

Lower Southampton SPIRIT

Tail-Wagging Tales!

Savannah Miller, 9, from Feasterville reads to Lia, a certified therapy dog, at the Township Library of Lower Southampton during its Saturday morning Barks and Books program. See details on page 2.

Photo by June Portnoy



Therapy dogs brings comfort and confidence to young readers at Feasterville Library

by June Portnoy

On Saturday, May 10, Debbie Ballman from Trevoze brought her therapy dog, Lia, a gentle black lab mix, to the Township Library of Lower Southampton in Feasterville for their weekly Barks and Books program.

Held every Saturday from 11 to 11:30 am, Barks and Books invites children five and older to read aloud to certified therapy dogs from Angels on a Leash in the library's children's area; no registration required. The program helps young readers build confidence and feel more at ease with dogs.

Debbie, a longtime participant, shared the journey that led her and Lia to this work. "She's my dog, and after I rescued her, I thought she would make a great therapy

dog due to her friendly temperament. So, I took her to all the training classes required to get her certified as a therapy dog at Canine Academy. Then we joined Angels on a Leash, a local organization consisting of volunteer members/dogs. We bring our therapy dogs to libraries, as well as nursing homes, hospitals, schools, and virtually anyplace where our dogs can bring comfort to others."

For Debbie, the benefits of bringing Lia to the library go far beyond literacy. "Bringing her here increases the children's comfort level of being around dogs," she explained. "Often children are timid or scared of dogs." Although the reading program is recommended for children who are at least five, children of any age are

welcome to stop by to pet Lia or just say "hi" to her. Sometimes Debbie reads to the younger children while Lia sits next to them wagging her tail in happiness.

Debbie adds, "For kids old enough to read to Lia, this experience helps them with their reading skills. They are more apt to read out loud to a dog because dogs are non-judgmental, and they love unconditionally."

Whether it's a bustling session of 20 kids or a smaller group, Lia's presence brings joy and calm to everyone she meets. And thanks to volunteers like Debbie and Lia, the library continues to be a welcoming place where literacy and love for animals come together.

Plant a Seed gives local student a chance to pursue cheerleading

Mya, a talented 12-year-old cheerleader, is part of the Lower Southampton Cheer team, and she is gearing up for nationals this year. She is not only excelling in cheer, she is also a straight "A" student and a caring older sister.

Gene and Michele Rice established Plant a Seed Inspire a Dream Foundation, based in Yardley, in 2008, a charity that has supported more than 850 children in pursuing their passions.

If you know a child who has a passion, and their family is facing financial challenges, please encourage them to visit www.plantaseedfoundation.org to apply for a scholarship.

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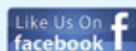
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Feasterville Business Association

FBA's 34th Charity Golf Outing is July 14th

Entries are now being accepted for the Feasterville Business Association's 34th Charity Golf Outing to be held at the Spring Mill Country Club, located at 80 Jacksonville Road in Ivyland, on Monday, July 14th, beginning at 10:00am. The public is invited to participate.

In making the announcement, Mike Wielehowski, golf committee chairperson says that they're gearing up for a great day of golf on a terrific course plus fine food and spirits, a hole-in-one car contest, closest to the hole and longest drive competitions, a complimentary individual gift, awards and door prizes

plus appearances by local area sports celebrities. "Once again this year, we are anticipating a sellout, so I want to encourage all interested golfers to register early," Mike states.

Since its inception, the FBA charity golf outing has raised more than \$400,000 for college scholarships, the annual Easter Egg Hunt, holiday food baskets for needy families and a host of communal and charitable endeavors. Included are Special Equestrians, A Women's Place, Friends of the Lower Southampton Library, Neshaminy Activities Center, Playwicki Farm Foundation, Lower Southampton Athletic Association and the Sunshine



Foundation, among others.

Sponsorship opportunities are available to area businesses and private individuals ranging from \$150 for an individual hole sponsorship to \$5,000 for prime sponsorship.

Cost for individual golfers is \$250 and it includes 18 holes of golf with a cart, buffet lunch and awards dinner, snacks and refreshments on the course plus a full share of fun and

camaraderie. Checks should be made payable to the FBA and mailed to P.O. Box 377, Feasterville, PA 19053.

For additional information about participating as a golfer and/or sponsorship opportunities contact Mike Wielehowski, golf committee chairperson at info@feastervillebiz.org.

For details or to register visit www.feastervillebiz.org.

Trevoze Horticultural Society May Program Rescheduled to May 27

"Meeting the Mushrooms: An Intro to the Fascinating World of Fungi" will be the featured program at the monthly meeting of the Trevoze Horticultural Society on Tuesday, May 27 (**originally scheduled for May 20**), at 7 pm at the Bensalem Senior Center,

1850 Byberry Rd in Bensalem.

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. Humans have used

mushrooms throughout history and Kustra will explore their potential uses for the future. A group discussion with wild collected specimens as visual aids will be provided. Kustra is a Mechanical Engineer and volunteer with the Philadelphia Mycology Club.

All meetings are open to the public; all are welcome, \$5 to observe. For further information, please contact 856-866-9163, visit www.trevozegardeners.org or follow us on Facebook.



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Partners in planting: Celebrating our latest grant-funded projects

Bucks Beautiful is proud to announce the recipients of our latest round of grants, awarded to support impactful beautification and reforestation projects across our community. These deserving organizations share our vision for a greener, more vibrant Bucks County, and we're honored to help bring their projects to life. Through their efforts, new trees will take root, neglected spaces will bloom, and our shared environment will flourish for generations to come.

Bucks County Civil War Museum & Library. Flower beds beautifying the Museum & Library entrance and the 104th monument honoring soldiers in the heart of Doylestown Borough.

Buckingham Township. Replace approximately sixty trees

that have died at Holicong Park. **County of Bucks Employee Volunteers.** Employee volunteer planting project to reinvigorate the main entrance of the Bucks County Administration Building.

Doylestown Township Environmental Advisory Council - Expansion of Native Demonstration Garden at Central Park.

Network of Victim Assistance (NOVA). Commemorative arbor restoration in memorial garden at Core Creek Park.

TJS Distributors. 10 native trees to replace those lost due to storm damage at Tinicum Park.

Town & Country Players. Revitalization of historic theater's grounds with new garden beds and seasonal planters.

Washington Crossing

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Kenderdine's Heating Oil & HVAC

Spring allergies got you down? Your AC filter might be to blame

Spring brings sunshine, fresh air, and for many of us, sniffles and sneezes. While you may be quick to blame blooming trees and high pollen counts, your indoor air could be part of the problem. If your AC filter hasn't been changed or cleaned recently, it might be circulating allergens instead of keeping them out.

Your HVAC system works hard to maintain a comfortable temperature, but it also plays a big role in your home's air quality. A dirty or clogged filter can't trap dust, pollen, and pet dander effectively, which means those particles stay in the air you breathe.

Don't Let a Dirty Filter Ruin Spring

How often should you check your AC filter? It depends on your filter type:

- **Disposable filters:** Swap them out every 1-3 months.

Households with pets or allergy sufferers should lean toward the monthly mark.

- **Washable filters:** These should be cleaned every three months. After rinsing, make sure they're fully dry before putting them back in place.

Pro tip: Always give the filter rack a quick vacuum or wipe-down when you change or clean the filter; it helps keep dust from blowing back into your system.

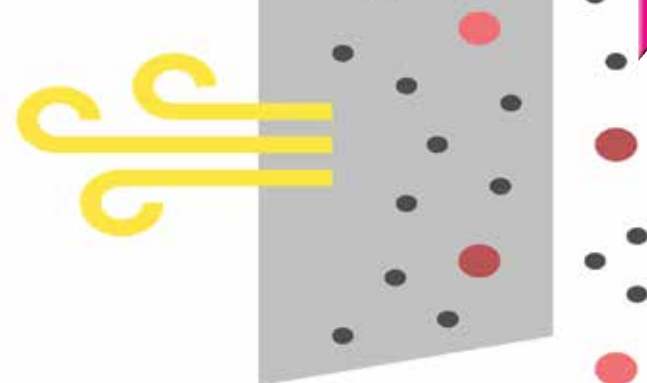
You may also consider upgrading your system with HEPA filters or UV lights. These additions to your system can further improve your home's air quality.

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Planting

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Historic Park. Rehabilitation and expansion of the Thompson-Neely Kitchen Garden.

Bucks Beautiful has been providing Community Grants since 1991 to encourage non-profit organizations, schools, garden clubs and local municipalities to host public garden or tree plantings. The grant award is a 50/50 cash match up to a maximum of \$5,000 per year. Funds may be used for the purchase of annuals, perennials, bulbs, shrubs, trees, mulch and garden related materials. We highly encourage the use of native plant materials when-

ever possible. Please request an application by emailing info@bucksbeautiful.org. While submissions are accepted anytime, the deadline for fall is August 31, 2025 and for spring is March 31, 2026.

Generous donations, community partnerships and our growing membership program allow us to coordinate events, projects and educational programs to continue enhancing Bucks County. To become a member, or contribute to our cause, please visit www.bucksbeautiful.org or call 215-340-3639. Thank you for helping us grow!



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WTB Woodworking

New products and events continue to be a part of the growth of WTB Woodworking!

Join us on June 12 from 9 am to 1pm for a live demo and product review offered by Festool. This month's demo will focus on sawing capabilities.

Our current giveaway will continue to run through June 20 and features a Magswitch package valued at \$1029.82!

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 surfaces.

Magswitch products can be used on a variety of power tools and machines, including

table saws, router tables, joiners, planers, band saws, and shapers.

You can register at wtbwoodworking.com/giveaway. The winner will be pulled in-store at 10 am EST on June 20.

Are you interested in learning more about the Festool line of power tools and accessories? Join for Festool Fridays to watch Sedge and the Festool Team every Friday from 11:45 am–12:45 pm on YouTube.

Hotdogs will be served while meeting up with fellow woodworkers to learn and exchange ideas.

Still on the hunt for the perfect Father's Day gift? eGift



Visit WTB Woodworking for a wide selection of tools and supplies!

Cards are available for purchase online and physical gift cards available in-store!

Be sure to come into the store on a regular basis as we continue to expand our product selection.

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

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A roof provides protection from the elements and ensures the safety of the inhabitants.

Over time, a roof may start to deteriorate and develop issues that could compromise its functionality. Here are some signs to look for to determine if it's time to replace your roof:

Age: The age of your roof is one of the most critical factors in determining if it needs replacement. Generally, a well-maintained roof lasts around 20-25 years.

Curling, buckling, or missing shingles: If you notice that your shingles are curling, buckling, or missing, it's a sign that your roof is reaching the end of its lifespan. These issues can allow

water to seep under the shingles and cause significant damage to the underlying structure.

Damaged flashing: Flashing is the metal or plastic material that seals the edges and joints of your

roof. If you notice any cracks or damage to your flashing, it's a sign that your roof may be leaking.

Sagging roof deck: A sagging roof deck is a sign that your roof has sustained significant water damage. This can happen if your roof has been leaking for an extended period. If you notice any sagging, it's crucial to have your roof inspected by



a professional immediately.

High energy bills: If your energy bills have been steadily increasing, it could be a sign that your roof is no longer adequately insulating your home.

Replacing your roof may seem like a daunting task, but it's a necessary investment that can save you from more signif-

icant expenses in the future. If you notice any of the signs mentioned above, it's time to consider a replacement.

Call TJ Martin, Inc. at 215-355-5935. We are locally owned and operated and fully licensed and insured. For more information, visit www.TJMartinInc.com

Summer Events in Lower Southampton Township

Summer in Lower Southampton means community gatherings and time spent outside in our parks with friends and

family. What better way to celebrate the summer months than joining your neighbors at one of our many upcoming community

events.

Our ever popular 2nd Friday Food Truck Rally's at Playwicki Farm will feature over 10 different food trucks and over 50 table vendors, in addition to moon bounces, pony rides, food, beer, crafts, and friends. There is simply nothing like a summer Friday night at Playwicki. Join us from 5 -8 on June 13, July 11, and August 8. Parking and admission is free.

The annual Independence Day parade will again march through Lower Southampton on Friday, July 4. The parade will begin at Second Street and Bustleton Pike and move north on Bustleton/Bridgetown Pikes to School Lane and Bridgetown Pike. Although the parade begins at 1 pm, you'll see many

families arriving early to save their favorite spots as they do every year.

All are invited to the township building on Tuesday August 5 to celebrate National Night Out. This annual nationwide event honors police officers and the communities they serve. There will be plenty of food, giveaways, games, and more; you can even dunk a cop in the dunk tank.

There truly is something for everyone in Lower Southampton. Be sure to visit the township website at lowersouthamptontownship.org and sign up for their weekly emails to receive all the latest information about your township.

Bucks County Community College expands dual credit for high school students with \$1M state grant

Bucks County Community College has received a \$1 million Dual Credit Innovation Grant from the Pennsylvania Department of Education to enable more high school students to enroll in dual credit programs, giving them more opportunities to chart their own course and prepare for successful careers.

Bucks County Community College is pleased to announce the establishment of the Bucks County College Access Network (Bucks CAN) with this support from the Commonwealth of Pennsylvania. This initiative is a collaborative partner-

ship between Bucks County Community College (BCCC), the 13 public school districts of Bucks County, the three Bucks County technical high schools, and the Bucks County Intermediate Unit #22. Bucks CAN is dedicated to expanding dual credit enrollment across Bucks County by increasing access to opportunities to help students shorten the time required to complete a college degree and reduce the financial burden associated with higher education. Bucks CAN offerings will include a diverse range of dual credit courses offered

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We are often asked at the store, "Should I stop feeding birds in the summer?" Our usual response is, "Do you like seeing birds at your feeder?" If the answer is yes, then while some birds might be less active or busy catering to juvenile birds, you can still yield the rewards by keeping seeds in your summer feeders all summer long!

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And of course, summer is best for Ruby-throated Hummingbirds - we have a wide variety of nectar feeders available.

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or more ships free. Feeder-Scaping Services are available for all members. Call to make an appointment.

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Bird Watching can even reduce stress; we all need that!

For more information, visit www.wbu.com/buckingham.

BCCC

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on Bucks County Community College's three campuses in Bristol, Newtown, and Perkasie, through Bucks Online, and in the high schools.

BCCC President & CEO Patrick M. Jones said, "The Bucks County College Access Network will allow academically qualified high school students to take college-level courses while still enrolled in high school to enable them to get a jump start on their collegiate education, while saving a substantial amount of money on college tuition." Jones added, "Bucks CAN will bring high school teachers and college professors together in a county-wide network to ensure students from every community of Bucks County have access to higher education, and the grant will remove or reduce financial barriers faced by many families."

According to the Pennsylvania Department of Education, dual credit offerings improve academic achievement, high school graduation rates, college enrollment, and college completion rates.

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ECI Comfort *Energy-saving thermostat tips for spring*



As the days warm up, your thermostat can help you stay comfortable while keeping energy bills in check. Here are simple adjustments that can make a big difference:

Raise the temperature when you're away

When no one is home, set

your thermostat 7–10 degrees higher. According to the U.S. Department of Energy, this can lower cooling costs by up to 10%.

Use a programmable or smart thermostat

Modern thermostats automatically adjust temperatures

based on your schedule. This saves energy without the hassle of constant manual changes.

Use ceiling fans with your AC

Fans help circulate cool air, allowing you to set your thermostat about 4 degrees higher and still feel comfortable. Remember: fans cool people,

not rooms, so turn them off when you leave.

Avoid placing heat-producing appliances near the thermostat

Lamps, TVs, and other electronics can cause the thermostat to register false heat readings, making your system run longer than necessary.

Get ahead of the heat

Spring is the perfect time to develop energy-saving habits before the full summer heat arrives. These small adjustments reduce wear on your system and lower utility bills.

Call ECI Comfort today to schedule your \$79 AC Tune-Up! Our technicians will ensure your system is running at peak efficiency before the summer heat sets in. Call us at 267-227-0995 or visit our website www.ecicomfort.com/ac-2025.

Township Library of Lower Southampton presents scheduled programs for Late May/June

New Programs this month:
Sunset Penguin Colored Pencil Drawing (online):

Wednesday, May 28 at 6:30 pm. You will use colored pencils to create a penguin in a vibrant

sunset landscape.

Have Library, Will Travel: Saturday, May 31 at 2 pm and

Thursday June 2 at 6:30 pm. On the beach or in the car, find out how your library card can be used while you are on vacation or staycation. Learn how to use ebooks, movies on our digital platforms like Libby and Hoopla. Drop in and bring your device and library card.

Teen Volunteer Sign-Up and Info: June 4, 9, 11, and 17. Apply to volunteer this summer. We're looking for volunteers ages 13 - 17 (entering grades 9 - 12) who can commit to volunteering at least 2 hours a week for the 8 weeks of our summer programming and beyond. Check our website for more

information and times.

Market Volatility -Presented by WealthBridge Financial: June 16 at 6:30 pm. Join us to examine the ins and outs of investing during an uncertain financial climate.

History of Juneteenth and How it Became a Holiday: Wednesday, June 18 at 6:30 pm. Presenter Gary Scarpello will explore the importance of Juneteenth, what led up to it, and how it became a holiday.

Senior Scams: June 20 at 10:30 am. Keep up with the current scams that target Pennsylvanians every day in an effort to gain access to our money or personal information. A representative from the PA Attorney

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Andrew's Lawn Ranger

Following last year's drought, we still have a rain deficit. We had a cold and dry winter. Plants already drought-stressed were damaged further by extreme cold, coupled with temperature fluctuations in March and April. While lawns may look lush right now, they are still lacking adequate soil moisture.

Flea, Tick and Mosquito Suppression: It's flea and tick season, and mosquitos will be around in large numbers this year. Let us help you enjoy your time outdoors with monthly visits to treat your property for these pests. Applications are made by fogging the perimeter of the property and spraying nesting areas, using organic control with peppermint and rosemary oils. Plant material around the house (patio, deck, pool, swing set wood lines if applicable) will also be treated.

Turf Care: We are finishing our second round of crabgrass preventer and weed control. It's not too late to get you on our program! Mowing height is the most frequent question we receive. The shorter the turf, the more stress on the plant. Height should be in the 3.75" to 4.25" range. Change the mowing direction so you don't create a 'pattern' in your lawn. Sharp mower blades will prevent your turf from getting a fuzzy brown look.

Plant Health Care: Are your plants protected from insects? Our technicians are applying foliar insect, mite, and fungicide sprays now. This is crucial due to current plant stress as well as rising temperatures coming in the next few weeks. Continued watering of trees and shrubs would be advised

until soil moisture levels improve.

Deer Control: Give deer a reason to go elsewhere. Our monthly treatments make your plants taste and smell bad to hungry deer. Protect your trees and shrubs year-round.

Contact our office to set up a consultation. 215-968-8535 or andrewslawnranger@aol.com. Visit the Education Center on our website at Andrewslawnranger.com



Andrew's Lawn Ranger also handles plant healthcare for commercial clients.

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2025 Bucks County Sports Hall of Fame Inductees

by Karen Sangillo

The Bucks County Chapter of the Pennsylvania Sports Hall of Fame inducted its Class of 2025 on Thursday, April 24 at Brookside Manor in Feasterville.

Inductees included Lindsay Krasna (Pennsbury, basketball, volleyball); Donna Nicholson (Pennsbury, athlete, coach, PIAA official); Joseph Paluszek (Conwell-Egan, bowling); Victoria Worthen Lang (Council Rock South, track and field); Megan Schafer Miller (Neshaminy, soccer); Carl Poff (Council Rock, wrestling); Allison Nemeth Wunsch (Neshaminy, field



(L to r): Carl Poff, Lindsay Krazna, Megan Schafer Miller, Syliva Kalasz, John Kopack, Joseph Paluszek, Victoria Worthen Lang, Allison Nemeth Wunsch, Donna Nicholson, Jesse Hellyer (behind Nicholson).



Bucks County Chapter of the Pennsylvania Sports Hall of Fame president Sheila Murphy (left) is with inductee, Allison Nemeth Wunsch (Neshaminy, field hockey, softball).



Former Neshaminy girls soccer coach Rachel Clemens is with inductee Megan Schafer Miller (Neshaminy, soccer) and former Neshaminy soccer coach and 2013 inductee Rich Reice.



Kelly Kopack Kauffman, inducted in 2022 for her field hockey career at Neshaminy, is with her father John Kopack, longtime wrestling coach at Pennsbury, inducted this year.

hockey, softball); John Kopack (Bristol, wrestling); Jesse Hellyer (Bensalem, basketball); and Sylvia Kalasz (Quakertown, athlete, coach, athletic director).

Kopack was a top wrestler for Bristol and for Millersville State Teachers' College (now Millersville University) before becoming the longtime wrestling coach at Pennsbury.

His daughter, Kelly Kopack Kauffman, was inducted in 2022 for her stellar field hockey career at Neshaminy and Duke. They join Pancho Micir (2016) and Addie Micir (2022) as the only father-daughter pairs in

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spot
light

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How often do we look at our homes and think our home is either cookie cutter or drab? If that is what you're thinking, then here are some ways to increase your home's curb appeal:

Metal Roofing: If you have a bay window, a pent roof, or a front porch you can replace the shingles with a standing seam metal panel roof - the metal panels will provide an accent to the front of your house.

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"Hit To Be Fit" Day was a real hit

A day of celebrating the great sport of tennis during "May Is National Tennis Month" was a real hit. The special event, "Hit to Be Fit" Day, was held on May 10 in conjunction with more than 300 other tennis facilities and sites across the country that were playing tennis simultaneously, showcased the ease and fun of learning tennis while benefiting from a great cardio workout.

Twenty-four tennis enthusiasts, from very beginners to accomplished players, gathered at Council Rock North High School's tennis courts to participate in Red Ball—short-court rallying that provides a great way to learn and practice the game—as well as Cardio Triples—heart-pumping match play that keeps everyone moving.

BCTA (Bucks County Tennis

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Transform your home from shabby to chic

profiles will provide a break from the existing vinyl siding and provide texture and depth.

Decorative Accents: There are many different closed cell foam accent pieces that can provide a decorative touch to your home such as corbels, window headers, porch post columns or gable louvers. There are many more options.

Color Change: Choosing a contrasting color on the front of

your house also attracts the eye.

Stone Façade: Removing existing vinyl siding and installing a stone façade can create a sense of warmth and texture that adds pop to the front of your home.

Shutters: If you add shutters, you create a different aesthetic and provide color.

Garage doors: Removing the old wood panel garage doors and installing new garage doors

with windows or barn style doors can really change the profile of your home.

Railings: Front porches often have railings made with 2x4s. Try changing to posts with acrylic panels to provide an unobstructed site line.

Window boxes: They provide color and warmth to the front of your home.

Landscaping: A change of plants, bushes, or even the size or shape of your landscaping bed can create a different appearance.

Any combination of the above options can really enhance the appearance of your home.

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Sports Hall of Fame

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the Hall of Fame.

"This is very, very special," Kopack said. "I'm thrilled to be in the same Hall of Fame as my daughter, Kelly. That's something really special for me."

Krasna set the all-time scoring record at Pennsbury with 1,292 points. She went on to play at Cornell, then professionally in Israel.

"It's such an honor to be here," she said. "The players I played with in high school sports and beyond are a big part of who I am, and to be here and connected to my roots is really special."

Lang was a pole vaulter, winning the PIAA indoor title in 2009 for the Golden Hawks. She competed at Princeton, winning numerous Ivy League titles.

"It's really amazing that people are recognizing me for things I did in high school and college," she said. "I'm very thankful to the committee for that recognition and the opportunity to relive the good old days and also to remember all the growth I had from sports."

Miller set the Neshaminy record for career goals (102) and assists (78) and was the

Gatorade Pennsylvania Player of the Year in 2014. She was a member of Penn State's first-ever NCAA championship team (2015).

"It was an experience of a lifetime," Miller said. "Everyone asks me if I liked high school or college better, but they were so different; it's hard to choose. But I loved both and I'm very happy to be here."

Donna Nicholson excelled in field hockey, basketball and softball at Pennsbury. She returned to her alma mater to coach girls basketball and track. She was a PIAA field hockey official for 38 years and was named the Field Hockey Official of the Year in 1995.

"Being a graduate of Pennsbury and being able to come back to Pennsbury as a teacher meant the world to me," she said. "It was such an amazing opportunity to give back and to impart some of the values that I learned at Pennsbury to student-athletes at Pennsbury."

Paluszek set the Philadelphia Catholic League record in 1998 with a 218.6 average. After graduating from Wichita State, he joined the Professional Bowlers Association in 2005, winning five PBA titles.

"This is an ultimate gratification for many years of dedication," said Paluszek, who owns Bowlero and Joe's Pro Shop in Feasterville. "It's a testament to the people who supported me and gave me the confidence to go on for so long."

Poff was another three-sport athlete, competing in wrestling, soccer and cross country at Council Rock. He was the head coach at Lock Haven from 1990-2002 and is a member of the National Wrestling Hall of Fame.

"It's a tremendous honor to be recognized by your local community," he said. "I have nothing but good memories about my experience in Bucks County and Council Rock. It's a special night for me."

Hit to be Fit

Association) coaches Craig Batten and Cielo Orjuela led the group through various warmup and play activities. In addition to learning and improving their tennis games, participants

Wunsch was the goaltender for Neshaminy's field hockey team, starting for three seasons and setting a program record for shutouts (35). She was all-state first team in field hockey and softball.

She played both sports at Princeton.

"They were all wonderful years, both at Neshaminy and Princeton," she said. "I was so fortunate to have fantastic people around me; so many great coaches, so many great teammates."

For more information about the Bucks County Chapter of the Pennsylvania Sports Hall of Fame or to make a nomination, go to www.buckscountysportshof.com.

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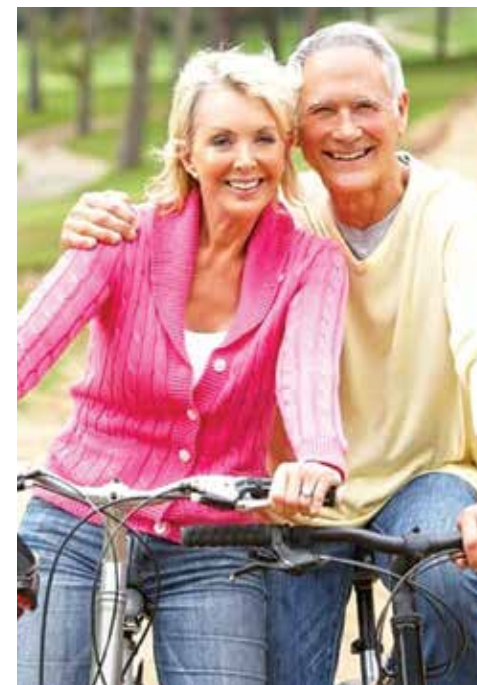
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had already established a positive reputation in the community and John had developed an on-going relationship with his customers.

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John lives in Feasterville with his wife, Janice, and they have raised their two children here as well. Ironically, John met his wife while he was still working

for Bill. His wife was one of his customers!

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

Regal Paws Pet Resort

How to keep your dog entertained when it's hot outside

As the weather heats up, it is a challenge to keep your dog stimulated while keeping them safe. Thankfully, there are plenty of fun activities you can do together.

Start with water play! Dogs love to splash, so set up a kiddie pool in the backyard or head to a dog-friendly beach or lake. Some parks even have dog splash pads designed specifically for cooling off on hot days. Don't forget the floating toys for an extra dose of fun.

Indoor games are another great option. Try a game of hide and seek, or create a mini agility course using furniture and treats. Puzzle toys and treat-dispensing balls are excellent for mental stimulation

when it's too hot to be outdoors for long.

For a change of scenery, you can visit a pet-friendly store and expose your pet to all of the sights, sounds and smells. Early mornings and late evenings are ideal for short walks when the pavement is cooler. Always check the ground with your hand first—if it's too hot for you, it's too hot for your dog's paws.

Homemade frozen dog treats made from yogurt, peanut butter, or fruit also offer a tasty way to cool down after playtime.

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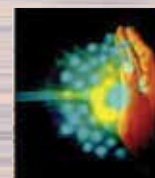
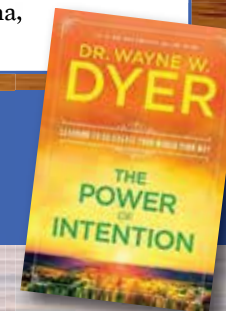
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spot light

Dan McMeans—Mind, Body and Spirit Adviser

Self-confidence

If your child is experiencing bullying at school or in the neighborhood, it's an incredibly stressful situation for them and one that can be equally distressing for you as a parent. There are many factors at play in these dynamics.

Bullies often target children they perceive as weak or quiet because it boosts their own sense of control and self-worth. As a parent, it's important to consider your options and explore ways to empower your child to stand up for themselves.

Taking this route may feel daunting, and there's always a risk involved in confronting bullies. However, there are significant benefits when a child learns to assert themselves in these situations. In many cases, bullies will back off once your child stands up to them. The most impactful benefit, though, is the boost in self-confidence your child gains from the experience.

This newfound confidence can build momentum, influencing how your child is perceived by others and potentially earning more respect from their peers.

Self-confidence is a powerful force. It leads to positive thinking, improved mental and phys-

ical health, and greater resilience in the face of challenges. With self-confidence, the risk of depression can decrease, and your child's overall well-being—both mental and physical—can improve. More importantly, embracing a mindset of positive thinking opens the door to

new possibilities, such as overcoming fear and expanding the mind. These benefits can lead to greater personal growth and a broader range of opportunities.

Ultimately, the decision to empower your child to confront a bully is a pivotal moment in

their life. It can set them on a path to greater self-assurance and open doors to new experiences and insights, shaping their future in profound ways.

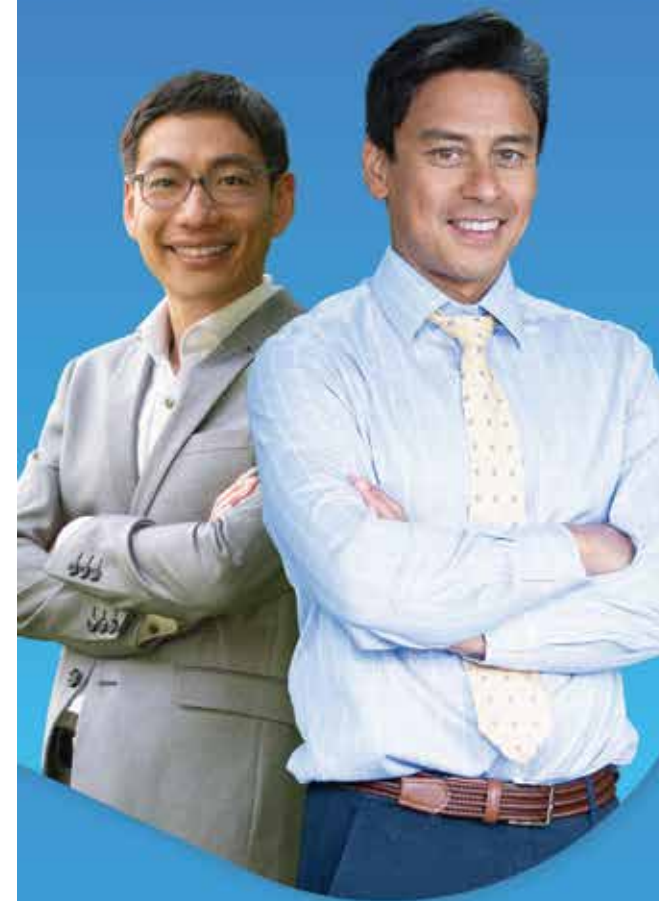
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Cat owners are likely familiar with their feline friend's kneading behavior, or what many cat owners affectionately refer to as "making biscuits" because of its similarity to a baker who pushes and pulls dough.

A kneading cat massages or repeatedly pushes their toes into a soft or cushioned surface, such as a plush blanket, fellow pet, or warm human lap.

You can rest assured that

the kneading behavior is completely normal, and one that you should allow your feline friend to express.

Kittens knead their mother when nursing to stimulate milk production. Feline experts theorize that adult cats knead to re-create the feel-good hormone release that occurs during nursing. Kneading brings them comfort and helps them release tension and relax.

Other reasons for kneading include: to get comfortable, to show affection to their favorite

person, and to scent mark.

Kneading can become a problem if your cat's claws are damaging your furniture or injuring household members. When this happens, you should never yell at or punish your cat; your cat needs an acceptable outlet to express their instincts.

Choose a thick, plush blanket and designate it as your cat's kneading surface. When you see your cat kneading something you don't want destroyed, try to attract their attention to the blanket or use



Copper is enjoying the spring weather!

a toy to redirect the behavior to something appropriate.

If your cat kneads your lap, keep a blanket nearby to protect yourself when your feline friend approaches for cuddle time.

Regular nail trimming prevents sharp points that snag furniture and skin and provides multiple scratching posts throughout your home to help redirect your cat's energy to another activity.

Allowing your cat to express their instinctual behaviors in a healthy and non-destructive way can help keep them happy and content.

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Sell Chiropractic

Strength training exercises to improve posture

Good posture is key to overall health and well-being, and as your partner in natural health, we know that strength training can play a vital role in improving it. Here are a few different exercises that could help you stand taller.

Plank: The plank is excellent for strengthening your core, shoulders, and back. Start in a push-up position, keep your body straight, and hold for 30 seconds to a minute. Remember to engage your abs and avoid sagging. This foundational exercise helps support proper spinal alignment throughout the day.

Rows: Rows target your upper back and shoulders, helping to counteract the effects of slouching. You can use dumbbells, resistance bands, or a rowing machine. Keep your back straight and squeeze your shoulder blades together as you pull. This strengthens the muscles that naturally pull your shoulders back into proper alignment.

Deadlifts: Deadlifts are fantastic for strengthening your lower back, glutes, and hamstrings. With a straight back and engaged core, lift the weights by straightening your hips and knees. Start with light weights to ensure proper form and reduce your risk of injury. Deadlifts help build the posterior chain muscles critical for maintaining an upright posture.

Shoulder Blade

Squeeze: This simple exercise can be done anywhere. Sit or stand with your arms at your sides. Squeeze your shoulder blades together and hold for a few seconds. Repeat 10-15 times. This helps strengthen your upper back and improve posture. It's perfect for com-

bating the forward shoulder position many develop from desk work.

Chest

Stretch: Stretching your chest muscles can alleviate tightness that leads to poor posture. Stand in a doorway with your arms at a 90-degree angle on the frame. Step forward gently to stretch

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Tuesday, May 27 at 7 pm, “Meeting the Mushrooms: An Intro to the Fascinating World of Fungi” will be the featured program at the monthly meeting of the Trevoise Horticultural Society at the Bensalem Senior Center, 1850 Byberry Rd in Bensalem. This program was originally scheduled for May 20. 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.trevoisegardeners.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, May 31, noon–4 PM, Langhorne Council for the Arts will host The Arts in the Garden Tour. Artists and musicians will add to the enjoyment of natural beauty in five private and public gardens in Langhorne Borough and Langhorne Manor. Several stops on this self-guided tour also include open artist studios! Artwork on display (and some for purchase) will include photography, acrylics, pastels, watercolors, tiles, jewelry, and quilts. Musicians will include harpists, blues, folk, indie, jazz, and pop. A full schedule, and tickets to purchase, will be posted on www.LanghorneArts.org. Tickets (cash or check) are \$25 for adults, \$10 for students, free for children under 6 years old, and can also be purchased at all the garden locations.

Tuesday, June 3, 6 pm, the Free Library of Northampton Township, 25 Upper Holland Rd. in Richboro, welcomes the renowned author of “Ghost Soldiers”, Hampton Sides, as he discusses his new book, “Wide Wide Sea: Imperial Ambition, First Contact, and the Fateful Final Voyage of Captain James Cook”. Register at newtownbookshop.com.

Saturday, June 7, 10 am–2 pm, Tour the beautiful mansion at Summerseat’s Traditional Patriot’s Day Event, 130 Legion Ave. in Morrisville. Fun for all the family! Raffle baskets, flea market, Summerseat hot dogs, baked goods and children’s games. For more information, call 215-801-0753. Also, visit the Facebook page for updated information at: www.facebook.com/summerseatbuckscounty.

Saturday, June 7, 1 to 2 pm, The Friends of the Doylestown Library presents “Past & Present Voices: Oboe and Violin in Concert” in The Backyard—the outdoor extension of the Doylestown Library, 150 S. Pine St. in Doylestown. This event is free. Arianna Kalian and

Anna Majcherczyk will perform a program of duets by composers from the eighteenth century to present day including Bennett, Boismortier, Casal, Fine and Ginastera. Please preregister for the event by emailing friendsofdoylestownlibrary@gmail.com. Chairs will be provided while available, or feel free to bring your own fold-up. In case of rain, the event will take place in the Pearl Buck room.

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, 11 am–4 pm (rain or shine), the 30th Annual Bucks Beautiful Kitchen & Garden Tour is taking place. Explore stunning homes and lush gardens in Doylestown, Richboro, and New Hope. Early bird tickets are just \$45 through May 31! Proceeds support community greening projects across Bucks County. For tickets and information, visit www.bucksbeautiful.org.

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.

Friday, June 13, 5 pm–8 pm, the 2nd Friday Food Truck Rally will take place at Playwicki Farm, 2350 Bridgetown Pike, Feasterville-Trevoise. Enjoy food trucks, children’s activities, vendors, a DJ, and a beer/cocktail garden. For more information, visit www.playwickifarm.org.

Thursday, June 19 to Sunday, June 22, Newtown Arts Company presents Kate Hamill’s acclaimed adaptation of “Pride and Prejudice” at the historic Newtown Theatre, located at 120 North State St. in Newtown. Get ready for a bold, witty, and delightfully offbeat take on a literary favorite. Tickets are on sale now at newtownac.booktix.com.

Saturday June 21, 1–6 pm, Four Lanes End Garden Club proudly presents its Flower Show, “A Cavalcade of America” at the Richardson House (Langhorne Community Memorial Association Building), 102 West Maple Ave. in Langhorne. The theme and design classes reflect the dreams, courage, initiative, and achievements of those that shaped our American history. Visitors will have the opportunity to see judged floral designs as well as horticulture specimens of numerous types. It is open and free to the public, A raffle table will also be on display. For additional information, contact Chris Foster at 215-350-6038.

Saturday, June 28, 11 am to 3 pm, Bowman’s Hill Wildflower Preserve, 1635 River Road in New Hope, is hosting its 4th annual Preserve @ Play family day. This year’s theme, Wee Wonders, celebrates the smallest creatures and the big impact they have on our thriving ecosystem. Pre-registration for Preserve @ Play is strongly encouraged. Registration is \$10 per group up to 6 guests with free admission for Preserve members and ACCESS Card holders. Guest passes are not usable for Preserve @ Play. Register today and learn more at www.bhwp.org.

Saturday, June 28, the Riverside Symphonia hosts its annual Concert Under the Stars at Tinicum Park in Bucks County, along the picturesque Delaware River. Gates open at 6 pm, inviting attendees to bring blankets, lawn chairs, and picnic baskets to enjoy a relaxing evening on the expansive park lawn. At 8 pm, the Riverside Symphonia will perform patriotic favorites, popular classics, and American standards, all leading up to the highly anticipated fireworks spectacular. Tickets are available at www.riversidesymphonia.org.

riversidesymphonia.org, by phone at 609-397-7300, or at select local outlets. For more information, contact Vickie Lupisella at Riverside Symphonia, 4 South Union St., Lambertville, NJ 08530, call 609-397-7300, or email info@riversidesymphonia.org.

Monday, July 14, beginning at 10 am, the Feasterville Business Association’s 34th Charity Golf Outing will be held at the Spring Mill Country Club, located at 80 Jacksonville Road in Ivyland. The public is invited to participate, and entries are now being accepted. For additional information about participating as a golfer and/or sponsorship opportunities, contact Mike Wielehowski, golf committee chairperson at info@feastervillebiz.org. For details or to register visit www.feastervillebiz.org.

Saturday, October 4, 2025, The Central Bucks High School Class of 1958 from Doylestown will be holding its 67th Reunion at the Plumsteadville Inn. For more information contact drsmith524@verizon.net.

Township Library

continued from pg. 10
General’s office will break down the top 10 scams currently being used in PA.

Colored Pencil Message in a Bottle (online): Wednesday, June 25 at 6:30 pm. Join Anita to create another masterpiece using colored pencils and watercolor paper.

Get an Early Start with Our Summer Reading Program: Check our website for these

and other exciting programs we will be featuring this summer for both kids and adults.

- **Art with Ms. Anita:** Tuesday, June 10 and 24.
- **Novel Ninjas:** Friday, June 13.
- **Silly Scissors Society:** Monday, June 16.
- **Summer Reading Kickoff:** All Day! Friday, June 20.
- **Mr. Boom Boom: Music Play Patrol:** Wednesday, June 25.
- **Summer Time Cinema for Kids/Dog Man:** Thursday,

June 26.
Join us for these Patron Favorites:

- Brickheads
- Pokémon Club
- First Thursday Book Club
- Dungeons and Dragons
- Bored? Game Night at the Library
- Friends of the Library
- Teen Community Board
- Free Play: NintendoTM Switch Club
- Adult Coloring Club

Check -Out Our Regular Weekly Programs

- Family Storytime
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