch Construction, North Branch Susquehanna River, Bradford County

-South Middleton Township; Design and Construction of Canoe/Kayak Access, Yellow Breeches Creek, Cumberland County

Statewide:

-Pennsylvania Lake Management Society; Mobile Boat Cleaning Station

- Denotes projects announced during the first round of Boating Facility Grants in March 2024, for which the PFBC has awarded \$100,000 or less, and did not require Board approval.

Boating

The Board approved the publication of a notice of proposed rulemaking pertaining to boat rental businesses, also known as liveries. Under this

proposal, customer safety and education at liveries would be improved through several changes to 58 Pa. Code § Chapter 117 (Boat Rental Businesses). Changes would include new responsibilities for livery operators to provide accurate business information to the PFBC, deliver safety orientation to all renters, possess a Boating Safety Education Certificate if conducting the required safety orientation for motorboat rentals, and properly display boat registration or use permits on rental boats for the access areas on which the rental boats will be used. In addition, livery operators would be required to document the names of renters who have been provided with boating safety orientation. If adopted on final rulemaking at a future meeting, this amendment will go into effect on January 1, 2025.

Fisheries

Commissioners approved the publication of a notice of proposed rulemaking pertaining

to changes in fishing regulations at Glade Run Lake located in Middlesex Township, Butler County. Under this proposal, the 52-acre impoundment would be removed from Miscellaneous Special Regulations (58 Pa. Code § 65.24) which require catch-and-release for all species except trout, and allow PFBC staff to consider this reservoir for management with Big Bass (58 Pa. Code § 65.9) and Panfish Enhancement (58 Pa. Code § 65.11) special regulations. Glade Run Lake was completely dewatered during spring 2011 to upgrade the dam and spillway structures per Pennsylvania Department of Environmental Protection dam safety standards. Following the completion of these repairs and modifications, refill occurred in winter 2017, and the PFBC stocked the lake from 2017 through 2023 with select fish species to establish a high-quality, warm-water and cool-water fishery. The black bass and panfish populations

see ENJOY on page 27

529 Day

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families save for their child's future education," Treasurer Garrity said. "Saving early and often will make a big difference down the road when a child chooses their career path. A dollar saved today can grow into many dollars that don't have to be borrowed later. Offering these great awards, including three that would cover a whole year of community college, will be a big boost for families."

Treasury's 529 Day promotion kicks off a month-long celebration leading up to May 29, or 529 Day, which encourages families to save early for post-high school education with PA 529 accounts.

The PA 529 program has been helping families save and pay for education for more than 30 years. Saving with PA 529 accounts comes with significant state and federal tax advantages. PA 529 accounts can be used for a wide variety of qualifying technical, collegiate, and apprenticeship expenses like tuition, fees, books, equipment, room and board, and more. Saving with PA 529 does not impact a student's eligibility for Pennsylvania state financial aid.

The PA 529 GSP allows families to save at today's tuition rates to meet tomorrow's tuition costs – meaning saving enough to pay for a credit today will pay for that same credit years from now. PA 529 GSP account earnings are based on college tuition inflation rates. Families can choose the tuition level they wish to save at – from community colleges up to Ivy League universities.

Families with children born January 1, 2019, or later, already have a \$100 Keystone Scholars account to jumpstart their education savings. This automatic deposit is available to every baby born in Pennsylvania, and those adopted by Pennsylvania families. The program uses no taxpayer dollars. Families are encouraged to register their Keystone Scholars accounts online at pa529.com/keystone and open their own companion PA 529 account to continue saving for their child's future.

Visit pa529.com to learn more about saving with PA 529 and pa529.com/529day for official 529 Day promotion rules.

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PFBC Announces Awards for Outstanding Achievements in Law Enforcement

The Pennsylvania Fish and Boat Commission (PFBC) is pleased to announce several awards presented to Waterways Conservation Officers (WCO) in recognition of outstanding achievements in law enforcement. Awards were presented during the PFBC Board of Commissioners quarterly business meeting on April 29, 2024, in Harrisburg.

The Northeast Conservation Law Enforcement Chiefs Association Officer of the Year Award was presented to WCO Matthew Viskosky, whose district includes the Central Erie County district in the Northwest Region. In 2023, WCO Viskosky's exemplary law enforcement efforts included 36 days of onboard boat patrols, 480 boardings, the issuing of 166 citations, and the investigation of 16 incidents. Additionally, WCO Viskosky participated in 24 public educational events in his district. Viskosky is a 2002 graduate of the PFBC's H.R. Stackhouse School of Fishery Conservation and Watercraft Safety.

The Gerald L. Greiner Environmental Protection Award was presented to Justin Boatwright, who was the WCO in the Clinton/W. Lycoming County district before recently being promoted to Sergeant in the

Northcentral Region. This award is presented annually to the WCO who best exemplifies the ideals of 'Resource First' – the protection, conservation, and enhancement of the Commonwealth's aquatic resources. In 2023, Boatwright investigated seven environmental incidents within his region. Boatwright is a 2016 graduate of the PFBC's H.R. Stackhouse School of Fishery Conservation and Watercraft Safety.

The Top Gun Award was presented to WCO Kyle Robinson, whose district includes Mifflin and northern Huntingdon counties in the Southcentral Region. This award is presented annually to a WCO who displays outstanding effort in the detection and apprehension of impaired boaters. In 2023, WCO Robinson's exemplary law enforcement efforts included 41 days of onboard boat patrols, the investigation of five boating accidents, 838 boardings, the issuing of 637 warnings, 117 citations, and seven arrests for Boating Under the Influence. Robinson is a 2020 graduate of the PFBC's H.R. Stackhouse School of Fishery Conservation and Watercraft Safety.

The National Association of State Boating Law Administrators (NASBLA) Butch Potts Boating

Law Enforcement Officer of the Year Award (Pennsylvania) was presented to WCO Michael Blair, whose district includes southern Bucks County in the Southeast

Region. In 2023 WCO Blair's exemplary law enforcement efforts included 31 days of onboard boat patrols, the investigation of three boating accidents, 320 boardings,

the issuing of 180 citations, and two arrests for Boating Under the Influence. Blair is a 2016 graduate of the PFBC's H.R. Stackhouse School of Fishery Conservation



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and Watercraft Safety.

A Lifesaving Award was presented to WCO Logan Opfer, whose district includes western Armstrong County. While patrolling the Allegheny River on March 5, 2024, WCO Opfer received a call from the Kittanning Borough Police Department to request Opfer's assistance with a dog attack incident which had occurred nearby. Upon arriving at the scene, WCO Opfer and two local police officers found a male victim bleeding severely from his arm, which required immediate medical attention. WCO Opfer acted quickly to apply first aid to the victim's arm, which stopped the bleeding until emergency medical personnel arrived to transport the victim to the hospital for immediate surgery. WCO Opfer's quick thinking and training is credited with saving the victim's life. Opfer is a 2022 graduate of the PFBC's H.R. Stackhouse School of Fishery Conservation and Watercraft Safety.

Enjoy

continued from page 25

were evaluated from 2019 through 2023 to monitor progress towards development of a high-quality, warm-water and cool-water fishery. Sportfish abundance and population size structure have improved to levels where populations can now sustain limited harvest. If adopted on final rulemaking at a future meeting, these changes would go into effect on January 1, 2025.

The Board approved the publication of a notice of proposed rulemaking pertaining to changes in fishing regulations at Chapman Dam Reservoir located within Chapman State Park in Pleasant Township, Warren County. Under this proposal, the 68-acre impoundment would be removed from Miscellaneous Special Regulations (58 Pa. Code § 65.24) which require catch-and-release for all species except trout, and

allow PFBC staff to consider this reservoir for management of all species with Commonwealth Inland Waters regulations (58 Pa. Code § 61.1). Chapman Dam Reservoir was completely dewatered during fall 2017 to upgrade the dam and spillway structures per Pennsylvania Department of Environmental Protection dam safety standards. Following the completion of these repairs and modifications, refill occurred in fall 2018, and the PFBC stocked the lake from 2019 through 2023 with select fish species to establish a high-quality, warm-water and cool-water fishery. Sportfish populations were evaluated from 2022 through 2023 to monitor progress towards development of a high-quality, warm-water and cool-water fishery. Sportfish abundance and population size structure have improved to levels where populations can now sustain harvest. If adopted on final rulemaking at a future meeting, these changes would go into effect on January 1, 2025.

The Board voted to approve the addition of 20 new waters to the PFBC's list of wild trout streams and the revision of the section limits of four waters currently listed. A list of waters proposed for wild trout stream

designation can be found in the Pennsylvania Bulletin. All of these additions will go into effect upon publication of a second notice in the Pennsylvania Bulletin.

Public Access and Real Estate

Commissioners voted to authorize the lease of the Tidioute Borough Access, which provides public fishing and boating access to the Allegheny River in Tidioute Borough, Warren County. Under the proposed agreement, the PFBC will lease approximately four acres of property to Tidioute Borough for a period of 25 years. The Borough, which previously leased the property beginning in 1976, has continued to act as a holdover tenant since the expiration of the initial lease agreement. The Borough is interested in pursuing opportunities to enhance the access site through different grant programs and potential partnership opportunities, which will require a new lease agreement. Under the agreement, the Borough will continue to be responsible for the routine maintenance, operation, repair, and supervision of the access site, which will remain open for public fishing and boating free of charge.

The Board authorized the

acquisition of two flowage easements on a property located near Harris Pond located in Ross Township, Luzerne County. A temporary flowage easement totaling approximately .8 acres, and a permanent flowage easement totaling approximately .5 acres are needed as part of a pending dam rehabilitation project at Harris Pond. The flowage easements are expected to have minimal value, and the PFBC will pay the estimated fair market value of the rights or accept donations if offered. Staff will pursue the acquisitions in an amicable manner and only utilize the Commonwealth's power of eminent domain as a last resort. Additionally, staff will adhere to the PFBC's standard practices for acquiring property including meeting due diligence and funding requirements.

Special Announcements

The PFBC's remaining quarterly business meetings in 2024 are scheduled for the following dates at the PFBC headquarters located at 1601 Elmerton Avenue, Harrisburg, PA 17110:

July 22-23, 2024

October 21-22, 2024

Meeting times will be announced at a later date.

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