

LifestylesTM



Northeastern Pennsylvania

OVER 50

January / February 2022

In Your
Neighborhood —
p. 6

Geisinger
65 Forward —
p. 15

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Cover Story

RETRO



Every generation tends to recycle ideas from the past – whether it’s for tradition, popularity, comfort, or convenience.

That’s what this issue is all about. We are featuring all things Retro.

On page 9, we explore Things Making A Comeback, such as the Pressure Cooker, now disguised as the Instant Pot. On page 17, we feature the rise in popularity of vinyl records, written by Dana Kacyon. Don’t miss our article about Diners on page 8. No doubt, you’re reading this right now, while sitting at your favorite diner with a warm cup of coffee in your hand.

Retro is cool. We should be proud to say, “I was around when this first became popular!”

And maybe, all of us will reach that point when we stop lying about our age, and start bragging about it.

Happy new year!

Marci Kacyon
Executive Editor

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LIFESTYLES
Northeastern Pennsylvania
OVER 50

LIFESTYLES Over 50 Northeastern Pennsylvania is a print magazine distributed 6x annually, connecting seniors with local healthcare providers, senior living facilities, health-related resources, healthy-living activities and community events. Delving into topics of interest to seniors of NEPA, we hope to encourage vibrant, healthy and productive living through the stories we share about the people we meet and the businesses that serve this great region.

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**COVERING 10 COUNTIES
OF NORTHEASTERN
PENNSYLVANIA**



Pay It Forward

NORMA & STEVEN LEVINE

Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania recognizes a local nonprofit, individual or group for their contribution to our region. This month, we are proud to “pay it forward” by presenting \$150.00 to RSVP, Retired & Senior Volunteer Program of Monroe County in recognition of Norma & Steven Levine – featured in our last issue – in appreciation for their service.

If you are a local nonprofit, individual or group serving within Northeastern Pennsylvania (see our counties map on page 3), please call 570-390-3350 or e-mail your information to NEPA@LIFESTYLESover50.com. We'll be happy to consider you!

Check presentation by Marci Kacyon, executive editor in the amount of \$150.00 to RSVP, Retired & Senior Volunteer Program of Monroe County in recognition of Norma & Steven Levine for their service.



LIFESTYLES Over 50 Northeastern Pennsylvania is a print magazine distributed 6x annually, connecting seniors with local healthcare providers, senior living facilities, health-related resources, healthy-living activities and community events.

Delving into topics of interest to seniors of NEPA, we hope to encourage vibrant, healthy and productive living through the stories we share about the people we meet and the businesses that serve this great region.

Tech Savvy Seniors

HISTORY OF THE PC



The history of the Personal Computer (PC) as a consumer electronic device began with the revolution of the micro-computer in the 1970s. The use of the term “personal computer” actually appeared much earlier, on November 3, 1962 in a New York

Times article by John W. Mauchly stating, “There is no reason to suppose the average boy or girl cannot be master of a personal computer.”

A personal computer is intended for individual use, as opposed to “mainframe” computers of the time, in which a large “server” or CPU, a Central Processing Unit is shared by many individuals sitting at ‘dumb terminals’ or display monitors that had no processing capabilities. Before the introduction of the microprocessor, computers were generally large, costly systems owned by big companies, universities, government agencies, and institutions.

Early personal computers – generally called microcomputers – were often sold as electronic kits in limited numbers, and were of interest mostly to hobbyists and technicians. These ancestors of the modern personal computer used integrated circuit (microchip) technology, which reduced size and cost, but did not contain a microprocessor. This meant that they were still large and difficult to manufacture just like their mainframe predecessors. After the “computer-on-a-chip” was commercialized, the cost to manufacture a computer system dropped dramatically.

1950 – Developed by Edmund Berkeley, the Simon represented the first experience of building a smaller, simpler, digital computer for educational purposes.

1957 – Designed by John Lentz at the Watson Lab at Columbia University as the Personal Automatic Computer (PAC), IBM announced the 610 Auto-Point.

1973 – The Xerox Alto was the first computer to use a mouse (the desktop metaphor) and GUI (Graphical User Interface), all concepts first presented by Douglas Engelbart while he was at International.

1975 – The Altair 8800 from MITS, a small company that produced electronics kits for hobbyists is considered the first personal computer to reach an economical price and performance ‘sweet spot’ with consumers due to the development of the single-chip microprocessor.

1977 – The “Woz” (Steve Wozniak) and his friend Steve Jobs founded Apple Computer and introduced the Apple II as a nearly complete computer with color graphics, a QWERTY keyboard, and internal slots for expansion. All were mounted in a durable, high-quality plastic case. The monitor and I/O devices were sold separately.

1981 – IBM responded to the success of the Apple II with the IBM PC. Like the Apple II, it was based on an open, card-based architecture, which allowed third parties to develop for it. The computer came with PC DOS, an Operating System (OS) based on Gary Kildall’s CP/M-80 OS.

1984 – Drawing upon its experience with the Lisa, launched just a year earlier, Apple launched the Macintosh with the now famous Super Bowl ad. The Macintosh was the first successful mass-market computer with a graphical user interface or ‘WIMP,’ Windows, Icons, Menus, and Pointers.

Today, the PC continues to get smaller. By the mid 2000s, the MacBook Pro from Apple hit the shelves as the company’s first Intel-based, dual-core “mobile” computer. Shortly after, the iPad, Apple’s flagship handheld tablet, was unveiled. Then, Google released the Chromebook, which runs on the Google Chrome OS. And, more recently, the Apple Watch.

Sources Wikipedia, livescience.com and popularmechanics.com

In Your Neighborhood

LOPEZ, PA

Travel along Route 487 in Sullivan County and you will come across the quaint little town of Lopez. Welcoming visitors is a unique military display consisting of five bombs spelling out the name L-O-P-E-Z, dropped from a bright red plane that can be seen flying over the American flag. A welcome sign, erected in memory of Gordon Papke was given by his wife, Helen and their son's Gordon and Alan. Much of the park was procured and erected by John Borick of Lopez and New Jersey.

The park serves as a reminder that Lopez had the highest percentage of persons representing our country during World War II.

Lopez was a vast wilderness at one time. Located at the junction of the Loyalsock and Lopez Creeks, game and fish were plentiful. Lopez Creek was named after John R. Lopez, a road builder at the time. About 1876, the County Commissioners erected a wooden bridge across the Lopez Creek. They coated the wood with a protective coating of coaltar, so for a number of years afterward, the town was known as "Tar Bridge." But when the Lehigh Valley Railroad extended its line in 1886, the town name did not appeal to a growing population; and when a post office was established in 1887, the name was changed to Lopez.



Military display and park that welcomes visitors into town. Photo courtesy of lopezpa.com

In 1888 Trexler and Turrell purchased a large tract of timber and built a large sawmill on the outskirts of town. By 1897 the timber had all been cut from their tract of land, and Trexler and Turrell sold their mill to Jennings Brothers who converted it to

QUICK FACTS

County: Sullivan

Incorporated: Unincorporated

Population: 501 people
(2010 census)

Mayor: None

Website:
www.lopezpa.com

a hardwood mill. Around this time, J. W. McCartney built a clothespin factory near the Jennings Hardwood Mill. Lopez's population soon grew to over a thousand people. To meet the needs of its citizens, a number of businesses were established. In addition to the large general company store of the Jennings Brothers, Clark Brothers built a general store near the location of the old Chesonis building. Henry Castle and C. A. Johnson were the proprietors of prosperous general stores. In 1902 the Murray Brothers came from Scranton and opened a mine, which bore their name. The breaker was 165-feet high, taller than any other in the anthracite field.

Lopez boasts to be the coldest place in Pennsylvania. Its elevation is 1,720 feet above sea level and averages 61 inches of snow per year. The U.S. average is 28 inches of snow per year. Lopez opened the first moving picture theater in Sullivan County. The Teitelbaum Brothers erected it next to their wholesale liquor store. Then, in the winter of 1918-19 the epidemic of Spanish Influenza reached Lopez. Dr. J. L. Christian realized that it would be necessary to provide a center to care for the many patients. He contacted the Red Cross, and they rushed in beds and supplies. Dr. M. B. Warburton, the dentist, and nurses Sadie Cangle and Anna Finan assisted in caring for the patients. Because of their expert care, the death rate of Lopez was low.

More can be learned about the history of Lopez from "100 Years of Pride" which was compiled by the late Edith B. Shuman and illustrated by Robert McGuire.

Courtesy Wikipedia, lopezpa.com and bestplaces.net

Volunteer Programs

FOR SENIORS

Foster Grandparent Program

As a Foster Grandparent you can make a difference in the life of a child with special or exceptional needs, or who is economically disadvantaged by serving as their 'Grandma' or 'Grandpa' by volunteering your attending preschool, Head Start, and public and private school with them.

Senior Companion Program (New in 2022)

As a Senior Companion, you provide assistance to older adults with various health issues or simply needing companionship by preparing lunch, playing games, reading, or accompany them to events or appointments.

Volunteers for both programs must be income eligible and 55 or older. Volunteers must be able to provide a minimum of five hours per week of their time. Orientation and in-service training is provided, along with a free annual health examination.

We're looking for volunteers!

To learn more, e-mail or call and ask for:

Foster Grandparents Program

Jesse Newman, program director
jnewman@bsstaaa.org

Foster Grandparent Program

Ashlyn Beckwith, program coordinator
abeckwith@bsstaaa.org

Senior Companion Program

June Werner, program director
jwerner@bsstaaa.org

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An American Tradition

DINERS

Local, family-owned diners have been a part of America's fabric for generations. Their iconic, retro architecture sheathed in glass with gleaming stainless steel and colorful porcelain enamel; often lit in neon and punctuated by a flashy sign; welcome customers morning and night.

The first diner appeared over 135 years ago when Walter Scott served affordable fast food out of his horse-drawn wagon in Providence, Rhode Island. The early eateries were mass-produced by wagon builders, conforming to a common size, dimension and proportion in order to be moved easily by rail, barge, and truck to where they would operate.

As a result, diners have a similar layout to one another. For example, a diner's interior is all business, where form follows function. The customer can see the short order cook reach into the icebox, work at the griddle, and deliver the food in an astonishingly short amount of time. The back bar comprises of



stations filled with sandwich boards, coffee urns, multi-mixers, drink dispensers, and display cases.

Just as important as a diner's appearance is the food served! Always affordable, the norm is home-style cooking and breakfast anytime. A common menu for breakfast: pancakes, French toast, eggs, and bacon! For lunch: burgers, fries, malts and/or shakes, tuna melts, soup, and grilled cheese sandwiches. For dinner: bread roll, pork chops, mashed potatoes, spaghetti and meatballs, and a soup or salad. And of course, desserts such as ice cream sundaes, pie, layered cakes, and cheesecake!

More importantly, diners can always be counted on for a warm welcome – the kind of place where the server calls you, “hon.” The ‘regulars’ commonly stop in (often more than once a day) for a warm cup of coffee, a friendly discussion about today's events, or some time to read the local newspaper.

Finally, how many of you enjoyed topping off an evening out by stopping off at the diner with your loved one? Diners are great for any occasion, from date nights to post-game celebrations, to relaxation, and companionship.

Diners are the best place to sit down and ‘pen’ articles like this!

Sources whatitmeanstobeanamerican.org, seriouseats.com and paeats.com



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Things Making A Comeback

WHAT'S OLD IS NEW AGAIN

Caboodles

Organizing things around the home made a comeback during the pandemic. Television shows like Netflix's *Tidying Up* is a good example. Designed for makeup needs, Caboodles' flip mirror and lift-off tray, and iconic organizer is well suited to pack everything from paints to party supplies as well.

Edison Bulbs

If you're a fan of classic and vintage décor, you've noticed that Edison Bulbs are making a comeback. These vintage lights not only illuminate your room, they're a design statement as well. Besides their beautiful, old-fashioned, vintage-inspired look, they're energy efficient as well. The exposed wire filament is artistically interesting, and blends perfectly with both vintage and modern interior design styles.

Mom jeans

If there's any fashion trend you can rely on to be constantly evolving in American culture they're denim pants. This is due to their versatility and comfort fit. They go with any outfit, and are available in a wide range of shades, shapes, decorations, and styles. Other fashion trends:

- Corduroy
- Peasant blouses
- Plaid
- Scarves
- Winged eyeliner

Polaroids

It's difficult not to want (or even expect) instant gratification in today's time. Polaroid cameras were one of the first product brands to deliver. Simply load the film, snap a picture, print it out, and watch your photo develop right in front of your eyes. And unlike their digital counterparts, printed photos are tangible, easy to store for viewing and less likely to be deleted!

Pressure cookers

The pressure cooker became a common household appliance in the United States during the 1950s. Earlier models were loved for making dinners fast – despite their quirks and dangers. The Instant Pot has changed all that. An enhanced version of the pressure cooker, the Instant Pot is seven appliances in one, easier to program, and safe. It comes with new safety features that alleviate the common dangers from the past.

Typewriters

The old-fashioned typewriter is making a comeback. Once written off as obsolete, the low-tech machines are experiencing a surge of popularity among writers looking to avoid distraction or drawn by the novelty of seeing their words appear on the page as they type. And, who doesn't like the calming sound they make?

Sources [southtree.com](https://www.southtree.com) and [pinterest.com](https://www.pinterest.com)

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Hawley, PA 18428
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Tuesday: 9:00 am – 5:00 pm
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Kingston, PA 18704
570-287-8649
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Friday: 9:30 am - 2:00 pm
Saturday: 9:30 am - 12:00 pm

LEWISBURG

ACE Hearing Centers
45 Forest Drive
Lewisburg, PA 18740
670-523-1163
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WILLIAMSPORT

Ace Hearing Centers
435 River Avenue
Williamsport, PA 17701
570-567-1053
Monday – Friday:
9:00 am - 4:30 pm

Ask The Experts

YOUR HEARING QUESTIONS ANSWERED

If you or someone you know is having trouble hearing, our board certified audiologists at The Hearing Center are available to help with all of your hearing concerns.

Q. My family complains that I do not hear well but I think they mumble when they speak, what should I do?

A. We recommend that you get your hearing tested by a certified and licensed doctor of Audiology. Studies have shown that hearing loss is commonly first noticed by others before the hearing-impaired person notices it.

Q. A few of my friends and relatives tell me that hearing aids do not work, but I have trouble hearing. What should I do?

A. There are a number of factors that impact how well someone hears with hearing aids. Every person is different. I would urge you to try hearing aids at no cost and then decide for yourself if you are hearing better. The Hearing Center can help you get started with this process.

Q. I recently read that untreated hearing loss is associated with cognitive decline and dementia. Is this true?

A. Recent research has shown a strong relationship between untreated hearing loss and these conditions. However, the use of hearing aids has been shown to reduce this relationship. Additionally, untreated hearing loss has been linked to depression and also an increased risk of falling. That's why it is important to see an audiologist and address your hearing loss.

Q. I read that there are new state-of-the-art hearing aids that are small and barely noticeable when you are wearing them. Is this true?

A. Advances in hearing aid technology have been tremendous in the last decade. Today's hearing devices are digitally programmable

and can improve hearing immensely in all listening situations. The look and technology of hearing aids are always advancing. Today's hearing aids are so small that they are practically unnoticeable by other people.

Q. I think that I hear fine, but I have terrible ringing and buzzing in my ears. Is there anything I can do about it?

A. Ringing or buzzing in the ears is called Tinnitus. This can result from damage of the inner ear or other, more serious conditions. Talk to your primary care physician about seeking an audiological evaluation. Our board of certified audiologists at The Hearing Center can evaluate your condition and make an appropriate treatment plan for you.

Q. How long should a hearing aid last before I think about replacing them with a new pair?

A. On average, hearing aids should be changed every 4 to 5 years. However, higher quality hearing aids can last longer when you take good care of them. One of the biggest reasons people change hearing devices is that the advancements in hearing aid technology and performance occur regularly. Hearing aids are always evolving. That is why a free trial of a hearing aid is equally important to a new hearing aid wearer, as it is to someone who has been wearing hearing aids regularly.

Q. I am ready to get my hearing loss treated. What is the next step I should take?

A. Call and schedule your appointment with one of our board certified audiologists at The Hearing Center.

Courtesy The Hearing Center

Music Comebacks

POP, ROCK, COUNTRY & MORE

Music is the soundtrack to our lives. Musicians worldwide, across every genre have been major contributors to our cultural heritages, attitudes and overall well-being.

In March 2020, live music and much of cultural life worldwide came to an abrupt halt overnight. But, there are many reasons (besides a pandemic) why musicians or their bands walk away from their careers: creative differences, tired of the industry, drugs, health issues, focusing on the finer things in life, etc. While some musicians make a big commotion about stepping away, it's even more fascinating when some of them decide to return.

"There are two reasons people come back," Cher told USA Today in 2005. "Because, like the Stones, they're broke. Again. Or they're old divas who can't wait to be out among their adoring fans. But this, this truly is it." They say that after the apocalypse, the only things that will be left are cockroaches and Cher.

Having been performing since the early 1960s, it's of no surprise that Tina Turner wanted to explore other avenues by the time the 1980s rolled around. Especially following her acclaimed performance in 1985's "Mad Max Beyond Thunderdome," Turner was looking into the film industry. But, after performing over 100 shows throughout Europe in 1990, Turner found the experience surprisingly refreshing. Thus, she couldn't stay away from her first calling for long. Following her 50th Anniversary tour from 2008 to 2009, she finally retired for good.

It is really hard to articulate how big Garth Brooks was in the 1990s. Brooks' big-chorus songwriting and over-the-top arena shows helped push country music into the mainstream, quickly becoming the best-selling solo artist in U.S. history. While he threatened to retire several times to focus on his family, he finally went through on his promise to quit in 2001, putting out one last album, "Scarecrow." Today, he can still be spotted touring and recording with his wife Trisha Yearwood, but his influence is just a shadow of what it used to be.

"His brain has pretty much built itself around his music," stated Anderson Cooper on a recent CBS 60 Minutes report on music legend, Tony Bennett who is in the throes of Alzheimer's disease. On any given day, the 95-year-old may forget a lot about his past life. "He likely won't recall the stories behind the photos that fill his New York City apartment, not the ones with Frank Sinatra or Rosemary Clooney, not even the one with Bob Hope."

When CBS aired, *One Last Time: An Evening With Tony Bennett and Lady Gaga*, the audience witnessed two incredible entertainers perform their shared love of the "Great American Songbook," per the official release, including several songs from Bennett and Gaga's two albums together. According to Mr. Cooper, "But when Bennett hears his music – the soundtrack that has accompanied him for more than seven decades of his life, the singer that millions have come to know – his memory returns."


Sources Planet Radio and tvline.com

WHERE ARE WE?

An added benefit to publishing our magazine is delivering our magazine!

Can you guess from this photo what county/township we're visiting?

LIFESTYLES
Northeastern Pennsylvania
OVER 50



Answer:
East Stroudsburg, Pa.

Care Feature

NEW IN 2022

| Aging in Place | | Medical Home Care | | | | | | | | | | | |
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LIFESTYLES OVER 50

855-233-7034

2022 Senior Directory

17

New in 2022 is our Care Feature!

Managing senior care can be overwhelming for our seniors, their loved one's and family members, especially if you are not familiar with what resources are available. Each issue we will provide a list of health care organizations, senior care agencies, service providers and related professional resources for you to contact and learn more about what is best for you or your loved one.

Be sure to share and save this valuable resource for your reference.

Care Feature schedule for 2022:

1. March-April Issue: **Aging in Place**
2. May-June Issue: **Senior Care Agencies**
3. July-August Issue: **Senior Housing**
4. September-October Issue: **Professional Resources**

If you are a health care organization, senior care agency, service provider or related professional resource and would like to be included in one of our upcoming issues listed above, please contact us for rates and schedule.

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geisinger.org/GoingForwardHazleton

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Safety



Keeping Your Parents Healthy

BY MARY DEHAVEN

With the new year already upon us, Alaa Mira, MD, chief, Geriatric Medicine, St. Luke's University Health Network, says it isn't too late to help your aging parent(s) manage their health care. According to Dr. Mira, "Preventive care can have significant benefits." For example, routine blood work can identify a health condition that can be treated easily. By identifying and treating the problem, your loved one will likely feel better. "In addition, we can often reverse or slow the progression of the disease," he adds. If you are unsure what preventive health care your loved one has received, ask if you can join them in a conversation with their family physician.

Dr. Mira's 10 Important Preventive Steps for Older Adults:

1. Influenza

All adults should consider getting an annual flu shot, but as you grow older, your risk of having serious complications from the flu increase, particularly if you have poor health. In fact, about 85% of people who die from influenza are 65 and older.

2. High blood pressure screening

All older adults should have regular blood pressure screenings. The prevalence of high blood pressure increases with age and is a leading indicator of diabetes and heart disease.

3. Cholesterol screening

Men age 35 and women age 45 who are at risk for coronary heart disease should be tested. Risk factors include high blood pressure, being overweight or obese and having personal or a family history of heart disease.

4. Diabetes screening

Nearly one in four adults, age 60 and older has diabetes, and many more are at risk of developing it. Diabetes screening is vital if you have sustained blood pressure greater than 135/80 mm Hg. Efficient detection and treatment of diabetes can prevent the progress of certain diabetes-related complications and improve and reduce the risk of

heart and vascular disease, including stroke and heart attack.

5. Colorectal cancer screening

Beginning at age 50 and continuing to age 75 or even longer if you're in good health. Two-thirds of all new cases of colorectal cancer are in people 65 and older. Breast cancer and prostate screening are also recommended.

6. Osteoporosis screening

Routine screening for women at age 65, or at age 60 for women with increased risk for fractures. Screening may lead physicians to implement management strategies that may decrease fractures.

7. Pneumococcal vaccination

All persons age 65 and older should receive this vaccine. Older adults are more likely to get and develop complications from pneumonia.

8. Vision tests

Older adults should have a comprehensive test every year or two. Common vision disorders that become more prevalent as you age include age-related macular degeneration, cataracts, diabetic retinopathy, dry eye and glaucoma. Early detection and treatment help you retain good vision.

9. Hearing screening

Adults 55 and older should get their hearing tested at least once a year. Hearing loss is a normal part of aging. Approximately one in three people between the ages of 65 and 74 has hearing loss and nearly half of those older than 75 have difficulty hearing.

10. Depression evaluations

Although not a normal part of aging, many older adults suffer from depression. It is often caused by a loss, such as a death or even retirement. Talk to a doctor if you or someone you care about shows signs of depression, such as tiredness, trouble sleeping or irritability.

Courtesy LIFESTYLES Over 50 Lehigh Valley

Something Magical

RISE IN POPULARITY OF VINYL RECORDS

There is something magical about listening to music on vinyl. Some think it's the scratch of the needle, others will argue the nostalgic warm sound of your favorite classic album is unlike any other medium of listening to music. For many years, turntables held a special place among music listeners from around the world. Whether it's Pink Floyd's *Dark Side of the Moon* or Michael Jackson's *Thriller*, vinyl has something for everyone to enjoy. Now it has been seeing a rise in popularity again.

In what could be considered the heyday of record players in the 70's 80's and 90's, other ways of listening to music steadily began to overshadow it such as the cassette player, the Walkman, and Compact Discs. The Walkman was significant because of the ability to listen to music on the go. The steady decline in popularity became drastic when Steve Jobs of Apple introduced the iPod in 2001, which took music-on-the-go to new levels. Lastly, what was thought to be the 'last straw' for vinyl was streaming services such as Spotify or Apple Music. Now almost all of music can be accessed from anywhere with as little as a subscription or the patience to listen to the occasional advertisement. However, despite everything, vinyl is still going strong.

This new resurgence isn't just the older generation being too stubborn to change their listening habits. According to a poll by Forbes in 2017, 52% of people preferred to buy music in a physical form, and that demographic was mostly 18-24 year-olds. In 2020, vinyl outsold Compact Discs for the first time since the 80's. So why is vinyl becoming popular again?

At first, I was a non-believer. I had all the CD's I could ever want to play in my car. With my smartphone, I had access to most songs I could ever want to listen to. Records seemed a hobby that I could not get into and felt was before my time. Over the years amongst my friends and colleagues, I could see the resurgence of what I thought was a dead way to listen to music.

One morning, while getting into my car to go to work, I discovered that all my prized CD's had been stolen. I didn't even consider at first that my registration, EZ Pass, and extra pennies could have been

taken, I was crushed that someone had made off with what I considered to be a part of me. I considered buying them all over again, but I thought this could be a new chance to start collecting records. Many of my friends started, so it could be a hobby we shared. I learned that day that there is something special about physical music, about owning it for yourself ... and being able to share it.

So perhaps it's that warmth of the sound, the artwork that often comes inside, or the nostalgic scratch of the needle that I've heard all about. Don't be afraid to dust off your old record collection. Maybe even consider letting your grandchildren look through what you have. It seems that despite all odds, vinyl records aren't going anywhere soon.

Contributing writer Dana Kacyon

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Remember When?

JIGSAW PUZZLES

Jigsaw puzzles made a major comeback during the pandemic. Puzzle makers saw sales rise 300 to 400%, as ‘sheltering in place’ didn’t appear to be ending anytime soon. With all the anxiety, and uncertainty stemming from the outbreak of COVID-19, “puzzling” was both meditative and engrossing, and particularly well suited to staying at home.

The last time interest in jigsaw puzzles spiked so quickly was The Great Depression, an era with many parallels to today’s economy. By this time, puzzle production was cheaper, made possible by switching from wood to cardboard. By 1933, puzzle manufacturers were making 10 million puzzles a week. Skilled workers, who were out of work got into the puzzle making business. Historian Anne Williams, speaking about the surge in puzzling, explained why puzzles can be so appealing in times of great societal upheaval, “It’s something you can control. It’s also a challenge over which you can prevail.”

Librarian and historian Jill Shefrin explains, puzzles, or “dissected maps,” were invented in Georgian-era England in the early 1760s probably by a mapmaker named John Spilsbury. The earliest English table games were geographical, and the publishers were often map engravers and sellers. Shefrin describes early puzzles and other table games as “beautiful pieces of craftsmanship – engraved, hand-colored, carefully mounted, folded, cut or otherwise assembled – and very expensive.” The wooden boxes for the puzzles were often made from mahogany or cedar, and the puzzles themselves backed with a thin mahogany board.

Amy Pepe, of the Geneva Historical Society proclaimed that puzzling wasn’t accessible to all. It was

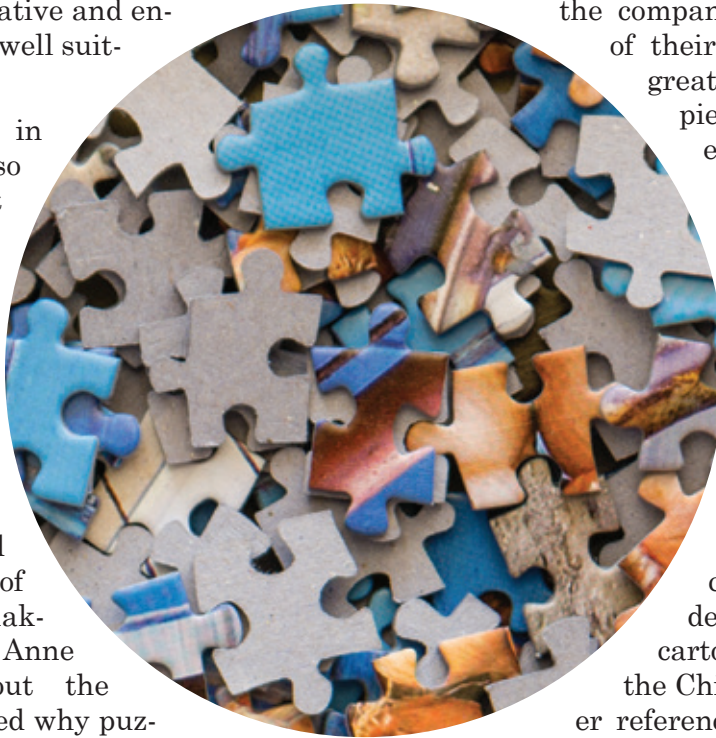
an activity associated with the wealthy. In response to this economic inaccessibility, puzzle clubs and libraries sprung up. Then, game manufacturer Parker Brothers, founded in 1883 began producing puzzles by employing primarily women. Although the company insisted it was because of their smaller hands, and thus greater ability to cut intricate pieces, it was actually a money-saving tactic, Pepe says, as women could be paid less than men.

Pepe describes puzzle images during The Great Depression as “nostalgic, romantic, and exotic, ‘an antidote for the hard times.’” Historical images, seascapes, paintings of cottages and lighthouses were all popular choices. Puzzles could also depict movies stars, political cartoons, and events such as the Chicago World’s Fair, but never referenced the economic situation of the time.

By 2018, a poll conducted on behalf of game company, Ravensburger, found that 59% of people surveyed found puzzling to be relaxing, and 47% felt it relieved stress. In his essay on puzzling, English professor Tim Morris explains the various feelings the activity provokes. One of the most satisfying, he writes, is the teleological aspect: there’s only ever progression when you’re working on a puzzle, never retrocession. And, at a certain point when you’ve completed enough of a puzzle, the drive to finish kicks in and propels you to the finish line.

This makes inexpensive, indoor activities like puzzling particularly challenging and yet, enjoyable, especially during the winter months.

Sources Wikipedia, britannica.com and jigsawpuzzlequeen.com



Games

AND ACTIVITIES

.....SUDOKU.....

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 7 | | | 2 | | | 4 | 6 |
| | 6 | | | | | 8 | 9 | |
| 2 | | | 8 | | | 7 | 1 | 5 |
| | 8 | 4 | | 9 | 7 | | | |
| 7 | 1 | | | | | | 5 | 9 |
| | | | 1 | 3 | | 4 | 8 | |
| 6 | 9 | 7 | | | 2 | | | 8 |
| | 5 | 8 | | | | | 6 | |
| 4 | 3 | | | 8 | | | 7 | |

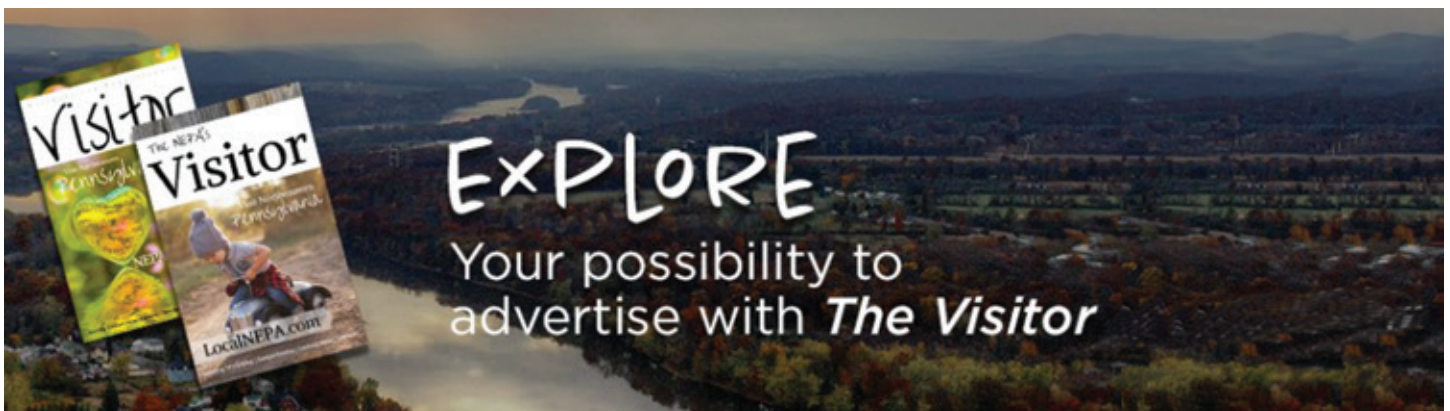
| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 4 | | 5 | | | | |
| 9 | | | 7 | 3 | 4 | 6 | | |
| | | 3 | | 2 | 1 | | 4 | 9 |
| | 3 | 5 | | 9 | | 4 | 8 | |
| | 9 | | | | | | 3 | |
| | 7 | 6 | | 1 | | 9 | 2 | |
| 3 | 1 | | 9 | 7 | | 2 | | |
| | | 9 | 1 | 8 | 2 | | | 3 |
| | | | | 6 | | 1 | | |

Sudoku Directions:

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 “squares” made up of 3 x 3 spaces. Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9,

without repeating any numbers within the row, column or square.

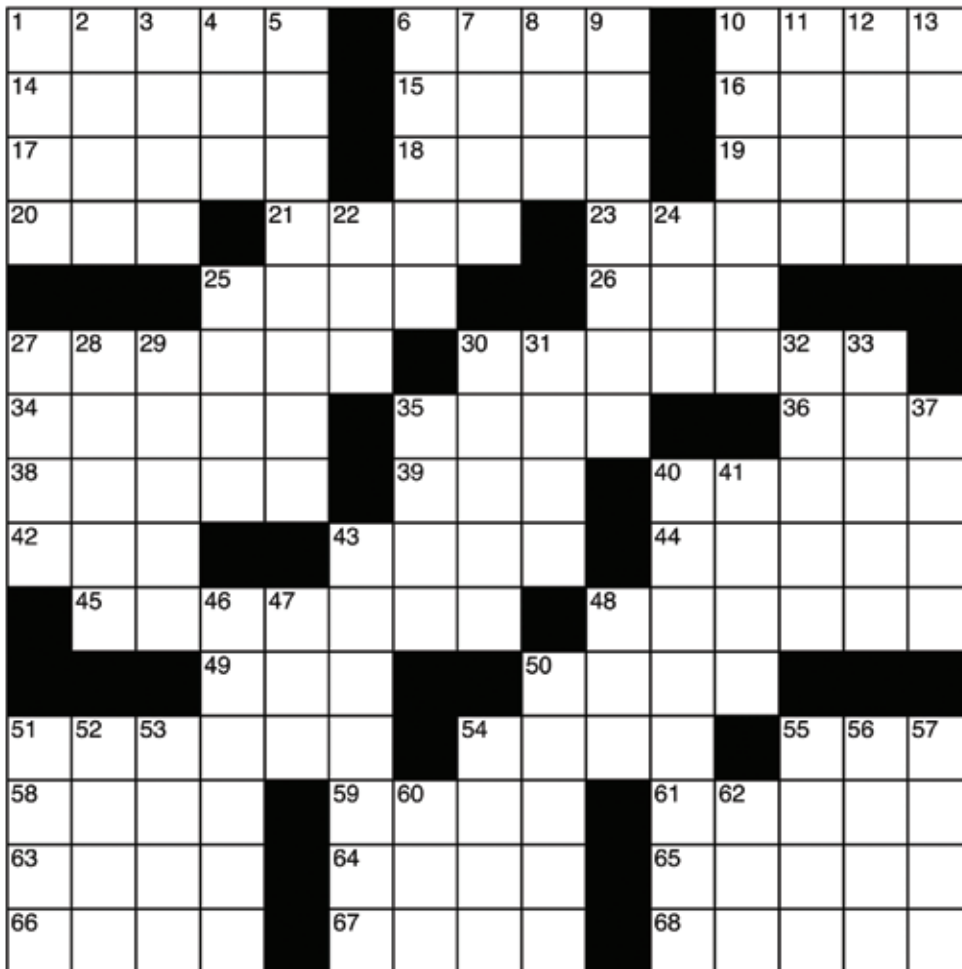
Answers are provided on page 23.



Games

AND ACTIVITIES

CROSSWORD PUZZLE



68 Risen (2 wds.)

DOWN

- 1 Eats
- 2 Space administration
- 3 City in Yemen
- 4 Title of respect
- 5 Hotel
- 6 Gummy
- 7 Put on ____
- 8 Vex
- 9 Actor Peck
- 10 Rinse
- 11 Eager
- 12 Season
- 13 No cost
- 22 Wrath
- 24 Atmosphere
- 25 Elderly
- 27 Scoff
- 28 Frosting
- 29 Tipsy
- 30 Say "hello"
- 31 Frenzied
- 32 Sandal
- 33 Strong rope fiber
- 35 Beers
- 37 Withered
- 40 Duffle (2 wds.)
- 41 Mr. Downs of 60 minutes
- 43 Michigan city
- 46 Strengths
- 47 Compass point
- 48 Quip
- 50 Styles
- 51 Cut
- 52 Ca. University
- 53 Molecule
- 54 Heredity component
- 55 Wind
- 56 American Civil Liberties Union (abbr.)
- 57 Peek
- 60 Cry softly
- 62 River (Spanish)

Twenty G's The letter G appears 20 times in 32 words.
Answers are provided on page 23.

ACROSS

- 1 Grind the teeth
- 6 Teenage group
- 10 Hook
- 14 Sound receiver
- 15 Cheater
- 16 Seaweed substance
- 17 Drug doers
- 18 Exhort
- 19 Status
- 20 Censor
- 21 Binds
- 23 Flock of geese
- 25 Visionary
- 26 Lubricate
- 27 Laugh
- 30 Attics
- 34 Colder
- 35 Navy's rival
- 36 Possessive pronoun
- 38 Young chicken
- 39 Sign of the zodiac
- 40 Picked
- 42 Goal
- 43 Onion-like vegetable
- 44 Type of eclipse
- 45 Olympic flipper
- 48 Gape
- 49 Hotel
- 50 Dreaded school subject
- 51 Measures
- 54 Artist Van ____
- 55 Space
- 58 Pituitary hormone
- 59 Chilled
- 61 Mr. Springstein
- 63 Coin machine
- 64 Not any
- 65 Passageway
- 66 Pork servings
- 67 Says (slang)

He Who Laughs Last ...

Hasn't Read These Groaners!

If you don't pay your exorcist,
you can get repossessed.

A hole has been found in the nudist
camp wall. The police are looking into it.

***When a clock is hungry it goes
back four seconds.***

**A bicycle cannot stand alone;
it is two tired.**

A Will is a dead giveaway.

Time flies like
an arrow; fruit flies
like a banana.

With her
marriage
she got a
new name ...
and a dress.

When you've seen one shopping
center you've seen a mall.

**Bakers trade bread recipes on
a knead to know basis.**

***Marathon runners with bad shoes
suffer the agony of de feet.***

If you jump off a
Paris bridge,
you are in Seine.

**A calendar's days
are numbered.**

**A dog gave birth to
puppies near the road
and was cited for
littering.**

A rubber band pistol was confiscated
from algebra class because it was a
weapon of math disruption.

No matter how much you push the
envelope, it will still be stationery.

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Games

AND ACTIVITIES

G N O R T H E R N C A R D I N A L R G J N
 T R K Y X H N I T R A M S Y F M E Y M P V
 R D A L Z B U Y B B R T M L K D R Z B J T
 J O M Y R N W M J J E X O Q W P X M T W X
 Y M S T C V L K M L X R D I Y T W E J T Z
 D W X E M H T L L I I G N M U G V N Q D R
 B Z D P A F E A U D N G B F L O B M N D J
 O L M R I T R S A G E G T N D R I B T A C
 G T U W I ' E S T D N E B G I Q T R Y Z R
 N R S E S B C S B E D O N I N B E D N R D
 I K E J B R K L P T D I M U R K O Y R J G
 M P A K U I A C I O N B T M C D A R M Z X
 A Y E B C C R T A R O H A E O J X N Q L Y
 L N J N K I M D U L A N P B E C O J M V L
 F A O B G O L O B T B D B U B E D P K X R
 Y D I R U U M F C Y O Y L I G L L J X R T
 D R Q S E R I H N O K B N I L J E G R B W
 D Q E K N H R N W N Z L P N Q L Z R N L Q

Word Search

Backyard and Exotic Birds

| | |
|-------------------|----------------------|
| Bluebird | Catbird |
| Blue Jay | Flamingo |
| Blackbird | Tufted Titmouse |
| Stellar's Jay | Flicker |
| Northern Cardinal | Hummingbird |
| Mourning Dove | Common Gull |
| Pigeon | Penguin |
| Roseate Spoonbird | Heron |
| Florida Scrub Jay | Martin |
| Robin | Gray Chested Babbler |
| Woodpecker | Swift |
| Nuthatch | Red Winged Blackbird |



SUDOKU ANSWERS

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 7 | 5 | 9 | 2 | 1 | 3 | 4 | 6 |
| 3 | 6 | 1 | 7 | 5 | 4 | 8 | 9 | 2 |
| 2 | 4 | 9 | 8 | 6 | 3 | 7 | 1 | 5 |
| 5 | 8 | 4 | 6 | 9 | 7 | 1 | 2 | 3 |
| 7 | 1 | 3 | 2 | 4 | 8 | 6 | 5 | 9 |
| 9 | 2 | 6 | 1 | 3 | 5 | 4 | 8 | 7 |
| 6 | 9 | 7 | 4 | 1 | 2 | 5 | 3 | 8 |
| 1 | 5 | 8 | 3 | 7 | 9 | 2 | 6 | 4 |
| 4 | 3 | 2 | 5 | 8 | 6 | 9 | 7 | 1 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 6 | 4 | 8 | 5 | 9 | 3 | 1 | 7 |
| 9 | 8 | 1 | 7 | 3 | 4 | 6 | 5 | 2 |
| 7 | 5 | 3 | 6 | 2 | 1 | 8 | 4 | 9 |
| 1 | 3 | 5 | 2 | 9 | 7 | 4 | 8 | 6 |
| 8 | 9 | 2 | 5 | 4 | 6 | 7 | 3 | 1 |
| 4 | 7 | 6 | 3 | 1 | 8 | 9 | 2 | 5 |
| 3 | 1 | 8 | 9 | 7 | 5 | 2 | 6 | 4 |
| 6 | 4 | 9 | 1 | 8 | 2 | 5 | 7 | 3 |
| 5 | 2 | 7 | 4 | 6 | 3 | 1 | 9 | 8 |

CROSSWORD PUZZLE ANSWERS

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | N | A | S | H | G | A | N | G | G | A | F | F |
| R | A | D | I | O | L | I | A | R | A | G | A | R |
| U | S | E | R | S | U | R | G | E | R | O | L | E |
| B | A | N | T | I | E | S | G | A | G | G | L | E |
| A | E | R | Y | O | I | L | | | | | | |
| G | I | G | G | L | E | G | A | R | R | E | T | S |
| I | C | I | E | R | A | R | M | Y | H | I | S | |
| B | I | D | D | Y | L | E | O | C | H | O | S | E |
| E | N | D | L | E | E | K | L | U | N | A | R | |
| G | Y | M | N | A | S | T | G | O | G | G | L | E |
| I | N | N | M | A | T | H | | | | | | |
| G | U | A | G | E | S | G | O | G | H | G | A | P |
| A | C | T | H | I | C | E | D | B | R | U | C | E |
| S | L | O | T | N | O | N | E | A | I | S | L | E |
| H | A | M | S | G | O | E | S | G | O | T | U | P |

What To Do

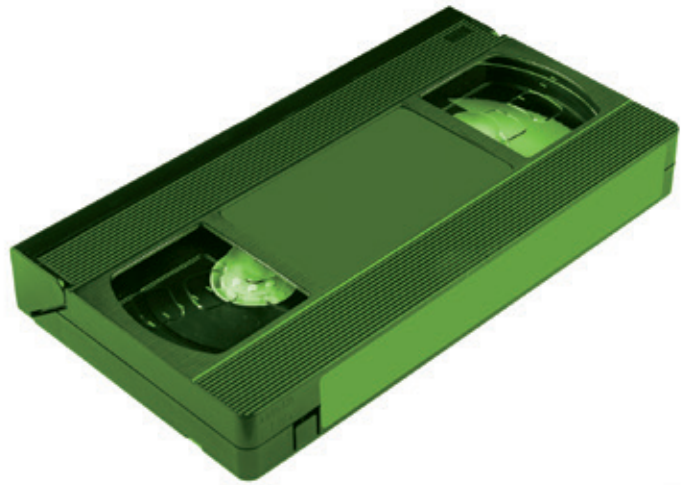
WITH YOUR GRANDCHILDREN

Watching Classic Movies At Home

Very few things in life are as enjoyable as watching a good movie in the comfort and warmth of your home – especially with family and friends. Today, the convenience of ‘streaming’ movies dominates the home video market. Yet, many people (like me) long for the past when renting a movie from your local video store, taking it home and popping it in to the ‘tape machine’ was an equally enjoyable part of the whole experience!

The interpretation of a good movie varies from person to person. Some want a happy ending, a horror flick, or action and adventure, while others simply want to laugh! Fortunately, there are movies of every genre. Following is a list of classic films that may be part of your video library:

- 2001: A Space Odyssey
- Casablanca
- Citizen Kane
- Dr. Strangelove
- E.T.
- Grease
- Goldfinger
- Gone with the Wind
- Grumpy Old Men
- It's a Wonderful Life
- Jaws
- Jurassic Park
- King Kong
- Mary Poppins
- On Golden Pond
- Out of Africa
- Rocky
- Singing in the Rain



- Star Wars
- The African Queen
- The Best Years of Our Lives
- The Godfather
- The Graduate
- The Pink Panther
- The Sound of Music
- The Wizard of Oz
- Titanic
- To Kill a Mockingbird
- Tootsie
- Toy Story
- West Side Story

As video cameras evolved over the years, many video formats emerged: Betacam, VHS, Super 8, CED, and DVD, just to name a few. The challenge always was (and still is) having the right video player for your video collection. If you sold your video player in a yard sale years ago, fortunately there are plenty of marketplaces online to purchase any type of used video player.

So, break out your old movie collection, pop it in, and share your favorite film with a whole new generation of classic film enthusiasts!

Sources popularmechanics.com, legacybox.com and rottentomatoes.com

Events Calendar

ANNIVERSARIES IN 2022

January 1, 1772 – The first Traveler's Checks were issued in London. They could be used in 90 European cities.

January 14, 1972 – The first episode of the television comedy series, Sanford & Son was broadcast on NBC.

January 25, 1947 – The death of Al Capone, a famous American gangster.

February 4, 1997 – American actor and former football star O. J. Simpson was found liable for the deaths of his ex-wife Nicole Brown Simpson and her friend Ronald Goldman at a civil trial in Santa Monica, California.

February 5, 1992 – The first issue of Reader's Digest was published.

February 7, 1947 – The first of the Dead Sea Scrolls were found in caves of Khirbat Qumran (now in the West Bank, Palestine).

February 10, 1942 – American bandleader Glenn Miller was presented with the first-ever gold record, for 1,200,000 sales of Chattanooga Choo Choo.

February 20, 1962 – John Glenn became the first American astronaut to orbit the Earth. He made three orbits in the space capsule Friendship 7.

May 25, 1977 – The 45th anniversary of Star Wars.

May 30, 1922 – The Lincoln Memorial in Washington, D.C. was dedicated.

June 27, 1972 – The 50th anniversary of Atari (launched with an investment of \$250).

July 1, 1997 – The 25th anniversary of the handover of Hong Kong.

August 22, 1922 – New York City radio station, WEAJ began selling time for "toll broadcasting." Its first radio commercial was a 15-minute real-estate ad offering apartments in Jackson Heights, Queens.

August 31, 1997 – The 25th anniversary of the death of Princess Diana.

September 5, 1997 – The 25th anniversary of the death of Mother Teresa.

September 21, 1922 – U.S. President Warren G. Harding signed the joint resolution of approval to establish a Jewish National Home in Palestine, per the 1917 Balfour Declaration.

October 11, 1922 – Alaska Davidson became the FBI's first female special agent.

October 18, 1902 – The 100th anniversary of the founding of the BBC, British Broadcasting Corporation.

October 28, 1922 – The 57,000-seat stadium known as the Rose Bowl opened in Pasadena, CA.

November 7, 1902 – The 100th anniversary of the discovery of Tutankhamun's tomb.

November 8, 1972 – HBO is launched as the first subscription network on cable television.

November 26, 1922 – The first successful Technicolor movie, The Toll of the Sea premiered in 1922 at the Rialto Theatre in New York City.

December 6, 1927 – 75 years since the Everglades National Park in Florida was dedicated.

December 19, 1997 – The 25th anniversary of the release of the movie, Titanic.

Courtesy LIFESTYLES Over 50 Lehigh Valley

Giving Back

SPECIAL RECREATION SERVICES

Special Recreation Services (SRS) is a non-profit, 501 (c) (3) organization dedicated to providing recreational, socialization and habilitation activities for independent adults (18+) who are intellectually disabled, autistic and/or mentally ill. Group activity programs mainly take place in Monroe County, but other services are available throughout Northeastern, Pa.

With a degree in recreation and leisure services management from East Stroudsburg University, Debbie Smith started her career in military recreation services and later, as an activity director for several different nursing homes. When Debbie moved back to Pennsylvania, she worked for 13 years at Fitzmaurice Community Services before the program she ran for intellectual disabilities was dropped shortly before the end of her tenure.

This is when Debbie started her own non-profit program. While applying for non-profit status, she ran the GROUP Activities program (a private pay program) without paying herself a salary and using her own personal van for transportation services. Today, Debbie is Special Recreation Services' President & CEO supported by a board of directors.

SRS offers several different types of programs:

- GROUP Activities – the original private pay program.
- Community Participation Supports (CPS) – a state funded program.
- In-Home and Community Supports (IHCS) and companion services for adults who qualify for waiver services, also state funded programs.

The goal of these programs is to focus on one or two key outcomes at a time, such as:

- Health and wellness
- Fitness
- Community inclusion
- Self advocacy



Three quarters of participants are age 55 and older!

Participants range in age between 18 and 100 years old. Most wait until they are out of high school to attend. If you are a senior and would like to volunteer, you can contact Debbie Smith or Merle Turitz, project coordinator for RSVP, Retired & Senior Volunteer Program of Monroe County.

To donate, visit their Website and click on the links to shop on AmazonSmile or make a donation through GoFundMe.



Special Recreation Services
Debbie Smith

President & CEO

E-mail: dsmith@specialrecreationservices.org

Call or text: 570-972-7949

www.specialrecreationservices.org



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Lehigh Valley Hospital–Dickson City, opening spring 2022

Learn more at LVHN.org/DicksonCity.



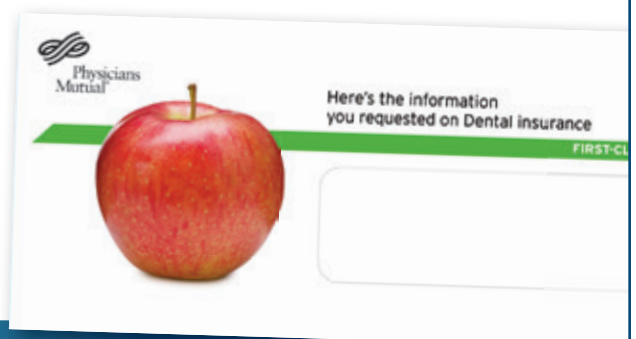
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