

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
"Horse Front" historical mural in Pen Argyl Pa.
painted in 2014 by Totto Gap Arts Institute.
his likeness is depicted in the mural

BIRTHDAYS

Another birthday has come and gone
Another year has slipped by.
They seem to pass much quicker now
And yet I don't know why.

In each year there are as many days
For both the young and old,
But for the old, time flies faster,
At least that's what I've been told.

But no matter how fast the years go by
We should be sure to fill each one
With work and play and enjoyable things
For living is meant to be fun.

And because we can't stop the clock
Or subtract a few birthdays,
We can't afford a lost moment
For these are the best; the only days

Bangor Main Street Market to Reopen in October 2019 under new Management of Duane and Nichole Smith

FOR IMMEDIATE RELEASE

From: Jamie Townsend, et. al

Bangor, Pennsylvania, September 9, 2019

We are pleased to announce that an agreement has been reached to re-open Main Street Market as a grocery store.

Duane and Nichole Smith will open the market in October 2019. "We are excited to be back in the grocery business and serving our neighbors in the Bangor area." Smith is a veteran of the grocery industry, having been a founding partner of the market more than 25 years ago. He then went on open his own grocery store in nearby Portland before two floods forced its closure in 2008.

Duane says, "We look forward to bringing back the same level of service Main Street Market has always been known for." Patrons can expect to see some familiar faces back at the store. "A number of employees have already agreed to come back to work," he says.

"We knew Duane was a natural fit. He not only brings industry knowledge and expertise, he is a known and trusted professional in our community. We're excited he's agreed to take on the market," says Jamie Townsend. "We always realized this market is a vital part of the Bangor community. We thank everyone for their patience as Duane and Nichole do the hard work to get the store re-opened. In the meantime, we are making arrangements for building and site improvements, including repaving the parking lot which were always planned," he says.

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9/11, remember those who lost their lives and honor those who gave theirs

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At the same time, we want to acknowledge the brave men and women, the veterans of our post- 9/11 wars who have returned from foreign soil and are adjusting to civilian life. Many carry the physical wounds of war an amputated limb or traumatic brain injury. Others suffer from post-traumatic stress disorder, depression, anxiety and suicidal thoughts.

So, this 9/11, we remember those civilians who lost their lives on that horrible September day, and the first responders who saved so many. But we also thank and honor those who

have defended our freedom in the 17 years since, and those who continue to serve humanity in countless ways after leaving military service.

The Tower of Voices was dedicated last year, with remarks from former Pennsylvania Gov. Tom Ridge and the park's superintendent.

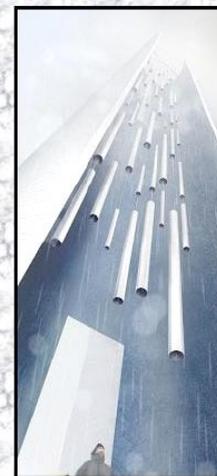
The 93-foot structure at the Flight 93 memorial north of Shanksville is designed with a wind chime for each of the 40 who died on Sept. 11, 2001.

Ridge, who became the first head of the federal Homeland Security Department, said the chimes will provide "an everlasting concert by our heroes."

Three other hijacked planes were crashed into the World Trade Center in New York and the Pentagon.

The Tower of Voices

- Tall enough to be seen from the highway.
- Rings of white pines surround the tower
- The tower houses 40 wind chimes
- The sounds of the chimes in the wind are the living memory of the 40 persons honored.



Nearly 3,000 people died in the attack.

The National 9/11 Memorial was dedicated on September 11, 2011 on the 10th anniversary of the 9/11 attacks in a ceremony for victims' families. The following day, it opened to the public on September 12, 2011 and remains open for visitors with advance passes.

The memorial features the country's largest man-made waterfalls dramatically cascading into two sunken pools. These pools mark the footprints of the Twin Towers. The names of 2,980 victims have been etched in granite around the edges of the memorial. The effect seeks to create closure for families belonging to the nearly 40 percent of victims whose bodies were completely obliterated by explosions during the attacks.

Opened in the spring of 2014 the 9/11 Memorial Museum which houses artifacts from 9/11 events including personal items from survivors as well as the deceased donated by their families. In addition, there is an extensive audio collection of personal histories from emergency service workers, survivor's families, as well as ordinary New Yorkers who witnessed the events of the day.

September is National Preparedness Month

For National Preparedness Month, the Pennsylvania Emergency Management Agency is offering tips on how to create an emergency kit, the facts about flood insurance and more.

You can sign up for weekly preparedness tips throughout September at:
<https://www.ready.pa.gov/BelInvolved/Pages/30-Days-30-Ways.aspx>

September is National Recovery Month

September is National Recovery Month, a time to spread the word that substance use treatment and mental health services can enable those in need to live healthy and rewarding lives.

Need treatment for you or someone you know? Call the Get Help Now Hotline: 1-800-662-4357 to speak with a professional. More information and resources go to:
<https://www.pa.gov/guides/opioid-epidemic/>

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