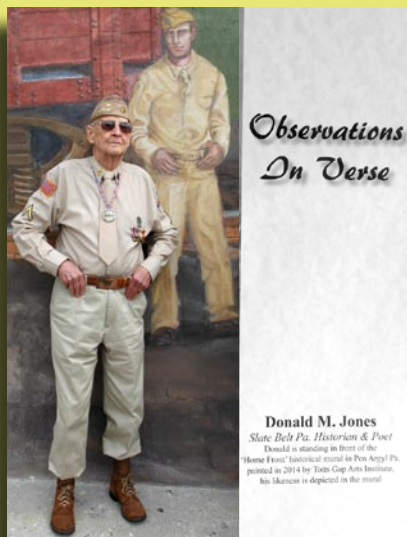


# A Poem from the Archives of Donald Jones

*Exclusively in the Blue Valley Times*



*Observations  
On Verse*

Donald M. Jones  
Slate Belt Pa. Historian & Poet  
Donald is standing in front of the  
"Home Front" historical mural in Pine Knoll Pa.  
retired in 2014 by South Gap Arts Institute.  
His Muncie is depicted in the mural.

## WAITING FOR SPRING

Subzero temperatures and  
the problems they bring,  
You just know I'm ready for  
spring.

Icy winds that make my  
cheeks sting,  
I can hardly wait until it's  
spring.

Hard to start cars and en-  
gines that ping,  
They'll run better as soon as  
it's spring.

Snow every other day seems  
to be the thing,  
But it can't last; soon it'll be  
spring.

It's even too cold for many  
birds on the wing,  
When you hear their song,  
then it's spring.

March twenty-first will make  
my heart sing,  
For then I can say, "Thank  
God it's spring".

## Lower Saucon Road Bridge To Be Replaced

By State Rep. Robert Freeman

HARRISBURG, Feb. 1 – A Northampton County bridge will be replaced thanks in part to a

\$219,640 state grant which was awarded today, according to Rep. Robert Freeman.

"Grants such as this one help our municipal governments with needed infrastructure projects such as this one, and I'm glad PennDOT was able to provide this money to Lower Saucon Township," said Freeman, D-Northampton.

The grant will be used to replace Lower Saucon Road Bridge, a two-lane culvert-style bridge.

It was one of 50 projects awarded throughout the state from the Pennsylvania Department of Transportation's Multimodal Transportation Fund. Applications are evaluated and selections are based on criteria such as safety benefits, regional economic conditions, the technical and financial feasibility, job creation, energy efficiency, and operational sustainability.

## "Families Mill" Photos Wanted

By Karen Brewer

BANGOR - The Slate Belt Heritage Center is in the process of collecting information on all the textile and garment mills that existed in the Slate Belt. So far the response has been wonderful.

They are now asking; if anyone has a picture of the outside of their "Families Mill" to scan it and please send to the Heritage Center @sbhc@frontier.com. Or send a photo to "SBHC 30 North 1st Street, Bangor, PA Att: Karen Brewer.

## BARGAINS OF THE MONTH®

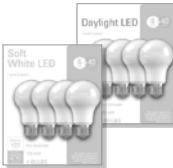
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## Portland Hook & Ladder

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## Shanthi Project: Classes To At-risk Youth And Adult Survivors

By Denise Veres

EASTON, PA. – Shanthi Project, which provides trauma-informed yoga and mindfulness classes to at-risk youth and adult survivors of trauma throughout the Lehigh Valley, has appointed Maureen Wendling as its executive director.

Denise Veres, Shanthi Project's founding executive director, will continue to serve on the Board of Directors and involved with outcome research.

"2018 was truly Shanthi Project's break-out year, and I'm excited to continue this momentum throughout 2019 and beyond," said Wendling. "I look forward to working with our many supporters and partners to bring trauma-informed yoga and mindfulness to even more members of our community."

Wendling has extensive experience in government, non-profit organizations, and higher-education. Prior to joining Shanthi Project, she served as a nonprofit consultant, working with organizations of varying sizes to develop and implement strategies around fundraising, special events, and management.

"There is an increased demand throughout the region for Shanthi Project's yoga and mindfulness classes, and Maureen's deep nonprofit experience and strong community connections will certainly be instrumental in guiding the organization through this next phase of growth," said Michael Harrington, president of Shanthi Project's Board of Directors.

She previously held senior development positions at Allentown Art Museum, Lehigh University, and Zoellner Arts Center. She also serves on the Board of Associates of the Lehigh Valley Community Foundation and Muhlenberg College.

A mindfulness meditation teacher, Wendling completed her teaching training at the Myrna Brind Mindfulness Institute at Thomas Jefferson University Hospital and the Center for Mindfulness at Lehigh Valley Health Network. She holds a bachelor's degree from DeSales University. She lives in Allentown with her husband.

### About Shanthi Project

Shanthi Project strengthens families and communities by teaching thousands of trauma-informed mindfulness and yoga classes each year to youth-at-risk and adult survivors of trauma throughout the Lehigh Valley region. Through controlled movement, breathing, and meditation, students learn valuable coping and life skills that cultivate self-awareness, enhance self-esteem and promote positive emotions. To expand its impact, Shanthi Project trains social workers, counselors, teachers, and yoga instructors in trauma-informed practices. Shanthi Project also participates in scientific research on how mindfulness and yoga benefit trauma survivors and its approach has been proven to reverse the effects that emotional and physical trauma has on the brain. For more information, visit [www.ShanthiProject.org](http://www.ShanthiProject.org).

### Pension Forfeiture Bill Approved by Committee

By Senator Mario Scavella

PEN ARGYL - Legislation to ensure that public employees who commit job-related felonies are stripped of their taxpayer-funded pension was approved Tuesday by the Senate Finance Committee in a unanimous, bipartisan vote. The bill was also moved out of the Senate Appropriations Committee and now moves to consideration by the entire Senate.

This legislation, Senate Bill 113, closes the loophole used by unscrupulous public officials whereby they plead guilty to non-forfeiture crimes so they can keep a pension. It would require pension forfeiture if a public employee or public official is convicted, pleads guilty, or pleads no contest to any felony offense related to his or her employment.

I supported this legislation when it passed the Senate in the last legislative session, and I look forward to seeing it through to enactment this session.

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