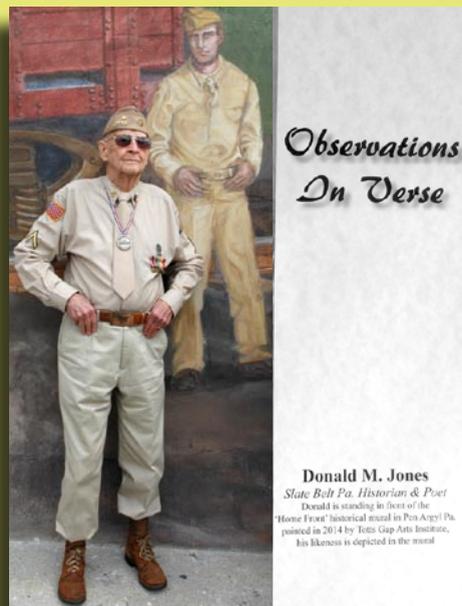


# A Poem from the Archives of Donald Jones

*Exclusively in the Blue Valley Times*



## Observations In Verse

**Donald M. Jones**  
*Slate Belt Pa. Historian & Poet*  
Donald is standing in front of the  
"Home Front" historical mural in Pen Argyl Pa.  
painted in 2014 by Totts Gap Arts Institute.  
His likeness is depicted in the mural.

## HAPPINESS

Happiness affects people in many ways;  
Perhaps it's sunshine on cold winter days.  
Maybe a good meal with the best of friends,  
Memories of good times that never end.

The love and devotion of wife and mother,  
A Thanksgiving visit from a seldom seen brother  
Happiness can be a thing great or small,  
Happiness, if we let it, will encompass us all.

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## Senators Scavello, Boscola Urge Gov. Wolf to Let Nazareth's Martin Guitar Reopen

By Lenord Fox

Harrisburg – State Senators Mario Scavello (R-40) and Lisa Boscola (D-18) today wrote Gov. Tom Wolf requesting a business waiver to permit Martin Guitar of Nazareth, Northampton County, to resume operations if the statewide order keeping manufacturing closed remains in place.

“On behalf of Martin Guitar, we respectfully request that you issue an Executive Order to permit manufacturing operations to resume in Pennsylvania,” the letter states. “If this is not viable, we request that you issue an individual business waiver to the Governor’s Business Closure Order for Martin Guitar.”

“Martin Guitar’s competitors in California, Arizona and Maryland are now open for manufacturing, which is placing Martin Guitar at a serious disadvantage,” the senators wrote.

The senators noted that Martin Guitar has developed a comprehensive reopening plan to ensure the safety of its employees. The plan complies with all Centers for Disease Control and Pennsylvania Department of Health requirements regarding temperature and health checks, social distancing, mask requirements, hourly hand washing, and more.

“This world renowned company was started by German immigrant Christian Frederick Martin Sr. in 1833 and has been continuously family owned and operated for six generations. Martin guitars are famous for their unrivaled quality and craftsmanship, and is a source of pride for our region and commonwealth,” Senator Scavello said. “While I’m working to open all manufacturing statewide, I make this special request on behalf of a company with a 187-year commitment to Pennsylvania.”

“We need to work with Pennsylvania employers to create responsible plans to open in light of Covid-19. This is especially important when other states are opening up more readily and putting Pennsylvania businesses at a competitive disadvantage,” Senator Boscola said. “Martin Guitar has put together a plan to mitigate the spread of the disease and bring back employees safely.”

The list of entertainers who have owned and played Martin guitars includes Elvis Presley, Paul McCartney, Eric Clapton, John Mayer and many others.



## Self-Care During the Coronavirus

By Michelle Zuccarini MSN, RN, CRNP- Psychiatric Mental Health  
WIND GAP - Pandemic is Important

The outbreak of coronavirus disease has certainly changed our lives. Not only does this disease have physical effects on our bodies but can also affect our mental wellness. We may experience many strong emotions brought on by stress. Taking good care of ourselves is just as important as caring for those around us. Some self-care tips from the CDC and Mayo Clinic include:

Caring for our physical health. Get enough sleep to help strengthen our immune system, improve brain function, and our mental health.

Keep a regular sleep routine, times for meals, bathing and getting dressed, and work or study schedules is also good for our mental health. Remember to also set aside time for exercise and activities you enjoy.

Eat healthier by choosing a well-balanced diet and limiting caffeine which can worsen stress and anxiety.

Avoid using tobacco, alcohol, and drugs. If you smoke tobacco or if you vape, you are higher risk of COVID-19 complications. Using alcohol or drugs to try to cope can make matters worse and even reduce your coping skills. Avoid any drugs or medications unless your doctor prescribed them.

Reducing stress triggers. Take breaks from news stories, including social media. Hearing about the pandemic repeatedly can be upsetting and increase our stress levels. Keep up to date on national and local recommendations from reliable sources such as the CDC and your state health department. Limit screen time and turn off electronic devices for some time each day, including 30 minutes before bedtime to help get better sleep.

Connecting with others. Find time each day to make virtual connections by email, texts, phone, FaceTime, or similar apps to help you and your loved ones feel less lonely.

We all experience stress, but the effects of the pandemic can push us beyond our ability to cope and cause trouble concentrating, changes in appetite, and feeling new or different body aches and pains. We may also have difficulty sleeping or struggle with routine tasks. When these symptoms last for several days in a row, it is time to ask for help.

Contact a friend, loved one or perhaps a minister, spiritual leader, or someone in your faith community. You can also call your doctor or mental health professional to discuss symptoms and get advice. Many now provide the option of phone, video, or online appointments.

Organizations such as the National Alliance on Mental Illness (NAMI) can offer resources. The NAMI HelpLine can be reached Monday through Friday from 10 am–6 pm, ET at 1-800-950-NAMI (6264) or [info@nami.org](mailto:info@nami.org)

The Substance Abuse and Mental Health Services Administration (SAMHSA) can offer help and guidance at 1-800-662-HELP (4357) or at [www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline).

If you are feeling suicidal or thinking of hurting yourself, please seek help. Contact your doctor or a mental health professional or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or use its webchat at [suicidepreventionlifeline.org/chat](http://suicidepreventionlifeline.org/chat).

Do not be embarrassed or afraid to reach out and get the help you need. We are all in this together!



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