

YARDLEY VOICE

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O'ROURKE MEDIA GROUP

All the "Good News" that's fit to print!

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Tee Time

Yardley resident Fred Seabright, PGA Associate, and golf instructor at Makefield Highlands Golf Club, enjoys the many benefits of playing golf. He encourages people of all ages, especially seniors like himself, to give golf a try to experience the positive impact it can have on one's life. See story on page 2.

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Family
**HEALTH &
WELLNESS**
EDITION

Golf is more than a game

*Fred Seabright,
PGA Associate, Golf
Instructor at Makefield
Highlands Golf Club,
Long-term Yardley
resident*

Golf is a great game, a game for a lifetime, but it can embody a much larger contribution to one's life.

Hidden within a sport that requires physical performance and skill development, resides an experience which includes strategy, recovery technique, frustration and very importantly – FUN!

This all occurs with the companionship of one, two or three other adventurers who share with you what the course and weather bring to you fresh each day. Most frequently you will play this game with at least one

new acquaintance, unless you are one of the lucky few that always has four friends to join you. If you play 18-holes your small band of golfers will spend the next four to five hours together. You will hear during the round comments of encouragement or shared enthusiasm for good plays and sympathy and commiseration with unwanted results, and most often kidding and tormenting and laughing – yes laughing!

Your body will move in directions that your daily routines do not require, you will move walking to and from your shots, but most importantly you will MOVE! You will move within the boundaries of incredibly beautiful surroundings as God watches you and you take in the magnificence of God's creation.

When the round is over you

will shake hands with your new friends or your old ones, but the bond between you will be stronger for the 4.5-hour mutual adventure.

You need this! Or you need something similar in your life. You need to be with other people. You need to be part of a group. You need new experiences in your life. You need to move and exercise. You need to laugh and you need to have fun!

Loneliness is at epidemic levels in the U.S. Depression and chronic disease are as well. You may be experiencing these issues which have befallen you without your consent. I am suggesting that you would do well to be very intentional about making changes to your lifestyle that are fun, while changing your circumstances.

There is an axiom in golf that

says whatever you do, improve your situation. If you are in the rough, get out of the rough. You may not hit a perfect shot, but advance your circumstance and improve your situation. If you land in a sand trap, get out of the sand trap. Maybe not a great shot, but you're out and closer to the hole.

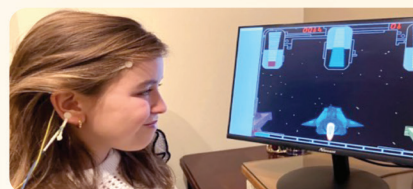
If you are not engaged in physical activity, get a golf lesson. If you improve to the point of wanting to play better, join a golf clinic where you will share the frustration and joy of being with six -10 others who are just like you. If you improve to feeling you want to play out on the course, you now have made contact with fellow students with whom you can share the adventure. When you start hitting the good shots that make you say to yourself,

continued on pg. 8

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Local distance runner runs 52 marathons in 50 states

by Maryanna Savage Phinn

Many Americans dream of visiting all 50 states as a goal on their "bucket list." But one local woman "ran" with

aces at age 42. "I started running later in life. I was always fairly athletic. I participated in sports in high school like softball and basketball." She initially got involved in the distance running because her first husband was a runner and

about distance running. "At that 5K, between the other runners and the crowds that were there with family members supporting them, I found that it was so exhilarating and there was so much camaraderie. I felt like this is something I could really



Karen proudly displays her 50 States Plaque, recognizing her achievement of running marathons in all 50 states of the country.

that goal and took it to another level. Karen Adler, 72, of Yardley and Phoenix, Arizona, has run 52 marathons in all 50 states including running in two states twice (Mississippi and Hawaii). A full marathon is 26.2 miles. As a member of the 50 States Marathon Club, she received a plaque commemorating this challenging achievement after running in her 50th state in 2011.

Karen started running road

he suggested that she join him on runs. "We started running around my neighborhood. Eventually, a friend suggested that we run a 5K, which is 3.1 miles. "At first I thought, that sounds so far! I only run around my neighborhood for about 20 minutes a day. It seemed like a Herculean task," she recalled.

Karen ran her first 5K with her friend and quickly decided to find another 5K to run solo to discover how she actually felt

get into so it piqued my interest. I did fairly well. So I kept at it and kept on running."

Karen joined a running group in Phoenix with chapters in major cities across the country that encouraged first-time or less experienced runners to get involved in a 26-week training program with the goal of running a full marathon within the year.

She followed a regular

continued on pg. 22

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HOTWORX

While we celebrate our Valentine's and Galentine's in February, did you know it is also Heart Health Awareness Month? A strong, healthy heart will make any activity easier and more enjoyable. It should be a basic goal for everyone's fitness journey.

HOTWORX 24 hour infrared fitness studio offers a unique combination of heat, infrared energy, and exercise for 3D training that will help you elevate your heart health faster. Infrared training, specifically infrared sauna use, has gained a lot of attention for its potential heart health benefits including improving circulation, enhancing cardiac function, and reducing blood pressure and stress reduction. That's why we say "More Workout in Less Time."

HOTWORX Langhorne features 24-hour access to nine different low impact, isometric workout sessions that are just 30 minutes, along with 3 different 15-minute HIIT (high intensity interval training) sessions to meet all of your fitness needs. Workout sessions are virtually instructed by highly qualified fitness instructors allowing you to go at your own pace, achieve results, and thrive. With 24-hour access, it fits everyone's schedule.

Overall, HOTWORX Infrared Fitness Studio at 100 N Bucks Town Dr, Suite 200 stands out in Langhorne with a modern

designed studio, state of the art facilities to enhance the experience, and a strong emphasis supporting its members.

Whether you're looking to enhance your yoga practice or explore new fitness modalities, HOTWORX provides a dynamic and welcoming environment for achieving your health and wellness goals.

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Achievement & Wellness Center

Adult ADHD: No match for Neurofeedback

submitted by Maria Di Donato DEd, BCN, PA
Licensed Psychologist,
PA/NJ Certified School
Psychologist

Amelia, an adult woman from Warminster, was struggling with ADHD for many years. Her major concerns were always being late and poor time management. She reported difficulty with focusing and

completing tasks, keeping a routine, feeling overwhelmed and staying organized. Some of her concerns were that she was easily distracted, procrastinated, made careless errors, got bored easily, failed to meet deadlines, and was an underachiever. She reported moving excessively, always being on the go, and difficulty working quietly.

While in college she had difficulty focusing on reading

assignments and exams. Raising a family drew upon many focusing skills which increased her stress. As such, her frustration increased when she began raising a family. Other difficulties she indicated included trouble concentrating, switching from one activity to another, being disorganized, forgetful, not finishing tasks, having difficulty learning and remembering. She also reported interrupting others, blurting out comments, fidgeting, and intermittent migraines.

After her first session she reported sleeping better, having more energy, better concentration, feeling happier and more awake and alert, and a feeling of well-being.

Over time, Amelia continued noticing progress with her attention and focusing, keeping things straight and maintaining

a routine. Headaches are reduced. She remarked she feels the "most clear than she has ever felt".

Additionally, Amelia began doing heart rate variability training to improve her stress management skills. This training enabled her to routinely remain calm.

Adult ADHD is a significant problem for many, which frustrates and prevents them from achieving their best. Neurofeedback, a form of biofeedback, lets the body know what it is doing so it can change. As such, it is a medication-free treatment that rewards the brain for producing more attentive and focused brain waves. Over time, the brain learns the new brain wave patterns enabling the individual to function independently.

For more information, call 215-321-9502.

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Tucker Chiropractic Center hosting free workshop

The Tucker Chiropractic and Wellness Center, located at 402 Middletown Blvd, Suite 210 in Langhorne, hosts a free virtual trigger point workshop.

Online attendees will learn how to apply these techniques in the comfort of their own home.

Have a partner ready if you'd like, as this application is interactive. According to Dr. Tucker, the trigger point technique is great for achy joints and muscles.

Visit the link: www.DrDavidTucker.com/TriggerPointWorkshop.

Anyone with further questions should call 215-750-8006 to register for a free consultation.

The Center is located right behind the United Artists Movie Theater in Penns Square, at Oxford Valley Mall. Plenty of free parking is available.

Directions can be found on the website, www.DrDavidTucker.com.

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Oxford Rehabilitation & Healthcare Center

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Oxford Rehab & Healthcare shines a spotlight on heart health

Langhorne SNF Spreads Awareness for Heart Month on Go Red Day

Oxford Rehabilitation & Healthcare Center in Langhorne celebrated the American Heart Association's Go Red for Women Day by illuminating its signage and building with red lights. The Bucks County skilled nursing facility has an established a Cardiac Rehabilitation specialty care program and is proud to hold the Association's Heart Failure Certified Skilled Nursing Center designation.

Staff and residents kicked off Heart Month in support of the Association's initiative to increase awareness about cardiac health for women. Highlighting the importance of heart health, the center offered Samba Fitness and Fit and Spin classes to get residents moving and grooving for Go Red Day.

Oxford provides post-hospital, short-term rehab, and long-term residential care. Its Cardiac Rehabilitation program focuses on promoting independence and quality of life through reducing symptoms and decreasing disability in heart patients. This focus on transforming lives has brought real results.

"I was admitted to Oxford after suffer-



ing a left-sided stroke, transitioning from St. Mary Medical Center," said Stephen Eckler. "From the moment I arrived, I was impressed by the exceptional care and support from the staff. I chose Oxford primarily because of their cardiac program and rehabilitation services. The facility itself is beautiful, and the rooms are equally inviting and comfortable. The therapy experience here has been excellent. I truly believe I'm on the path to recovery."

Earned by less than 2% of skilled nursing centers nationwide, to date, the American Heart Association skilled nursing certification recognizes hospitals and healthcare facilities that provide high-quality care for patients with heart failure.

The American Heart Association's Go Red for Women initiative has been committed to raising awareness and clinical care of cardiovascular disease in women since 2004. According to the Association, cardiovascular disease is the No. 1 killer of women, causing one in three deaths each year.

For more information about Oxford Rehabilitation & Healthcare Center, visit oxfordrehabhc.com/ or follow them on Facebook at www.facebook.com/OxfordRehabHC. They are located at 300 E. Winchester Ave. in Langhorne.



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Golf

continued from pg. 2

"Wow! I didn't think I could do that!", play more. Get additional lessons; practice more. The joy gets better and better; the friendships get larger and stronger; your health gets better and better; and your outlook on life gets rosier and rosier!

You may be saying to yourself that this would have been good for me if I would have learned to play in my 20's or 30's or 40's, but time has passed me by. I would like to tell you that you are categorically wrong!

Golf instruction has changed significantly over the years, and the new technical teaching is much more easily learned today. You can do this! The new equipment also makes learning easier and courses are accommodating those new to golf by offering more clinics focused on those who need to learn the basics-quickly! The courses even offer the opportunity to play 3-holes or 6-holes or 9-holes to be able to wean into the experience.

I have been enthusiastic to encourage more people of my vintage and younger to try to see if golf can work its magic for them. In an effort to get more people to hear me, I set out on a journey with the PGA to do so. The PGA offers a test of golf performance called the PAT or Playability Test, which enables those who pass to pursue a career with the PGA in teaching and promoting golf. The test is 36-holes, played the same day, back-to-back with

a target score that needs to be met. I felt that if I could pass this at my age, others might see that golf may be "in the cards" for them.

Most often people need to take the test multiple times to pass as it isn't easy and the stress of it is crazy. It took me three times to pass it, but in October I was one for four out of 36 to pass at the age of 77. I am told I am the oldest in the country to pass it by 12-years; but the point is that age is not always a limiting factor!

I would encourage you to put limiting and negative thoughts aside, and give golf a try. Every course has instructors who routinely help people just like you to learn to love the game. Inexpensive Clinics generate rapid results. Four to six 2-hour clinics are fun and most often prepare even those never attempting golf before to get ready to play.

The next time you drive by a beautiful golf course near you, please know that

within the confines of that place are people who want to meet you, who want to help you, who want to share adventures on the course with you. There are healthy, happy people that want to encourage you and kid you but maybe best of all – laugh with you as you become one of the legions of golf enthusiasts that gets healthier, both mentally and physically while undertaking the task of embracing a game for a lifetime!

Fred Seabright is a retired Fitness Equipment Salesman who was encouraged by Dave Smith a PGA Golf Professional to pursue a career with the PGA in helping others to learn to play the game and enjoy all of the unseen benefits that reside within the wonderful game of golf. Although he was nearly three times the age of others pursuing the same course, he was supported by PGA professionals to dismiss the concerns of age which helped him achieve his goal.

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Exercise vs. physical activity: Which is right for you?

by Amanda Mayer, Community Program Coordinator for the Bucks County Area Agency on Aging, Certified instructor for Healthy Steps for Older Adults, Healthy Steps in Motion, Walk with Ease and A Matter of Balance.

Have you ever googled exercise vs. physical activity? I have. My page instantly filled with dozens of articles from every imaginable source. It was overwhelming. Somewhere around page ten, I stopped scrolling. My questions were simple. What's the difference, and which is better for me?

I've been teaching health & wellness programs to older adults for more than 15 years. Here's something I've learned over the years. When the word exercise is said in class, several people will groan loudly and roll their eyes. As a matter of fact, sometimes the whole class is a chorus of loud disdainful noises. But here's something else I know, and maybe you do too. Not being physically active is the worst thing you can do for your health.

In our workshops, we describe physical activity as any movement of your muscles while exercise is planned, structured, and purposeful physical activity. So which is

better? If I walk around the grocery store, will that have a positive impact on my health? The answer is YES! Physical activity and exercise coexist or work together to provide many health benefits.

Research tells us physical activity helps us increase muscle strength, flexibility, and balance. All things are important to help prevent falls and loss of mobility. It also increases our endurance and

stamina to help build more energy. It strengthens our cardiovascular system such as the heart, lungs, and blood vessels. Some lesser known benefits include better sleep, less pain, better function, less anxiety and depression, less fatigue, even less constipation.

Physical activity can be challenging for older adults, especially those with chronic

continued on pg. 18



This class taught at the Northampton Township Library in Richboro called "Healthy Steps for Older Adults" is a fall prevention class. The students are learning chair exercises in this photo.



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Eye Associates Of Bucks County

"I can see clearly now!": A patient journey for cataract surgery

Bruce Kreeley went in for a routine eye exam at Eye Associates of Bucks County (EABC) and was advised that he had developed cataracts. Bruce's next step was to research his condition and weigh all options before scheduling the surgery. He was pleasantly surprised when his search for a skilled surgeon and the best cataract surgery technology, led him right back to Dr. Sagun Pendse at EABC.

Once his research was complete, Bruce scheduled an appointment with Dr. Pendse to discuss the surgery and lens options. Although there was a lot to consider, Bruce appreciated how clearly Dr. Pendse explained the details

of the procedure, lens choices, pre-and post-surgical care. After being presented with all choices, Bruce opted for the PanOptix Toric UV lens, which was designed to correct both cataracts and astigmatism, while offering UV protection, clearer vision at near, intermediate, and distance ranges, without the need for glasses in most cases.

While cataract surgery makes most people anxious, Bruce shared that, "Dr. Pendse went over everything thoroughly and emphasized key points, which reassured me that everything was on track for the outcome I was hoping for." It helped that after his consultation with Dr. Pendse, the EABC's scheduling staff were equally meticulous and helpful in providing all

the necessary details for his surgery, helping to put Bruce's mind at ease.

When asked to sum up his experience Bruce remarked, "It's a totally new beginning; colors are more vibrant colors, and I'm now free of glasses after 60 years! My entire experience was exceptional." Bruce praised Dr. Pendse for his compassion, dedication, and the added bonus of making his "blue Corvette" appear more vibrant and stunning thanks to his new lenses.

If you're ready to see the world in a new light, and to improve your vision and quality of life, Eye Associates of Bucks County is here to help. Call (833) 921-6200 or visit www.centerforeyes.com



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Capstone Physical Therapy

Understanding hip flexor tightness and weakness

Hip flexor tightness and weakness are common issues that can lead to discomfort, limited mobility, and even pain in the lower back, hips, and knees. The hip flexors are a group of muscles, including the iliopsoas, rectus femoris, and sartorius, that play a crucial role in lifting the knee and stabilizing the pelvis.

Causes of Hip Flexor Tightness:

One of the primary causes of tight hip flexors is prolonged sitting. When you spend hours seated, the hip flexors remain in a shortened position, leading to tightness over time. Other contributing factors include a lack of stretching, poor posture, and overuse from activities such as running or cycling.

Signs and Symptoms:

Tight hip flexors can cause stiffness, discomfort in the front of the hip, and even lower back pain. Weak hip flexors may present as difficulty lifting the knee,



reduced mobility, and instability in movements such as walking or climbing stairs.

How to Address the Issue:

To combat hip flexor tightness and weakness, a combination of stretching and strengthening exercises is essential. Stretching movements like the lunge stretch or the butterfly stretch help improve flexibility, while strengthening exercises such as leg raises, bridges, and resistance band exercises can enhance muscle function.

Incorporating movement throughout the day, avoiding excessive sitting, and practicing good posture can also prevent hip flexor issues. If pain persists, consulting a physical therapist can help develop a personalized plan for recovery.

By addressing hip flexor tightness and weakness proactively, you can improve mobility, reduce pain, and enhance overall physical performance.

For more information about Capstone Physical Therapy, located at 201 Woolston Drive - Suite 1A in Morrisville, call 267-799-5568 or visit capstoneptfit.com.

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Pets Furst Urgent Care prioritizes not only the medical well-being of pets but also the comfort and reassurance of their owners. The clinic's atmosphere is designed to be welcoming and supportive, helping to ease the stress that often accompanies emergency situations.

The staff is known for their dedication to providing clear communication and empathetic support, ensuring that pet owners are well-informed and involved in their pet's care.

In addition to their urgent care services, Pets Furst also emphasizes the importance of preventive care and regular check-ups to maintain pet health and prevent emergencies. They work closely with regular veterinarians to provide a seamless continuum of care for pets, reinforcing their commitment to comprehensive and

compassionate veterinary service.

Pets Furst Urgent Care in Langhorne, is a specialized veterinary clinic dedicated to providing medical care for pets. Located conveniently in the Langhorne area, this facility is designed to address the immediate health needs of animals, offering a crucial service for pet owners seeking

prompt medical attention outside of regular office hours.

The clinic is equipped with advanced diagnostic tools and state-of-the-art medical technology to handle a wide range of urgent situations. Pets Furst ensures that pets receive high-quality care when they need it most. Their team of experienced

veterinarians and skilled support staff are trained to manage conditions with compassion and expertise, making the clinic a trusted resource for pet owners in the region.

Overall, Pets Furst Urgent Care in Langhorne, stands out as a vital resource for addressing pet health needs, combining medical expertise with a deep commitment to animal welfare and client support.

For more information about Pets Furst Urgent Care in Langhorne, located at 502 Oxford Valley Rd., call 215-755-1000.



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Bucks County Sports Hall of Fame 2025 Induction

The Bucks County Chapter of the Pennsylvania Sports Hall of Fame will hold its annual induction on Thursday, April 24 at Brookside Manor at Somerton Springs, 50 Bustleton Pike in Feasterville. Cocktail hour begins at 4:30 pm

This year's inductees include Jesse Hellyer (Bensalem, basketball); Sylvia Kalazs (Quaker-

town, field hockey, basketball, softball, field hockey coach, athletic director); John Kopack (Bristol, wrestling, football); Lindsay Krasna (Pennsbury, basketball, volleyball); Victoria Worthen Lang (Council Rock South, track and field); Megan Miller (Schafer) (Neshaminy, soccer, basketball, track); Donna Nicholson (Pennsbury,

field hockey, basketball, softball, basketball coach, PIAA field hockey official); Joseph Paluszek (Conwell Egan, bowling); Carl Poff (Council Rock, soccer, wrestling, cross country); Allison Nemeth Wunsch (Neshaminy, field hockey, softball).

Tickets are \$45 each, \$25 for children under 12. To purchase tickets, go to the BCSHF

website, buckscountysportshof.com and download the order form. Sales close on April 1.



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Makefield Highlands Golf Club

Makefield Highlands takes pride in providing learning opportunities for all ages, abilities, etc. There are various programs offered to target people at their comfort level. Makefield Highlands has a Junior program geared toward long-term game improvement through group instruction with options to include on-course play. There are camps, clinics, monitored practice, and various other programs offered to accommodate a variety of golfers. Some clinics are short and quick and offer parents the opportunity to gauge interest via quick exposure. There are programs aimed at continued progress and development for intermediates and advanced golfer alike. Children can start as early as 5, and programs are offered well into young adulthood. Though needs are different, our team is diverse enough and experienced enough to afford all various learners with quality programming. Additionally, Makefield Highlands has added some adult offerings in order to fulfill some needs requested of our beginner as well as advanced golfers. In our LAG(Learning Adult Golf)

Clinics in Spring, Summer, and Fall, players will learn how to practice. Instructors will work with the students to correct and perform sound fundamentals. Students will learn practice drills, exercises, and games to implement improvement through fun learning. The LAG Clinic is designed to teach players how to practice individually so that improvement can be obtained during individual practice sessions. No matter your age or ability, Makefield Highlands has a program for

you. If you are interested in golf, do not hesitate to contact our staff to point you in the right direction. We hope to see

you at Makefield Highlands in 2025! Call 215-321-7000.

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BCCC Kids on Campus

Bucks offers variety of week-long specialty summer camps

The Kids on Campus program at Bucks County Community College offers a wide variety of specialized camps and a new selection of camps is available each week. Campers choose which camp sparks their interest or curiosity. Weekly specialized camp offerings give parents and guardians the flexibility to choose which weeks fit their schedule. Camps range from arts and crafts, science and STEAM, theatre, sports, and more. Each camp is taught by a

highly qualified individual in their field of study.

Kids on Campus runs from June 16 to August 8. Camps are Monday – Friday, from 9 am to 3:30 pm. The weeks of June 16 and July 4 are four-day weeks.

Summer adventure is here in the Teens on Campus programs for ages 13 -15. Each offers a variety of activities and experiences you won't forget!

For the full schedule of camps available and additional information, please visit the Kids on Campus website at bucks.edu/kidsoncampus. Camp enrollment is limited, and registrations are ongoing until the camp fills. You can either register online or call 215-968-8409.

Campers are required to



bring a bagged lunch each day, and we recommend campers bring extra water, a hat, raingear if the forecast calls for

inclement weather, and sunscreen that can be self-applied by the camper.

High School scribes encouraged to enter 38th annual poetry contest

Bucks County 9th, 10th, 11th & 12th graders can submit three poems by March 17 for the chance to win \$300

Bucks County Community College, which has been nurturing writers for more than 50 years, calls on creative young people to enter the 38th annual Bucks County High School Poet of the Year contest for the chance to win \$300.

Students have until Monday, March 17 to submit three original poems, according to Dr. Ethel Rackin, director of the Bucks County Poet Laureate Program, which runs the Bucks County High School Poet of the Year contest.

The contest is open to

freshmen, sophomores, juniors, and seniors who live in Bucks County or attend a Bucks County high school. Home-schooled students may also enter. Previous winners are not eligible.

In addition to the prize

continued on pg. 18



Jr. Academy Spring Classes
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For more info go to: makefieldhighlandsgolf.com

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PA Cyber Charter School

Saffron's study abroad experience in Taipei

High school student Saffron visited Taiwan for four weeks last summer to study the Chinese language and Taiwanese culture with CIEE (Council on International Educational Exchange). When she was younger, she understood intermediate Chinese, and she saw this program as an opportunity to relearn the language and connect with Taiwanese culture. Her initial nervousness about traveling far from Pennsylvania was eventually eased by the kindness of her host family and the Taiwanese people.

Initially, Saffron was concerned about the language barrier, but she found Taipei, Taiwan, to be an English-accessible city. She lived with her host family, including a fellow classmate. She spent her first week with her host family, bonding over tasting cuisines, sightseeing, and hiking together.

Saffron's classes required her to speak Mandarin Chinese to people on the streets, who were friendly and eager to know that she was learning the language. She met classmates at Guting Station after lunch, and they would experience Taiwanese culture firsthand. She valued seeing the nearly 300-year-old Longshan Temple, which means "Dragon Mountain Temple." On Fridays, she and her classmates could travel anywhere within the metro system. The Taipei City Mall was a memorable destination, which runs one-mile underground.

The most valuable lesson she learned abroad: "Even if you don't speak the same language or come from the same

background as your classmates or host family, the care and kindness people have for one another is universal," she says. "I also learned to take positive opportunities without fear so as to not have any regrets."

Saffron is in her third year at PA Cyber, and she says, "The online learning environment is one I work best in. I can travel and take opportunities to explore the world while still keeping up with my education."

Learn more about the K-12 public school at pacyber.org.



Saffron values connecting with others across cultures and learning languages.



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Footloose and Blithe Spirit are presented by arrangement with Concord Theatricals on behalf of Samuel French, Inc. www.concordtheatricals.com. Bonnie and Clyde is presented by special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. www.mtishows.com. Pride and Prejudice by Jane Austen, is presented by special arrangement with Dramatists Play Service, Inc.



YARDLEY VOICE • FEBRUARY 2025

Exercise

continued from pg. 9

conditions or physical limitations. In fact, recent studies tell us inactivity is higher for those 50 and older who have one or more chronic diseases. The good news is, there are four kinds of exercises that can help people of *all* abilities:

Stretching exercises stretch muscles, loosen joints, and improve balance and coordination. There are numerous chair exercises available for flexibility. Tai Chi and chair yoga are also great options. Please remember never to stretch cold muscles. Try marching in place for a few minutes or take a short walk to warm up those muscles first. Stretching should be done slowly, holding each for a few seconds while breathing deeply. Your goal should be a minimum of 10 minutes a day.

Strengthening exercises make our muscles stronger using weights or resistance. Strong muscles also help with balance and coordination.

Strong ankles are your first defense against uneven ground. A strong core will help you recover your balance should someone accidentally bump into you. Many older adults shuffle their feet while walking because their leg muscles are weak. Strong leg muscles will help you lift your legs and step with purpose.

Do these exercises two or three times a week, taking a day off in between so your muscles have time to rest. You can use water bottles or soup cans for hand weights, climb stairs, or use resistance bands.

Balance exercises help keep us steady if we stumble or are pulled in one direction. If you've ever walked a dog or held the hand of a young child you know what I mean. Balance specific activities should be practiced for a few minutes every day. Things like Tai Chi, yoga, chair exercises and event flexibility and strengthening exercise will help you practice balance.

Aerobic exercises make us breathe faster and deeper and increase our heart rate. By increasing your endurance you'll begin to strengthen your heart, lungs, and muscles. As a result, you'll increase your energy so you can be active longer.

Your goal should be at least 30 minutes a day, 5 days a week. This can be broken into three 10 minute sessions. Some suggestions are walking briskly, swimming or dancing.

There are many resources to help you begin your physical activity journey. Housework, gardening, or even standing to cook a meal can be a good start for some people. The Bucks County Area Agency on Aging offers free chair exercise workshops and virtual chair yoga. Most senior centers also offer a variety of exercise classes, Tai Chi and chair yoga. The National Institute on Aging has created the Go4Life Everyday Exercises video on YouTube. Or simply grab a friend and go for a walk. But just keep moving.

Poetry contest

continued from pg. 16

money, the winner receives a proclamation from the Bucks County Commissioners, and the opportunity to read at a public reception. Runners-up and finalists will also be invited to read at the public event.

"Entering the High School Poet of the Year contest may give students a chance to discover and develop a talent they may not have realized they had," said Rackin, a language and literature professor at Bucks. What's more, participating in the public poetry reading may help a student stand out in their college search.

"Mentioning the contest, public reading, and anthology on college applications will demonstrate initiative, writing skills, and public speaking experience," Rackin added. "Clearly, there's a lot to gain from entering this contest."

Each participant must submit three original poems with an application form at: bucks.edu/hspoetry.

The contest will be judged by the current Bucks County Poet Laureate Lake Angela and the former poet laureate Tara Tamburello.

To learn more about the Bucks County Poet High School Poet of the Year program, visit bucks.edu/poets. For more information, contact Dr. Ethel Rackin at ethel.rackin@bucks.edu.

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NEXT EDITION

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Jammer Doors

*Stay warm this winter with
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Winter is here, and as temperatures drop, it's important to make sure your home is properly sealed against the cold. One of the most effective ways to keep your home warm and energy-efficient is by upgrading your doors. At Jammer Doors, we offer high-quality solutions to help you stay comfortable all season long.

A well-insulated garage door can make a huge difference in maintaining a consistent indoor temperature, especially if your garage is attached to your home. An outdated or poorly insulated garage door can let in cold air, making your heating system work harder

and increasing energy costs. We provide a variety of insulated garage doors that not only improve efficiency, but also enhance your home's curb appeal and security.

Likewise, entry and patio doors are key in keeping winter drafts at bay. If you feel cold air seeping in around your doors, it may be time for an upgrade. Our weather-resistant entry and patio doors are designed to provide maximum insulation, preventing heat loss and helping you save on heating bills. Plus, they add a fresh, stylish look to your home.

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Spring maintenance is vital for preparing your HVAC system for the upcoming summer heat. Over the winter, your system may have accumulated dust, debris, or even developed minor issues that could affect its performance. Our expert technicians will inspect, clean, and tune up your system, helping to prevent breakdowns



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Thermostat Calibration: We'll verify that your thermostat is reading accurately and calibrate it to ensure your system maintains the desired temperature.

Ductwork Inspection: We'll

check for any leaks or blockages in your duct system that could affect airflow and comfort.

Preventive Maintenance Checklist: Our team will inspect all components of your HVAC system, checking for wear and tear, loose parts, or potential issues that may arise.

Why Choose JC Heating and Cooling?

With JC Heating and Cooling, you can expect reliable, professional service from certified technicians who are committed to keeping your home comfortable all year long. Our spring maintenance package helps you avoid costly repairs and extends the lifespan of your system. Don't wait until the heat hits—schedule your spring maintenance today! Call 215-945-4833.



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5K in Bucks County set to run April 5 in support of the Bucks County Cancer Community

Event is currently seeking sponsors

Kin Wellness and Support Center 501(c)(3), which provides free care to the cancer community of Bucks County, is thrilled to announce the details for the Third Annual Be Kind 5k and 1 Mile Fun Run in association with the Bucks 5k Series. This year's race will take place Saturday, April 5 at Holicong Park and will feature a

new route that will begin in the park, head down Holicong Rd. to Upper Mountain Rd., turn around and end back in the middle of the park. The event welcomes and encourages people of all levels and abilities to participate and to run or walk to honor, celebrate, and inspire those who have battled,

continued on pg. 28

Capital Health

Renowned surgeon joins Capital Health, leads Heart and Vascular Institute

Dr. Joseph Auteri, a board certified, fellowship trained cardiothoracic surgeon with more than 25 years of leadership and clinical experience, has been named medical director of Capital Health's Heart and Vascular Institute. As part of Capital Health Cardiac Surgery Specialists, his clinical focus is on minimally invasive and traditional surgical approaches to coronary artery disease, aortic and mitral valve disease, and general thoracic conditions.

Before joining Capital Health, Dr. Auteri held leadership roles in cardiothoracic surgery programs throughout the country, including serving as medical director of the Doylestown Heart Institute in Doylestown where his program earned regional and national recognition for quality. In academic settings, Dr. Auteri has served as

an associate professor of Clinical Surgery at the College of Physicians and Surgeons at Columbia University in New York City and a clinical instructor in surgery at Columbia-Presbyterian Medical Center.

Capital Health Cardiac Surgery Specialists is part of Capital Health Heart and Vascular Institute, a comprehensive program with locations throughout the greater Mercer and Bucks county region. The institute is guided by experts in cardiac surgery, general and interventional cardiology, nephrology, podiatry, interventional radiology, vascular surgery, and wound management and hyperbaric medicine.

To make an office appointment with Dr. Auteri in Newtown, PA or in Hopewell Township, NJ, call 609-537-7277 or visit capitalhealth.org/cardiacsurgery for more information. To learn more about Capital Health's Heart and Vascular Institute, visit www.capitalheartandvascular.org.



Joseph Auteri, MD, FACS

Renée Fleming to Perform at the June 6–21 Princeton Festival

The Princeton Symphony Orchestra (PSO) is pleased to announce that the world-renowned soprano Renée Fleming will perform at the 2025 Princeton Festival. Her appearance with the Princeton Symphony Orchestra on Saturday, June 7 crowns the Festival's opening weekend. Edward T. Cone Music Director Rossen Milanov will conduct. This year's Princeton Festival runs June 6–21, on the grounds of Morven Museum & Garden, 55 Stockton St, Princeton, NJ.

Executive Director Marc Uys looks forward to welcoming

Ms. Fleming. He says, "Renée Fleming is an extraordinary artist, beloved by audiences around the world. It is a singular honor to present her at the Princeton Festival. Hearing her voice in the intimate setting of our Festival pavilion, surrounded by the beautiful gardens and summer evening sky, will be pure magic."

Renée Fleming is one of the most acclaimed singers of our time, performing on the stages of the world's greatest opera houses and concert halls. Honored with five Grammy®

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Long distance runner

continued from pg. 4

running schedule, met with other members on Saturdays at local parks for mini-instruction sessions on topics such as hydration. She was grouped with runners at the same caliber and talent levels as her running speed. "I remember a conversation I had with a friend who mentioned she knew someone that wants to run marathons in all 50 states. I said, 'Is she crazy?'"

Karen completed her first full marathon in 1999 in Scottsdale, Arizona. She continued to train and compete in more marathons in California, New Mexico, Nevada and other states in proximity to Arizona.

At that time, Karen was a full-time teacher of math and science for seventh and eighth grade students. "I was still teaching so I had to make sure these races were on three-day weekends, or holiday weekends or breaks in the school year. At one point we went to

visit family in Columbus, Ohio and there was a marathon, so I planned for that weekend. Gradually I started checking off states that weren't anywhere near Arizona, and I realized that I was approaching 20 marathons. I thought back on that conversation that I had with my running partner whose friend wanted to run marathons in all 50 states and I suddenly realized I was half-way there! This is doable. I was amazing myself that I could actually do this. That's when I really started planning."

Karen used a running website that had every marathon listed in every state by date and location. She created her own online system to set up a plan to run a marathon in the states she had not run in yet. She planned running in marathons around family vacations in states she had not yet competed.

As far as having a "favorite" state that she competed in, Karen noted that each state

offered a wide range of experiences. "I enjoyed different states for different reasons. One of my favorite marathons was in Las Vegas because I ran my fastest time. I loved Hawaii just for the scenery; how do you not love it there? I loved running in Colorado because of the Rocky Mountains, and it was June, but you can still see snow-covered peaks at the very top."

The weather and the terrain were factors regardless of what time of year the marathons took place. "In Alaska, it's so far north in June that it's still dusk at 11 pm. There are only four or five hours of nighttime because it's summer," she recalled. "When I ran in the Dakotas in late May or early June, at the start of the race the temperature was in the mid-20s and after about 10 miles into the race there was hail and sleet pellets coming down." She noted that running in Phoenix in the winter, the temperature was dry in the 70s with low humidity, but in West Palm Beach in

Florida at the same time of year the temperature was in the 70s but with high humidity and felt totally different.

Karen recalled a farewell gathering when she was retiring after teaching for 29 years. A colleague mentioned she'd like to see all 50 states during retirement. "I said, 'I want to see all 50 states but I want to run a marathon in all of them! By then, I had more than half of them done by this time, so it was really a foreseeable goal.'"

Today, Karen and her husband, David, spend time between Yardley and Arizona. Karen's Yardley neighbors see her running around their picturesque neighborhoods from early spring through late fall when she and David return from the desert warmth of Arizona.

She does not have any marathons planned for now, but she continues to compete in local 5Ks and keeps active, and she certainly earned her way into American marathon history "When I received my 50 states recognition plaque, it turned out that I was one out of a total of 256 women in the entire country who had accomplished that. So I was in a pretty elite group," she added.

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Renée Fleming

continued from pg. 21

awards and the US National Medal of Arts, she has sung for momentous occasions from the Nobel Peace Prize ceremony to the Super Bowl.

Appearances at the Princeton Festival by artists of the caliber of Ms. Fleming are only possible thanks to the gen-

erosity of donors. Individual ticket sales only cover part of the ever-increasing production costs involved in producing the exciting and vibrant events of the Princeton Festival.

A long-time supporter of the Festival, who wishes to remain anonymous, has put forth a challenge match to amplify the

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Experience the 13th Annual Juried Show at AOY Art Center



AOY Art Center proudly presents our 13th Annual Juried Show, a premier exhibition showcasing an exceptional selection of artwork curated by Juliana Ochs Dweck, Chief Curator at the Princeton University Art Museum. This annual event highlights the talent and vision of artists from across the region.

Exhibition Dates: April 12–May 4: In-Person and Online Exhibition

Join us for an Opening Reception on Friday, April 11, from 6–8 pm, where the top artists will be honored with cash prizes totaling \$2,250!

The exhibition is open to the public on Fridays, Saturdays, and Sundays from 12–5PM April 11–May 4. Visitors are

invited to explore a diverse collection of paintings, sculptures, and mixed-media works that exemplify artistic excellence and innovation. The public can also experience the exhibition via our Virtual Gallery at aoyarts.org.

This year's exhibition has been thoughtfully juried by Juliana Ochs Dweck, a distinguished Chief Curator at Princeton University Art Museum. With her expertise, the show promises to present a compelling selection of artworks that inspire, challenge, and captivate audiences.

Whether you're an art enthusiast, collector, or curious visitor, the 13th Annual Juried Show offers a rare opportunity to experience the diverse creativity of today's artists.

AOY Art Center is dedicated to supporting artists of all levels and providing opportunities for artistic development and community engagement. The Center offers a variety of classes, workshops, and events throughout the year to nurture and strengthen the region's vibrant arts community. AOY Art Center is located at 949 Mirror Lake Road in Lower Makefield, just east of the Rts. 295 and 332 interchange on the Patterson Farm.

For more information about the exhibition and other upcoming events, please visit aoyarts.org or contact director@aoyarts.org.



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Newtown Arts Company

*A community built
On creativity,
connection, and
inclusion*

A community is a group of people connected by shared interests, location, culture, or experiences. It provides support, identity, and a sense of belonging. Whether physical or virtual, small or large, communities shape people's lives by fostering connection, collaboration, and mutual understanding.

Newtown Arts Company is a community built around a love of live theatre, welcoming individuals and families of all ages and backgrounds. It fosters an inclusive space where members can express their creativity, whether in the spotlight or behind the scenes. Though not a large theatre company, its support extends beyond the stage into the broader community. Members show up for one another at performances and local events, while local businesses sponsor shows and programs in exchange for promotions on the company's website, show programs, and pre-show media, highlighting the deep connections that make this community so special.

Newtown Arts Company doesn't just provide quality live theatre—it also offers valuable educational and volunteer opportunities to its community and beyond. The company runs educational programs for children aged 6-14, allowing them to explore all aspects of theatre, from play selection and set design to production and performance. High school students can also benefit from volunteer opportunities, earning the required service

hours for graduation while gaining hands-on experience in theatre. Additionally, Newtown Arts Company supports young artists through scholarships for high school students pursuing higher education in music, theatre, or fine arts. Many scholarship recipients have gone on to successful careers in the arts and often return to share their knowledge and experiences with the next generation of performers and creators.

At its heart, Newtown Arts Company is more than just a theatre—it is a home, a family, and a source of inspiration for all who walk through its doors. It is a place where creativity is nurtured, friendships are formed, and lifelong memories are made. Whether onstage, backstage, or in the audience, everyone who becomes part of this community plays a role in something greater than themselves. The impact of Newtown Arts Company reaches far beyond the theatre, shaping lives, fostering dreams, and reminding us all of the power of storytelling, collaboration, and the arts.



Tickets may be purchased at www.newtownartscompany.com.

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At Nottingham Insurance, we believe in being "There When Life Happens". Whether it's a car accident, a house fire, a business setback, or an unforeseen medical emergency, the right coverage ensures that you're protected when you need it most. Insurance isn't just about policies and paperwork—it's about peace of mind, financial security, and knowing that, no matter what happens, you have a trusted partner by



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spot
light

Blank Space Community Center

In today's fast-paced world, it's easy to feel disconnected and lost in the noise. Blank Space Community Center is a haven for those seeking authentic connection and a sense of belonging. Founded on the belief that everyone has a unique "spark" waiting to be ignited, Blank

Space provides a platform for individuals to discover their passions, connect with like-minded individuals, and find their place within the community.

Through a diverse range of programs and events, Blank Space fosters meaningful interactions and encourages self-ex-

pression. From art workshops and creative writing groups to community forums and volunteer opportunities, there's something for everyone. The center emphasizes the importance of diverse perspectives and encourages open dialogue, creating a safe and inclusive space for all.



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Blank Space believes that true connection goes beyond superficial interactions and social media likes. By fostering genuine relationships and supporting individual growth, the center empowers individuals to find their voice and make a positive impact on your community. Whether you're seeking to learn a new skill, explore your creativity, or simply connect with others who share your interests, Blank Space is the place to be!

For more information about the Blank Space, located at 85 Makefield Rd, #7 in Yardley, call 215-614-8037 or visit www.blankspacecommunitycenter.com.

Andrew's Lawn Ranger, LLC



Picture shows the process of Deep Root Feeding.

Winter is the time to determine the future health of your landscape. Plan for this year's treatments NOW and avoid potential problems later.

The following programs should be considered now:

Tree Care: Deep root feedings in spring of a slow-release fertilizer adds needed nutritional requirements for your landscape plantings. Foliar Applications include insect and disease control. These help your plantings during seasonal periods of stress like heat,

drought, or cold.

Turf: Our 7-step program makes lawns beautiful and weed-free. When did you last have your soil tested? Missing micro-nutrients prevents your turf from absorbing the basic components of the fertilizer. Our program makes up for what local soil is missing. Proper pH levels are essential for your fertilizer to work efficiently. Grass plants thrive within a very small pH range. Lime applications help adjust the pH in your lawn and utilize fertilizer to its maximum potential. This is why we test soil.

Flea, Tick, and Mosquito Suppression: Monthly applications consist of fogging the perimeter of the property as well as spraying nesting areas. Using 100% organic materials, we treat around the house (patio, deck, pool, swing set, and wood lines, if applicable).

Deer Control: Deer are rampant, ruining your landscape plants and causing unsightly, expensive damage. We apply monthly odorless applications to plant material to stop deer by breaking their routines, and making plants taste bad. Creatures of habit, if they don't like the 'buffet' on your property, they'll go elsewhere. Multiple applications

throughout the year dissuade them from returning. We use DeerPro™ exclusively, with both a summer and winter formulation, for year-round control. The Deer control works side by side with our Flea, Tick, and

Mosquito program, because deer carry ticks.

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SCORE Bucks wins Chapter of the Year for Eastern PA & Delaware District

Under the leadership of the chapter's first-ever female chairwoman, SCORE Bucks County beat out nine other chapters in the Eastern Pennsylvania and Delaware District to be named SCORE Chapter of the Year.

The 2025 SCORE Chapter of the Year recognition is based upon the chapter's achievements in fiscal year 2024.

SCORE Bucks County mentor Linda Zangrilli, who served as chairwoman from 2020 through

continued on pg. 30

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Advanced Limousine Services

Having the time of your life: Why hiring a limousine for your child's prom night is worth it

Prom night is a milestone event in a teenager's life, filled with excitement and memories. As a parent, ensuring your child has a magical, yet safe experience is a priority. One of the best ways to achieve this is by hiring a limousine service.

A limousine provides safety, convenience, and prestige. Professional chauffeurs ensure responsible driving, eliminating the risks associated with teen drivers. It also gives parents peace of mind, knowing their child has a reliable ride home.

Beyond safety, a limousine enhances the prom experience. Arriving in a sleek vehicle makes your child feel special. Riding with friends in a luxurious setting adds to

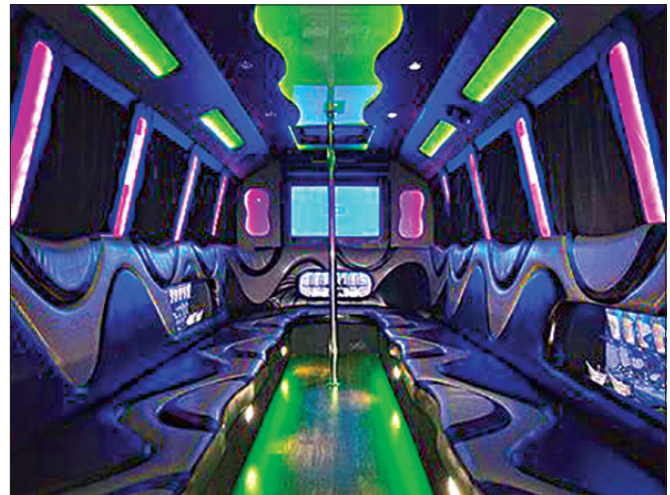
the excitement, with features like music, mood lighting, and refreshments creating a party atmosphere before the event even begins.

Group travel is another advantage. Instead of coordinating multiple cars, a limo allows everyone to enjoy the night together. It's cost-effective when shared among friends and eliminates parking hassles.

Moreover, a limousine offers reliability and ease. It ensures punctual pick-ups and drop-offs, making transportation stress-free. Plus, it provides the perfect backdrop for memorable prom photos.

Ultimately, hiring a limo ensures a safe, stylish, and unforgettable prom night. It's an investment in your child's special evening, allowing them to have the time of their life while you enjoy peace of mind.

Call Advanced Limousine Services at 215-504-0800 to book your prom reservation today. For more information on our wide selection of vehicles visit www.advancedlimos.com



Book your prom transportation today!

5K in Bucks

continued from pg. 20

or are battling, cancer. Last year nearly 600 attended. This year the organizers expect even more people and are seeking event sponsors to support this high-profile event.

Last year the Be Kind event raised over \$30,000 for Kin Wellness and Support Center. This event prides itself on catering to both serious runners and those who prefer to walk the course. The day will begin at 9:30 am with a family friendly 1-mile fun run, then at 10:00 am the 5k will begin with runners and joggers positioned toward the front, and walkers in the back. This year's Title

Sponsor is LBK Design Build. There are more than 10 sponsorship spots still available; details at www.welcometokin.org

Keith Fenimore, Executive Director of Kin shares, "Kin joined the 5k Series with the Be Kind Event to promote wellness and community camaraderie while helping the local Bucks County cancer community. 100% of the sponsorships and registration fees for the event will benefit Kin Wellness and Support Center. We are honored to be able to provide our community with this special event again this year!"

We are so happy this year to have a local survivor and

continued on pg. 29

ELECTRICAL/HIGH VOLTAGE TESTING

APPRENTICESHIP OPPORTUNITIES

APPRENTICE APPLICATIONS for IBEW Local 269 for the 2025 school year will be accepted online at:

<https://goo.gl/P1BY7A> beginning January 1, 2025 through March 31, 2025.

For details of the application process see here: <https://goo.gl/aanMec>
All applicants subject to post-offer physical/drug screen
Please direct any questions to jatc@ibew269.com or (609) 394-1337

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Martin Roofing And Construction

Martin Roofing and Construction is a reputable and well-established company in the roofing and construction industry, known for its top notch services and five-Star commitment to quality.

Owner Darin Martin and his trusted business partner, Andy Glaberson, have a combined experience of 16 years of quality workmanship. They have carved a niche for themselves by delivering exceptional solutions for homeowners and businesses alike.

Their expertise encompasses a wide range of services specializing in residential and commercial roofing. Whether it's a local residence or a large-scale commercial/government project, Martin Roofing and Construction approaches each job with professionalism and attention to detail.

One of the key factors that sets them apart, says Andy, is "our dedication to using high-quality materials and employing skilled craftsmen." This ensures that every project they undertake not only meets, but exceeds industry standards and client expectations.

The company's customer-centric approach is reflected in their emphasis on clear communication, timely project completion, and transparent pricing.



Darin proudly served in the United States Marines as a logistic specialist. His education and military experience have transformed Martin Roofing into a finely tuned roofing company.

Both Darin and Andy are members

of Warriors Watch Riders. WWR is a predominant motorcycle organization that supports our military and first responders. Services include escorts, flag lines, funeral services, and our famous Mug & Hug (M&H).

A M&H is when we surprise new recruits going off to boot camp, veterans, and first responders celebrating birthdays, military members coming home at the airport with a "Rock Star" hug, and a thank you for their service. You may have seen WWR leading many of our local holiday parades.

Whether it's a roofing replacement that withstands the elements, a renovation that transforms spaces, or a construction project that brings visions to life, Martin Roofing and Construction has proven itself as a dependable licensed and fully insured leader in the roofing industry.

For a free estimate, call 215-696-1033 or book online at www.mrc-roofing.com.

5K in Bucks

continued from pg. 28
thriller, Chris Baccash as our official race ambassador. Chris is a Doylestown resident who is a member of the acclaimed Bikeworks Team. Chris will launch our 1-Mile Fun Run; he'll be the pace bike for the 5k and hand out awards to our winners! We are honored to have Chris affiliated with our race. Chris is a beacon of positivity and encapsulates the persona we are striving for at our Be Kind event!

Sponsorships are now available. Those interested to become a sponsor should contact Keith Fenimore at

keith@welcometokin.org.

Those interested in participating as a runner or walker can easily sign-up at: www.welcometokin.org/be-kind-5k. *Early registrants are guaranteed a race shirt.

Participants can expect entertainment, free bagels, water, smoothies, cookies and bananas.

The Be Kind 5k and 1 Mile Fun Run is just one race in the Bucks 5k Series. The series is celebrating 29 seasons of bringing amazing races to Bucks County. To see a full list of races for the 2025 season, you can visit www.bucks5kseries.com.



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ECI Comfort

*Repair or replace?
What to do if your
heater struggled
this winter*

We just experienced our coldest winter in two years, and if your heater struggled to keep up, you may be wondering whether it's time for a repair or a full replacement. A failing heating system can leave you uncomfortable and drive up energy bills, but how do you know when it's worth fixing or when it's time for an upgrade?

Signs You May Need a Repair:

- **Inconsistent heating** If certain rooms were colder than others, your system may have a clogged filter, duct leaks, or minor mechanical issues that a professional can fix.

- **Unusual noises** Banging, rattling, or whistling sounds often signal loose or worn-out components.

- **Increased energy bills** If your heater worked harder and cost you more, a tune-up or minor repair may restore efficiency.

When It's Time to Replace:



- **Your system is 12+ years old** Older heaters lose efficiency and are more prone to breakdowns. If your unit is nearing the end of its lifespan, replacement may be the better investment.

- **Frequent repairs** If you've had multiple service calls in the past two years, the costs of continual fixes may outweigh the price of a new system.

- **Your home never felt warm enough** If your heater

constantly struggled to maintain a comfortable temperature, it may be undersized or too worn out to function properly.

If your heater didn't perform well this season, now is the perfect time to assess your options before next winter arrives. We want to help you make the best decision for your home and your wallet. Whether it's a repair or a replacement, our team is here to guide you

toward the most cost-effective and energy-efficient solution. Call ECI Comfort at 267-227-0995 to take advantage of our limited stock 410-A clearance event!

SCORE

continued from pg. 27

2024, led the chapter's year-over-year double-digit percentage increases in the number of mentoring sessions, mentoring hours, volunteer mentors, and welcomed more than 100 new small business owners for mentoring during fiscal year 2024, which began Oct. 1, 2023 and concluded on Sept. 30, 2024.

"I am honored to receive this prestigious award for SCORE Bucks County," Zangrilli said. "Thank you to all 70 mentors in the chapter as well as our dedicated leadership team who served as our Executive Committee. This would not have been possible without their dedication to SCORE's mission to help small businesses start, grow and prosper."

SCORE Bucks County, which provides no-cost mentoring to entrepreneurs throughout

continued on pg. 31

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TO THE SUPERBOWL
CHAMPION EAGLES!

SCORE

continued from pg. 27

Bucks and eastern Montgomery counties, also launched the Veterans Small Business Resource Guide last year as a means to better assist military veterans interested in starting their own business ventures.

The Chapter of the Year recognition comes on the heels of SCORE Bucks County's accomplishment as a Platinum

Leadership Award winner since 2018. The Platinum award is one of the highest recognitions possible for any local chapter and only a small percentage of SCORE's more than 300 chapters nationwide qualify for the annual honor.

Since the COVID-19 pandemic, the chapter has dramatically increased its services to the burgeoning local business community. For the 2024 fiscal

year, SCORE Bucks saw a 20 percent uptick in total mentoring sessions, increasing by 467 sessions from 2,325 in the previous year to 2,792. Mentoring hours too grew from 2,626.25 to 3,233.75, marking a 23 percent year-over-year increase. To serve the higher volume of mentees, the chapter, in 2024, expanded its mentoring pool from 57 volunteer mentors in 2023 to 66 last year.

SCORE Bucks County has also been recognized as a leader in the use of artificial intelligence. Current Chapter Co-chair Charlie Morris has led workshops discussing how entrepreneurs can use AI programs such as ChatGPT to make businesses more creative and efficient.

To learn more about SCORE, request a mentor or volunteer to be one, visit score.org.

BUCKS LIVE! *Spring* 2025



Galway Girls
March 14



Moon Mouse: A Space Odyssey
March 22



Joscho Stephan
March 23



Bucks Blues Explosion
April 4

The spring season of Bucks LIVE! performances is in full swing! Join us for innovative programs that entertain, inspire, and enrich Bucks County's cultural landscape, including live musical, dance, and theatrical performances—all close to home.



BUCKS COUNTY
COMMUNITY COLLEGE

Zlock Performing Arts Center, Newtown Campus
275 Swamp Road, Newtown, PA 18940



For the full spring schedule
and tickets, visit:
bucks.edu/tickets

Bucks LIVE! *Spring season continues*

The spring season of *Bucks LIVE!* performances is in full swing at Bucks County Community College! The Zlock Performing Arts Center serves as the hub of culture in Bucks County and a perfect venue for live entertainment shows while being conveniently located on the Newtown Campus at 275 Swamp Rd. in Newtown.

February 28 at 7:30 pm:

John Jorgenson – J2B2

J2B2 is an all-star bluegrass supergroup featuring four legendary, award-winning musicians – John Jorgenson on acoustic guitar, mandolin, and vocals; Herb Pedersen on banjo, acoustic guitar, and vocals; Mark Fain on bass; and Patrick Sauber on acoustic guitar and vocals. A free lobby pre-concert performance with Smoke Cloud String Band starts at 6 pm

March 14 at 7:30 pm:

Galway Girls

The Galway Girls are a multi-instrumental trio, known for their harmonies and memorable arrangements of traditional Irish songs. They sing about the Irish famine, the Irish in America, the Irish drinking, the Irish drinking again, the history of unicorns, and, of course, they sing the Cranberries. Audiences will come away enriched, inspired, and more connected to their Irish heritage.

March 22 at 3:30 pm: Moon Mouse: A Space Odyssey

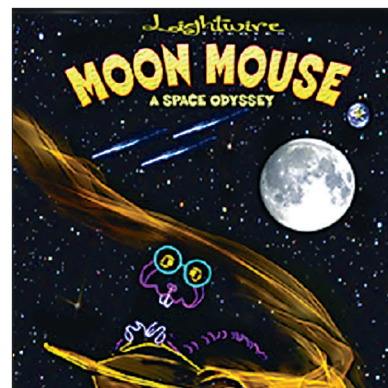
Lightwire Theater is proud to present *Moon Mouse*, a family-friendly cosmic adventure about celebrating differences. Marvin the Mouse is constantly bullied and picked on by the “cool” rats. As respite from the continuous badgering, Marvin retreats into his science books

and a world of fantasy.

March 23 at 4 pm:

Joscho Stephan

His roots lie in Gypsy Swing music, the style pioneered in the 1930s. Joscho Stephan has not merely absorbed this music, but also interprets it on the highest level. After multiple highly acclaimed albums, he has played his way into the illustrious circle of the finest Gypsy Swing musicians in the world.



TICKETS: For the full schedule of events and tickets, visit www.bucks.edu/tickets.

Kutt Family Donates Proceeds from Jason Kutt Annual Car Meet to NOVA

Event honors 18-year-old who was killed in a hunting accident in 2020

NOVA, Bucks County's comprehensive crime victim services agency, announced that it received a \$3,500 donation from the Kutt Family, representing the proceeds from the

Jason Kutt Annual Car Meet, held in August at The Home Depot in Souderton. The event is held in honor of Jason Kutt, who tragically lost his life at the age of 18, as a result of a hunting accident at Lake Nockamixon on October 24, 2020. Jason was a car enthusiast and

continued on pg. 34

THE LEARNING NEVER STOPS

The Pennsylvania Cyber Charter School offers a modern public education to K-12 students throughout the Commonwealth. After 24 years, PA Cyber has demonstrated that cyber school is the perfect fit for many students.

Visit pacyber.org or call (724) 643-1180 to start your PA Cyber journey today.



from left: Penny Ettinger, Executive Director, NOVA; Jason Kutt's parents Ron and Dana Kutt; and Angela McGettigan, Senior Director, Operations & Community Engagement, NOVA.

Photo: the Kutt Family

Galaxy Landscaping, LLC

Providing service that is out of this world!

Childhood friends Matt DeDominicis and Shawn Pepper never imagined that the days of knocking on the doors of neighbors to mow lawns or shovel driveways would lead to their current business partnership.

In 2015, after discovering that landscaping is the type of work they both enjoyed most, they decided to leave the paths they were on to return to their early roots and put their strong work ethic and entrepreneurial spirit into forming Galaxy Landscaping.

For the first few years, Matt and Shawn worked themselves doing landscape maintenance, mowing, and yard clean-up jobs. They learned the ropes of running a business together with a mission to always put their customers first.

Only after they felt comfortable with their business

and technical knowledge, they began to expand and bring on additional staff.

Everyone they hire goes through a thorough training process, and the importance of keeping their customers happy from the initial price quote until the final completion of the job is instilled in everyone.

The staff members are friendly and professional; they always wear shirts that identify the business, and their responsiveness to customers begins right from the beginning with a quick turnaround on all price quotes.

What once began as a traditional landscape company has grown into a diverse business offering many services.

Over the years, Matt and Shawn continued to learn new skills and expanded their knowledge and services to include hardscaping, design work, expert drainage, stamped concrete and more.

Now they even offer 3-D landscape designs to enable customers to truly see what their project will look like upon completion.

In addition to residential work, Galaxy Landscaping offers

commercial property maintenance and snow removal.

Galaxy Landscaping services Bucks County and the surrounding area.

Look for the ad in this issue for the comprehensive Spring Landscaping Special now being offered to the first 125 homeowners at a HUGE SAVINGS!

Call 267-8GALAXY (267-842-5299) today for a free estimate. For a complete list of services and to view images of past projects, visit www.galaxylandscaping.com.



Business partners Matt DeDominicis and Shawn Pepper have been providing exceptional landscape services since grade school.



Blank Space
Community Center

Leprechaun Hunt

Embark on a mischievous afternoon of Leprechaun hunting fun! Uncover the secrets of Leprechaun capture with engaging hands-on activities. A scavenger hunt will sharpen your skills and prepare you for the ultimate Leprechaun chase!

All participants will receive a passport card to collect scavenger hunt stamps and a special gift. **Fun for the whole family!**

*additional charges for other retailers in the hunt

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www.blankspacecommunitycenter.com



\$15



Tailor Made Film & Video Transfers

Tailor Made Film & Video Transfers began as a hobby in the garage-turned-studio of long-time Feasterville resident, Pete Wolk.

In 1985, Pete researched and invested in movie film transfer equipment and began transferring film for friends and family. With the help and support of his wife, Donna, it soon developed into a side business.

Word spread as local camera and video stores started using Tailor Made as their trusted source for film to video transfers and business grew rapidly.

In 1988, they moved the business out of their garage to a rented shop on Bustleton Pike. By then they were getting inquiries from camera stores all over the country and it became necessary to ship orders.

Outgrowing the shop on



Pete and Donna Wolk, owners of Tailor Made Film & Video Transfers.

Bustleton, Pete and Donna purchased the 2000SF property at 205 E. Pennsylvania Boulevard in the Feasterville Business Campus, the current location of Tailor Made.

Our company's remarkable success is due to staying at the forefront of technology by investing and reinvesting in the latest high-quality equipment and the work of our amazing staff of dedicated specialists.

Now servicing Camera and Photo Stores nationwide, Tailor Made has earned the reputation of a trusted source for handling customers' precious, irreplaceable home movie film, videotapes, slides, photos, and audio recordings.

The caliber of our work, high-end equipment, and uncompromised integrity, qualify us to be commissioned by documentary film makers, government agencies, hospitals, universities, and film archivists to convert their analog materials to high-defini-

tion digital files.

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Don't forget to cut out the coupon in this paper for a discount. Check us out on Facebook, too!

NOVA

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his family holds an annual car meet to celebrate Jason's life and memory. Car enthusiasts and people from across the region participated in the event, which brought the community together to share stories about Jason and cars.

Since Jason's passing, the Kutt family has launched a website www.jasonkuttleacyfund.org and organized fundraising events in Jason's honor to raise money and advocate for safer state park guidelines. The family has a Facebook page titled "Justice for Jason Kutt," where the family posts information about upcoming fundraisers and events, and a Facebook group called The Jason Kutt Legacy Fund, Inc.

The Kutt family encourages community members to visit the website, join the Facebook group, and follow the Facebook page, in order to keep up with the family's advocacy efforts and support causes that promote hunting safety.

Dana Kutt, Jason's mother, expressed her family's heartfelt gratitude for the support NOVA and its advocates provided throughout the legal

process following Jason's death. "NOVA's expertise, resources, and unwavering support have helped our family get to a better place. The journey to recovery after experiencing a crime is a long one, but with NOVA's help, we have emerged stronger, and we cannot thank them enough," Kutt shared. In appreciation of NOVA's ongoing support, the Kutt family donates the proceeds from their annual car meet to the organization. Through their donation, they aim to raise awareness about NOVA and the vital services it offers to the community.

"We are deeply thankful to the Kutt Family for their ongoing support of NOVA," said Penny Ettinger, Executive Director, NOVA. "The car meet is an enjoyable event that unites car enthusiasts and community members while raising awareness about NOVA's services and programs." Ettinger added, "We greatly respect the Kutt Family's strength and commitment in transforming the tragic loss of their son into an opportunity to promote hunting safety and responsibility."

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ShopRite Yardley

Jerk Marinated Turkey Legs with Mango-Glazed Sweet Potatoes

Prep: 15 minutes plus marinating | Roast: 1 hour
Serves: 8

FOOD

- 1 cup mango nectar, divided
 - ½ cup less sodium soy sauce
 - ¼ cup plus 2 tablespoons avocado oil, divided
 - ¼ cup mild jerk seasoning
 - 8 turkey legs
 - 4 large sweet potatoes, peeled and cut into 1-inch pieces
 - 1 tablespoon plus 1 teaspoon chopped fresh thyme
 - 1 teaspoon smoked paprika
 - ½ teaspoon ground cayenne pepper
1. In a medium bowl; whisk ½ cup mango nectar, soy sauce, ¼ cup oil and seasoning; divide into 2 large zip-top plastic bags. Add 4 turkey legs to each bag; seal bags, pressing out excess air. Massage turkey in bags to coat and refrigerate at least 2 or up to 4 hours.
 2. Preheat the oven to 375°; line 3 rimmed baking pans with parchment paper. Remove turkey from marinade; discard marinade. Place turkey on 2 prepared pans; roast 30 minutes.
 3. In a large bowl, toss potatoes, thyme, paprika, pepper, ½ teaspoon kosher salt, and remaining ½ cup mango nectar and 2 tablespoons oil; spread onto remaining prepared pan. Turn turkey legs; roast turkey legs and potato mixture 30 minutes or until internal temperature of turkey legs reaches 165° and potatoes are golden brown and tender, stirring once. Makes about 4 cups.
 4. Serve turkey legs with potato mixture.
- Approximate nutritional values per serving (1 turkey leg, ½ cup potato mixture): 1039 Calories, 49g Fat, 14g Saturated Fat, 371mg Cholesterol, 724mg Sodium, 18g Carbohydrates, 2g Fiber, 6g Sugars, 3g Added Sugars, 123g Protein
- Chef Tip:** To make this recipe keto-friendly, omit the sweet potatoes.



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PrimoHoagies Ewing

A historic day for Primo Hoagies!

Tim and Amanda McCoy, owners of the PrimoHoagies In Ewing, NJ, want to thank our amazing customers and staff on a successful SuperBowl Sunday from the Eagles win! All of the staff delivered an outstanding customer experience! The preparation and dedication from each of you was truly remarkable and

the results speak for themselves. Every detail was handled with precision and care.

Tim and Amanda McCoy would love to have their customers, old and new, stop by to meet them and their wonderful staff.

Big News! PrimoHoagies has introduced a new mobile application designed to enhance your ordering experience. The app offers several convenient features:

Easy Ordering: Customize your favorite hoagies, select

your preferred location, and choose between pickup or delivery with just a few taps.

Rewards Program: Earn points with every purchase, redeem exclusive offers, and manage your rewards account directly through the app.

Gift Cards: Save and use gift cards in-store via a QR code, or send them to friends with personalized messages.

Location Finder: Easily find the nearest PrimoHoagies locations to you.



PrimoHoagies is located at 238 Scotch Rd. in Ewing, NJ. For more information, call 609-406-9000 or visit www.primohoagies.com/location/ewing-nj

Quizzo Trivia-Musical Bingo Game Night hosted by Soroptimist Club

Gather your friends and join us for a night of fun, friendly competition and the chance to win fun prizes! Soroptimist International of Indian Rock, Inc. (SIIR) is hosting another rockin' game night of Quizzo

Trivia and Musical Bingo on Friday, April 11 at Spring Mill Country Club in Ivyland.

Whether you come alone or with friends, you'll have fun as you come together to form a team and fill a gaming table



First Place team winners of the 2024 Quizzo Trivia and Musical Bingo, celebrated with bragging rights and medals for their trivia knowledge and game strategy. This year's Quizzo will occur on Friday, April 11, 2025.

of 10 players. Teams will put their knowledge to the test and compete with other teams for the right answers and the chance to win valuable prizes.

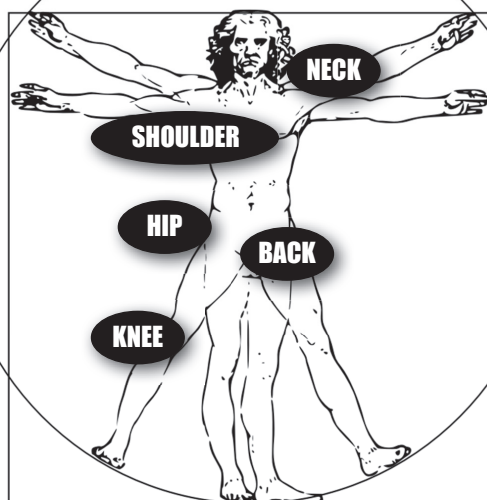
Doors open at 5:30 pm for a preview of raffles and silent auction items. The fun begins with a buffet and cash bar at 5:30 pm and games from 7 to 9 pm. Tickets are \$45.00 per person and include a five-game packet and dinner. Guests will have multiple chances to win raffle baskets valued between \$150 and \$500 dollars. Baskets offer experiences such as golf

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Friends Village *A time for renewal and stewardship*

As we welcome March and the turning of the seasons, we are reminded of the quiet work of renewal that happens all around us.

The earth, long resting under winter's cover, stirs with new life. Buds begin to form; birds return; and the days grow steadily lighter. This is a time of both promise and responsibility, a reminder that we are called to be faithful stewards of creation.

In the spirit of simplicity and care, we are mindful of how we use and return the gifts of the earth. Recycling is not just an action, but a reflection of our commitment to reduce waste and honor what has been given. Giving back, whether through planting, tending the land, or sharing what we have, connects us to a deeper sense of community and responsibility.

No one walks this path alone. As friends, we listen for the still, small voice that calls us to care for one another and for all that sustains life. In the quiet work of stewardship, we find joy. In tending to the earth, we tend to each other. And in honoring the gifts of spring, we walk gently,

mindful that what we nurture today will shape the world to come.

We warmly invite you to visit us on March 12th, from 2–4 pm for our “Going Green” Open House. Come meet some of our incredible residents, take a guided tour of our community, and enjoy a warm drink with afternoon refreshments.

We also encourage you to visit our website at www.friends-village.org or call 215-968-3346, ext. 200 to explore and/or register for our vibrant community programs. Ongoing offerings include Yoga for Seniors (Mondays & Thursdays through March 6) and Senior Planet, a free tech class (Mondays & Wednesdays through March 19). Upcoming one-time events include Adult Children & Aging Parents (Feb 17), The Graveyard Girls

(Feb 25), Practical Emergency Preparedness (March 4), and a four-part Financial Education series (March–May).

Whether through service, learning, or fellowship, we welcome you to join us in this journey of care and renewal.



One of our recent community courses about Quaker History in Philadelphia

Soroptimist

continued from pg. 36

outings and spa days, as well as designer jewelry and handbags, cash, gift cards, and lottery tickets. In addition, a silent auction of adventure travel and sports and celebrity memorabilia will offer more opportunities to take home exciting

prizes. All proceeds from this event support the economic empowerment of at-risk Bucks County women and girls through access to education.

All those 18 years of age or older are invited. Seating is assigned. Bring a household cleaning product for our Share a Dream program and receive a FREE raffle ticket. For tickets, sponsorships or details, visit investindreams.org or contact fundraising-committee@soroptimistindianrock.org. Ticket purchase deadline is April 4

SIIR is one of 1,000 Soroptimist clubs in 21 countries and territories that empower women and girls through a variety of volunteer projects. Efforts include cash grants for education, hands-on efforts to end domestic violence, career mentoring for girls, women's health initiatives, and many other community-based projects. For more information, visit investindreams.org.

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Pickering Manor

The gift of music: On Demand! and the Rostair Foundation enrich Pickering Manor's Memory Care

For the fifth consecutive year, Pickering Manor's Memory Care residents are benefiting from the generosity of the Rostair Foundation, which awarded a \$2,500 grant to On Demand! Programs and Events. This funding allows On Demand! to bring high-quality music programs to residents living with dementia, enhancing their well-being through the power of song.

Music is far more than entertainment; it is a bridge to memory, emotion, and connection. Research has shown that familiar melodies and timeless classics can spark recollection, improving the lives of those with dementia. On Demand!'s dedication to securing this funding and providing talented performers has made a profound impact. The residents are treated to musical moments that uplift their spirits, evoke nostalgia, and foster meaningful engagement.

"We are thrilled to obtain this grant on behalf of Pickering Manor," said Natalie Kaye, Founder and President of On Demand!. "Our talented musical performers understand the powerful relationship between music and memory. They bring tremendous joy and human connection to



The residents of Pickering Manor enjoying the delightful talents of Courtney Colletti filling the room with warmth, music, and cherished memories.

residents, enriching their often isolating and routine lives."

The Rostair Foundation's continued support of On Demand! is a testament to their commitment to providing innovative solutions for dementia care. "The Rostair Foundation is honored to support On Demand! music programming again this year," shared Robyn Herman, President of the Rostair Foundation. "On Demand! exemplifies a cornerstone for Rostair, which is building connectedness through community by offering dementia patients music experiences that they wouldn't otherwise have access to."

Pickering Manor's CEO, David Woodhead, expressed deep gratitude for the partnership: "We are beyond grateful to On Demand! and the Rostair Foundation. These music sessions bring moments of joy and connection that truly enrich the lives of our residents."

This ongoing collaboration underscores the power of community-driven support in improving the lives of those living with dementia, helping Pickering Manor continue to provide compassionate, innovative care.

To learn more about Pickering Manor, visit www.pickeringmanor.org.

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Saturday, March 8, 2–3 pm, the Friends of the Yardley Makefield Library will host “Songs of the Emerald Isle” at the Yardley-Makefield Library, 1080 Edgewood Rd. in Yardley. This free event will include traditional Irish music consisting of folk songs, drinking songs, ballads, and laments. Join Philadelphia-based singer Meredith Beck as she presents a variety of these songs. For more information, visit www.ymfriends.org or email yardleyfriends@yahoo.com.

Sunday, March 9, 3 pm, the Bryn Athyn Orchestra will present its Winter Concert at the Mitchell Performing Arts Center in Bryn Athyn. The program features an all-Beethoven lineup. Acclaimed pianist Clipper Erickson, known for his international performances and recordings, will be the featured soloist. Tickets can be purchased online at baorchestra.org or at the door on the day of the concert.

Saturday, March 15, 6:30 am to noon, the Doylestown Fire Company (DFC) is hosting Pancake Day at the firehouse on 68 Shewell Ave. in Doylestown. Stop in for all-you-can-eat pancakes, Hatfield sausage, coffee/beverages, and take-out options. Adult pre-sale tickets are \$9 and are available through PayPal by visiting www.doylestownfireco.org/events. Tickets will also be available at the door. Free parking is available in the County Parking Garage at Broad and Union Streets, with a free shuttle provided by Living Hope Community Church, running to and from the firehouse, 7 am–noon.

Saturday, March 15, 9 am, A Love for Life will be the charity partner for the “Newtown Shamrock Shuffle 5K”, taking place in Newtown Borough. To register for this year’s event, visit www.newtownshamrockshuffle.com and use code “Gazette” to receive a 10% discount. Proceeds from the raise go to dedicated team of researchers at the Abramson Cancer Center in Philadelphia. A race shirt, custom finisher medal, and a complimentary beer/drink, and discounts at local establishments will be after the race.

Sunday, March 16, 2 pm at Middletown Friends Meetinghouse, celebrate Women’s History Month with Langhorne Council for the Arts, 453 W Maple Ave., Langhorne: “The Life and Legacy of Pearl Buck.” \$5 donation at the door. Light refreshments will be served. For more information, visit LanghorneArts.org or email LanghorneArtsEvents@gmail.com, or call 215-752-0854.

Tuesday, March 18, 7 pm ‘Elderberry Honey’ will be the featured program at The Trevoise Horticultural Society’s monthly meeting at the Bensalem Senior Center, 1850 Byberry Rd. in Bensalem. Club members Phyllis Ashcraft and Ed Tremblay will share their five-year experience making Elderberry syrup for their own consumption. They will demonstrate how to make the syrup and discuss the health benefits of Elderberry syrup. Also, Denis and Rachel Cockerham from Bucksadelphia, who produce natural raw honey among other products, will share information about bees, hives, and benefits of local honey. All meetings are open to the public; \$5 donation to observe. For further information, contact 856-866-9163, visit www.TrevoiseGardeners.org, follow us on Facebook.

Saturday, March 22, 2–3 pm, the Friends of the Yardley Makefield Library will host “George and Martha Washington, A Love Story”, presented by Alisa Dupuy and Curt Radabaugh at the Yardley-Makefield Library, 1080 Edgewood Rd. in Yardley. This free program will explore George and Martha Washington, America’s first “First Couple,” who were married for more than 40 years and enjoyed a strong and loving relationship. Learn about their early years together, their families, and their responsibilities, and about the people who influenced them. Seating is limited. For more information, visit www.ymfriends.org or email yardleyfriends@yahoo.com.

Saturday, March 22, 3:30 pm, Bucks County Community College will host the Bucks LIVE! performance of “Moon Mouse: A Space Odyssey” at the college’s Zlock Performing Arts Center, located on the Newtown Campus at 275 Swamp Rd. in Newtown. Lightwire Theater is proud to present this family-friendly cosmic adventure about celebrating differences. Marvin the Mouse is constantly bullied and picked on by the “cool” rats. As respite from the continuous badgering, Marvin retreats into his science books and a world of fantasy. For ticket information, and the full schedule of events and tickets, visit www.bucks.edu/tickets.

Sunday, March 23, from 2 to 3:15 pm, the Friends of the Doylestown Library will host “A Visit with Harriet Tubman” at the Doylestown Library, 150 S. Pine St. in Doylestown. This free event is an immersive journey with Harriet Tubman in this first-person presentation spanning her childhood to adulthood. This powerful portrayal by Shirley Lee Corsey, of Gather Place Museum in Yardley, is appropriate for all

Michener Art Museum celebrates the legacy of Bucks County arts collector and curator Lewis Tanner Moore with New Exhibition

Michener Art Museum, located at 138 South Pine St. in Doylestown, celebrates the legacy of Bucks County art collector Lewis Tanner Moore in a new exhibition on collecting Black art, “Yesterday’s Dreams Are Real”. Moore (1953-2024) championed the work of Black artists throughout his life, challenging arts institutions to prioritize diversity in their

collecting and exhibition practices.

On view from now – July 27, “Yesterday’s Dreams Are Real” includes paintings, photographs, sculptures, and works on paper by 35 artists from the collections of Moore and Michener Art Museum.

“I collect [this work] because these are voices that need to be heard, and because they are voices that we need to hear,”

Moore said. Thanks to Moore’s guidance and encouragement, the Museum added 65 artworks by artists of color to its collection in the past five years.

Moore built a collection of hundreds of artworks over four decades. His love for the arts started in high school when he was struck by the absence of African American

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CALENDAR • HAPPENINGS • UPCOMING EVENTS • • •

ages, and will leave you inspired and uplifted. This program strives to improve civic and social literacy. For more information, visit the Friends of the Doylestown Library online at friendsofdowntownlibrary.org, on Facebook at Doylestown Library Friends, or on Instagram at Dtownfriends.

Saturday, April 5, Kin Wellness and Support Center will hold its Third Annual Be Kind 5k and 1 Mile Fun Run, at Holiconk Park, 5143 York Rd. in Doylestown. The day will begin at 9:30 am with a family friendly 1-mile fun run, then at 10 am. The 5k will begin with runners and joggers positioned toward the front, and walkers in the back. Enjoy the finish line party featuring food, music, and awards. All proceeds benefit our local Bucks County cancer community. Register at welcometokin.org.

Friday, April 11 at Spring Mill Country Club, 80 Jacksonville Rd. in Ivyland, Sorooptimist International of Indian Rock, Inc. (SIIR) will host another rockin' game night of Quizzo Trivia and Musical Bingo. Doors open at 5:30 pm for a preview of raffles and silent auction items. The evening begins with a buffet and cash bar at 5:30 pm and games from 7 to 9 pm. Guests will have multiple chances to win raffle baskets valued between \$150 and \$500 dollars. All proceeds from this event support the economic empowerment of at-risk Bucks County women and girls through access to education. To purchase tickets or for sponsorship information or details, visit investindreams.org or contact fundraising-committee@sorooptimistindianrock.org. Ticket purchase deadline is April 4.

Saturday, April 12–Sunday, May 4, AOY Art Center presents its 13th Annual Juried Show at 949 Mirror Lake Rd. in Lower Makefield. The exhibition is open to the public on Fridays, Saturdays, and Sundays from 12–5 pm. Visitors are invited to explore a collection of paintings, sculptures, and mixed-media works that exemplify artistic excellence and innovation. The public can also experience the exhibition via its Virtual Gallery at aoyarts.org. Also, come to the Opening Reception on Friday, April 11, from 6–8 pm, where the top artists will be honored with cash prizes totaling \$2,250! For more information about the exhibition and other upcoming events, visit aoyarts.org or contact director@aoyarts.org.

Thursday, April 24 at the Brookside Manor at Somerton Springs, 50 Bustleton Pike in Feasterville, the Bucks County Chapter of the Pennsylvania Sports Hall of Fame will hold its annual induction. Cocktail hour begins at 4:30 pm To purchase tickets, go to the BCSHF website, buckscountysportshof.com and download the order form. Sales close on April 1.

Sunday, April 27, 8:30 am, join the 13th Annual Bookin' For Lookin' 5K & 10K Run & Walk starting at Council Rock North High School, located at 62 Swamp Rd. in Newtown. Both courses continue from the high school and loop through Tyler State Park in Newtown. This event raises funds for the Bucks County Association for the Blind and Visually Impaired. BCABVI helps individuals throughout Bucks County who are blind and visually impaired receive essential services including specialized eye exams, rehabilitation skills, and support. For information and to register, visit bookinforlookin.com.

Michener

continued from pg. 40

artists in his art history textbook at Chestnut Hill Academy. This realization spurred Moore to organize an exhibition at the school in 1969, marking the beginning of his lifelong commitment to elevating Black voices in the art world.

"It was amazing to watch Lewis interact with artists and to bear witness to their discourse," said Curlee Raven Holton, a featured artist in the "Yesterday's Dreams Are Real" exhibition. "Some artists were local and others were nationally recognized, but all prized their connection with him. The artworks that captured Lewis's attention and interest spoke to his deeply held concerns for social justice, personal redemption, cultural values, and assertions of historical relevance."

A memorial for Moore was held at the Pennsylvania Academy of the Fine Arts in July 2024, where his great uncle, the nineteenth-century painter Henry Ossawa Tanner (1859–1937), started his art career. The exhibition showcases two paintings

by Tanner that were owned by Moore, along with etchings by the artist from the Michener's collection. "Yesterday's Dreams Are Real" also highlights work by Barbara Bullock, James Brantley, Moe Brooker, Selma Burke, Donald E. Camp, Syd Carpenter, Allan Randall Freelon, Curlee Raven Holton, Paul F. Keene Jr., Louis B. Sloan, Ellen Powell Tiberino, and others who helped shape the Delaware Valley's creative community. The exhibition's title is inspired by a mixed media piece by artist Moe Brooker, which the Michener acquired in 2023.

"Moore sought to connect with, learn about, and support Black artists, relishing the journey of discovery itself. I hope visitors share this sense of discovery and adventure in their experience of the artwork in the exhibition," said Gerry and Maguerite Lenfest Chief Curator, Dr. Laura Turner Igoe. With Moore's industry-wide contributions, the Michener is closer to telling a richer and more comprehensive story about the diverse artists who live and work in greater Philadelphia.

For more information, visit michenerartmuseum.org.



Paul Keene Variations on a Guitarist

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LEGAL NOTICES

NOTICE is, hereby, given to whomsoever it may concern in regard to 128 Pennsylvania Avenue, Yardley, PA 19067 being titled to Brenda H. Ebert, as sole owner on March, 25, 2025. Any person having any right, interest or title in afore said property or any objection for the award of sole ownership may contact the undersigned with relevant documents within 14 days of this notice. Failure will proceed with sole ownership transaction to be awarded to Brenda H Ebert by

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Renée Fleming

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