

Northeastern Pennsylvania LIFESTYLES™

OVER 50

September / October 2021

The Hearing
Center —
p. 10

Geisinger
65 Forward —
p. 15

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Cover Story

REMINISCING



Are you a one-finger text messenger? You know who you are – the person that needs their reading glasses adjusted right at the tip of their nose and uses one index finger to slowly type a simple text message. Sometimes it seems like such a daunting task just to send a quick thought. Times are changing along with technology. It makes my head spin at times. Maybe it's time to take a moment and slow the boat.

In this issue we take time to reminisce.

Remember being entertained by simply listening to the radio? Read page 19 and enjoy learning about the history of the AM/FM radio. One of our readers (our niece) submitted an article we know you will appreciate entitled, Death of the American Muscle Car. We also spotlight the Endless Mountain Barber Shop Chorus on page 8. I encourage you to get out and listen to them perform this upcoming holiday season or, perhaps join their group! Hopefully, these and other stories will bring joy and happiness to all of you.

Marci Kacyon

Executive Editor

570-390-3350

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www.LIFESTYLESover50.com/NEPA

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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**

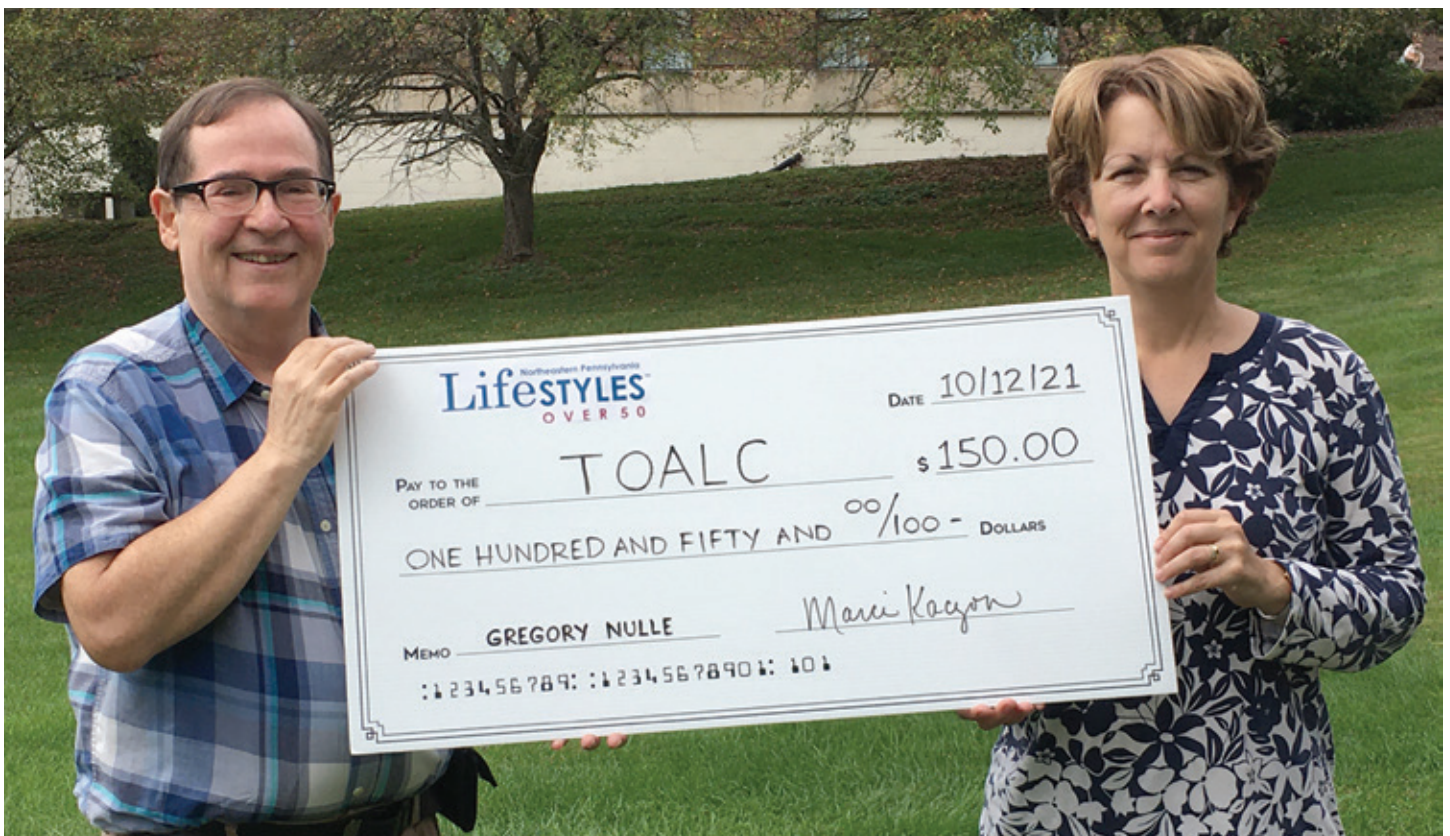


Pay IT FORWARD

TOALC

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 The Older Adult Learning Community (TOALC) accepted by Gregory Nulle – 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 The Older Adult Learning Community (TOALC) accepted by Gregory Nulle.

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

HOW TO DISPLAY PHOTOS

There are multiple ways to “house” your photos. Bound albums, photo gift options, digital memory albums and smart frames are just a few options to store your images.

Photo albums give you the good old fashion experience of taking a photo, getting it printed, and manually adhering it to a page in a binder for display. Many options are still available to get your photos developed, no matter if you use film, remote upload from home or take your storage disc directly to a photo center for processing. Photo albums come in a variety of sizes and colors. You can make it clean and simple or be creative with stickers, glitter and markers. Check out your local craft store for available options.

Photo gift options are available to display your memories in a more creative fashion. The options are endless. Walmart and other online stores can transfer your photo image onto blankets, mugs, phone cases, socks and more. They can create wine labels with your digital image to apply over the existing label to add that personal holiday greeting as a gift to your friends. You can get a personalized calendar made with pictures of your family printed on each month. Or having your “mug” printed on a pillowcase is always the perfect fall back for that White Elephant gift you need to take to the party.

Digital memory albums are another way to create a photo album using an online photo service such as Shutterfly, Snapfish or Mixbook to create your photo book. You get to choose the photo book style, book size, cover type and page details. The Website allows you to personalize as many details of the album as you want. You upload your selected photos to their Website and the album is instantly created. They print out the album and send you the completed product for a reasonable fee. These online photo services supply creative options in the convenience of your home.



Smart frames are electronic picture frames that store and display pictures. One example is the Loop digital frame, which plugs in and connects to your Wi-Fi. You create a Loop account and then can download photos instantly from your phone using the company’s free Loop app. Any relative or friend with access to the Loop app can send a new photo by text messaging the photo directly to your account. It makes a great gift to stay connected. Other simpler forms of Smart Frames allow for direct upload of photos to the frames using a SD card or USB device. The photos will rotate through so all images are on display. Electric or battery-operated options are available.

Photo albums are important to preserve memories and tell your story. Each photo is a unique image that we love to remember. A good photo album takes you on a journey and helps us remember good times. It allows us to keep fond memories close to our hearts that we might otherwise forget.

Sources google.com and loopfamily.com

In Your Neighborhood

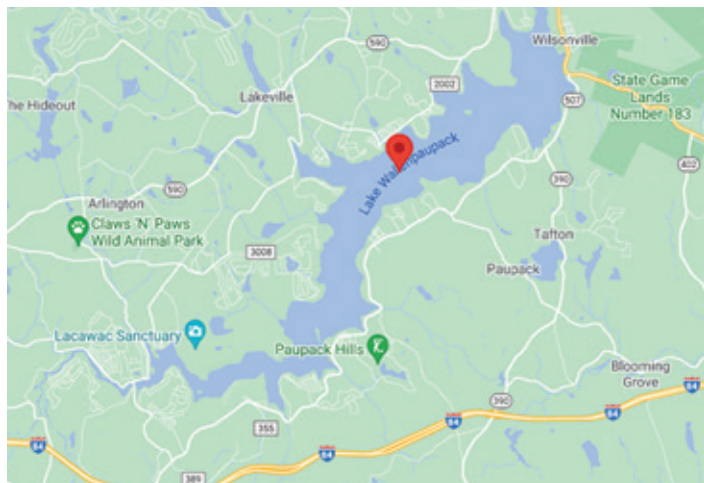
LAKE WALLENPAUPACK, PA

The “Big Lake” is the second-largest lake contained entirely in Pennsylvania.

Lake Wallenpaupack was built for hydroelectric power. Located in northeastern Pennsylvania, it is the second-largest lake contained entirely in Pennsylvania. It comprises 52 miles of shoreline, with a length of 13 miles and a maximum depth of 60 feet, and has a surface area in excess of 5,700 acres.

Except for the dam, the lake looks natural enough with six recreation areas featuring hundreds of acres of surrounding forest lands, wildlife, walking trails, campsites and boat slips. Outfitters offer kayaks, water skiing, wakeboarding, jet skis and boats to help you make the most of your experience. The lake is bordered by several charming small towns of Hawley, Tafton, Paupack, Greentown and Lakeville, all offering great attractions, restaurants and retail stores to play, eat and shop.

Lake Wallenpaupack also offers a wide array of accommodations to relax and recharge your battery, from boutique hotels with in-house dining to cabins and family campgrounds – many within view of the water.



Enjoy fishing?

Whether you're giving fishing a try for the first time or coming back to your favorite fishing hole, you and your grandchildren can borrow rods, reels and a tackle at the Lake Wallenpaupack Visitors Center.

QUICK FACTS

Area: 8.9 miles

Length: 13 miles

Shoreline: 52 miles

Maximum Depth: 60 feet

Surface Area: 5,700 acres

As a partnership between the Pennsylvania Fish & Boat Commission, the American Sportfishing Association and other sponsors, the program will definitely get you hooked.

Spend the day on the water

Pack a lunch and grab your swim suites and spend the day swimming and soaking up the sun along the sandy shoreline of the Palmyra Township Public Beach.

Rather get out in a boat, paddle the lake in a canoe or kayak? Local outfitters provide plenty of rental options. From patio and pontoon boats to fishing boats to jet skis and high-speed boats perfect for water skiing, you'll find a wide variety of watercraft. Want to give stand-up paddleboarding a try? The serene water is ideal for first-time paddleboarders and kid-friendly kayaking trips. Public launch points are easily accessible at Mangan Cove or pay a small fee at Caffrey, Ironwood Point, Ledgesdale and Wilsonville.

Prefer hiking?

Explore one of northeastern Pennsylvania's scenic hiking trails. Stay in sight of the water on the Wallenpaupack Lake Trail, accessible from the Lake Wallenpaupack Visitors Center. The trail traces the lakeshore for about three miles before merging with the half-mile Wallenpaupack Creek Trail. For a longer excursion, head to Promised Land State Park about eight miles from the “Big Lake.” Perched on the Pocono Plateau, the park features nearly 50 miles of paths to wander. Hikers and runners can also branch into the extensive trail system at the adjacent Delaware State Forest.

Sources fishandboat.com and tripadvisor.com



Remain **ACTIVE** in your community
and maintain your **INDEPENDENCE.**



For information on how our agency can help you access our services,

please call 570-822-1158 or 1-800-252-1512

Come Sing With Us

ENDLESS MOUNTAINS BARBERSHOP CHORUS



Come Sing With Us!

We meet at 7:00 p.m., every Thursday night, at the Seven Loaves Soup Kitchen, 51 Warren St., Tunkhannock, Pa. For more information, contact Raleigh Bloch at rblochjbloch@aol.com or call 570-836-8595.

Who Are We?

The Endless Mountains Barbershop Chorus is a non-profit organization, made up of an eclectic group of men and women, from all walks of life, who enjoy singing. Member's ages currently range from 19 to 89.

Our Mission Statement:

The Endless Mountains Barbershop Chorus brings people together in harmony and fellowship, to enrich lives in our community through singing.

What Do We Do?

Our chorus and quartets have provided entertaining performances, at community functions for over 40 years.

Do You Love To Sing?

So do we. We'll provide you with music and learning CD's, so you don't have to read music. Our vocal coaches will make you a better singer.

Long live independence.

Are you caring for an older family member?

LIFE Geisinger centers give seniors a place to spend the day with healthcare, wellness activities, social opportunities and transportation provided — so they can continue to live independently at home. And you know they're getting the compassionate, comprehensive care they need.

Call **800-395-8759** to schedule a tour or find out more about our Scranton, Wilkes-Barre, Kulpmont and Lewistown locations.

geisinger.org/LifeGeisinger



LIFE
Living Independence for the Elderly
Geisinger

Ash to Ash, Dust to Dust

DEATH OF THE AMERICAN MUSCLE CAR



Warning, this isn't your typical obituary!

We are still mourning the loss of a beloved friend and an icon, but we are bidding adieu to the death of the American Muscle Car. Growing up during the 50's, 60's, and 70's, you were fortunate to witness the rise of the American Muscle Car. Sadly, physics proves true in this case, everything that goes up, must come down.

During the era of the Muscle Car, you watched street races with cars that didn't have to be attached to a computer and dial it in, you jumped in it and you gave the guy (or gal) in the lane beside you "The Look" and you hit the gas and left your opponent in the dust.

Unfortunately, those days are over and we are "Dazed and Confused", or you might say, "left in the dust" over it. How did we go from the years of the Double Nickels, the Chargers, Chevy IIs, Challengers, Dusters, Darts, Impalas, and even the VEGA, to the Soul, the CRV, or (tear falls down my face) The Ford Fiesta. Our forefathers are rolling over in their graves and by forefathers, I mean those who envisioned a world where you looked like a total bada ... person, driving in your muscle car, dropping the clutch and leaving a little rubber behind. Even the Detroit Auto Show has shown a decline in attendance with only drawing in about 724,000 participants, a 4% decline.

The dream of the American Muscle Car still lives within many of us and this is our chance to ensure this legacy is not forgotten. This is where the rub-



ber meets the road and we instill a love for quality and a passion for speed in future generations. Send us pictures of you with your American Muscle Car, from your youth or now. Take your son, daughter, or grandchildren to a car show or when you pass one on the street, share a story of your youth. Just don't let the passion die, it is our job to ensure that there are cars around for the next generations to enjoy and more than a Dodge Caravan or a Mitsubishi Mirage.

Courtesy Ashley Phillips, RN, MSN

Lifetime batteries
with purchase of hearing aids.
3 year repair and loss policy.
Free no obligation 2 week home trial
with hearing aids.



Providing Quality Hearing Care For Over 40 Years!

The Hearing Center's licensed and board certified audiologists are trained to evaluate your hearing. Hearing evaluations are offered daily by appointment, using the latest diagnostic equipment to determine which type of hearing aid is best for you. We offer the latest hearing aid technology, cutting edge devices that can connect directly to your TV, land phone or cellular phone. We'll repair all brands of hearing devices, even if you didn't purchase them from us.



We are an approved Geisinger Gold provider. Please inquire about other insurances we accept.

Visit The Hearing Center at any of our convenient locations, and say hello to better hearing.

BLOOMSBURG

Ace Hearing Centers
2201 5th Street
Hollow Road, Suite 3
Bloomsburg, PA 17815
570-784-8050
Monday – Friday:
9:00 am - 4:30 pm

HAWLEY

2591 Rt. 6, Suite 101
Hawley, PA 18428
272-336-0560
Tuesday: 9:00 am – 5:00 pm
Friday: 9:00 am – 5:00 pm

KINGSTON

601 Wyoming Avenue
Kingston, PA 18704
570-287-8649
Monday – Thursday:
9:30 am - 5:00 pm
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
Monday – Friday:
9:00 am - 4:30 pm

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

October 2021 Newsletter

WYOMING COUNTY ACTIVE ADULT CENTER

Weekly Scheduled Activities

Monday –

10:00 a.m. Arthritis Foundation Exercise Class
with Sharon Appleby
10:30 a.m. Ceramics with Sharon (\$2.00 per class)

Tuesday –

10:30 a.m. Geri-Fit Class with Donna Fetzko
11:00 a.m. Crochet Club
11:00 a.m. Learn to play Pinochle
with Pinochle Club
12:45 p.m. Pinochle

Wednesday –

10:00 a.m. Arthritis Foundation Exercise Class
with Sharon Appleby
10:30 a.m. Play Pitch!
11:45 a.m. Brain Games with Ralph

Thursday –

9:30 a.m. Craft/Quilting Club with Lucy & Fran
10:30 a.m. Geri-Fit Class with Donna Fetzko
12:45 p.m. Pinochle

Friday –

10:30 a.m. Shuffleboard
12:45 p.m. Pinochle/Rummy

Wyoming County Active Adult Center
101 Dymond Terrace
Tunkhannock, PA 18657
Director: Rachael Kiwak
Phone: 570-836-2324

*We provide compassionate,
professional on-site and in-home
services for our region's seniors.*



1200 Saginaw Street
Scranton, PA 18505
570-346-7860
SeniorDayServices.org

Area Agency on Aging

ACTIVE & INDEPENDENT

Remain **ACTIVE** in your community and maintain your **INDEPENDENCE**.

Our Mission

The Area Agency on Aging aims to enhance the quality of life for all mature adults by encouraging independence, promoting healthy lifestyles, and ensuring safety and protection throughout their life journey.

About the Agency

The Area Agency on Aging is a county agency serving the needs of the residents of Luzerne and Wyoming Counties, Pennsylvania. The Agency was established by the Luzerne County Board of Commissioners in 1968. Under the provisions of the Federal Older Americans Act of 1965, the Agency was designated to serve as the Area Agency on Aging for the two-county area in 1974. According to Mary Roselle, Executive Director, "The Agency acts as an advocate and speaks out on all issues related to the well-being and needs of older persons." As an Area Agency on Aging, the organization is responsible for planning and coordinating a comprehensive system of social services for the older residents of the community, including:

- Active Adult Centers
- Apprise & Link Programs
- Caregiver Support Program
- Elder Abuse
- Foster Grandparent Program
- Home Delivered Meals
- Mature Worker Program

The majority of funding for the Area Agency on Aging is provided by the Pennsylvania Department of Aging.



For information on how our agency can help you access our services, please call 570-822-1158 or 1-800-252-1512.

www.LuzerneCounty.org/Aging



A new kind of care for a new kind of senior.

Geisinger
65Forward





Our doctors see fewer patients and spend more time with you.

At Geisinger 65 Forward, you get more time with your doctor and more access to personalized care. With a variety of services all under one roof, and the ability to make same-day appointments, it's a new approach to primary care for people 65 and older focused on your health needs.

Accepting new patients at all locations.

Join us for a Saturday open house or call for a private tour.

Scranton

866-986-1948

geisinger.org/GoingForwardScranton

Kingston

866-566-2967

geisinger.org/GoingForwardKingston

Wilkes-Barre

866-595-7921

geisinger.org/GoingForwardWB

Hazleton

866-288-5302

geisinger.org/GoingForwardHazleton

We're taking every precaution to keep you safe during the COVID-19 pandemic. Learn more: geisinger.org/safe

Safety



Who Cared About Gas Mileage?

WE WANTED FUN IN '71

In 1971, a gallon of gas cost 40 cents. You can't even get a candy bar for 40 cents any more! However, it was not the cost of gasoline that was a concern – it was what happened to the gas after the motor digested it that became a big issue in the 70s. Federal regulations were starting to take over and many of the cars' design styles took a major hit. Manufacturers tried to balance the power of their most popular

muscle cars with reduced smog emissions. Compact cars started coming into their own. Convertibles bowed down to sunroofs. The insurance industry came under scrutiny for high premiums, and no-fault insurance was born.

Courtesy LIFESTYLES Over 50 Lehigh Valley



Ford Pinto

Considered “fiery,” not due to performance, but a faulty gas tank that burst into flames when rear-ended.



Chrysler New Yorker

Posh, but powerful – the fastest production car of its time at 0 to 60 in 10 seconds.



AMC Gremlin

Cheap and dorky, but competed well with the VW Beetle.



Dodge Charger

Round “Coke bottle” styling and split grille surrounded great handling and dependability.



VW beetle

New MacPherson suspension could not spare the beloved bug from the new small-car competition.



Chevy C10 Pickup

Disc brakes and optional AM/FM radio graced the “Action Line” trucks.



Plymouth Hemi ‘Cuda

This year featured the fender “gills” and a cassette player and “cartoonish” colors.



Lotus Elan Sprint

Aptly named for its 0 to 60 in 6.7 seconds performance. It was fun to drive and look at.



Dodge B200 Van

Turn signals, heat, backup lights, painted hubcaps, single sun visor – who could ask for more?

Jest A Moment

CELEBRATING FOOD HISTORY — BY NICK THOMAS

Sure, watching our diet is well-advised as we get older. But with World Food Day falling on October 16, that's all the excuse I need to indulge in extra slices of cheesecake throughout the month. I would also like to acknowledge this delectable date by highlighting some lesser-known moments in world food history.

AD 79: Lone survivor of Mt. Vesuvius eruption relocates to find work in Italian bakery and the Lava Cake is born.

1195: King Richard, recovering from a severe bout of acne, meets with royal cook to discuss menu for upcoming banquet. Meeting inspires cook to create popular new British pudding dish, Spotted Dick.

1453: Chef to brutal Romanian ruler Vlad the Impaler invents the shish kabob.

1805: Admiral Lord Nelson inadvertently creates name for popular breakfast meal when asked to predict the outcome of England's naval campaign with France in the Battle of Trafalgar. "French? Toast!" he reportedly quips.

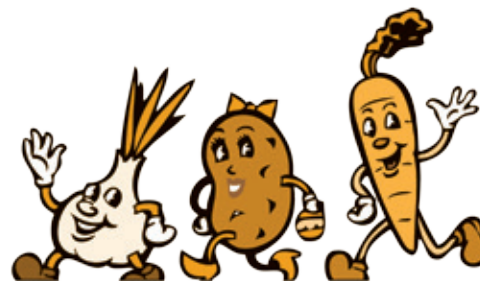
1894: Podiatrist brother of John Harvey Kellogg suggests use for his growing collection of calluses scraped from patients' feet and Corn Flakes created.

1905: After 999 attempts to label new creamy sauce for salads, creator finally settles on name for popular mayonnaise-based tangy 'island' dressing.

1912: Rotund U.S. President William Howard Taft stops by White House kitchen for evening snack, but inadvertently sits on cheese and tomato quiche left on chair. Observant staff chef immediately resigns to establish first American pizza franchise.

1919: Airline company serves first in-flight meal to passengers during London to Paris route creating what would universally become known as plain food.

1937: Group of U.S. senators talk endlessly on the Senate floor during first filibuster and the waffle is invented.



1942: Moe, Larry, and Curly develop fastest known pie delivery service.

1953: Swanson markets the first TV dinner ensuring the proliferation of couch potatoes for generations.

1971: Post Cereal corporation introduces Fruity Pebbles. Despite high mineral content, product largely unpopular with consumers until company replaces the small fruit-infused pieces of granite with more palatable flavored crisp rice bits.



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APPRISE Is Now PA MEDI

EFFECTIVE JULY 1, 2021

APPRISE is now Pennsylvania Medicare Education and Decision Insight, or PA MEDI – same program, same services for Pennsylvania’s Medicare beneficiaries.

The Pennsylvania Department of Aging (PDA) announces that the PA State Health Insurance Assistance Program, formerly known as APPRISE, has been renamed Pennsylvania Medicare Education and Decision Insight, or PA MEDI. The program assists Pennsylvania’s Medicare-eligible individuals, their families and caregivers. It provides free, confidential, objective, and easy-to-understand information about Medicare Advantage Plans, prescription drug plans, and Medicare Supplement plans, Medicare appeals, and allows Medicare beneficiaries to compare plans and costs to determine what best meets their needs.

According to Susan Neff, PA MEDI director, “The new brand (name) supports the vision to be the

known and trusted community resource for unbiased Medicare information.”

The program’s services are provided through Pennsylvania’s 52 Area Agencies on Aging by a network of almost 800 trained counselors in the commonwealth. Many are volunteers and started off as Medicare beneficiaries. PA MEDI volunteer counselors receive free training about Medicare, Medicaid, Medicare Advantage, Medigap, Medicare prescription drug coverage, appeals, fraud, abuse, and more.



To learn more about PA MEDI or becoming a volunteer, call the PA MEDI Helpline at 1-800-783-7067.

Source media.pa.gov

Helping you navigate through tax regulations both today and tomorrow.



BUCKNO LISICKY & COMPANY

Certified Public Accountants | Business Consultants

www.bucknolisicky.com

Remember When?

THE HISTORY OF RADIO

**Let's hope you never leave, old friend
Like all good things, on you we depend
So stick around, 'cause we might miss you
When we grow tired of all this visual**

Lyrics from song Radio Ga Ga by Queen

While Guglielmo Marconi is the person most often credited as the father and inventor of the radio, it was Nikolai Tesla who demonstrated the first wireless radio in 1893. Prior to the 1920s, the radio was primarily used to contact ships that were out at sea. And it was during World War I that radio operators relied on the use of Morse code to send messages.

Radio becomes a mass medium for entertainment and music

Following the 1920s and World War I, broadcasting stations across the U.S. and Europe, such as KDKA in Pittsburgh, Pennsylvania and England's British Broadcasting Company, BBC began to surface. In 1920, the Westinghouse Company applied for and received a commercial radio license, which allowed for the creation of KDKA. And listeners began to purchase radios for private use. It was also Westinghouse, which first began advertising the sale of radios to the consumer. Then in 1923, AT&T released the first radio advertisement with rights to toll broadcasting, soon followed by CBS and NBC.

From about 1920 to 1945, radio developed into the first electronic mass medium (similar to newspapers, magazines and motion pictures) by monopolizing "the airwaves" and defining a new generation of radio listeners. During this time, families would sit around the radio in the evening and listen to programs such as Little Orphan Annie and The Land of the Lost. After World War II, the "Top-40" in music became popular and the target audience shifted from families to pre-teens up to adults in their mid-thirties. FM radio stations began to overtake the original AM stations, and new forms of music, such as rock and roll, began to emerge.



The future of radio

Today, radio continues to evolve and keep up with current technology, with satellite radio and streaming Internet radio gaining popularity. Radios are found not only in our homes, but also in our vehicles. In addition to music, radio talk shows have grown in popularity. On the two-way radios front, newer digital two-way radios allow for one-to-one communication that is typically encrypted for improved security. Short-range radios have improved communications at worksites and handheld radios have become essential in sports, television production and even commercial airline operations.

More readily available and more widespread than any other medium, radio can soothe listeners with comforting dialogue or "elevator" music. It can even jar us back into reality with breaking news or weather alerts that keep us informed and safe. And unlike video, radio will always be a uniquely personal medium, invoking a listener's imagination to fill in mental images amongst the sounds of the broadcast.

Sources Wikipedia.org and transition.fcc.gov

Games

AND ACTIVITIES

.....SUDOKU.....

				5		3		
			8				2	5
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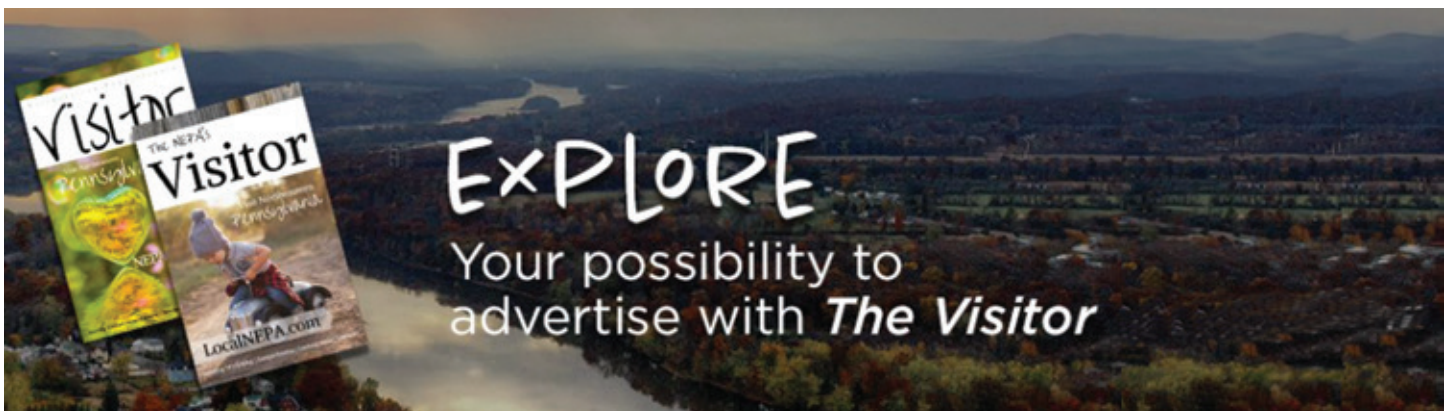
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9		8			2			4

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.

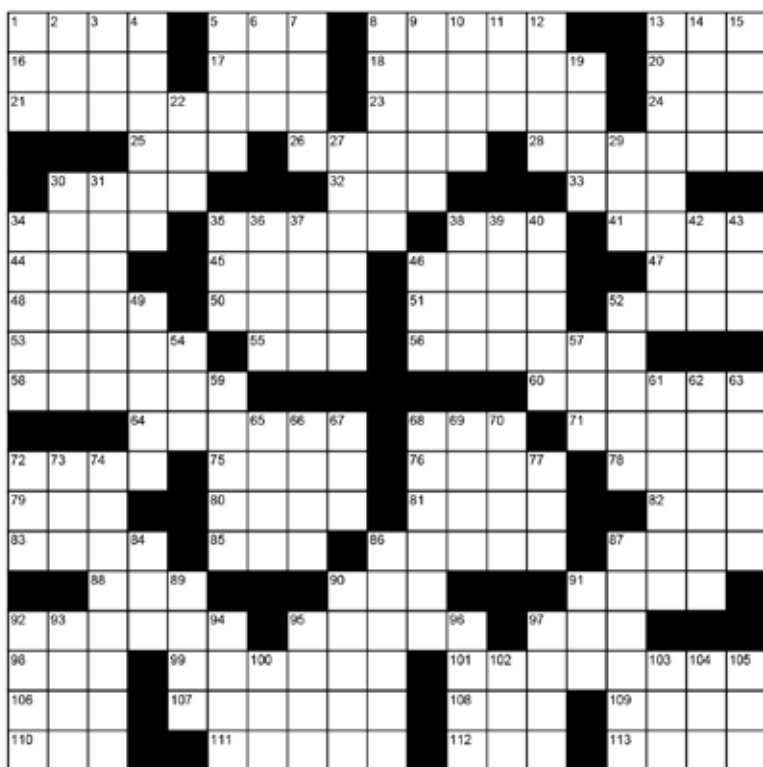
Answers are provided on page 23.



Games

AND ACTIVITIES

CROSSWORD PUZZLE



www.CrosswordWeaver.com

ACROSS

- 1 Apply a varnish
- 5 Crow's cry
- 8 Singing parts
- 13 Choke
- 16 Capital of Norway
- 17 The other half of Jima
- 18 Force
- 20 River (Spanish)
- 21 Unique Flake cereal (2 wds)
- 23 Make tough
- 24 Attention-Deficit Disorder (abbr.)
- 25 Card game
- 26 Heron
- 28 Dulls
- 30 Association (abbr.)
- 32 Directory (abbr.)
- 33 Flightless bird
- 34 Very dry wine
- 35 Slaw
- 38 Madagascar franc (abbr.)
- 41 Appeal
- 44 Admiral (abbr.)
- 45 Soon
- 46 Bar drink
- 47 American Kennel Club (abbr.)

- 48 Very large truck
- 50 Parent groups
- 51 Gas burner
- 52 Guitar finger marker
- 53 Sluggish
- 55 Pen stuff
- 56 Qualm
- 58 Drinking aids
- 60 Unintelligent
- 64 "___ a Mockingbird" (2 wds.)
- 68 Genius
- 71 Side note
- 72 Console
- 75 Canal
- 76 Days of the wk.
- 78 **Get Your ___ on the Trail**
- 79 BB association
- 80 Direction
- 81 Chances of winning
- 82 Second to last mo.
- 83 Tabor
- 85 Explosive
- 86 Terminate
- 87 Be fond of
- 88 Little bit
- 90 Scientist's office
- 91 Snake sound
- 92 Clergyman

- 95 Pink
- 97 Mist
- 98 Hearing part
- 99 Grooved wheel
- 101 Structural
- 106 Wear
- 107 Cuts meat
- 108 Seven
- 109 Onto
- 110 Compass point
- 111 Braid
- 112 Rainy mo.
- 113 So we see

DOWN

- 1 Distress call
- 2 Extra-sensory perception
- 3 Lager
- 4 Short-horned grasshopper
- 5 See ya!
- 6 Hole punching tool
- 7 Came out of sleep
- 8 Subclass including ticks and mites
- 9 Someone with no friends
- 10 Campers dwelling
- 11 Miner's goal
- 12 Replace a striker

- 13 Mealy
- 14 Nearly horizontal entrance
- 15 Divine beings
- 19 Women's magazine
- 22 Hotel
- 27 City
- 29 Sports official
- 30 Ardor
- 31 **Hottest season of the year**
- 34 Principle
- 35 Tire
- 36 Opposed
- 37 Lend
- 38 Soft cheese from Greece
- 39 List of meals
- 40 Lawn
- 42 Stretch to make do
- 43 Feign
- 46 TV lawyer Matlock
- 49 Raging
- 52 Book by Goethe
- 54 li
- 57 Estimated time of arrival
- 59 Shoot clay targets
- 61 "Grand" instruments
- 62 Fools
- 63 Dig
- 65 Persia
- 66 Shoppers need
- 67 Allow
- 68 One-celled animal
- 69 Musical repeat
- 70 Aborts
- 72 Omega
- 73 Abridged (abbr.)
- 74 Sweet dry white wine
- 77 Compass point
- 84 Deface
- 86 Affectionate touch
- 87 Hollow (2 wds.)
- 89 Platter
- 90 Esteems
- 91 Boiling
- 92 Give
- 93 Country in SE Asia
- 94 **A senior calling service**
- 95 **An underground feature in Kutztown**
- 96 Rock
- 97 **Something "Great" in Allentown**
- 100 Make a mistake
- 102 Snip
- 103 Miles per hour
- 104 Note of debt
- 105 Central nervous system

Answers are provided on page 23.

To Make You Laugh

SILLIES

Someone threw a jar of Mayo at me. I was like, what the Hellman?

To the thief who stole my anti-depressants ... I hope you're happy.

Those who confuse Burro and Burrow don't know their ass from a hole in the ground.



Hollywood News: John Travolta was hospitalized, but doctors now confirm that it was only Saturday Night Fever, and they assure everyone that he is Staying Alive. Apparently, he had chills that were multiplying.



Thanks for teaching me the meaning of Plethora - it means a lot.



My wife just got a job at the zoo. She's a keeper.

I can tell if people are judgmental just by looking at them.

Wear your glasses to math class. It will improve division.

Puns about poop aren't my favorite, but they are a solid number 2.

Yesterday, I saw a guy spill all his Scrabble letters on the road. I asked him "What's the word on the street?"

Double negatives are a no-no in English.

If you boil a funny bone, it becomes a laughingstock. That's humerus.

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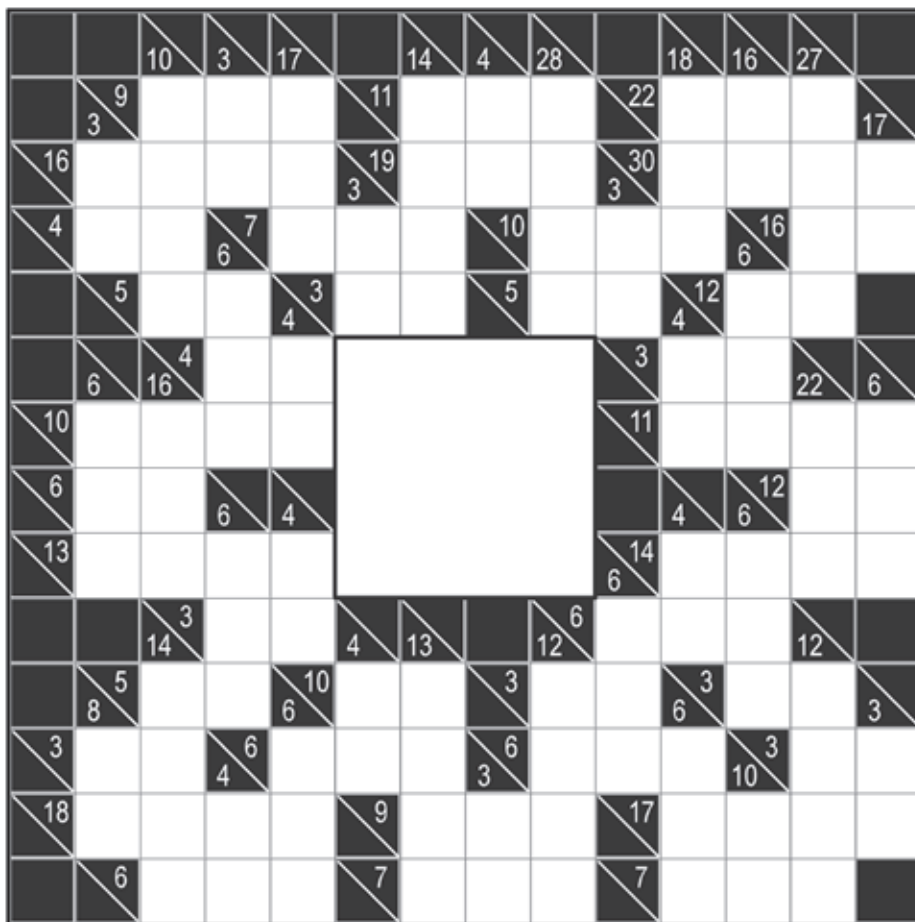
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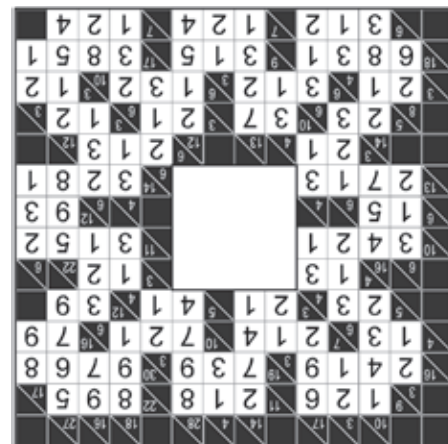
Games

AND ACTIVITIES



Holey Kakuro

Instructions: The object is to fill all the empty squares using the numbers 1 to 9 so the sum of each horizontal block equals the clue on its left, and the sum of each vertical block equals the clue on its top. In addition, no number may be used more than once in the same block.



SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE ANSWERS

SEAL	CAW	ALTOS	GAG
OSLO	IWO	COERCE	RIO
SPECIAL	K	ANNEAL	ADD
UNO	EGRET	BLUNTS	
ASSN	DIR	EMU	
BRUT	SALAD	FMG	PLEA
ADM	ANON	BEER	AKC
SEMI	PTAS	ETNA	FRET
INERT	INK	NAUSEA	
STRAWS		STUPID	
TOKILL	ACE	ASIDE	
EASE	ERIE	MONS	TAIL
NBA	EAST	ODDS	NOV
DRUM	TNT	CEASE	DOTE
TAD	LAB	HISS	
CLERIC	CORAL	FOG	
EAR	SHEAVE	ANATOMIC	
DON	CARVES	VII	UPON
ESE	TRESS	APR	THUS

What To Do

WITH YOUR GRANDCHILDREN



Superhero costumes.

Batman – At the age of eight, when his parents are killed by a small-time criminal named Joe Chill, while on their way home from a movie, Bruce Wayne swears an oath to rid the city of evil.

Spiderman – The Marvel Comics' American teenage orphan Peter Parker is bitten by a radioactive spider. As a result of the bite, he gains superhuman strength and agility along with the ability to cling to walls.

The Incredible Hulk – Bruce Banner was a scientist for the military developing a weapon of destructive power. The result of this exposure transformed him into a hulking, green monster.

Wonder Woman – A superhero appearing in American comic books published by DC Comics. She was sculpted from clay by her mother Queen Hippolyta and was given a life as an Amazon, along with superhuman powers.

Superhero costumes are great! But how about the classic Halloween costumes from decades past?

Ghosts – There are ghosts that drag chains and do other spooky stuff. Then you've got your "friendly" ghosts, like Casper the Friendly Ghost.

Pirates – Pirates have been popular costume ideas for decades. You can pretend to be Blackbeard, Captain Hook and Jack Sparrow.

Skeletons – The earliest vintage skeleton costumes were black clothing with white bones painted onto them. Today's skeleton costumes glow in the dark.

Witches – From the Wicked Witch of the West to The Wonderful Wizard of Oz there are so many cultural depictions of witches from American, European, and African folklore. And you can also find witches from the Harry Potter books and movies, such as Hocus Pocus and Sleeping Beauty.



The Bumblebee transformer made from a cardboard box by our publisher, Larry Kacyon and his wife, executive editor Marci Kacyon for their great nephew.

Popular costumes of today.

Transformers – You will be saving the day from Decepticons before you know it! Choose from popular characters like *Bumblebee* and *Optimus Prime*. "Autobots, roll out!"

Zombies – What's the first thing that comes to mind when you hear someone talk about scary costumes? The best part about these costumes is that you can transform any character into a zombie.

Sources wikipedia.com and halloweencostumes.com

Events Calendar

SPOOKY PLACES IN NEPA



Circle of Screams Dickson City

Every fall, Dickson City's Circle Drive-in movie theatre is crawling with ghouls and freaks. This season's haunt is "Demons of the Manor," a hair-raising walk-through of a haunted estate.

Halls of Horror Palmerton

This haunted attraction is so hardcore and gory that if you're under 18, you need a parent's signature to attend. The walk-through is interactive, which means that the actors will touch and grab you.

Old Jail Museum Jim Thorpe

In 1877, seven members of the Molly Maguires were imprisoned and executed at Jim Thorpe's Old Jail Museum. In cell 17, a Molly Maguire left a dirty handprint (still visible after the wall was washed, painted, and plastered) before his hanging as a declaration of innocence.

Reaper's Revenge Scranton

1. Journey into 66 acres of dark trails aboard a tractor-pulled hay wagon. As you venture deeper

and deeper into the Realm of Reaper's Forest, be ready for what waits for you in the darkness.

2. Make your way to the Lost Carnival – a sideshow populated by the souls of freaks, clowns, and other oddities. If you're lucky, you may reach the Tunnel of Love to make your escape.
3. Enter a world of multiple dimensions where everything is coming off the walls and scaring you at every turn. Do you have what it takes to brave an altered reality?
4. Pitch Black Incorporated was once a thriving light bulb factory that employed a large portion of the population from Lackawanna County. A horrific electrical accident took place in 1924, causing Mr. Black to close the factory for good. Locals believe the building is still very much alive. Enter at your own risk.
5. Be careful where you go in this high-intensity maze of psychological scares. You are among the few survivors of a bio-nuclear attack and to escape the cannibalistic mutants you must make it to Sector 13. But Sector 13 was made to contain mutants, not keep them out. Will you escape the maze, or find yourself at a dead end?

Sources visitpa.com and discovernepa.com

Giving Back

SHARING YOUR STORY

Giving back to your local community through volunteer groups, non-profit organizations, charities or other means does so much to help those in need and contribute to the common good. You can give back in different ways, by giving of your money or your time. No matter how you do it, giving back is sure to touch many people's lives.

Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania recognizes a local nonprofit, individual or group for their contribution to our region. Following are just a few of our stories from 2021.

Leonard S. Buxton



Many have been touched by Leonard S. Buxton's lifetime of giving! A Methodist minister his entire career, Len was asked to come out of retirement numerous times. Of course, he obliged. And then, September 11 happened! The Bishop called upon Len again – this time, to serve as Coordinator of Counseling Churches in Lower Manhattan. His office was only two blocks from Ground Zero of the World Trade Center, where he and his wife helped run the relief effort. Len finally did retire ... sort of. He recently published a second book from his memoir entitled, *Sing Along With Me* available on Amazon.com.

Heather Taber



At age 16, Heather Taber suffered a hemorrhagic stroke (brain aneurysm rupture), which required emergency brain surgery. As a result, her left side was paralyzed. Therapy is where Heather realized she wanted to be an occupational therapist (OT).

Fast-forward 20 years when Heather decided to pursue her dream. After graduating with a Bachelor's degree in Human Development and Family Studies she was offered a part-time position as an Assistive Technology (AT) Assistant at The Assistive Technology Resource Center at UCP of NEPA. Today, Heather is a full-time AT Specialist, applying her own experiences and skills learned to help others.

TOALC The Older Adult Learning Community

The Older Adult Learning Community (TOALC) is an independent community organization that offers a number of diversified courses geared to the interests of its members covering such topics as art, history, finance, health, sports, philosophy and writing. Courses offered are limited only to the interest and imagination of TOALC's members and volunteers, such as: The Art of Michelangelo, Creative Writing, A Film Watch Group, Museum Tours ... and more! Summer outdoor activities often include: birding, kayaking, pickleball, Tai Chi, wine tasting and musical performances. Class leaders and volunteers receive a free membership.

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.

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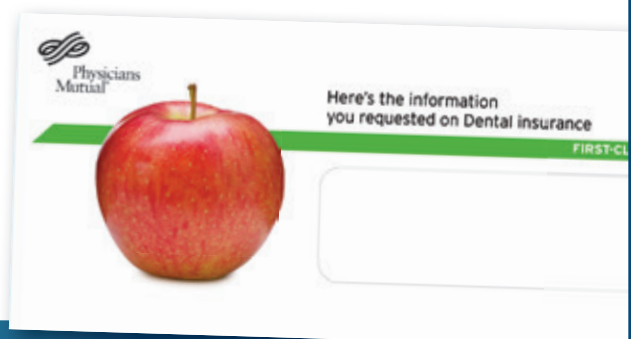
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