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# Blue Valley Times

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Blue Valley Times

## Learning To Love Winter In State Parks, Forests, And Game Lands

By Carol Hillestad

My early aversion to winter dated from the time my tongue froze to an icy flying saucer at about age 7.

But people do grow up and learn not to sample the ice on metal objects. And I have also learned that winter is one of the best times to be outdoors in the Poconos. The afternoon sun lighting snowy evergreens, the shape of far ridges seen through leafless trees, and the snow-muffled quiet of a woodland are some of the rewards.

Pennsylvania protects its outdoor heritage with state parks, state forests, and game lands. What luck to have all of these nearby! Here are three ways to get outside, breathe deeply, refresh your spirit ... and love being outdoors in winter.

### PROMISED LAND STATE PARK

Whatever your skill level — or tolerance for winter weather — you'll find an outdoor adventure at Promised Land State Park.

Head to Conservation Island with the self-guided trail map for an easy stroll on smooth, level paths. Take Little Falls Trail for a pleasant out-and-back walk with small waterfalls along the way. Walk or jog 6 miles around the lake on maintained roads. Borrow snowshoes — for free — and explore well-marked trails through wooded hills and valleys.

Promised Land covers 3,000 acres. Its 50 miles of trails include some that cross into Delaware State Forest and Bruce Lake Natural Area. Excellent maps are online and at the park office.

### DELAWARE STATE FOREST

Named for the river, not the state, Delaware State Forest is managed by professional foresters to create healthy forests, protect pure water and scenic beauty, provide recreation, and conserve plant and animal habitat, among other uses.

At 83,519 acres, it's big enough to feel like wilderness. You'll find waterfalls and wetlands, glacial lakes and bogs, beaver dams, coyote tracks, and countless native plants, birds, and wildlife. A detailed map is available in hard copy and online.

One place to start is off Snow Hill Road in Price Township. Follow Angler's Road to the large parking area where it intersects with 16 Mile Run Road. Walk downhill through

*Continued on page 15*



The Office of U.S. Senator Pat Toomey and Pennsylvania State Senator Mario Scavella, invite eligible veterans to apply for the Korean War "Ambassador for Peace Medal". To be eligible, veterans must have served in Korea at any time during the period of June 25, 1950 through July 27, 1953. U.S. Navy veterans are eligible if their vessel was assigned to Korean waters during this specific time. UN peacekeeping forces assigned to Korea through December 31, of 1955 are also eligible.

The "Ambassador for Peace Medal" was created by the government of South Korea and will be awarded to veterans in a future presentation ceremony honoring recipients. Eligible veterans must complete an application and provide a copy of their DD214 for verification purposes by the Korean Consulate.

Applications in pdf format are available to download at [senatorscaavella.com/korean-peace-medal](http://senatorscaavella.com/korean-peace-medal), or you may contact Senator Scavella's office at 610-863-1200 to have an application mailed to you. Completed applications and a copy of your DD214 must be sent to:

Office of U.S. Senator Pat Toomey  
Attn: Marta Gabriel  
1150 S. Cedar Crest Blvd., Suite 101  
Allentown, PA 18103



You may email copies of both documents to [Marta.Gabriel@toomey.senate.gov](mailto:Marta.Gabriel@toomey.senate.gov). Medals will be provided posthumously to family members with proper documentation. The deadline for the application is Friday, January 10, 2020.

Information on the upcoming presentation ceremony will be provided to approved medal recipients upon verification of their application from the Korean Consulate. We anticipate that approved applications will be returned to our office during the month of April, 2020.

1987-2017  
*Natalie Keel Frey*

MY BELOVED DAUGHTER HAS GONE TO HEAVEN. SHE IS IN PARADISE NOW, WITH GOD & ANGELS  
*She will always be with me.*

Natalie left us on May 15th, 2017. She left behind her son Giovanni and her daughter Gemma, as well as her mother Janet Frey and Jim, her father Dr. Richard Frey and Gail, and her brother Alexander Frey. Her high energy, talent, and friendliness will be missed, but not forgotten.

Don't let Heroin tear your family apart. **GET HELP.**  
Carbon-Monroe-Pike Drug and Alcohol Commission's Mission: "To promote a community where recovery matters and strength and dignity is given to those affected by drug and alcohol use."

**GET HELP NOW**

After hours 24/7 number: Carbon Monroe Pike Referral Center at 1-866-824-3578. During regular business hours call: Carbon County Referral Center Toll Free: (866) 824-3578. Monroe County Catholic Social Services: (570) 517-0892

Pyramid Healthcare Bartonsville Outpatient: (888) 694-9996. Pike County Catholic Social Services: (570) 296-1054

Carbon County Provider: PA Treatment and Healing (PATH), 335 N. Fourth Street, 2nd Floor, Lehighton, PA. 18235. (610) 377-8870.

Northampton County Drug & Alcohol Division - Located at 2801 Emrick Blvd, Bethlehem, PA 18020. 610-829-4725. A case manager is available Monday through Friday from 8:00 am to 5:00 pm to provide you with assistance on accessing services for substance abuse. If you do not have health insurance and are in financial need, this office may also help you get the funding for the services that are necessary.