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CIT Career Institute of Technology

BUILD YOUR FUTURE



CIT Now Offering Grab-N-Go Breakfast

CIT Students can now start the day off on the right foot by grabbing breakfast in the CIT cafeteria. The new grab-n-go breakfast program was implemented this year as a result of a Pennsylvania Department of Education School Breakfast Mini-Grant. Students can purchase breakfast for \$1.50 and receive an entree such as a muffin or cereal bar, fruit, and juice. Free and reduced lunch students also qualify for free and reduced breakfast.

Eating breakfast can help students have more energy and perform better in school. Breakfast improves concentration, memory and recall and can lead to better grades. It also can improve a student's mood, leading to better behavior and higher self-esteem.

Students who eat breakfast at CIT have the opportunity to enter the cafeteria upon arrival and take their breakfast to their classroom.

Current offerings include Blueberry, Chocolate, and Apple Cinnamon muffins, Pillsbury Cinnamonis, Pop-Tarts, and Cinnamon Toast Crunch Cereal Bars. Students are currently being surveyed to find out what other options they would like to see offered throughout the year.



Machine Tool Technology students enjoy breakfast before starting class.

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CIT HAPPENINGS:



OAC Members

CIT is looking for OAC members! Each CIT program has an Occupational Advisory Committee made up of industry members that meet twice a year. OAC members help us make important decisions that impact our students and programs. If you are interested in joining, visit our website!

School Resource Officer

Officer Greg Reeder joined CIT as the selected SRO from Forks Township Police Department.



New Welding Instructor

CIT welcomes Mr. Eric Coughlan as the new Welding Instructor. Mr. Coughlan has more than 22 years of experience in industry as a welder with extensive fabrication skills.

SPECTACULAR PUBLIC AUCTION HEAVY EQUIPMENT, TOOLS, CATERING ITEMS



Sat. Oct. 5, 10 AM
62 N. Broadway, Wind Gap, PA
Inspection 8 AM until sale time

Highlights: John Deere 450B Track Loader, Catapiller D4D Bull Dozer, Wood Eze Wood Processor, Propane Water Heaters, Cub Cadet 27 T Wood Splitter, 1981 International 10 T Dump Truck, (2) 48" Storage Trailers, Acetelyn Outfit, Flow EZ Gravity Wagon for Corn, 28" Husqvarna 395XP Chainsaw, 48" Husky Chainsaw, Radial Arm Saw, Lincoln AC 225 Welder, Pellet Stoves, 2 Gas Powered Saws Partner K750 & Stihl TS 350, 10 Ton Steam Roller, Hoelzel Insurance Sign, Pallet Jacks, Tool Organizers, Hand Tools, Wrenches, Rebar, Wall Blocks, Car Parts, (2) 5 Gal Gulf Pride Oil Cans, Catering Equipment including Chafing Dishes, Warming Boxes, Beer Lights plus much much others.

Sale Ordered by Kerry Gassler

Terms: Cash, Approved Checks, Visa, Master Card and American Express. 13% Buyers Premium.

1101 Allegheny Road Mt. Bethel, PA **TEEL AUCTIONS AH-002409-L**

Sponsored by Senator Mario Scavello

Concealed Carry Seminar



Please join me as I host an informative seminar to educate area residents interested in a concealed carry permit. The Representatives from the Monroe County District Attorney's office will provide an overview of concealed carry laws in Pennsylvania and answer your questions. I invite you to join me in Reeders for this exciting and educational event.

Registration is required; please RSVP at <https://www.senatorscavello.com/concealed-carry-seminar> or call 570-620-4326 to reserve your seat.

Mario M. Scavello
 Senator Mario Scavello

Thursday
October 3, 2019
7-8:30 PM

Jackson Township Volunteer Fire Company
 2176 Route 715, Reeders, PA

Registration is required and seating is limited.

For more information or to register please call 570-620-4326 or visit senatorscavello.com



Constituents will also be learning about the PA Castle Doctrine laws as well.



**Ken
Field**

Owner of Slate
Belt Energy
Services

Exclusively in the Blue Valley Times

Zone Out

One of the most comfortable additions to a home comfort system is zone control.

It was always very common to zone systems that used hot water to heat the rooms because it was not very complicated, but it is different with air conditioning and also with furnaces. When part of the airflow is turned off, the fan still wants to move the full amount of air and all sorts of things would happen then. Noisy registers is probably the biggest complaint but sometimes the air conditioning coil will freeze up or the fan motor will fail prematurely in zoned systems. There have been many improvements over the years and a few companies have made systems that were targeted at zoning existing systems. You might wonder why that is different than zoning a new system but it is a lot different. In a new system, the main ducts can be built in a way that each zone has its own main supply duct and then only one zone damper is needed to control the whole zone. In an existing system each room has to have a damper. This makes the system cost a little more but it normally exceeds the number of dampers a zone controller can handle. For every problem there is a solution and one manufacturer we use has a zone system that uses air operated dampers and there is a small air pump inside the controller. Each damper has a connection on it for a hose and we can connect as many together as we need to without causing a problem. That brand also has a microprocessor in the controller to allow us to setup all kinds of parameters to tailor the system to each home. When we use that system with a 2 stage heat pump, it is about as efficient and comfortable as you can get today.

The logic behind zoning is that you can make the rooms you are in comfortable during the part of the day you are really in them. Bedrooms can be left to slide a few degrees during the day and the living room doesn't need to be comfortable when everyone is in bed. If you combine a zone system with setback thermostats, you will have an unbeatable level of comfort and it will be automated so even if you forget to change the thermostat setting before you go to bed, you will save energy automatically.

It won't pay for itself overnight but in the long run, you will have lower energy bills and a more comfortable home.

Ken Field is the owner of Field's Service, Inc. and Slate Belt Energy Services. He has over 40 years of experience in heating, air conditioning and is certificated by RESNET and BPI in various areas of energy conservation. He can be reached at 610-599-8832 or at www.SlateBeltEnergy.com

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¹Offer valid for \$300 off on all new John Deere X330 Select Series Lawn Tractors and X380 Select Series Lawn Tractors purchased from a participating John Deere dealer between August 2019 to November 2019. Some restrictions apply. Prices and models may vary by dealer. This can be combined with the regular installment options. Prices and savings are in U.S. dollars.

²Offer valid on qualifying purchases made between August 2019 to November 2019. Subject to approval credit on a revolving plan account, a service of John Deere and models may vary by dealer. Offers available on new equipment and in the U.S. only. Prices and savings in U.S. dollars.

³Offer valid on qualifying purchases made between August 2019 to November 2019. Subject to approval credit on a revolving plan account, a service of John Deere and models may vary by dealer. No down payment required. Interest rate charged to your account from the purchase date is 7.99% APR. If the purchase balance is not paid in full within 12 months or if your account is otherwise in default. Available at participating U.S. dealers. Prices and models may vary by dealer.

*The engine horsepower and torque information are provided by the engine manufacturer to be used for comparison purposes only. Actual operating horsepower and torque will be less. Refer to the engine manufacturer's website for additional information.

**Term limited to years or hours used, whichever comes first, and varies by model. See the LIMITED WARRANTY FOR NEW JOHN DEERE TURF AND UTILITY EQUIPMENT at JOHNDEERE.COM.

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The Salvation Army Hosts Annual Harvest Festival & Auction Fundraiser Benefiting Monroe County Programs

By Major Gilbert Parkhurst

EAST STROUDSBURG – The Salvation Army East Stroudsburg, Corps and The Farda Family are pleased to be honoring Mr. Patrick Ross, a beloved community servant for over 40 years, with The Ann & Joseph Farda Community Service Award at its annual Harvest Festival & Auction at Stroudsmoor Country Inn, Ridgecrest on Thursday, October 10 starting at 5:30 pm. Major Gilbert Parkhurst, spokesperson for The Salvation Army, said, "This joyous event is critical to support our local programs, providing comprehensive assistance with meals, food baskets and shelter to thousands of County residents."

Live and silent auction items for the event include vacation get-a-ways, restaurant and adventure gift certificates, Coach bags, amazing gift baskets, gold coins, and much more. Parkhurst continues, "It is the mission of The Salvation Army in East Stroudsburg to preserve human dignity while empowering people to reach their potential through honoring heritage, strengthening family values and meeting human needs. In these tough economic times, when thousands of neighbors are finding it hard to feed their families, the need for our services is under even greater pressure."

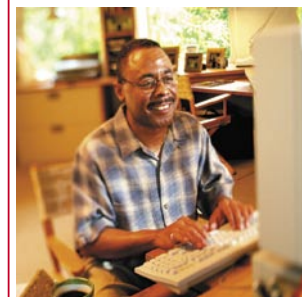
Last year The Salvation Army East Stroudsburg Corps. provided 38,939 hot meals, 26,091 food baskets, and 8,983 nights of shelter to Monroe County Residents and proudly placing 120 homeless residents into permanent and sustainable housing. The Toys for Joy, Toys for Tots and Angel Tree gift donations provided 20,964 Christmas items to children and ongoing, The Salvation Army feeds approximately 600 Monroe County families monthly. This year, the East Stroudsburg Corps is expected to provide more than 60,000 hot meals to hungry men, women and children in Monroe County and provide grants for rent, utility assistance, heating fuel and healthy food for more than 20,000 families in need.

Reservations for the Harvest Festival can be made by calling 570-421-3050. The silent auction will begin at 5:30 pm with the live auction at 7:30 pm. A passed and seated, Hors D'oeuvres Reception, with carving station, will be served from 5:30 pm to 7:15 pm, followed by seated coffee and dessert and the award presentation to Patrick Ross. Event tickets are \$65 per person. Parkhurst concludes, "We are still accepting auction items and ads for our program and welcome the community to join us for a very good cause. We anticipate that as long as the economy is uncertain and people are out of work, our numbers will continue to be on the rise. By attending this event you will be helping us continue to service those less fortunate in our community."

Contact: Major Gilbert Parkhurst – 570-421-3050.
parkhurst@use.salvationarmy.org

AARP® FRAUD WATCH NETWORK

Work from Home Scams



Today's work world is vastly different than when Labor Day was first celebrated more than 130 years ago. Today, more and more people are working from home for companies halfway around the country or even the globe. But with this new flexibility comes a new risk of falling victim to scammers looking to take advantage of people wanting to work from home. The scams can promise work on medical billing, data entry or starting an online business, but they all require paying something up front. Once you start paying, the requests for more money for training never stop and in return you get a lot of useless information or requests to recruit more people into the scheme.

There are genuine work-from-home jobs out there. The trick is knowing how to spot the real opportunities in a sea of empty — and costly — promises. Be a fraud fighter! If you can spot a scam, you can stop a scam.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork or call the AARP Fraud Watch Network Helpline at 1-877-908-3360 to report a scam or get help if you've fallen victim.