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Featured editorial spotlights from our advertisers & non-profits.

Check out the Camps & Education Section inside!



SPRING HOME & GARDEN

Local school extends its classroom walls into the natural environment

by June Portnoy

Tucked behind Pine Road Elementary School in Huntingdon Valley lies a thriving nature trail and community garden, living proof of how education, environmental stewardship, and community collaboration can transform an outdoor area into something truly magical. Spearheaded by second grade teacher, Rachel Thierolf, these spaces have become a dynamic extension of the classroom, offering students hands-on experiences that nurture their minds, hearts, and love for the natural world.

Thierolf, who has been the driving force behind the trail's revitalization and the creation of the nature club, said, "The kids who come out to clean up and maintain this trail and garden can't wait to get their hands dirty and be part of nature and work hard."

The Pine Road Nature Trail was originally carved out of the unused woods behind

the school in 1999 through a collaborative effort led by retired kindergarten teacher Joyce Pounds, Thierolf's sister-in-law. The trail, located on the school property, followed deer paths through wetlands and along a creek that feeds into the Pennypack watershed. Although once the site of early outdoor learning, the trail fell into disrepair during construction projects in 2001 - 2003, and inactivity halted its use.

Thierolf arrived at Pine Road in 2003 and quickly took action. "I enjoy being outside; it ful-



Nature Club participants are bringing wood chips, dirt, and seasonal flowers to the courtyard garden.



Ariella Zhosan is planting native perennial flowers in the courtyard playground planter.

fills me personally," she shared. With the help of the school principal and community members, she began orchestrating community cleanups twice a year during which time the school community came out with their kids to help clean up this area.

With the help of a local Boy Scout troop, they built two bridges along the nature trail. They also established relationships with local tree services to receive wood chip donations. All this work has not only restored the trail but also expanded its purpose. By 2010, the trail was officially recognized as a bird habitat by the Audubon Society.

Perhaps most transformative has been the evolution from biannual community clean-up events into a thriving after-school Nature Club, an initiative that Thierolf established in 2016. What began as occasional seasonal events has grown into three weekly sessions, two each spring and one every fall, giving dozens of Pine Road **Elementary School**

students the chance to explore the outdoors, maintain the trail and garden, and learn about local ecosystems.

Originally open to students from second through fifth grade, this year with the older students moving to a different school, it is now open to second and third graders, giving more students from this school the opportunity to join the club, although Thierolf added that there is still always a waiting list.

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Perry Corsetti June Portnoy Geoff Hansell Maureen Rollson Erica McNames Mike Smith Ruth Constantine Amanda Meloni Cathy Lautenbacher

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American Chimney

Spring cleaning: Make sure to include your chimney!

There are many benefits to tackling a top-to-bottom house cleaning project, but what good does it do to clean the entire house and fail to get the chimney and fireplace cleaned?

As a major focal point in any room, a fireplace can be a pleasure in any season, or it can be an eyesore.

Just in case you've never been sold on the idea of spring cleaning, consider this: Life can feel less stressful when your home environment is clean and clutter-free. Feeling less stress can mean better health.

Anytime you use your

fireplace, some amount of creosote is deposited in your chimney flue.

When it gets hot outside, particularly if moisture has made its way into your chimney, the deposits in the liner can emit a sour odor. which makes its way into your home's interior. Your home will smell fresher when you have a clean fireplace and chimney.

There could be damage to your chimney or flue liner. All moisture damage should be repaired quickly and efficiently, to cut down on the cost of repairs and the extent of resulting deterioration.

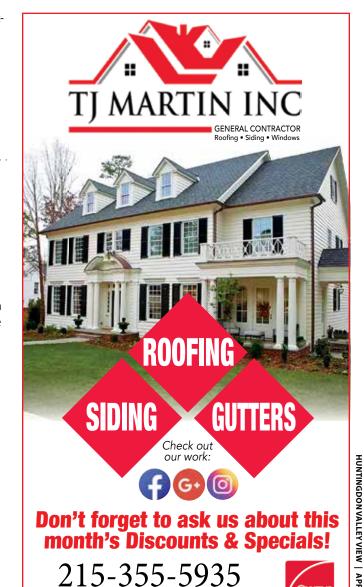
The National Fire Protection Association (NFPA) recommends an annual cleaning of vour chimney.

By scheduling your chimney cleaning and inspection in

warm seasons, you beat the typical fall and winter rush.

When you hire American Chimney, you will have a licensed, reputable chimney sweep to clean your chimney and fireplace.

Include your chimney as part of your spring cleaning and book your chimney inspection and cleaning today! Call us at 215-364-0881 or visit www. americanchimney.net.



Local news has a new home on the web!

Our 11 newspapers are now in one place online

O'Rourke Media Group is pleased to announce its brand-new website—OMGLocalLife.com is now live! We will continue to spotlight local businesses as we always have, we will also have an expanded community news section that

local noteworthy stories from the region, we will also have 'web-exclusive' stories that can only be found online. O'Rourke Media Group has always been proud to report on hyperlocal news, we are happy to bring these stories to you on the web. Please check-in daily!

will be updated daily with

OMGLocalLife.com—your new home for local news!



www.TjMartinInc.com

WTB Woodworking

New product lines, Giveaway and Festool Fridays!

We are excited to announce some additional new product lines that we are now carrying at the store - Daniel Dunlap Woodworks, Kreg, Mafell, Wagner Meters, and Whiteside Router Bits. Be sure to come in on a regular basis as we continue to expand our offerings.

Our newest giveaway features a Magswitch package

valued at \$1,029.82!

Magswitch is a brand of woodworking tools and products that use magnetic technology to make woodworking projects safer, easier, and faster. Magswitch's patented technology uses switchable magnets that can be turned on and off to attach jigs and fixtures to metal

Magswitch products can be used on a variety of power tools and machines, including table saws, router tables, joiners, planers, band saws, and

You can register at wtbwoodworking.com/giveaway now

through June 20. The winner will be pulled at 10 am EST live on Instagram!

Interested in learning more about the

Festool line of power tools and accessories? Join for Festool Watch Parties every Friday from 11:45 am-12:45 pm to view Sedge and Festool team on YouTube. Hotdogs will be served! It's a great time to learn something new and exchange ideas with fellow woodworkers.

Not sure what to buy for



Father's Day? eGift Cards are available for purchase online and physical gift cards available in-store!

WTB Woodworking is located at 390 Pike Road. Unit 2 in Huntingdon Valley For more information, call 215-768-1117 or visit www. WTBWoodworking.com.

Sauers Cares evolves into Drive and Thrive:

A new chapter in community transportation support

Sauers Cares, a nonprofit organization dedicated to improving the lives of individuals and families in need, is proud to announce its transition to Drive and Thrive. This new name reflects the organization's sharpened focus on addressing transportation barriers that impact self-sufficiency and quality of life.

Since its founding in 2019, Sauers Cares has been committed to identifying and fulfilling the needs of local nonprofits and community members. By leveraging partnerships, resources, and volunteer





Haven Liegel and Krystle Lee (left), recipients of the Car Clinic program share their gratitude with Stephanie Sauers Boyd (center), Executive Director of Drive And Thrive, along with Nick Kollar and Rob Kollar (right) of Kollar Automotive for their generous support.

efforts, the organization has supported a wide range of causes, from housing and food security to mental health initiatives. Over the years, one recurring challenge stood out, the critical need for reliable transportation. Whether it was helping individuals get to work, medical appointments, or other essential services, the lack of accessible and affordable transportation programs created significant barriers for many in our community.

In response to this growing need, Sauers Cares has evolved into Drive and Thrive, a nonprofit organization solely dedicated to providing transportation programs that empower individuals to achieve independence and continued on pg. 6

Tyler Park Center for the Arts

Celebrate creativity

With spring in full swing. Tyler Park Center for the Arts invites the community to its annual Members Art Show, held June 6 – 8. This dynamic exhibition showcases the talents of both emerging and professional artists, and features live music, refreshments, artist meet-andgreets, and awards for excellence in several categories.

Among this year's featured artists is Barbara Neale, who has spent the past 17 years working with fused glass. Also known as warm glass, this art form involves cutting and layering pieces of glass that are then melted in a kiln to create a unified piece. Barbara has attended many workshops of warm glass artists and is a member of The Glass Underground Studio in Warren, NJ. Since retiring, she has displayed her work at local fairs and juried shows, and now teaches fused glass workshops at TPCA.

Also exhibiting is William Lessa, a longtime public school administrator whose artwork draws on his travels in Africa, his passion for Philadelphia sports, and his unique view of life's quirky moments. Working primarily in graphite and colored pencils, William donates much of his art sale proceeds to regional charities supporting children and fam-

Looking ahead, TPCA's Creative Summer Camps are open for registration! Young artists ages 8-16 can explore themed art intensives like "Art Around the World" and "Under the Sea", while younger children can enjoy mini camps tailored to their age group.

Members of TPCA receive special perks, including dis-



counted workshops and entry into the annual Crafts in the Meadow festival, returning October 18-19.

Learn more at TylerParkArts. org, follow @TylerParkArts on Facebook and Instagram, or call 267-218-0290.

William Lessa, **TPCA Members Show** participant with "Children of Haiti".



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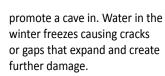
How weather impacts the roof of your home

Severe weather events can cause a significant amount of damage to your roof. The cost of that damage can put a tremendous amount of strain on your finances. There are five weather events that homeowners should be cautious of.

Wind: Strong winds can lift

or tear off shingles, cause things to break loose and damage your roofing material causing punctures and scrapes. Strong wind can also lift loose items like patio furniture, bikes or even trampolines to become projectiles.

Rain and Water: Heavy rains can find gaps that normal rain showers wouldn't find and cause rot, mold and interior leaks. Standing water on flat roofing can add significant weight to your roof which may



Hail: Hail can damage your shingles, allowing leaks to occur. Hail can also dent gutters and down spouts.

Snow and Ice: Heavy snow can strain poorly constructed roof structures. Ice dams at the base of the roof restrict melting snow and water from getting off the roof. That back up can cause major leaks, weaken roofing fasteners and prevent proper ventilation.

Extreme Heat: Excessive heat causes shingles to prematurely crack or become brittle leading to roof system failures. Extreme fluctuations in temperature can

promote stress on roofing material leading to leaks.

These 5 factors should be monitored regularly to prevent roof and structural damage to your home. Other factors that contribute to poor roof perfor-

Aging Shingles: Every homeowner should know when their roof was installed and what the manufacturer's suggested life expectancy for that shingle

Poor Maintenance: Regular gutter and roof cleanings prevent damage and will allow you to inspect the condition of

Improper Installation:

Finding a reputable roofing contractor will prevent fly-by-night roofs from doing improper work for a quick buck.

Be smart and proactive to protect your most expensive asset - vour home. Trust C&C Family Roofing & Siding for all your siding and roofing needs. Call us at 215-999-6248.

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Lisa Cataldi, BS, LMT & Staff

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Sauers Cares

continued from pg. 4 stability. Through this transformation, Drive and Thrive will continue to build upon its strong foundation while focusing on three core programs:

Empower Wheels Free Car Clinic: A free car clinic offering general maintenance to underprivileged adults, ensuring their vehicles remain safe and reliable.

Critical Repair Program: A program providing essential vehicle repairs and inspections to individuals facing financial hardships, ensuring they have safe and dependable transportation

Fuel Assistance Program: A support initiative that helps individuals cover fuel costs, enabling them to access employment, medical care, and other vital services.

"Transportation is a fundamental need that directly impacts an individual's ability to thrive," said Stephanie Sauers Boyd, Founder and Executive Director of Drive and Thrive. "By refining our mission and programs, we are committed to breaking down these barriers and helping our community move forward literally and figuratively."

Drive and Thrive remains deeply rooted in its commitment to Bucks and Montgomery counties and looks forward to expanding its impact with the support of donors, volunteers, and community partners.

To learn more about Drive and Thrive, apply for services, or find out how you can support our mission, please visit www. comedriveandthrive.org.

Max's Electric Bikes

Join the e-bike revolution at Max's!

At Max's, we get excited about the constant evolution of e-bike innovation and design. We eagerly await the news coming from our manufacturer partners about the newest models and latest technologies. Just one of the newest offerings from our partner Velotric® is quickly becoming a shop favorite, the all-new Breeze 1.

The Breeze 1 is the lightweight, high-performance e-bike we've all been waiting for. At just 48 lbs, this is the bike for riders concerned about their ability to lift or easily maneuver the bike while riding. This is the lightest full-sized cruiser/commuter bike we sell, but it is not short on power. Even the steepest hills will easily roll by as the whisper guiet 750-watt motor takes you up to 70 miles on a single charge. The frame geometry, comfortable seat, adjustable stem, and swept back handlebars put you in a relaxed, upright riding position so the many miles ridden will be a pleasure.

To make riding even more easy and fun, Velotric® included their SensorSwap™ tech-

nology which allows the rider to switch from Torque sensor to Cadence on the fly. The Torque mode gives a precise, intuitive pedaling experience while Cadence mode provides a more relaxed, easy pedaling cruise. Switch back and forth as the road or your mood dictates.

This is just one of the new e-bikes we have in our shop today. Whether it's a lightweight commuter like the Breeze 1: a sleek redesign of Aventon's Level series, the Level 3:

Mokwheel's powerhouse 1,000 watt motor Obsidian now in a step through model; or the Segway Xyber, a cutting-edge design that redefines what an e-bike can be, Max's has whatever you are looking for in a new

So come on down to Max's and test out your new ride! Max's Electric Bikes is located in Barnaby's Plaza at 707 N. Easton Road in Doylestown. Call 215-817-7330 or visit maxselectricbikes.com for more infor-



by June Portnoy

The Bucks County Guild of Craftsmen recently hosted its first Members' Showcase. a remarkable exhibition that brought together artisans and art enthusiasts. Held at the AOY Art Center in Yardley from March 28 to March 30, the event highlighted the exceptional talents of local craftsmen and provided a space for the

community to appreciate and acquire original works of art.

Basia Andrusko, Bucks County Guild's Director at Large and Show Coordinator of this recent showcase. described the showcase that featured an impressive variety of handmade works, including pottery, jewelry, furniture, woodwork, glass art, pysanky (Ukrainian eggs), textiles, and paintings. "We had a nice mix



Bryn Athyn's Page Morahan exhibits her photography at the showcase. Photo by Mimi Black

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of items on display," Andrusko said. "We had pottery, wood. and furniture. One of our members makes rocking chairs, some sculptural pieces. I write Pysanky Ukrainian eggs. We have five or six jewelers who work in different media. We had one woman who does sculptural wood, which was amazing. We had some watercolor paintings. We had someone who does inkwork. So, we had quite a variety of works on display."

The event kicked off with an opening reception on March 28, where guests had the opportunity to meet the artists and enjoy light refreshments in a relaxed, informal setting. "On Friday, we had some snacks and the opportunity to meet the artists. Most of the artists were present on Friday night, so people really enjoyed being able to speak to these artisans." said Andrusko.

The showcase was not juried, allowing members to freely select the pieces they wished to present. A total of 25 members participated, each permitted to submit up to five pieces of work. Of the 120 pieces

displayed, around 20 were not for sale, giving some artists the opportunity to exhibit cherished works without parting with them. "As one artist said, 'I was able to put out my favorite pieces knowing I wouldn't have to part with them," Andrusko shared. The sales from the event were spread across multiple artists, further affirming the diversity and appeal of the works presented.

The event attracted approximately 100 visitors over the three days, with Friday night drawing the largest crowd.

"We got such positive feedback from members and guests that we are hoping to repeat it and make it an annual show." Andrusko noted.

The Bucks County Guild of Craftsmen is a chapter of the Pennsylvania Guild of Craftsmen, dedicated to fostering an appreciation for fine crafts and supporting artisans in their creative pursuits. The guild provides members with opportunities for professional growth, mentorship, and the exchange of ideas through meetings, programs, and exhibitions.

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Guild of Craftsmen

continued from pg. 8

Currently, the Bucks County chapter has 84 members, including artisans from Bucks County, Montgomery County, and even neighboring New Jersey. The guild encompasses a broad range of crafts, from functional pottery and stained-glass picture frames to sculptural art pieces. "Our Guild tends to be more fine craft-oriented." Andrusko noted. "What determines a craftsman from an artist is all subjective interpretation. There is a lot of

crossover."

The guild holds monthly meetings, typically featuring educational programs, hands-on workshops, or artist-led demonstrations. They also engage with the community through outreach programs, including collaborations with local schools and colleges. "Every year we go out to a local charter school and do a program with the students," Andrusko said. Additionally, they provide an annual award for fine craftsmanship to a **Bucks County Community**

College student participating in the college's end-of-year annual art show. "By reaching out to this younger population, our hope is to recruit some younger members to our guild," she explains. "Afterall, they are our future craftsmen."

Membership is open to anyone with a passion for fine crafts, whether they are practicing artists or simply admirers of the craft. Andrusko emphasized, "We are open not only to artists, but also to people who support and appreciate the artists."

The Bucks County Guild of Craftsmen continues to build a vibrant, supportive community where artists can share their work and inspire one another. The success of this year's showcase is just the beginning of what could potentially be a growing tradition of celebrating fine craftsmanship in Bucks

For more information about the Bucks County Guild of Craftsmen and upcoming events, visit www.bucksauild.

Warminster Food Bank ribbon cutting for new location

Warminster Food Bank will cut the ribbon at its new location, 495 E. County Line Rd. in Hatboro on Thursday. May 1 at 10 am. The new site, situated in the Town & Country Shopping Center in Warminster Township, is conveniently located, offers free parking, and with 1,778 square feet of

space, the food bank will be able to better serve clients who are dealing with food insecurity, as well as accept of donations of nonperishable food items. There will be tours of the facility and refreshments will be provided. Donations of nonperishable food items will be accepted after the ribbon

While the new site has been operational since the beginning of April, the food bank board members and volunteers wanted to be situated in new space before hosting a formal ribbon cutting ceremony. The move was made possible by a grant from the John A. Powell

Family Foundation of Naples. FL, which will allow the food bank to pay for the lease of the new space for five years, with an option to fund the lease for an additional five years. While this move was in the works for several months, it was hastened by the Warminster Heights board, which voted to discontinue the food bank's use of their 75 Downey Drive space after 67 years.

"While it was difficult to leave the Downey Drive location, we needed a larger space to better serve our growing client base," said Mike Cerino. Executive Director. Warminster Food Bank. "Thankfully, the grant from the John A. Powell Family Foundation was finalized at the right time and we were able to secure our new space. We are confident that this new location will give us the opportunity to further our mission of providing services to meet the needs of those experiencing food insecurity in our community."

This event is co-hosted by The Warminster Rotary Club which supports the Warminster Food Bank. One of the missions of Rotary International continued on pg. 14







woodworks





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Spring is a time for fresh starts. Got old jewelry collecting dust? Sterling silver flatware you never use? A drawer full of watches, coin collections, or odd trinkets marked "925"? Bring them in and see what they're worth!

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9:30 am-4:30pm, and Saturdays 9 am-1 pm.

Got questions? Call us at 267-684-6237 or email goldguysllc1@gmail.com. You can also bring in photos if you're not sure what you've got—we'll take a look and help guide you.

Spring forward with extra cash and peace of mind. Gold Guys is your local, trusted buyer for precious metals and valuables. Clean out, cash in, and enjoy the season!

MCIU Education Foundation launches Leadership Montco, Montgomery County's premier leadership development experience

The Montgomery County Intermediate Unit Education Foundation is excited to officially launch Leadership

Montco, an executive leadership development program designed to enhance the impact of local leaders and



high-impact professionals across Montgomery County.

Bringing together professionals and emerging leaders from business, education, government, and nonprofit sectors, Leadership Montco cultivates a network of changemakers committed to building a stronger, more connected community. The program serves as a hub for networking and collaboration, empowering participants to expand their leadership skills while forging meaningful cross-sector partnerships.

In addition to its focus on executive leadership, Leadership Montco is committed to empowering the next generation of leaders through student-centered programming. In partnership with school districts

across Montgomery County, Leadership Montco helps young leaders develop essential skills and drive positive change within their schools and the community. Through activities designed to foster self-awareness, advocacy, and innovation, students will engage with peers, educators, local professionals, and legislators to enhance their leadership potential.

The Leadership Montco **Executive Leadership Program** is a nine-month experiential program, priced at \$9,700, and is intended for established leaders in executive and mid level positions who are at least 30 years of age. Participants will engage in over 75 hours of immersive leadership train-

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Handled with Care

Celebrate Mother's Day with relaxation

This Mother's Day, treat the special women in your life to the gift of relaxation at Handled with Care, a top-rated massage therapy center in Rockledge, Pennsylvania. With its serene atmosphere and expert therapists, Handled with Care is the perfect place to unwind and reiuvenate.

For Mother's Day, Handled with Care is offering exclusive specials designed to pamper and refresh. Whether you're looking for a relaxing Swedish massage, a therapeutic deep tissue session, or a soothing hot stone treatment, their team of skilled massage therapists will cater to every need. Each session is customized to ensure

the best experience possible, allowing clients to relax and recharge.

Gift certificates are also available, making it easy to surprise your mom with the ultimate gift of relaxation. These certificates can be used for any service offered at Handled with Care, and you can even schedule a couples' massage for a shared experience. It's a thoughtful and unique way to show appreciation for all the hard work moms do.

Beyond just Mother's Day, Handled with Care prides itself on providing a personalized and professional experience yearround. Located conveniently in Rockledge, the center offers a peaceful setting where clients can escape daily stresses and focus on their well-being. The center's reputation for out-

unforgettable!



standing customer service and commitment to quality therapy has earned it a loyal following.

This Mother's Day, go beyond flowers and chocolates and give the gift of relaxation with a visit to Handled with Care. It's a special way to say "thank you" to the wonderful women who deserve to be pampered. Book your appointment today and make this Mother's Day

For more information about Handle with Care, located at 145 Rockledge Ave. in Rockledge, PA, call 215-722-2923 or visit www.handledwcare.com.





Each club meets for an hour after school, during which time, students spread wood chips, trim trees, turn soil, pick out weeds, plant flowers, and even clean up trash along the trail and creek. They also transplant native plants like hostas and learn how to identify local flora and fauna, including poison ivy and evidence of animal habitats.

"They just won't stop; their parents show up to pick them up and they want to keep going," Thierolf said with a laugh. "They really benefit from being outside and learning about the world around them."

The Nature Club also plays a vital role in the community garden, created in 2020, which produces eggplant, cucumbers, tomatoes, basil, peppers, and beans. Students plant and tend the crops, and in the summer, school families volunteer to "adopt" the garden for a week at a time, watering, harvesting, and delivering produce to local

food pantries.

"One of the things I'm most proud of is the community outreach," Thierolf said. "It used to be just community cleanup days, but in the last six or seven years, it's turned into this amazing nature club where kids are learning, working, and giving back."

All of this has been accomplished with minimal funding, relying heavily on grassroots fundraising like an annual fall mum sale, for which Thierolf partners with a local nursery and enlists help from the Lower Morelend High School's National Honor Society and the elementary school's PTA. In addition, each nature club member pays a small fee, which covers the cost of a t-shirt and supplies. "We try to use as many found resources as we can," Thierolf noted.

In 2019, thanks to PTA fundraising, an outdoor classroom was built adjacent to the trail and garden. "We're really trying as a school community to incorporate the natural world into our curriculum," said Thierolf. "It's an extension of our classroom walls."

The impact of the nature trail and garden stretches well beyond the Nature Club. All grade levels utilize the space for science lessons, Earth Day experiments, and simple walks. "Over the years, one of the things I've found most fulfilling is seeing more and more classrooms out there," Rachel shared. "Including those outdoor spaces has become more of an expectation in our science curriculum, which is great because we have a place to do that."

The project has also come full circle in heartwarming ways. "I have kids coming back now as high schoolers to help as volunteers: these are kids who were in the club when they were younger," said Thierolf. "It's my hope that the trail will continue to be maintained and the kids will continue to learn about their natural environment."

is to address food insecurity on many levels, locally, regionally, nationally, and internationally by raising awareness and partnering with organizations who work tirelessly for the cause.

About Warminster Food

The Warminster Food Bank is a 501c3 organization that provides food to people in need in the Bucks and Montgomery Counties. Currently, more than 650 families receive food donated by individuals and businesses. Donations and volunteers are always welcome. To learn more, visit www. warminsterfoodbank.org.



Warminster Food Bank will free parking, and is conveniently located for residents 1,778 square feet of space, Food Bank



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Food Bank

continued from pg. 10



be cutting the ribbon on their new location at 495 E. County Line Road in Hatboro, Pa., on Thursday, May 1 at 10 am. The new site, situated in the Town & Country Shopping Center in Warminster Township, offers in the Warminster area. With Warminster Food Bank will be able to better serve clients who are dealing with food insecurity, as well as accept donations of nonperishable food items. photo courtesy of Warminster



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Regal Paws Pet Resort Understanding the social behaviors of dogs

Dogs are highly social animals with a wide range of behaviors that reflect their pack-oriented ancestry. Whether living with humans or among other dogs, their actions are deeply rooted in communication, hierarchy, and cooper-

Beginning as puppies, many will engage in ritualized behaviors such as sniffing, play bowing, or tail wagging. These signals help establish intent whether playful, submissive, or assertive—and allow dogs

to navigate social situations peacefully.

Play is a central part of social development in dogs. This helps them to learn boundaries and appropriate social cues. It often involves chasing, wrestling, and mock-biting, with dogs taking turns in dominant and submissive roles, reinforcing bonds and learning impulse control.

One of the most recognizable social behaviors in dogs is their ability to form strong bonds. Dogs seek companionship not only with their human

caretakers, but also with other dogs. They use body language, vocalizations, and scent to communicate affection, stress, playfulness, or submission. For instance, a wagging tail typically signals friendliness, while a lowered body and tucked tail often indicate submission or

Dominance and submission are natural aspects of dog social structures. While the idea of a strict "alpha dog" has been challenged, dogs do establish social hierarchies, particularly



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in multi-dog households. These hierarchies help reduce conflict by creating predictable roles.

Overall, a dog's social behavior with other dogs is complex, fluid, and deeply influenced by their environment and life experiences. Proper socialization, positive reinforcement, and understanding body language are key to healthy canine interactions.

Regal Paws Pet Resort offers your dog the opportunity to have fun while developing their social skills. Whether you are looking for regular scheduled day care or occasional play dates, we offer the flexibility vou need.

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Local healer Dan McMeans launches debut novel

by June Portnoy

Dan McMeans, a certified Advanced Prana Healer and Shaman Healer with Reiki Consultation, brings a unique

background to the world of fiction. With certifications ranging from pranic psychotherapy to soul realization, and a lifelong belief in the connection between mind, body, and spirit, he's channeling a different kind of energy into his first book, "The Adventures of the Lawndale Gang," recently published by Virtualbookworm Publishing.

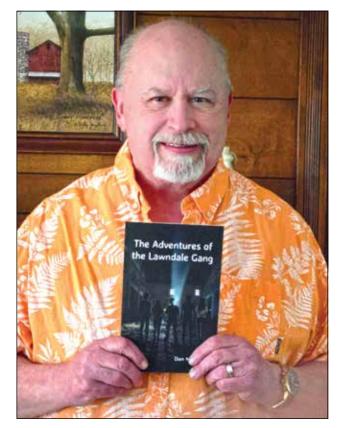
His book is a collection of 17 stories following a tight-knit group of friends from Northeast Philadelphia, known as the Lawndale Gang. The opening and closing chapters are nonfictional, based on Dan's own life experiences. The rest provide a spirited dive into mystery, adventure, and the kind of camaraderie that withstands the test of time.

"The first chapter, "The Coming of Age of Lawndale," is a firsthand account of my early years," McMeans shares. "We found a corner in Lawndale that became our gathering place. The nucleus of our group was

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seven girls and nine guys.

From 13 to 18, we were inseparable." From late-night conversations to shared prom experiences, the Lawndale Gang grew up together, and McMeans captures that nostalgia in the first chapter of his

He then builds upon this

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foundation by taking these real-life characters into fictional scenarios where they solve mysteries reminiscent of the Hardy Boys and Nancy Drew.

McMeans instills each story with spirituality and life lessons, drawing from his own healing practices. "There are some life lessons in the adventure stories, and that's where I incorporate the spirituality," he notes. "One story, "The Lawndale Gang and the Law of Attraction," explores how the mind is infinite when you tap into a level of spirituality. When you believe in a life with no limits, you are capable of incredible things."

The final story, "Trotter Street", brings readers back to reality. It's a personal account of McMeans' transition into adulthood as a young father raising his family on Trotter Street, also in Northeast Philadelphia. For 16 years, he and his family formed a close-knit

community with five other families, sharing life's ups and downs.

"The message is about family." McMeans describes. "We didn't have much money, but we had each other. We'd take turns hosting Saturday night patio parties, and when they were over, we'd just walk back to our own homes."

After a 25-year career with a Fortune 8 company as a topranked territory sales manager, McMeans' long-time interest in holistic medicine never faded. Now retired from corporate life, McMeans, currently living in Somerton not far from his previous Northeast Philadelphia homes, is fully focused on his healing practice and writing.

At 110 pages, "The Adventures of the Lawndale Gang" offers a mix of nostalgia, suspense, and spiritual insight. Readers can purchase it through Amazon, Barnes & Noble, or B&E Book Distributors.

McMeans is already working on his second book, "Mind Expansion," this time a nonfiction book featuring the mind, body, and spirit connection, inspired by his healing practice.

For those interested in McMeans' work, he welcomes you to contact him at dan mcmeans@yahoo.com or 267-570-9042.

To purchase the "The Adventures of the Lawndale Gang." visit thelawndalegang.com





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Saturday May 3, 10 am, at Memorial Park, 1950 Woodside Rd. in **Newtown, come to AARK in the Park.** The highly respected AARK Wildlife Rehabilitation and Education Center will present a hands-on exhibition on hawks and other birds. They have delighted people all over Bucks County with this amazing presentation. This FREE event is sponsored by the LMT Environmental Advisory Council and LMT Birdtown. For more information, contact: Dominique Mitchell at eacbucks@gmail.com.

Sunday, May 4, 1:30–4 pm (with speaker at 2 pm), to be held at the Strassburger Farmstead, 407 Keystone Dr. in Sellersville, The Historical Society of Hilltown Township presents "History Lives On: Celebrating Plumstead Township's 300th Anniversary." Tom Upton of the Plumstead Historical Society, will show his documentary "History Lives On" with historical facts and photos of Plumstead Township, including the Quaker Meetinghouse, Plumsteadville Inn, carriage maker Aaron Kratz, the Doan Gang, the canal, the trolley line and much more. The event is free; Donations appreciated. For more information, visit www.hilltownhistory.org.

Thursday, May 8, 7–9 pm at the Chancellor Center, 30 N Chancellor St. in Newtown, Newtown Borough and Newtown Township will sponsor, "Native Plants, Thriving Habitats: How You Can Help." Krista McCook from Homegrown National Park will share how anyone—whether they have acres of land or just a few potted plants—can contribute to ecological restoration. (Krista will be joining via Zoom.). Also, Diane Smith from Bucks County Audubon Society at Honey Hollow will speak in person about native flowers that you can grow and protect to keep pollinators happy and healthy. Plus, Gino's Native Nursery will be raffling off a \$50 gift certificate! Reserve your spot at www.boroughofnewtown.com/contact-us.

Friday, May 9, at Twining Hall, 4900 Street Rd. in Trevose, Feasterville Rotary Club will be holding its 15th Annual Designer Handbag Bingo. Doors open at 5:30 pm and games start at 7pm. Tickets are \$35.00 each, and include 10 games of bingo. There will be additional game boards, raffles, and 50/50 available for purchase. Bring a non-perishable item or make a monetary donation, and you will receive a ticket for a thank you drawing. MEI Caterers has a menu of food items made to order at reasonable prices as well as drinks at the bar. For tickets, please contact Kathy Doran at 215-593-4656 or email Katherine.a.doran@gmail.com.

Saturday, May 10, 1 pm, Middletown Senior Citizens Association holds its Cash Bingo fundraiser at Middletown Senior Center, 2142 Trenton Rd. in Levittown. Doors open at noon. \$30 in advance; \$35 at the door if available. Limited to 100 players. Fee includes 10 games of Bingo (3 cards per sheet) and 4 specials. Extra cards on sale. Cash prizes, raffle baskets, 50/50 tickets, and beverages and snacks will also be available. Tickets on sale now. For more information, call 215-

Saturday, May 10, 7 am-12 pm (rain date Saturday, May 10) come to Hunger Helpers Community Yard Sale to "find deals and fuel hope" at Heritage Oak Drive in Yardley. Sale will benefit the Interfaith Food Alliance. Every penny will help families facing hunger. For more information, email Communityyardsale9@gmail.com.

Tuesday May 13, 6-7:30 pm at Makefield Elementary School in Yardley, the Lower Makefield Township Swim & Dive Team invites you to its 2025 LMT Swim & Dive Team Open House. For more information, email LMTPoolswimdive@gmail.com or visit www. gomotionapp.com/team/reclblmtsd/page/home.

Thursday, May 15, 11:30 to 2 pm, the Women's Club of Huntingdon Valley will present their Annual Scholarship Achievement Award, as it does every May, to a deserving graduating female student from Lower Moreland High School. At a fabulous luncheon held at the Huntingdon Valley Country Club, Dr. Marcia Gutowicz, Chairwoman of the Scholarship Committee, will present this year's winner of the scholarship and the winner herself will speak at this event. See our Facebook page at Women's Club of Huntingdon Valley for all our community events and for further information, email us at wchv1951@ amail.com.

Saturday, May 17, 9:30 am-12:30 pm, Annual flea market at Oxford Village, 290 E Winchester Ave. in Langhorne at Independent Living Building. Hot dogs and desserts available for sale. Proceeds to benefit the residents of the retirement home. For more information, call 215-750-9424 or email *pgh51@aol.com*.

Saturday, May 17, come see the World Famous Mark Reno "Elvis", two-time national champion, at St. Paul's Episcopal Church Hall, **89 Pinewood Dr. in Levittown.** Doors open at 6 pm; dinner begins at 6:30 pm; and the show starts at 7:30 pm. The \$35 cost includes dinner. For ticket information, call 267-980-9336.

Saturday, May 17, 9 am-12 pm, Clothing & Shoe Drive Drive-Thru drop off at Berkshire Hathaway Fox & Roach, Realtors office, 796 **Newtown-Yardley Rd. in Newtown.** Place your gently used/unwanted items in tightly tied bags. All items must be bagged. Electronics (anything with a plug, except TVs and monitors) will also be accepted. Give your items a second chance to be worn/used again! Hosted by Kathleen Lenoir at Kathleen.Lenoir@FoxRoach.com, Susan Koch at Susan.Koch@FoxRoach.com, and Kim Whitlock at Kim.Witlock@ FoxRoach.com.

Saturday, May 17, 4:30-7:30 pm, The Episcopal Church Women will sponsor A County Buffet at Grace Episcopal Church, 313 Main St. in *Hulmeville,* featuring baked ham, roast chicken, sausage with peppers and onions, scalloped potatoes, pineapple stuffing, a salad bar, and homemade desserts. The cost is \$15 for adults, \$6 for children six to ten; and children under five are free. A raffle will be held for two

Calendar • Happenings • Upcoming Events • • •

tickets to Sight and Sound Theaters' production of "NOAH", which runs through December 31. For more information, call 215-757-6025.

Tuesday, May 20, at 7 pm at the Bensalem Senior Center, 1850 Byberry Rd in Bensalem, the Trevose Horticultural Society will present "Meeting the Mushrooms: An Intro to the Fascinating World of Fungi" during its monthly meeting. Guest speaker, Christian Kustra will cover the basics of mycology, the study of fungi. He will explain how mushrooms grow, how to identify wild mushrooms and what purpose they serve in nature. All meetings are open to the public; all are welcome, \$5 to observe. For further information, please contact 856-866-9163, visit www.trevosegardeners.org or follow us on Facebook.

Saturday, May 31, 10 am, at the LMT Administrative building, 1100 Edgewood Rd. in Yardley, Mike Weilbacher, noted naturalist, environmentalist, educator and author will present "Microplastics, The Invisible Pollutant". He will discuss microplastics, found everywhere from the bottom of the sea to our blood. Learn the surprising ways they spread through our environment and what we can do about it.

This free FREE event is sponsored by the LMT Environmental Advisory Council with the participation of the Yardley Refillery. For more information, contact: Dominique Mitchell at eacbucks@gmail.com.

Saturday, June 7, 7:30 pm, Centennial Singers Spring Concert, "Singers Arise in Song" at Log College Middle School, 730 Norristown Rd. in Warminster. Come join us for a variety of music including classical, folk, jazz, choral, spiritual, show tunes, and of course, patriotic numbers. Free cookie buffet and awesome raffle baskets. The concert is free, but donations are welcome. For more information, visit www.centennialsingerswarminster.com and on Facebook @centennialsingerswarminster.

Sunday, June 8, 3 pm, the Bryn Athyn Orchestra will present its Spring Concert at the Mitchell Performing Arts Center in Bryn Athyn. The program features Mahler's Symphony No. 1; Mozart's Overture to Don Giovanni and Symphony No. 38. Tickets \$27/advance, \$30/door. Students: \$15 (buy one get one free). Children under 12 are free. Seniors over 60: \$25. Tickets can be purchased online at *baorchestra*. org or at the door.

MCIU Education

continued from pg. 12

ing, gaining access to keynote speakers, site visits, and curated networking events. The program includes an exclusive leadership retreat with regional executives, personalized executive coaching and mentorship, and opportunities

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