



Helping Others

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MUNICIPAL MEETINGS:

SUPERVISORS WORKSHOPS Are held on the third Monday of each month at 6:30 p.m. at the Township Building on 169 Urban Rd, Hawley, PA 18428. **SUPERVISORS MEETINGS FOLLOW AT 7:00.** Both meetings are open to the public.

PLANNING COMMISSION MEETINGS

Are held on the first Wednesday of each month at 6 p.m.

We approve minutes from the previous month at our regular meetings. Our Supervisor meetings are where the regular business of the township are conducted. Comments from the public are of value and often influence public policy and our laws. We encourage residents to attend regular meetings, hearings, and workshops.

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Lackawaxen Township does not endorse or support any specific political candidate.

The Greatest Gift Of All

Something we do not think about until it hits us straight in the face. The unconditional service of our volunteers. Some may think that these men and women do it for the excitement and the adrenaline rush, which may be true. The bottom line is, they CARE! They give tremendously of their time and train for multiple scenarios on weekly basis.

How lucky we are to have men and women that are willing to leave their warm beds in the middle of the night in single digit temperatures to do whatever it takes to ensure our safety and protect our property. Recently from my house I could hear the siren at Central Vol. Fire Dept., and they were called out three times on one Saturday. The last time was 9:00 pm. God Bless Them All.

Many of our residence are under the impression because of the fire tax they pay in the spring of each year that we have a paid service. This is just not TRUE! The tax millage we all pay as property owners in Lackawaxen Township generates about \$400,000.00 a year. Now when you split that up by the four fire departments within the township, which by the way is quite a large area. Then remove the Insurances, that leaves each department with less than \$90,000.00 to pay loans, mortgages, maintain their equipment and the fire houses.

All our departments do a fantastic job stretching a dollar from one year to the next, even in a pandemic with little or no fund-raising opportunities.

In recent years, there has been ongoing talks with the leadership of our fire services to improve service and to cut costs wherever possible. Your township leaders along with all the four departments have entered a study of our fire service through the state. Harrisburg offers this type of service free to its municipalities.

More recently some departments have started to respond to each other's calls and downsize their equipment to meet the needs of the number of volunteers that are available. With the cooperation of all the departments trying to work together and the demand for more volunteers it has become apparent that maybe replacing two trucks with one is a good way to go. No need to duplicate apparatus on a scene if another department is responding with it.

Like Tom Bodett at Motel 6, everyone of our Fire Departments has left the light on for volunteers. There is a constant need and never enough. Our own Ambulance service is even looking for just drivers for there is a shortage of EMTs. So, if you are looking for something to do and enjoy giving back to the community that you live in, reach out to our emergency services see how you can help?

This is a nationwide issue that will not go away and may even get worse with some townships in other areas finding that they must close a fire department if they are unable to respond. Your Township Leaders are fully engaged with the members of the fire service and strive to maintain and improve the service to our community.

We are so fortunate to live in such a beautiful area where the people are compassionate about helping their neighbors and give so generously of themselves. Let us work together, forget the past, stay positive, build a solid future and be thankful for what we have.

Sincerely,
Your Board of Supervisors
Jeffrey Shook

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Ecker-Haupt VFW Post 5635 of Lackawaxen News

The members of Ecker Haupt VFW Post 5635 would like to thank all of our friends, neighbors and local businesses that have supported our efforts and activities throughout 2020. As we have worked to carry on the legacy of our founding members to serve our community the support of our local businesses and restaurants has been exceptional and greatly appreciated.

Although we have had to curtail some of our activities and events due to the ongoing Covid-19 Pandemic, your attendance, support and generosity has allowed us to make donations to the Lackawaxen Township Care Cabin, Lackawaxen Ambulance, Lackawaxen Fire Department, Veterans Hospital Wilkes-Barre Canteen, Zipper Junction Annual Holiday Toy Drive, PA Outdoor Veterans and PA Veterans Retreat. It has also allowed us to continue to serve as the local gathering place to honor those who have served and perished in the defense of our nation.

We would like to specifically thank our Lackawaxen Township Supervisors and Staff for arranging a grant to make essential repairs and upgrades to the Post. This will allow us to remain an active part of the community for years to come.

We celebrated our 75th year anniversary on February 8th 2021 and have been recognized by the National Veterans of Foreign Wars Commander for 75 years of serving veterans and the community in Lackawaxen PA. We would like to again thank our veteran members, community supporters, and township leadership for ensuring our continued success.

We have a number of activities planned for the upcoming year and invite all to attend and participate. Please watch our Post Sign Board on Rt 590 and our Facebook page (@EckerHauptVFW) for dates and times. Tickets sell out fast so please don't wait.

Flag Day is June 14th and the Post will be collecting tired, torn and faded US Flags for proper disposal. Please deposit flags under the Pavilion in the marked container.

The VFW Auxiliary is coming to the Post and we invite all interested eligible persons to contact Heather at hclark136@gmail.com to join. The Auxiliary is open to close relatives of veterans or deceased veterans who are eligible for VFW membership. Please check eligibility criteria at www.vfwauxiliary.org . We will assist you with the application process.

New and transfer VFW members are always welcome. Meetings are the 1st Friday of the month at 7:30 PM. Bring a copy of your DD-214 and we will get your application processed. Check www.vfw.org for eligibility.

Veterans serving veterans and community for 75 years. VFW Post 5635 Lackawaxen PA

Sincerely,
Tom Dowd Commander



VFW POST 5635
ROUTE 590 LACKAWAXEN, PA

2021 EVENTS

May 30	Memorial Day Chicken BBQ & Shotgun Raffle Serving 1PM-4PM
May 31	Memorial Day Service 10AM
June 14	Flag Day Service Retired Old Flag Drop Off at Post
August 15	Baby Back Rib BBQ & Henry Rifle Raffle Serving 1PM-4PM
November 11	Veteran's Day Service
December 4	Hunter's Bingo

All events will be held at the Post on Route 590 in Lackawaxen.
For tickets, call Tom 570-685-8873 or contact a local member.
Stay up to date with events & more - Follow us on Facebook: @EckerHauptVFW

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Rich Tussel, Building Inspector
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Fax: 570-685-2550
building@lackawaxentownship.pa.gov

Zoning/Code Officer

Rich Tussel
570-685-2990 Ext. 17
Fax: 570-685-2550
building@lackawaxentownship.pa.gov

Commercial Building / Electrical Inspector

Todd Klikus
570-493-1229
Todd@lackawaxentownship.pa.gov
HOURS: By appointment only

Sewage Department

Ron Tussel, Sewage Officer
570-237-6454
Fax: 570-685-2550
SEO@lackawaxentownship.pa.gov

Hours: Mon.- 8:30-10:30 am
Tues.- By Appt • Wed.- 8:30-10:30 am
Thurs.- By Appt • Fri.- By Appt
Sat. and Sun. CLOSED

Road Department

Jay Knapp, Roadmaster
570-685-3200
Fax: 570-685-2550
Emergency/After Hours: 570-493-4584
Roadmaster@lackawaxentownship.pa.gov
HOURS: Mon.-Fri. 6 am-2 pm

Office Manager/Assistant Treasurer

Denise Steuhl, Township Secretary
Denise@lackawaxentownship.pa.gov
HOURS: Mon-Fri. 8 am-4:00 pm

Treasurer

Jim Syre
570-685-7288
Jim@lackawaxentownship.pa.gov
HOURS: By appointment

Your Supervisors

Chairman - Jeffrey A. Shook
Jeff@lackawaxentownship.pa.gov

Vice-Chairman - John W. Beisel
John@lackawaxentownship.pa.gov

Supervisor - Michael B. Mancino
Mike@lackawaxentownship.pa.gov

Office Hours: Mon.-Fri. 7 am-3 pm

570-685-7288
169 Urban Road
Hawley, PA 18428



Helping Others During Trying Times

COVID 19 has influenced many things in our society during the last year, including economics. Many people have lost jobs and income, putting them in a situation of need.

Thankfully, there are volunteers behind the scenes that help improve the lives of thousands of residents throughout Pike County. Food pantries accept donations from individuals and businesses and then help to disseminate those goods to families that have reached out for some assistance.

Among those helping to put nutrition in the hands of those in need is a program known as Hunter's Sharing the Harvest (HSH). Since 1991 HSH has coordinated the processing and distribution of donated deer meat from hunters and municipal herd reduction sources to hungry people throughout Pennsylvania. An average-sized deer will provide enough high protein, low fat meat for 200 meals. HSH delivered over 160,000 lbs. of venison in 2019 just in time as the Covid19 pandemic effects created overwhelming and unexpected negative challenges to almost 50% more Pennsylvanians than in prior years who have been forced to fight hunger issues.

Local sportsman and outdoor personality, Ron Tussel, is the coordinator for Pike County for HSH. "A few years back I ran into executive director for HSH, John Plowman, at an outdoor writers conference. He asked me to help take on the role of coordinating the HSH efforts in Pike County. I did my homework and assembled a network that now allows me to pick up ground venison from one of our certified butchers, and then deliver that meat to food pantries across Pike County. My loop is about 125 miles in total, and through some great connections, I have been able to deliver thousands of pounds of meat to Pike County residents in need for the past several years".

More than 1.6 million Pennsylvanians are classified as food insecure, and with the recent economic downturn the need and requests for food assistance continues to grow. HSH program's goal is to channel about 100,000 pounds of processed venison annually through the state's food banks.



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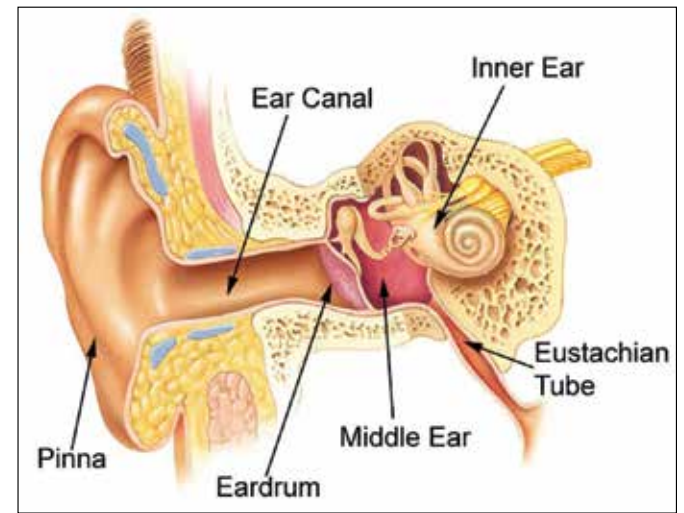
Hearing Loss *By Joseph Motzko*

Do you ask people to repeat themselves? Do you accuse people of mumbling? Are you told that the TV is too loud? Do you ask people to look at you when they speak? These are all common ways that hearing loss appears in our lives. Believe it or not, if you are older than 70 years old, the odds are that you have hearing loss. In fact, approximately half of people between the ages of 70 and 74 have hearing loss. This percentage grows to over 80 percent for people age 85 and older. However, hearing loss affects all ages. It is well documented 3 per thousand babies are born with hearing loss. That is why it is mandated in all 50 states all babies are screened for hearing loss shortly after they are born.

Why do so many Americans experience hearing loss? The most common reason is a condition called presbycusis, or hearing loss due to aging. As we age, our ear undergoes irreversible changes that result in hearing loss. Other people acquire hearing loss as the result of exposure to loud noises. Firearm use, heavy equipment, power tools, and music can all be loud enough to permanently damage our ears. That is why it is so important to use hearing protection when exposed to these sounds. There are also a number of medical conditions that cause hearing loss. Common conditions causing hearing loss include ear infections, occluding wax, or a perforated ear drum. There are also less common but more serious medical conditions such as an acoustic neuroma (tumor) or a cholesteatoma (an abnormal skin growth inside of your ear) that cause hearing loss.

New research shows that the effects of hearing loss is far-reaching. Researchers at Johns Hopkins Medical Center found untreated hearing loss is correlated with higher rates of cognitive decline and Dementia. Their research found that as the severity of hearing loss increases there is a greater risk of developing dementia. In fact, elderly individuals who have a moderate hearing loss have a three times greater risk of developing dementia than those without a hearing loss. This risk increases to five times for those with severe hearing loss. Additionally, new research shows that hearing loss is linked an increased risk of falling, decreased memory, depression, avoidance of social situations, and loneliness. The effects of hearing loss on our brain are wide-ranging and not isolated to just understanding speech.

If you suspect that you or a loved one has hearing loss, the first step is to be properly evaluated by a Doctor of Audiology. The Audiologist can determine the degree of loss, type of loss, determine if a medical referral is needed, and if hearing aids are right for you. When properly fit, modern hearing aids can improve hearing in all situations. Hearing aids have advanced significantly over the past ten years and are now smaller and more sophisticated than ever. Hearing Aids can be programmed for your specific hearing loss and employ technology to make it easier to hear in noisy situations like restaurants or in groups of people. Some hearing aids can be paired to your phone or television to improve understanding. Many insurance plans, including Medicare Advantage plans, now cover some, or all, of the cost of hearing aids. Your audiologist can assist you evaluating your Hearing Aid insurance benefit.



The myth that your hearing loss “isn’t a big deal” has been shattered. Research shows that hearing loss affects more than just our ears. It affects our physical, mental, and emotional health. It is recommended by the American Speech-Language Hearing Association that individuals have a baseline hearing test completed to monitor hearing ability over time. If hearing loss is found, your audiologist will work with your physician to determine the best way to treat your hearing loss. Through this comprehensive approach, patients can receive the hearing care and treatment they need and live better, healthier, and more complete lives. Hearing care is health care.

Dr. Joseph Motzko is a licensed and board-certified doctor of audiology. He lives in Lackawaxen Township with his wife and two children. He can be reached at drjoemotzko@gmail.com or 272-336-0560.

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UDC PA Grant Nurtures Care Cabin Food Pantry in Lackawaxen Township

The Upper Delaware Council (UDC) contributed \$14,847.18 to Lackawaxen Township on December 21 to support The Care Cabin in its mission to provide food for those in need.

The funding came out of the \$100,000 “Townships, Technology & Sustainability” grant that Pennsylvania Representatives Jonathan Fritz (111th District), Rep. Mike Peifer (139th District), and Senator Lisa Baker (20th District) secured for the UDC in 2019.

The PA Department of Community and Economic Development (DCED) is administering the UDC’s grant contract that runs through December 31, 2021.

Initiated through fundraising efforts and operated by Growing Lackawaxen (GL), The Care Cabin was constructed as a 24’ by 32’ structure on township property at 169 Urban Road, Hawley, PA and opened in September of 2019.

The non-profit GL partners with Second Harvest and the

Emergency Food Assistance Program operated by the Pennsylvania Department of Agriculture’s Bureau of Food Distribution to serve Lackawaxen residents and the greater community.

More than 75% of Lackawaxen Township’s children enrolled in the Wallenpaupack Area School District qualify for free or reduced lunches. In its first three months, The Care Cabin fed 14 local families, which quickly increased to 30, then to 52 by November.

The township promotes the food pantry’s availability through its Facebook page, bi-annual newsletter, and its community and business networks.

In addition to allocating \$20,000 to help build the facility, the Lackawaxen Township Board of Supervisors assisted Growing Lackawaxen to meet its fundraising gap debt for the construction and to purchase needed equipment and furnishings, including folding tables, shelving, a freezer, air conditioning unit, canopy tent,



portable hand-washing station, desk, laptop computer, printer, ladder, trash can, and broom.

Lackawaxen is the third of the Council’s five PA local government members to complete their projects based on the UDC’s approval of their community need proposals.

Prior grants supported Westfall Township (\$12,123.09 for municipal building parking lot renovations and paving)

and Shohola Township (\$15,000 towards the township building’s new roof). Damascus and Berlin Township project completions are pending.

For more information on the UDC and its activities, visit www.upperdelawarecouncil.org or its social media pages, or call the Narrowsburg, NY office at (845) 252-3022.



Please vote Michelle Thompson on Tuesday, May 18th. Find me on the Republican Ballot Democratic Party Please Write Me In

As your new Lackawaxen Township Tax Collector, I will provide outstanding service to our community. This can be achieved by making it more convenient for you to pay your taxes.

My goal for my term would be to implement an easier, more modern method of payment for all property owners in our township.

I am a firm believer that there should be term limits implemented for the position of tax collector.

My proven dedication, professionalism, and integrity, paired with my knowledge of our small-town community makes me well qualified to be your next Lackawaxen Township Tax Collector.

Please vote for me as your new Tax Collector on Tuesday, May 18th.

Email: mthompson4taxcollector@gmail.com



Time For Change



Rowland Cooperative Market Observes First Anniversary

By Kenny Christianson

After meeting and planning for several years, the Rowland Cooperative Market quietly opened as a grocery store on April 3, 2020 at the beginning of the pandemic, in the old historic Rowland Corners General Store building that had sat empty for two years. The cooperative's board had been planning to open as a grocery store in the spring of 2020 anyway, but with the onset of the Covid pandemic the need became more urgent. The board felt that a local grocery store would help to prevent the spread of the virus by allowing local residents to shop without traveling to more infected areas. Since the Commonwealth had not yet approved the building's water supply, the coop has been limited to selling only pre-packaged foods. Once the water supply is approved, the coop hopes to be able to provide breakfast, sandwiches, and pizza to the Rowland community.

The Cooperative has been working to have the water supply approved since the building was purchased in October 2018. Even though the store has been in existence since 1852 with a local water supply, the commonwealth refuses to approve the current water supply because the well is not grouted to bedrock. You never know when an oil tanker might fail to negotiate the turn at the bottom of the hill and pollute the water supply. The coop has enlisted the help of Brian Oram from BF Environmental Engineering and Fritz Brothers to hopefully find a solution, likely drilling a well in the back of the parking lot.

In its first year the Rowland Cooperative's membership has grown to 54 households with 144 individual members. The coop generated over \$60,000 in economic activity for the area in its first year, and provided two jobs and volunteer opportunities for local residents.

New members are always welcome. Membership is \$25.00 per year, and members receive a 10% discount on purchases, are owners of the cooperative, and get to participate in planning and decision-making. To join, please stop by the Rowland Cooperative Market or visit www.rowlandcoop.com for more information. The Coop meets on the last Sunday of each month from 2:30 – 4:00 pm in the Helen Weisman Memorial Meeting Room at the back of the coop building.

The cooperative is grateful for the support of the community during its first year of operation. The Township Supervisors, including Jeff shook and IGA, have been especially helpful in helping the coop become established in its first year. The coop appreciates the opportunity to work with the many vendors in the area who provide quality goods to sell and it is fortunate to be able to provide a local market for their fine products. Thanks to the Alpine, Augusta Acres Farms, Baldor, Bruce Bentley Firewood, Calkins Cheese, DeFillipi's, Grand Design Glass, Grandma Goldsachs, Hill's Farm, IGA, Lake Wally Café, Lorraine Bentley's Books, Phylcia's Phinest, Pocono Mountain Dairy, Pocono Pro Foods, Reading Sodaworks, Robin Hoose Native American Cards, Rowland Soapworks, Shemanski's, Skydog Kites, Sue's masks, The Lackawaxen River Conservancy T-shirts, Tom Polce Stone, Tree Song, Works of Art Jewelry, and Zoe Madison Photography for allowing the coop to sell their quality goods. Olsen Mechanical has been instrumental in helping to get all of the refrigeration equipment up and running, and they even provided start-up funds for the grocery store. The coop is lucky to start in such a nurturing incubator.

The coop has been working with several other organizations. It is thankful for the support of Growing Lackawaxen and our collaborations with the Care Cabin. The Helen Weisman Memorial Meeting Room, in the back of the building, is capable of holding internet meetings, and has been used by the Lackawaxen River Conservancy, the Sons of Norway, and the coop itself for meetings in the past year. Other groups requiring meeting spaces with internet connections are welcome. The room contains research materials concerning local history and genealogy, and books on American history, Art history, and Shakespeare.

Looking forward, there are still many uncertainties concerning the pandemic. Once the health risks have subsided, the meeting room can be used for tutoring, after-school classes, or classes on baking or language. The parking lot can be utilized for craft fairs and community celebrations, as occurred to a limited extent on Labor Day. The Toll House property across the street can be used for river access, and eventually the toll house building can be made into a gift shop or outdoor sports center. There are many possibilities once the pandemic is over!

The first anniversary day on April 3 will mark the beginning of trout season. The coop looks forward to serving the many fishermen who will visit the area in the next few weeks. Live bait, tackle, and fishing supplies will be available

The Rowland Cooperative Market is open seven days per week from 8:00 am – 7:00 pm at the intersection of Route 590 and Towpath Road, next to the Lackawaxen River. Please stop by sometime to explore local crafts, to buy groceries, or to enjoy the river view. The coop looks forward to serving the community for many years to come.

Don't Kill the Goose That Lays the Golden Eggs

By Jim Syre

There are financial principles to learn from Aesop's Fables. Remember the farmer who owned a goose that gave him a golden egg every day? He killed it trying to get all the eggs at once!

This is not just a children's story as it demonstrates a moral value. Those who have financial wealth and become greedy can easily lose all they have. As a financial coach, I see great opportunity for those that can be content and avoid the greed that has caused so many to kill their goose and lose the golden eggs forever.

On occasion, you may find

yourself receiving a large sum of money. It may be in the form of a bonus, a lottery winning, or in most cases an inheritance. This newfound wealth is your personal goose that lays golden eggs with your name on them! Do not spend a dime of your eggs. Let the goose and the eggs reside in your financial plan and work for you.

Your financial situation at the time you receive it will have a lot to do with how you use the goose, so have a plan to pamper your new pet beforehand. Hopefully you will be debt free and in a good position to invest

immediately for your future needs and wants. If you make it your goal to never touch the original amount, you and your descendants will dine on financial golden eggs for the rest of your lives. Believe me, given enough time this original amount can become an amount many times greater than where it started, especially if you gradually add to it.

It does not matter if you house your pet goose in a Roth IRA, your Roth 401k, mutual funds, or real estate, as long as your fine feathered friend is living in a home that will increase in value. Decide to do this now



and start positioning yourself to exercise a wise plan when the time comes. Regardless of where you are in your financial journey, start writing the rest of your journey now, the way you want it to read later. The earlier you start, the better.

The Bible says a good person "leaves an inheritance to their children and their children's children". Whether you are blessing your loved ones with an inheritance or receiving the blessing of an inheritance, talk to a financial coach and make sure a plan is in place to ensure your goose lays golden eggs for generations to come.

Jim Syre is a Ramsey Solutions Certified Master Financial Coach and the owner of 3E Financial Coaching. As an independent coach, he is not employed by Ramsey Solutions. Jim has been the Lackawaxen Township Treasurer for the last two years, and is currently serving as Assistant Treasurer. He has also served as a Borough Treasurer, and is currently the Finance Chair for the Lackawaxen Township EMS Board of Directors. All three organizations became debt free during Jim's time there. To contact him send an email to: coach@3efinancialcoaching.net

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AS THE CROW FLIES

By Robin Hoose

The crow is revered as a sacred keeper of law, an oracle of divination and magic and as a symbol of rebirth and change. For many Native Americans they are a powerful spirit guide, and the message of their medicine should not be ignored despite the negative myths surrounding the crow. Stories and legends from the Pennsylvania, New Jersey and Delaware Indians have revealed much to the unknowing.

From the time of the arrival of the Spaniards, this country's indigenous population has endured incomprehensible adjustments and transitions. As the crow symbolizes rebirth and change, let us seek, with the aid of the crow, to focus on the positive and largely unknown changes made in Native American culture. "As the Crow Flies" seeks to guide us on a discovery of a few of the amazing cultural changes of, for and by Native Americans. There has been a tremendous rebirth of Native culture in recent years.

Some of the changes to Native American cultural norms include the arts, music, dance and theatre. Over and above the traditional arts Native Americans are known for such as beading, pottery and weaving, they have excelled in the fields of music, dance, art, literature and acting. In the field of dance, did you know America's first major prima ballerina was Elizabeth Marie (Betty) Tallchief? Dancing is ingrained in Native American culture and this revolutionary ballerina who began dancing at age three, went on to achieve greatness in the world of ballet.

As for Native American music, while flutes and drums are still uppermost in keeping traditions alive, change has come with new instrumentation, talents and vision, producing contemporary musical enjoyment. In the music scene, Anthony Kiedis, Mohican, was the frontman for the Red Hot Chili Peppers. Additionally in the rock and roll genre, the single making the Top 5 on the 1974

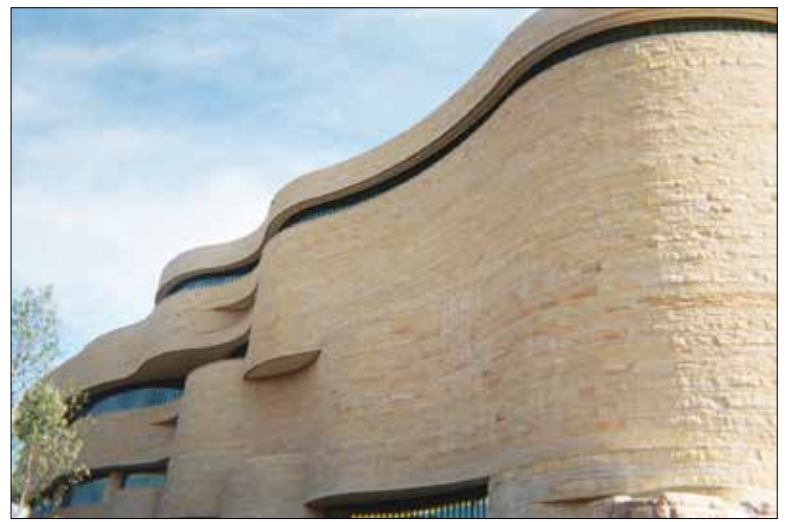
Billboard Hot 100 chart, "Come and Get Your Love" was done by the famous Native American rock band Redbone. Another musical arena that Native Americans stepped into was Classical. White Eagle, Lakota, was a tenor and one of the first American Indians to sing lead roles in musical theatre and opera in the United States. He performed with the Pennsylvania Opera Theatre, performed the finale at the Inaugural Gala for President George Bush and in 1993, debuted in Carnegie Hall. He was subsequently inducted into the South Dakota Hall of Fame as Artist of the year. Native American composers brought with them new musical talents while maintaining grains of traditional music. One such composer was Dr. Louis W. Ballard, the father of Native American composition. Ballard, a member of the Quapaw and Cherokee Nations received a great honor. In 1989 the Beethoven House Chamber Music Hall in Bonn, Germany mounted a program dedicated to Ballard's compositions and was the first American composer to have that distinction

Native American culture is alive and well around the country and even closer than you may think. The Lenape Cultural Center and Trading Post in Easton, PA is a cultural gem and although small in space, it is large in its displays and history. Located in the Bachmann Publick House on the corner of Northampton and 2nd streets, the cultural center (when not dealing with Covid19) is open to the public on Saturdays from 11:00-3:00. Admission is free. This building, built in 1753, was once a popular tavern hosting important events that included treating signings during the French and Indian War. One such treaty is on display in Easton's Sigal Museum. The Bachmann Publick House that once partly served to deal with war and treaties has changed and seen a rebirth as a gathering place for knowledge, friendship and a sense of community.

Change and rebirth, is evident in the acceleration of Native cultural interest and awareness. One can truly immerse oneself in Native culture at the stunning Smithsonian National Museum of the American Indian in Washington, D.C. This fabulous museum showcases incredible Indigenous art works including sculptures, hand beaded and woven garments, hand crafted tools and much more. The grand opening of one of the newest museums on the National Mall in 2004 was absolutely spectacular. Members of tribes, great and small processed from one end of the mall to the other with great pride wearing their finest regalia and celebrating the significance of that extraordinary moment in time.

A scaled down Native American museum can be found closer to home in New York City at the George Gustav Heye Center, the former Alexander Hamilton U.S. Customs House in Lower Manhattan. Among the art and artifacts displayed are items that date back 12,000 years

"As the Crow Flies" also points to dramatic change in modes of transportation. The traditional mode of transportation of the horse lessened significantly when automobiles came along.



This made a major impact in the Native community. While many are still unable to acquire modern modes of transportation, motorized vehicles have drastically improved travel. Native communities are extremely vast and spread out and remotely distanced from mainstream society such as grocery stores, healthcare facilities and other necessary facilities.

Native Americans have also taken to flight – perhaps not on a regular basis, but in impressive ways. n Many Native Americans were awarded the Distinguished Flying Cross, the third highest aviation honor during the war. And, in the not too distant past, one Native American went into space. John Herrington, enrolled member of the Chickasaw, was a United States Naval Aviator, engineer and former NASA astronaut aboard the Endeavor.



While tremendous hardships, inequalities and disparity in the Native communities still exists, our crow has guided on a journey of positivity with the understanding that there is so much more for us to learn about Native Americans and the changes they have made as well as a rebirth in carrying forth their history and culture in new ways.



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Trail Feasibility Study

Pike County, with assistance from Woodland Design Associates, is conducting a grant-funded Trail Feasibility Study focusing on the Lackawaxen River corridor, between Hawley and Lackawaxen.

The study seeks to determine the physical and legal feasibility to construct and maintain a multi-use trail spanning approximately 14 miles from Hawley Borough, at the Wayne/Pike County Line, along the Stourbridge Rail Line, the Towpath, and the Lackawaxen River, to the Village of Lackawaxen.

Public feedback on this project is invaluable. A brief survey is currently being circulated.

For more information about the project email trails@pikepa.org

PIKE COUNTY TRAIL FEASIBILITY STUDY

Pike County and the Wayne & Pike Trails & Waterways Alliance are seeking your input on a possible multi-use trail connecting Hawley to Lackawaxen.

WE WANT TO HEAR FROM YOU!

To take the Survey, go to:
<https://www.surveymonkey.com/r/PikeCountyTrailFeasibilityStudySurvey>

or Scan this QR code to go directly to the Survey

Funded in part with a Pennsylvania DCNR grant

www.PikePa.org/PO/PikeOutdoors

Fishing on the Lackawaxen

By Erik Munro

"I have become completely addicted to fly fishing the lackawaxen the last 20 years". I often have people ask me why I love fishing the lackawaxen so much. I look at them with confusion, and I am at a loss of words what to say to them. I tell people that its free, true and honest, because the lackawaxen does not lie. I usually get a confused, lost, and perplexed look on people. What people don't understand is that I work in a very stressful and violent job. I often look for a way of escape from reality on my days off. On the lackawaxen river, I'm not getting those nagging emails and the endless meetings. What I am getting is the escape from our toxicity society. The sound of nature and the river flowing are enough to put my stress at ease.



For the last 20 years I have chased trout from top to bottom of this river. Every single day on the river is my time to refuel and to recharge the batteries. Most of the time its not even about catching fish, but if I do catch a fish, I count that as a bonus to my day. The greatest gift the river can give you is just simply being in its presence. With the fresh air blowing in my face, it makes me feel more alive then I have ever been. What makes that experience more unique is the wild life that I see. I look up most days to get Bald Eagles and Ospreys flying in the air, as free as they can ever be. Then when I look around I can find ducks, loons, deer, and king fishers. I am always amazed at what I see every day on the river.

Now back to the whole being free, true and honest part. The river is free to fish if you have a proper fishing license. The river has always been true to my thoughts, and the river never lies to me. When I first started fly fishing this river, I would've never imagined it would give me the greatest gift, a therapeutic gift.. Peace of Mind. Now come up on my retirement me and my brother who has the same love for this river have started a business Lackawaxen River

Outfitters, so we can share our knowledge and passion for fly fishing and the Lackawaxen River. If you are looking to start a new hobby like fly fishing, here are some tips I would like to share:

- You don't have to get up at the crack of dawn if you don't want to, the hours right before dark can be just as good.
- The best times of the year to fly fish are April and May.
- You can catch a few different types of trout in our river, Rainbow Trout, Brown Trout, Brook Trout, and Golden Trout. My personal favorite to catch are the Brook Trout because the colors on them are amazing, they are like a piece of art!
- Practice - Practice - Practice
- Relax, have fun and enjoy our surroundings!

Spring Foraging

Spring will soon be in the air in Lackawaxen Township, and residents are looking forward to sunshine and warmer temperatures after a long, trying winter. Trout season will kick off the outdoor enthusiasts list of hot topics, with the spring turkey hunting season coming in closely behind. With the warmer weather come so many outdoor opportunities, that it is sometimes difficult to decide what direction to go on any given day! These are all great pursuits, and all will provide sound exercise and quality time in the outdoors. They will also serve up some of the tastiest basics for delicious game dinners. Whatever you land or tag for the table at this time of year, one thing is for sure; Mother Nature has also provided the side dishes to perfectly compliment your entrée choice. Spring is the perfect time for some foraging for wild edibles among the hills of Pike County.

First up on the list is a weed that some people pay money to attempt to eradicate from their yards and gardens. Oddly enough however, the dandelion's true name is *Taraxacum Officinale*, which means "the official remedy for disorders."

Legend has it that the people of Atlantis used the dandelion as a food and a tonic. The early colonists brought the dandelion to America from Europe. They used all parts of the plant, even the roots, which they roasted and ground for a coffee-like drink. The frontier healers often recommended dandelion greens as a spring tonic. They are full of vitamins that were unavailable to pioneers during the winter. There is no doubt that dandelions have saved lives. The common name for this weed comes from the French *Dent de Lion*, meaning "lion's tooth." This refers to the jagged points on the leaves, which look like sharp teeth. The French grow dandelions to eat, just as we grow lettuce in our gardens. You can also purchase the lush greens in most any local supermarket, but if your yard is like mine, why not just gather a bunch for free.

Dandelion greens are best when picked young. The giant leaves get tough and bitter. Simply wash and drain and mix with the rest of your usual salad fixings. You can eat these greens raw or if you prefer, cook them for a few minutes in boiling water, drain and serve with butter on top. Better yet is to make a wilted salad with hot bacon dressing. How good are they for you? Consider that a "serving" is considered one cup, raw. Statistics show that dandelion greens are low in Saturated Fat (0%), and very low in Cholesterol (0%). They are also a good source of Folate (4%), Magnesium (5%), Phosphorus (4%) and Copper (5%), and a very good source of Dietary Fiber (8%), Vitamin A (112%), Vitamin C (32%), Vitamin E (9%), Vitamin K (535%), Thiamin (7%), Riboflavin (8%), Vitamin B6 (7%), Calcium (10%), Iron (9%), Potassium (6%) and Manganese (9%).

Next up at this time would be what some people refer to as "ramps" or wild leeks. Like the leeks you might buy in a store, the wild variety are much smaller and have a unique flavor. Ramps grow in moist but well-drained soils and stand out with their flat leaves of bright green color. The entire plant is edible from the roots up — almost like a scallion. To prepare them, just chop off the very end of the root system and wash them well to remove all the soil. Some people separate the whit bulb from the leaves and serve them separately. The leaves themselves have a great garlicky flavor which accentuates any garden salad. The entire ramp can be sautéed or grilled to smoky perfection. The tops can also be sautéed like spinach and served with butter on top. All parts can be served raw, and I like to use the leaves and bulbs when chopped to make a super cream of leek soup. Ramps are a member of the onion family, the alliums, but they taste like some of the most pleasant garlic and onion flavor you could ever have. The maroon and the white parts are more for cooking. You toss them with scrambled eggs or home fries and bacon. An absolute favorite way for me to prepare and store my ramps, is to turn them into pesto, using toasted pine nuts or walnuts, garlic, olive oil and Parmesan cheese, and then putting the pesto into flat, vacuum sealed bags for freezing. If you have a dehydrator, you can also dry the entire ramp and then turn it to powder with a food processor and put it in a shaker to add flavor to any dish or salad!

As with any wild foraging, caution is always advised. If you are not sure what you are picking, get help from an expert. Wild leeks or ramps have a dangerous "look-a-like", the Lily of the Valley. Lily of the valley is toxic to humans and should not be consumed. The way to tell is to crush a leaf in your fingers and smell it. Leeks have a strong onion smell, and the lily does not.

We can finish off today with what is in my opinion the most delicious wild edibles of all, but without a doubt the hardest to come by. Morel mushrooms make their appearance at this time of year when they want and where they want. They are not as common in our region as they are in the western part of the state. It will take a lot of doing on your own to locate an area, and once you do you will not be likely to give up that location. You will also then understand why you could never get anyone to tell you where and if they have found any! Morels mushrooms have a distinct cone like appearance with their surface looking somewhat brain like. These mushrooms prefer to grow in proximity to elm trees and old apple orchards along with recently burned areas. Morels sell for serious dollars in the grocery store because they do not cultivate well. Sautéed in butter, there are few foods that will rival the morel in delicate, earthy mushroom flavor. All these wild edibles are available now to sit beside whatever game or fish dinner gracing your table.



Department Of Agriculture Adds 8 Counties To Pennsylvania's Spotted Lanternfly Quarantine, Highlights New Weapon To Sniff Out Pest



Agriculture Secretary Russell Redding today announced that eight counties have been added to Pennsylvania's Spotted Lanternfly quarantine zone ahead of the 2021 spring hatch. With this addition, the quarantine for this invasive pest is now at 34 counties.

"The Spotted Lanternfly is more than a pest in the literal sense," said Redding. "It's wreaking havoc for home and business owners, kids who just want to play outside, Pennsylvania agriculture and the economy of the state we all call home. Whether you think it's your job or not, we need every Pennsylvanian to keep their eyes peeled for signs of this bad bug – to scrape every egg mass, squash every bug, and report every sighting. We need to unite in our hatred for this pest for our common love: Pennsylvania."

The new eight counties are not completely infested, but rather have a few municipalities with a known infestation. Cambria, Cameron, Franklin, Lackawanna, Montour, Pike, Wayne, and Westmoreland are new to the quarantine for 2021.

"When we expand the quarantine, our goal is to slow the spread of the Spotted Lanternfly," said Dr. Ruth Welliver, director of the department's Bureau of Plant Industry. "And we have slowed it. Last spring we quarantined 12 counties with isolated infestations, and those counties have not been overrun because of the heightened awareness a quarantine brings. With continued aggressive treatment and monitoring, and an actively engaged community, we can help ensure families and businesses in these new counties aren't inconvenienced by widespread infestation."

Quick, aggressive treatment to newly identified populations of Spotted Lanternfly in Pennsylvania has been funded through the Rapid Response Disaster Readiness line of Governor Wolf's Pennsylvania Farm Bill for the past two years. The 2021-22 PA Farm Bill proposes another \$3 million to combat Spotted Lanternfly.

New to Pennsylvania's fight against the Spotted Lanternfly this Spring is Lucky Opens In A New Window, a female German Shepherd, trained as a puppy at PennVet's Working Dog Center to detect Spotted Lanternfly eggs, often in places humans can't access. Lucky joined the department in November 2020 and helps to inspect businesses like nurseries, greenhouses, vehicle

...Continued



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fleets, and log yards. She is the first dog in the nation trained to detect Spotted Lanternfly.

Businesses that operate in or travel through quarantined counties are required to obtain a Spotted Lanternfly permit. Homeowners with questions about treatment are encouraged to contact their local Penn State Extension office or learn about management, including approved sprays, online [Opens In A New Window](#). Pennsylvanians who live inside the quarantine zone should also review and sign the Compliance Checklist for residents.

Since 2015, the department has received more than \$34 million to combat Spotted Lanternfly in Pennsylvania -- \$20 million in federal funds and another \$14 million in state investment. The department also awarded more than \$260,000 in January for four priority research projects.

For more information on Spotted Lanternfly, visit agriculture.pa.gov/spottedlanternfly. For more about Governor Tom Wolf's PA Farm Bill and its investments in a sustainable agriculture industry visit agriculture.pa.gov/pafarmbill.





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Try This Tonight, Keeping Lackawaxen Healthy!

LAYERED MEXICAN BARLEY CASSEROLE

Barley finally gets to be the star of the show in this delicious casserole recipe!

Course Main
Cuisine Mexican

Servings
6

Cook Time
60 MINUTES



Ingredients

- 2 cups chicken broth
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon dried oregano
- 3/4 cup barley (or substitute brown rice, but then it's Mexican Rice Casserole)
- 1 onion sliced
- 1 red bell pepper sliced
- 1 green bell pepper sliced
- pinch kosher salt
- 1 pound ground turkey or beef
- 2 cloves garlic minced or crushed
- 1/2 teaspoon chili powder
- 16 ounces prepared fresh salsa
- 1 cup shredded Mexican blend cheese
- 4 green onions sliced

Instructions

1. Bring chicken broth, chili powder, cumin, and oregano to a low boil in a medium saucepan. Stir in barley, cover, and reduce heat to low. Cook 45 minutes or until liquid is absorbed. (You could do this step a day or two before and keep the barley in the refrigerator until you are ready to make the casserole.)
2. About 20 minutes before your barley is ready, preheat oven to 400 degrees F. Spray a 13 x 9" baking dish with cooking spray.
3. Spray a large skillet with cooking spray, and heat over medium-high heat. Add onion and bell pepper strips, sprinkle with a pinch of salt, and saute until vegetables are tender. Remove from pan to a bowl. (You can cook the vegetables with the meat in the next step if you prefer.)
4. In the same skillet, add the ground meat, garlic powder, and chili powder, Saute meat, crumbling as it cooks, until cooked through.
5. Now it's time to assemble! Spread the cooked barley in the bottom of the baking dish. Spread the peppers and onion over the barley, and then the cooked meat over that. Spread the salsa over the meat, then cheese on top, and finally sprinkle with green onions.

Show Off Your Creativity And Submit A Logo Design For Growing Lackawaxen!

Growing Lackawaxen is a non-profit organization dedicated to community service, programs, enrichment, and development for Lackawaxen Township.

We are seeking entries for a new logo for the organization. The logo will be used for print, digital and promotional material.

Winner will receive a \$50 gift card!

Rules & Regulations

One entry per person.

You do not have to live in Lackawaxen Township to submit an entry.

Logo must be an original design.

Logo must contain "Growing Lackawaxen".

Entries must be submitted in a jpg., png., or pdf file.

Designer gives all rights to Growing Lackawaxen.

Deadline for entries is May 1st.

Submit your design to: growinglackawaxen@gmail.com

To see our current logo, please visit our website www.growinglackawaxen.com and follow us on Facebook: [@GrowingLackawaxen](https://www.facebook.com/GrowingLackawaxen)

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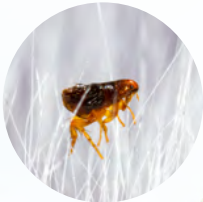
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