

Allentown Rescue Mission Guests Receive the Gift of Clear Sight From Warby Parker

By Stefanie Appel

ALLENTOWN – Warby Parker, a New York-based eyewear company, recently donated gift cards to the Allentown Rescue Mission to provide homeless men with free eye exams and eyeglasses. The generous gift was donated by the brand's Lehigh Valley retail store team and will allow Mission guests who may otherwise not have access to eye care to be seen by a certified optometrist and receive life-altering eyewear.

As part of Warby Parker's commitment to living out its core values, one of which is "Do Good," the company encourages team members across its more than 200 retail stores to get involved with their local communities through donations and volunteering. Tiyana Donahue, Certified Optical Supervisor and Social Innovation Lead at Warby Parker Lehigh Valley, stated, "Warby Parker encourages us to choose what we are passionate about and make a difference."

Donahue met an employee of the Allentown Rescue Mission at an off-site event and after learning about the Mission, she wanted to help the homeless men it serves. Paul, the Allentown Rescue Mission's first recipient of the free exam and glasses, struggled to participate in classes at the Mission. Mission staff realized he couldn't read the words in the books they were teaching with and sent Paul to Warby Parker to get an eye exam.

"After receiving his glasses, Paul has been more engaged in class and has more confidence," stated Todd Bozes, Transformation Program Associate at the Allentown Rescue Mission. "Many clients have more immediate medical needs to address or simply can't afford glasses, so eye care gets put off. This donation directly impacts our client's ability to learn, work, and become self-sufficient," Bozes added.

To date, three men from the Mission have benefited from the donation. All three received eye exams and are in the process of receiving their eyeglasses at no cost. As a company, Warby Parker believes in vision for all, which is why for every pair of Warby Parker glasses sold, a pair is donated to someone in need through its Buy a Pair, Give a Pair program. To date, more than 13 million pairs of glasses have been distributed through the program.



PRESERVING THE POCONOS WITH  POCONO HERITAGE LAND TRUST

Whooooo's out there in the woods at night?

A story for children and their grownups about the owls in Pocono woodlands ... protected by Pocono Heritage Land Trust

By Carol Hillestad
For Pocono Heritage Land Trust

Let's take a walk in the nighttime woods. It will be a pretend walk, so even though it's very dark and maybe past your bedtime, it's OK. We won't get lost. And you can wear your pajamas.

Stand still for a minute and close your eyes. What can you hear? The bubbling creek nearby. Your own breathing. How about the trees? Do they seem to be singing? Right now their leaves and branches are full of katydids, calling each other's name: "Katy-did! kathy-did! kathy-did!" You might hear an owl calling from across the creek, trilling and whinnying like a horse. That's a tiny screech owl with a warning: "Stay away from my nest!"

When you open your eyes, the woods won't seem quite so dark, thanks to that sliver of moon in the sky. As you walk along the trail, take a deep breath. Maybe you can smell the woody smell of old leaves and pine needles under your feet.

Continued on reverse

JOIN OUR OWL STUDY

Even smaller than a screech owl, the northern saw-whet owl nests in the forests of Pennsylvania. Would you like to take part in outdoor research that studies these amazing little owls in October 2023? No age limit. Adults must accompany their children. Contact PHLT for information at 570-424-1514 or adillon@phlt.org.

Owls like this screech owl are up to 100 times better than humans at seeing small objects in low light. Even in complete darkness, owls can pinpoint prey by their hearing alone. (Robert G. Buckert/Macaulay Library photo)



The tiny northern saw-whet owl weighs less than a small peach. (Contributed photo)

LISTEN TO OWLS ONLINE

Listen to screech owls at www.allaboutbirds.org/guide/Eastern_Screech-Owl/

Listen to hoot owls (great horned owls) at www.allaboutbirds.org/guide/Great_Horned_Owl/

More information about Pennsylvania owls at www.pgc.pa.gov/Education/WildlifeNotesIndex/Documents/owls.pdf

PRESERVING THE POCONOS WITH  POCONO HERITAGE LAND TRUST

Whooooo's out there in the woods?

Continuing from front

Shhh! There's a little movement up ahead. Looks like Momma Raccoon is taking her little ones out hunting for dinner. She is teaching them where to find nuts, berries, bugs, eggs, fish and just about anything else that will fit in their hungry little mouths. In a few months, they'll be able to make their way in the woods on their own.

Hmmm. Now there's a smell in the air that tells you a skunk family just went by. That was a lucky miss!

Plenty of other creatures are out tonight, too. You can hear another kind of owl, a really big one, hooting across the creek. Great horned owls sound like they're always asking, "Who? Who-who-who-who?"

Red foxes, coyotes, possums, bobcats, and many other creatures travel these woods in



A screech owl enjoying a long winter's nap. (Jay McGowan/Macaulay Library photo)

the nighttime, when most human girls and boys and grownups are sound asleep in their beds. A pretend walk in the woods is fun — but a real walk is even more fun, and you can walk in woods like these any time you like.

That's because our land trust protects natural places where birds, fish, and animals live — to keep the creatures safe, keep our water safe, and give people beautiful places to walk.

Why not come visit in the daytime? Whooooo knows what you might see?

Pocono Heritage Land Trust owns and manages nature preserves throughout Monroe County. One is likely near you! Our preserves have walking trails, creeks and wetlands that children of all ages and their grownups are welcome to explore. Find trail maps at phlt.org.



ABOUT CONSERVING LAND

Founded in 1984, Pocono Heritage Land Trust is a nonprofit organization dedicated to protecting the natural and cultural heritage of the Pocono region by conserving land and inspiring people to care for, enjoy and explore their natural world. PHLT works cooperatively with landowners to preserve their property and leave a legacy of protected natural habitats, healthy forest, clean waterways and open space for future generations.

You can help Pocono Heritage Land Trust protect land for the future. Learn about membership and volunteer opportunities at www.phlt.org.

PLEASE DONATE to preserve important lands and natural resources in the Poconos, for generations to come.

\$25 provides supplies for one trash cleanup day, or one planting of wildflower seeds for meadow habitat restoration.
\$50 buys tools for managing invasive plants on volunteer days.
\$150 prints 500 trail brochures to guide visitors on preserves.
\$500 builds a streamcrossing bridge to improve trail access.
\$1,500 covers the cost of an appraisal, the first step in acquiring new land for preservation.
\$3,000 funds construction of a sign kiosk on a new preserve.
\$5,000 enables development of a new nature trail network, including trail marking, clearing, signage and maps.

Donate online at phlt.org/donate.html

or clip this form and send it with your check made out to Pocono Heritage Land Trust to:
PHLT, 1539 Cherry Lane Road, East Stroudsburg, PA 18301

Name: _____
Address: _____
Phone: _____
Email: _____