



# Greene Scene

COMMUNITY MAGAZINE

SPECIAL ISSUE:

*Health*  
& Wellness

April 2020 Issue

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APRIL 2021

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## SPECIAL ISSUE:

# Health & Wellness

APRIL 2021

Throughout our April 2021 issue, you'll find articles about health and wellness in Greene County, covering mental health, physical wellness, senior care, pediatrics, addiction, DNA, and more. If you have suggestions for a future healthcare article, email [info@greenescenemagazine.com](mailto:info@greenescenemagazine.com).

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*Barnwood Builders filmed two episodes in Greene County, featuring many local log cabins.*



*Zack Six and the Barnwood Builders team carefully tear down the log cabin. (Courtesy DIY Network.)*



*Scott & Jennifer Adamson's log cabin home, beautifully redesigned, unofficially totally "green," and at least 80 percent recycled.*

The log cabin fever that's been sweeping Greene County since the early 1970s has finally found its worldwide audience. When Barnwood Builders of DIY Network stopped by in July 2020 to film an episode of their show, they came to claim a beautifully built two-story cabin near Jollytown, purchased from Zack Six. Six had contacted the program because he had no use for the old house he grew up in, but recognized its historic value once the siding had been removed. Its fine workmanship was evident – Josh Rice built it in 1890 and the clapboard siding and tight stone foundation had protected every log and beam. As anyone who watches this show can tell you, its mission to preserve our pioneer past for future use is also a step by step master class on how to do it safely and with the cheerful energy of those who know how to work as a team. What Mark Bowe and his crew of West Virginia-based craftsmen and production people also found once they got here, was rolling forested hills and sweet country roads studded with beautifully restored log homes, lived in by folks who were savvy enough to save them.

Barnwood Builders got their cabin and enough gorgeous footage of those other historic cabin rescues to do not just one show, but two. The episodes ran this year on March 7 and March 21 and are available for viewing on Hulu and other on-line sites, including YouTube.

While the shooting was going on, Deanne Cole posted iPhone shots online of the camera crew and series stars being wowed by the fine double cabin she and husband Shane live in on Hoovers Run. It was her father-in-law Terry Cole's first log cabin project, finished in time for the 1976 American Bicentennial.

When the shows were finally scheduled for viewing, Cornerstone Genealogical Society announced that its restored log cabin courthouse would be featured on the March 7 show. Zach Six linked it to his Facebook page and added his own take, complete with emojis: "My television debut! Where's the watch party! We don't get DIY!" And later – "It was good. I was nervous trust me there was a lot more footage that didn't make the cut thank goodness."

What did make the cut was Zach, "farmer strong!" in bibs and a hard hat, swinging a hammer and loosening joists, working alongside the builders as the takedown got rolling, as the hours of hard work were documented and the dust flew and each massive oak log was cherry picked free without breaking the hand-cut notches then laid down by Barnwood Builder Johnny Jett and his crane.

Terry Cole's years of expertise came into focus when he stopped by with some of the old tools of the trade for cutting sandstone blocks from stone ledges and making them square for the perfect fit so evident in the Six cabin's foundation and hearth. There were things for Bowe's crew to learn from Terry about shifting the weight to keep from cracking the big lintel stone by cutting a curve in the wooden beam wedged in above it, of using a "witches claw" made out of nails to tap the sandstone faces smooth. In the finished production Terry got his own well-deserved title – Restoration Expert – when he made the final cut.

The reconstruction of the courthouse fireplace that wowed Mike Bowie when he visited owes its authenticity to Terry's eye for detail – he knew from what remained embedded in the floor how to recreate the turkey breast hearth that once divided the downstairs into two rooms – the front for the day to day business of paying taxes and settling claims, the back most likely the place where the traveling judge slept when he was in town to hear court cases upstairs in the lofty, nine foot ceiled court room.

"It was fun!" Terry tells me as we sit at the table at his home on Hoover Run, filling in the details of family ties to these old cabins. We're just down the road from that first cabin project he and wife Jane lived in for years. Now son Shane and wife Deanna call it home.

The Barnwood Builders came at a good time – the place was ship shape because daughter Alexis and Gregory Tassos just had their wedding there, Shane tells me with a grin. When the film crew showed up and pitched their tent and started working, "We showed them the house then disappeared."

"I've known Terry for forever – he was my wrestling coach and we live relatively close," Scott Adamson tells me when I called to hear how it went when Barnwood Builders came to his family farm on Oak Forest Road. It is a beautifully redesigned, unofficially totally "green" - at least 80 percent recycled - log cabin home. "When I was looking for a cabin I reached out to Terry."

Scott's state of the art old and new log cabin home, a salt-box design, is up the road from parents Ralph and Carol Adamson, who still raise sheep as the family has for generations.



When Scott and Jennifer Adamson decided to bridge the gap between centuries in 2006 by using history to build a modern home from salvaged materials, "lo and behold! Terry had a house he had purchased from the coal company on Foley Ridge Road." Scott would learn from Terry that some logs in it were timbered on land from "the Mooney side of my family." It was the perfect historical fit.

Scott tells me Jennifer designed the structure and interior and worked with local builders who were ready to put their craftsmanship skills to the test to create something historical and one-of-a-kind.

That first year "Terry sat us down and told us it would be a long process." And it was. "It took seven years before it was ready to move in and so many people were involved. But there wasn't a day that I didn't look forward to doing something to it."

Working friendships grew in over the years, as the foundation and fireplace stones were delivered and work began in the spring. Logs were set in 2008, along with the infrastructure – beams and 60 foot rafters salvaged from the Redstone High School in German Township, Fayette County that were light but strong Douglas fir, ready to bear the weight of another generation.

Scott was a pharmacist at McCracken Pharmacy, in Waynesburg and Bob and Ed Patterson had their own day jobs but they joined him after work and on weekends to make a crew. By 2010 the heat was on and after a year of fine-tuning, the job was completed in 2013.

Scott and 16-year-old son Ian found themselves in the basement when Barnwood Builders showed up to film. They were behind the scenes, watching the moves of the cameramen, seeing where the microphones were set up to get the perfect sound bite. There were drones overhead and Franklin the family dog was sequestered to eliminate the unintended bark as filming commenced.

"Ian loved it! He's very interested in that kind of production. Everyone was very kind and answered our questions. I really liked the producer - he saw my guitar and we got to talking about music. They appreciated Jennifer's creative design because most of their salvaged cabins are repurposed as modern homes. I think we gave them some new ideas."



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## GreeneScene of the Past By Colleen Nelson



**F**or the Coles of Hoover Run, this is where it all began.

This is the original Cole family home, a log cabin built in 1830. A century or so later this photo was taken, showing it to be a small, tidy home with clapboard siding and a tin roof. As any log cabin hunter can tell you, this particular sized old building, never mind the siding, has a log cabin hidden somewhere inside. Many have been lost to neglect through the centuries, but for those that remain, their value as historic artifacts make them a commodity worth salvaging and restoring. For some pioneer families, like the Coles, it becomes the mission of a lifetime.

Descendent Terry Cole returned from teaching high school in Hibbing, Minnesota in 1972, ready to settle down on land that has been in the family for eight great-greats. He admits it was the bone freezing winter of 1971 that brought him home to teach at Central Greene High School and begin restoring his family's rich pioneer past, one cabin at a time.

In Minnesota, "snow days" didn't happen until the temperature dropped below -50 degrees, Terry tells me. "It was minus 50 for nearly a month that winter and we got one day off when it went to minus 51. I decided to come back to the temperate zone!"

With 1976 just around the corner, Terry called the cabin his Bicentennial Project and got to work taking it apart and moving it a mile down the road to its present location. Its logs were in good shape, protected from the weather by the siding and the tin roof that kept out the rain that destroys so many old houses and barns. It is now one section of a two-cabin complex, joined in the middle by a roomy kitchen with all the comforts of modern living.

The world got to see the interior of this old house when Barnwood Builders took a tour of its restoration that sets the clock back to 1830 once more.

Terry's son Shane lives there now and manages Cole's Greene Acres Farm as a working farm with produce for sale in season and four campsites available to rent.

If you have an interesting old photo from the area you'd like to share, just send it to: GreeneScene of the Past, 185 Wade Street, Waynesburg, PA 15370. Or email to: [info@greenescenemagazine.com](mailto:info@greenescenemagazine.com) with GreeneScene Past in subject line.

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Photo By Evan T. Williams II

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# SHINING THE LIGHT

By Colleen Nelson

When Waynesburg University opened its doors to a new class of freshmen in 2020, COVID-19 restrictions were in place. Students no longer met face to face to do social and spiritual outreach in the community. Going to church either at Roberts Chapel on campus or at churches in the neighborhood and elsewhere was mostly live streamed or limited seating. For freshmen, this was their new norm.

Taking a virtual tour of the university's historic campus is a fun tour de force online. Roberts Chapel is an awesome sight and nudging the mouse to stroll the shady campus walkways takes you to all departments and classes offered. But many of the pre-pandemic activities that brought people together have been put on hold. Writing this story has given me a sense of the isolation that we have all been working around, but especially students on a mission to build a better world.

"For now all our projects are remote and virtual," Assistant Dean of Students Kelly Hardie tells me when I call. Online and individual projects safely connect students to an outside world of volunteerism that can be rich and rewarding. Some students choose to become "blanketeers" and make blankets for the Greene County Project Linus Chapter. This national nonprofit started in 1995 when an article in Parade Magazine featured two-year-old Laura who found comfort in her "special blankie" as she endured treatment for leukemia. Now thousands of volunteers make blankets across America for children who have been traumatized, are seriously ill,

or in need of that sense of security that a lovingly made blanket can give.

On Valentines Day, cards handmade by WU volunteers were delivered with that day's Meals on Wheels lunches to isolated shut-ins. Students also cheer up lives through Cards for Hospitalized Kids, another national nonprofit. Operation Gratitude hooks volunteers up with service members on tours of duty. Volunteers write letters, send candy at Halloween and make military care packages and Paracord bracelets year round.

Closer to emotional home for students is to become a "listener" for 7 Cups, an online therapy and free counseling service that presents itself as a chat group but is licensed to offer professional counseling and training. Those who come with personal issues to untangle find anonymous listeners who have been trained to give emotional support. Those who come can browse the bios of available listeners to compare interests. The first bio I came upon was that of awesomePresence who has been a listener 18 times in the last week and writes "everyone needs to vent sometimes..." She's on step seven of her own path to certification, something that can be added to her portfolio if she is working on a degree. Kelly Hardie works with every student who volunteers as they ready themselves to be hands on in the community once the world is safe again.

Waynesburg University's lofty Roberts Chapel, with its concert hall piano, organ and sound system, was built in 2011 and became an instant landmark. Its classic lines and white spire rise high above the campus and it is built to hold hundreds of people. I can't attend services because campus is still closed to visitors but Chaplain Josh Sumpter is happy to take my call.

Pandemic or not, "we point them to Christ" and let them find their way to local churches and be grounded in faith. Profes-

sor Sumpter tells me that with the freshmen, "we were worried about how they would get connected." They began finding their way when senior Sarah Mendes started a prayer group that met Friday nights at 10 p.m. in the safety of Roberts Chapel. It caught on. Students meet to pray and commiserate in the chapel Sunday through Thursday and participation is growing. "These are the fruits that have come out." They are learning to adjust expectations, to be present to appreciate the daily blessings of life and to care for others in uncertain times. There are bible studies to major and minor in and some graduates go on to seminary or specialize in children and youth services, mission work or media.

Since campus is closed I take to Facebook to find Sarah Mendes. I find her masked up and sitting on the grass with her laptop in her profile photo, with "a life lived fully for Christ is never boring" written beneath it.



Scrolling down I find her on video telling me about the prayers at 10 p.m. The next video, dated November 10, 2020 takes me into Roberts Chapel to listen to Sarah speak during service. I am not prepared for the concert sound that jumps out of my iPhone and fills the kitchen or the sweet clarity of thought and faith that Sarah's voice conveys. I recognize Professor Sumpter from the photo he sent me for this story and almost wave. The walls of isolation this virus has put between us all are only as high as we allow.

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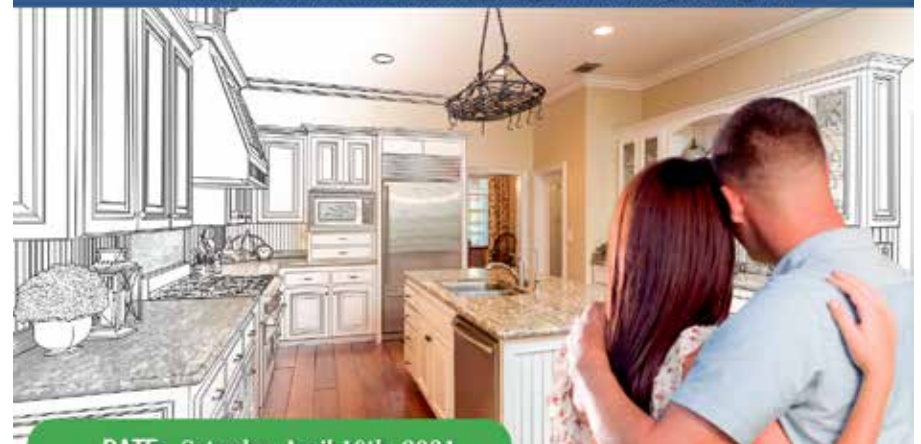
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## SEEKING APPLICANTS

Greene County Habitat for Humanity will be hosting an informational/application meeting for families who are interested in owning a home in Waynesburg, PA.



**DATE:** Saturday, April 10th, 2021

**TIME:** 10:00 AM

**LOCATION:** St. Ann Church  
Basement Social Hall  
Corner of High & Cumberland  
Waynesburg, PA

*Who should attend: Those with a limited but stable income who are willing to work on and own a house in Waynesburg, PA through a partnership with Greene County Habitat for Humanity.*

Call (724) 852-2598 for an application if you are not able to attend.

Greene County Habitat for Humanity is an Equal Housing Opportunity Provider

# Getting Better in **Greene**

By Danielle Nyland

## WISECARVER RECREATION AREA

Imagine families biking along trails, bird-watchers on early morning hikes, spirited children frolicking in adventure play areas, baseball and softball fields surrounded by cheering people, kayaking and fishing on a peaceful lake, and summer movie nights on the grass under a starry sky. Sounds like a great place to spend time, right? And even better, what if it's right here in Greene County?

The County of Greene has formed a partnership with the Southwestern Pennsylvania Water Authority and entered a 99-year agreement leasing acreage on Water Dam Road. Mackin Engineering, a multi-disciplinary engineering and consulting firm, has been hired to plan such a space near the Wisecarver Reservoir – the Wisecarver Recreation Area. A kickoff meeting was held in January between Mackin and local officials, and plans were initiated for the long-term development for Wisecarver. A second meeting, held in March, shared interview findings, site analysis and mapping, and a discussion of priority projects and programming exercises.

The community has expressed significant interest in the project. Jim Watenpool, a consultant for Mackin, interviewed community members; interviewees shared that they would most like to see multi-use trails, an ADA accessible boat launch and paddle sports, picnic pavilions, and an ADA accessible fishing pier. Requested support facilities include restrooms, picnic tables, and water fountains. Requested programs include kayak/canoe safety and instructional classes, environmental education, and fitness programs.

Government agencies, including the Greene County Conservation District, PA Fish & Boat Commission, and the PA Game Commission were also interviewed. Mackin Engineering's Matt Lokay received suggestions including a permanent home for the county's Envirothon, rules for boats, access for fish healthy studies and rescue, boating guidelines, and enrollment in the Hunter Access Program.

The Wisecarver area is 360-acres of land,

surrounding an 18.5-acre lake. Wisecarver Reservoir was created in 1931 with the construction of a dam on Wisecarver Run. The dam was built by the Waynesburg Water Co.; the company was later purchased by the Southwestern Pennsylvania Water Authority in the late 1960s. The SPWA stopped using the reservoir for water supply in the early 1990s and the property remained open for fishing. Discussion for improvement began in 2005 with the involvement of the Ryerson Station Duke Lake Task force but was put on hold when an inspection revealed the dam was in need of repairs. In 2009, a \$2.4 million state grant was received to repair the dam. The repairs began in 2011 and were completed in 2012. During the past few years, new plans were crafted for the area, and grants acquired to begin construction.

Previously, a state investment for \$200,000 was secured to begin construction on the Wisecarver Recreation Area. Additional grant funding was procured in September 2020. The Pennsylvania Department of Conservation and Natural Resources Grant money was received from an April 2020 application submitted by the Greene County Department of Planning & Community Development and Department of Recreation for the construction of an access drive, parking area, pedestrian walkways, softball fields, and stormwater management measures. As additional funding becomes available, the project will also include the installation of bleachers, ADA access, a kayak and canoe launch, landscaping, and other related site improvements.

Additional meetings will continue for the project, and public opinions will be sought. The County also hopes to partner with local organizations and businesses for support with funding planned projects and creating programming. Would you like to share your opinion on or be involved with the Wisecarver Recreation Area project? Contact the Greene County Commissioners at 724-852-5210 or find them on Facebook @ GreeneCountyCommissioners.



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## Cool at School

By Michelle Church



*A grant helps fund Kindergarten transitioning activities and materials for preschoolers.*

**B**etween the time from birth to age three, a child's brain undergoes an incredible period of development. The brain's development is impacted by factors such as environment, relationships and experiences and early educators play an important part in this growth. From birth to age five is a very important time for the brain, language and reasoning skills. Blueprints and United Way of Southwestern Pennsylvania are collaborating with Jefferson-Morgan school district

since 2007 for a Pre-K program that actively stimulates brain development. The program acclimates children to school, as well as providing parents with assistance.

According to the United Way, a recent study conducted by

[www.care.com](http://www.care.com) found that a third of American families spend 20% of their income on childcare. Five out of six children eligible for federal child care assistance do not receive it mostly due to lack of funding. Rather than leaving children with a babysitter, Pre-K provides a safe, educational environment and promotes brain stimulation. United Way continues working with partners to fight for early care and education.

In previous years, a United Way transition grant was given for around \$2,000 to help with materials and transition activities. This year, the United Way-Benedum grant foundation awarded Jefferson-Morgan \$10,000. This grant was a huge blessing, as COVID-19 has had a continuing impact on the school year. The grant funds summer engagement activities for students transitioning to kindergarten and provides an extended learning program for these students for three weeks over the summer, including materials and teacher pay.

Kevin McCarty, the Jefferson-Morgan Early Childhood Coordinator, is a key part of the process. He champions early childhood education, and he established the needed relationships with local agencies to support the program. Kevin shared that the J-M district

currently serves around 60% of the district's four-year old population. The other 40% consists of parents who choose to send their children to a different Pre-K or not to enroll their children in a Pre-K program. The quality of the Pre-K program cannot be overstated as it does much to help a child's brain development and acclimation to school in general.

This school year marks a significant event for the program. This year marks the high school graduation of the first class of students to cycle through the Pre-K program. How exciting to see students on their educational path from Pre-K to high school graduation.

Most years, an Early Childhood Fair is held for potential Pre-K students. This year, due to the COVID-19 pandemic, a vote was taken and there will not be an Early Childhood Fair held this year. For parents interested in enrolling their children in the Pre-K program at Jefferson-Morgan, information can be found online at [www.jmsd.org](http://www.jmsd.org) and the Jefferson-Morgan School District's Facebook page. Kindergarten parents will be able to make an appointment to see the school and to do complete kindergarten screenings sometime during May.

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## WINNERS

LOTTERY SCRATCH-OFFS - Charles Titchenell, Carla Baker, Joe Thomas, Donald L. Cochran, Sr., Dawn Rush, Sherrie Fox, Tonya Burich, Patty Lings

GREENESCENE CONTEST - Amanda Darr knew that the answer to last month's GreeneScene Contest could be found at the Greene River Trial in Rices Landing.

BUSINESS SPOTLIGHT TRIVIA - Andrea Mihalik correctly guessed the answers to the Business Spotlight issue's trivia contest.

# Elegance & Charm at Kathryn's Victorian Event Venue

When historical charm is immersed in elegance and beauty, and everywhere your eyes travel transports and casts you back to a time when grand sophistication envelops you, you will find that you have crossed the threshold of Kathryn's Victorian Event Venue.

"We wanted to create a timeless and elegant small event venue, where people can gather to celebrate life's important moments," says Pam Marisa, owner. "Our venue complements weddings, rehearsal dinners, baby showers, birthdays, anniversaries, little girl's tea parties, and corporate events and meetings, which can host up to 50 people comfortably. This is not your typical fire hall venue. At Kathryn's, we are creating an experience unlike anything in our area."

The venue's name comes from Pam and husband Kent Marisa's niece Kathryn, whose mother is Greene County native and former Miss Pennsylvania, Autumn Lexer (Marisa). Kathryn's sister Lilly was the incentive behind the name Lilly Bee's, located inside the Perfect Arrangement.

Built in the early 1920s, Kathryn's shares the same building as The Perfect Arrangement

and Lilly Bee's on High Street in Waynesburg. Every square foot has been refinished or upgraded to create a magical space. Original hardwood floors flow through the entry, and throughout the three event rooms, stained glass windows and antique wall sconces, a refurbished antique chandelier hanging in the foyer, freshly painted walls and refinished woodwork help anyone appreciate the detail in this timeless work of art. "You will be blown away by the gorgeous ambiance," Pam says.

Pam shares her favorite room of Kathryn's, designated for little girl's tea parties. "Anything you can imagine, we can create in this space," says Pam. Elaborate balloon arches, cupcake centerpiece displays, a dress up corner with tiaras, bows, and princess wands, the list goes on. "Maybe you would like your little girl's birthday party guest list to include a 'real' princess or princesses. We can make that happen," Pam adds smiling.

Do you need a caterer or cake? Kathryn's has a list of preferred vendors for you to choose from. Videographers and photographers are also included in the vendor list. The commercial kitchen allows for a private chef or a caterer to comfortably serve your event.

Event pricing packages depend on the requests for your event, decorations, fresh flowers, china, glassware, flatware... endless choices to make your event magical.

In the near future, Kathryn's intends to create an outdoor space as an option for your event. With a covered patio and elaborate landscaping and lighting, their beautiful yard will be the perfect place to host up to 40 people for an elegant wedding.

If you would like to take a tour or book your event, contact Pam Marisa at: 724-998-0243.

Kathryn's Victorian Event Venue, 694 East High, Waynesburg, PA 15370.



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## OUR DNA JOURNEY

**A**frica's Kalahari Desert, a vast land covering over 350,000 square miles of semi-arid desert, once contained one of the greatest lakes the earth has ever known. Some 200,000 years ago, Lake Makgadikgadi, larger than present day Sweden, was the heart of a large oasis that was a beacon of life in ancient Africa.

Around 10,000 years ago, the greatest of great lakes was nearly dried up, and the little water left was nearly being filled by sands blowing in from the encroaching desert. All that is now left of this great lake is one of the world's largest salt flats.

Lake Makgadikgadi was a special place, and science is now beginning to realize just how special it was. It is likely the birthplace of mankind, and the homeland of Mitochondrial Eve. Mitochondrial Eve refers to our earliest known female ancestor, based on the results of genetic research – specifically studies regarding mitochondrial DNA, a type of DNA that is only passed from mother to child. Studying variations and patterns in mitochondrial DNA gives us a glimpse of this earliest female ancestor. Our species, Homo Sapiens, originated approximately 200,000 years ago, and by 50,000 years ago was spreading all across the globe. Recent genetic studies show that populations in the still inhabited areas around this ancient lake show a direct link to our earliest known greatest of great grandmothers.

Many genealogy enthusiasts have likely taken one of the many DNA tests on the market today. The most common test, available through [www.ancestry.com](http://www.ancestry.com) is an autosomal test that shows the entirety of our genetic makeup. Other tests such as Y-chromosome testing (showing our paternal lineage) and MT (or mitochondrial) DNA testing (showing our maternal lineage) are also available.

Mitochondrial DNA is the very thing that links us all back to this ancient woman who gave birth to all of mankind. Mitochondrial Eve exhibited an extremely specific DNA sequence, one that can be traced forward in time down to the present day. From time to time, her original DNA sequence mutated or showed minor changes that occur at a predictable rate. By the accumulation of these mutations, and the amount of time it takes for them to happen, science can estimate that Mitochondrial Eve existed some time over 140,000 years ago. To us genealogists, that means over 7000 generations ago.

Mitochondrial Eve wasn't the first human female to exist.

Mankind had existed for tens of thousands of years before she came onto the scene. She is, however, the single woman that everyone alive today descends from.

It is difficult to fathom that long of a distance in time. What did life resemble for her? Humans then were exclusively hunter gatherers, and though Eve and her family would have some sort of early form of language, language as we know it today didn't exist. She used basic tools made of wood, bone and flint and her life mainly focused on minute-to-minute survival. Her life is something that we cannot relate to today. Our meals come from the supermarket and we raise our children in the safety of our homes. This woman, Mitochondrial Eve, was a real person who existed so long ago. She is known to us as a series of numbers and letters that identify genetic code, and thanks to the modern miracles of science we can tease out small bits of information about our most distant and ancient ancestors.

Looking at the genetic code in anyone who has had a DNA test done, we can see patterns in populations, and see human migrations patterns over tens of thousands of years. We are one giant family. In some cases, our genetic relationships are separated by millennia and in other cases they are much closer.

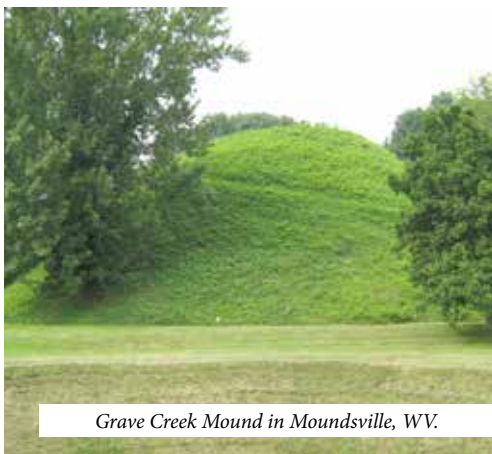
For many of us living here in Greene County, we see similar patterns in our mitochondrial DNA, as well. This DNA shows that our story begins in Africa, and our ancestors spread into Asia and eventually Europe. We stayed in those places for a while, and then for those with Native American ancestry, we came to North America from East Asia over 13,000 years ago. For those of us with more European ancestry, we arrived in North America just a few centuries ago. In the 20th century, as a society, we are holding one big family reunion, bringing together groups of people from Africa, Asia, Europe and every other part of the world into one society, reuniting the branches of humanity that have been separated as man spread out all over the world.

Studies in DNA are often supported by research in language and often align with cultural origin stories that can be verifiably dated back several thousand years. It seems that human memory, at least when it comes to who we are and where we come from, can be very accurate. Perhaps the gap that has existed so long between science and religion is tunnel vision

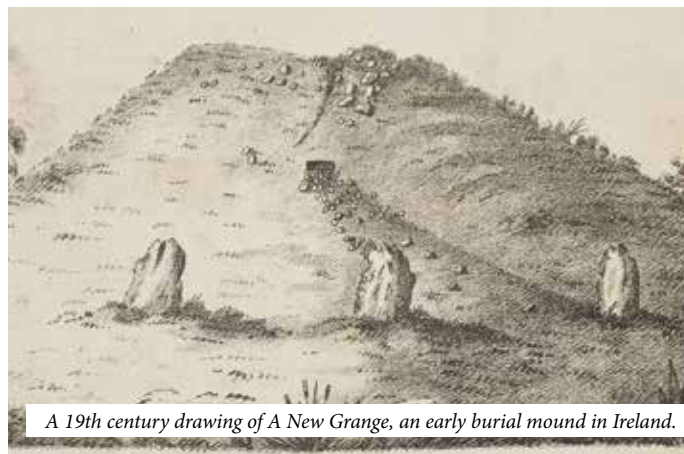
and a lack of realization that, when compared to each other with an open mind, they complement each other well.

Since DNA tests have become so popular and affordable over the last couple decades, there is a wealth of information available to study these informative human patterns over the last several thousand years. A simple DNA test can reveal, with a high degree of accuracy, where your ancestors lived over the last 100,000 years and show a very specific path that illustrates what got you here to Greene County. There are DNA studies specific to the region of the Upper Ohio Valley, which includes the Monongahela River Valley. Recently, studies have been conducted showing the same information for Native American populations and detailing their movement from Eastern Asia and Siberia tens of thousands of years ago, through the Pacific Northwest, indicating that they likely traveled by boat all the way to the tip of South America, and then started spreading west. And just like when humans left Africa, these native populations spread out, settled down and often became isolated from each other for thousands of years.

Perhaps it is this common ancestry, shared by all mankind, that explains why, even when separated by thousands of years, we share similar beliefs, ways of life, and specific customs. During the Bronze and Iron Ages in Europe, about 2,000 years ago, societies created large burial mounds for the important members of their communities. At nearly the same time, Native Americans were erecting nearly identical burial mounds for the respected members of their communities. These groups of people and their ancestors would not have been in contact for many thousands of years. It is likely that the cultural seeds that led to these similarly constructed mounds, for nearly identical purposes, shared the same path of cultural evolution, proving further that we are all in fact one big, global family.



Grave Creek Mound in Moundsville, WV.



A 19th century drawing of A New Grange, an early burial mound in Ireland.



A 19th century map of Upper Ohio Valley.

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## Carmichaels Senior Receives Scholarship

Jacob Smith of Carmichaels Area High School, received academic and esports scholarships from Bethel University in Indiana. In January, he signed a letter of intent and will be competing on the Overwatch team while obtaining a Bachelor of Science in Business Administration. Jacob is the founder and team captain of the Carmichaels Area High School Esports team. He initiated the team, along with sponsor Cassandra Menhart, and recruited members to join the team locally and across North America during the pandemic.



## WCES Receives Grant for Resources



Waynesburg Central Elementary School received a grant from the Community Foundation of Greene County to help provide individual resources to students in the primary grades. The foundation awarded \$2,000 to be utilized for the “Education Stations Using Lamination” project. Through this grant funding the school was able to purchase a new laminator and lamination. These resources are being utilized to provide laminated materials that can be easily wiped clean and that can be reused by individual students. Students now have more access to individual laminated materials/manipulatives. This limits the sharing of resources and the spreading of germs. Laminating the materials makes the resources more durable, so there is less waste to recreate the resources. Thank you to the Community Foundation of Greene County for supporting this project and the students at Waynesburg Central Elementary School.

## Carmichaels Sophomore Receives Scholarship

Sophia Zalar received the 2021 George H. Block Conservation Scholarship. Sophia is a sophomore attending Carmichaels Area High School. Sophia plans to become a wildlife veterinarian. During 2020, Sophia attended the Wildlife Leadership Academy. The Academy was virtual this year due to the pandemic, and she committed to long periods in front of a computer to attend. Sophia is a team member for the Carmichaels Envirothon team, led by teacher Kevin Willis. Sophia is also active with the Isaac Walton League and has participated with two projects: placing bird boxes and trout stocking.



## GCCTC Culinary Students Receive Gifts from Ree Drummond of Food Network

Mrs. Natalie Goodwin, Learning Support Facilitator at the GCCTC wrote Ree Drummond a few weeks ago showcasing the culinary arts program and the pastry buckets that were created for the students to help them with hands on learning inside of their home. Mrs. Goodwin always wanted to reach out to a food network star and decided Ree Drummond would be her first choice. The Culinary

Arts students at the GCCTC relate to Ree’s homestyle cooking, farm life and down to earth personality. Mrs. Goodwin feels so honored that Ree responded and sent such a wonderful gift of Pioneer Woman culinary arts tools to the program. Mr. Daniel Wagner, the students and Mrs. Goodwin really appreciate everything that has been sent to the school to enhance the culinary arts program.



## WU President & Mrs. Lee’s Leadership Honored & Award Established

The Waynesburg University Board of Trustees recently established the Douglas G. and Kathryn D. Lee Servant Leadership Endowed Award to recognize President and Mrs. Lee’s outstanding leadership of Waynesburg University throughout the ongoing challenges faced during the coronavirus pandemic.

The award, which will be given annually at the University’s Commencement Ceremony, will be presented to one graduating student who has demonstrated exceptional leadership qualities over the course of their time at Waynesburg University in the mission focus areas of faith, learning and serving. The award recipient will receive a monetary award of at least \$1,000.

The award is intended to recognize an individual with an exceptional ability of providing leadership to

make a positive impact on others within the Waynesburg University community, in their home community, or anywhere in the world.

Nominations are currently being accepted and can originate from both within and beyond the University community; community members, businesses, churches, non-profits, etc., are encouraged to participate. To learn

more about award criteria or to submit a nomination, visit [Waynesburg.edu/lee-award](http://Waynesburg.edu/lee-award).

“It is our hope that the Lees’ example of servant leadership, values, courage, fortitude, humility, dedication and inspirational vision continue to encourage, inspire and motivate others to live lives of purpose for the glory of God,” said James R. Lowe Jr., chair of the Board of Trustees.







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# Need help paying your rent/utilities due to COVID?

Through the COVID-19 stimulus package, the Emergency Rental Assistance Program (ERAP) was created to assist renters with rental and utility assistance.

## Program Guidelines

- Payment period (arrears and future assistance): 3.13.20 – 12.31.21
- Up to 12 months rental assistance
- Up to 12 months utility assistance

## Eligibility Guidelines

- ERAP is for renters only
- Households must have a gross annual or monthly income that does not exceed 80% of Greene County's Area Median Income (AMI)
- Households must demonstrate that they have been directly or indirectly impacted by the COVID-19 pandemic
- Households must demonstrate that they are at risk of homelessness or housing instability



Apply at: [www.compass.state.pa.us](http://www.compass.state.pa.us)

For more information, go to: [www.co.greene.pa.us](http://www.co.greene.pa.us)  
or call Greene County Housing at: 724-852-5276



## Attention HS Sophmores!

The ASPIRE Program, funded by the Equitrans Midstream Foundation, offers two-year mentorships with Equitrans Midstream employees to high school students in Greene and Washington Counties who would like assistance with navigating their college and career paths.

ASPIRE awards up to two \$10,000 college scholarships to students in the program every year. Open enrollment for ASPIRE's

2021-2023 program runs March 1 through April 30, 2021. Space is limited!

FMI or to apply: Students and their sponsors apply online at [www.asplreprogram.org](http://www.asplreprogram.org), by clicking on "Apply Now. Email questions to [aspire@equitransmidstream.com](mailto:aspire@equitransmidstream.com). To learn more about Equitrans Midstream and Equitrans Midstream Foundation visit [www.equitransmidstream.com](http://www.equitransmidstream.com).

## Help & Support Local Students

Our students have been hit hard by the pandemic and it's time to get them back on track. Pennsylvania Free Enterprise Week (PFEW) is a fantastic week-long summer program that teaches students about modern business and helps them develop the skills Greene County employers demand. PFEW energizes students about their future and opens doors to many careers while instilling an understanding and appreciation for entrepreneurship and business. Does it work? Joy Heisey from Waynesburg Central High School said this about her PFEW experience: "Before, all I knew was that I wanted to go into something that involves art, but I've never known what. But now I'm

positive that advertising is my calling. I've never felt as confident and positive as I have here. I honestly feel like that immature teen girl has been replaced with a woman who can handle and treat people with maturity, kindness, compassion, patience, forgiveness, positivity and respect. This experience will always be a part of me." Join us by providing affordable PFEW scholarships for deserving Greene County students today. For more information on this invaluable opportunity, contact Scott Lee, VP of Marketing & Development, at 814-833-9576, or [scott@pfew.org](mailto:scott@pfew.org) or visit their website at [www.pfew.org](http://www.pfew.org).

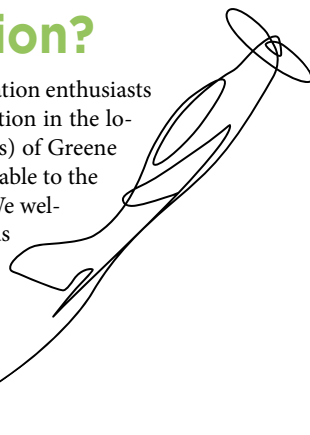
## CJ Criss Memorial Golf Tournament

The CJ Criss Memorial Golf Tournament will be held on May 22, Happy hour specials from 11AM to Noon, with a shotgun start at Noon. Event will be played with 3-person teams in 6 Holes Best Ball, 6 Holes Shamble, 6 Holes Scramble. The cost is \$70/ player and includes golf, skill Prizes, prize

money, and food. Raffles held the day of event to raise money for CJ Criss Scholarship Fund, awarded to a WCHS male and female senior athlete. You must register your teams by May 9. Sign up at Rohanna's Golf Course or by calling/texting Joel Kovach @ 724.998.7381

## Interested in Aviation?

Did you know that there is a group of dedicated aviation enthusiasts who host events and advocate for the promotion of aviation in the local community? SOAR (Support Our Aviation Resources) of Greene County is working to promote aviation and make it available to the community and the next generation of future aviators! We welcome anyone with a love or interest in aviation to join us for our monthly meetings. We meet the first Tuesday of every month at 6:30pm at the Greene County Airport. FMI call 724-344-9693 or [soarofgreenecounty@gmail.com](mailto:soarofgreenecounty@gmail.com).



## Local Scholarships Available

### Rotary Club Accepting Scholarship Applications

Each year the Rotary Club of Waynesburg awards scholarships to worthy high school students. The awards are selected based on academic performance, community service involvement, letters of recommendation and the student's response to the essay question, "What does the Rotary motto, 'service above self', mean to you?"

"Annually, the club selects two \$1,000 recipients from the applications received", shared the club's scholarship chair, Melody Longstreth. "The committee is always very impressed by the quality of our applicants and enjoy learning about the many talented and generous students we have here in Greene County."

The scholarship is open to graduating high school seniors who reside in Greene County. Applicants must provide a brief essay, 400 words or less, on what the Rotary motto, "Service Above Self" means to them. A list of community service experiences, including dates and a brief description of each must also be submitted. Along with a list of school organizations to which the applicant belongs to, any offices held and any work experience if applicable. In addition, two letters of recommendation from a teacher, school administrator, employer, pastor or other adult who has knowledge of the student's qualifications.

Applications may be obtained by calling 724-627-5926 or emailing a request to [melody@greenechamber.org](mailto:melody@greenechamber.org). The deadline to apply is April 15, 2021.

### Greene County Chamber Accepting Scholarship Applications

The Greene County Chamber of Commerce is now accepting applications from graduating seniors for the 31st Annual Chamber of Commerce Scholarship they will award this May in the amount of \$1,500. In addition, the winner will receive a Laptop compliments of PCsquared in Waynesburg.

The scholarship program is open to any Greene County resident who will be a graduating high school senior in 2021. Applicants will be required to write an essay and furnish a completed application and letter of acceptance. The top scoring applicants may be interviewed by a panel of

judges as part of the application process.

### Town & Country Garden Club Scholarship Available

Application for the Town & Country Garden Club's 2020 annual scholarship is available for any graduating senior at Carmichaels Area, Central Greene, Jefferson-Morgan, Southwestern Greene or West Greene high school. Graduating seniors who are pursuing an education in environmental studies, conservation, ecology, horticulture, landscape planning rural/urban, wild life or any environmental studies may apply.

The \$1000.00 scholarship is awarded in May for one academic year. Applicants should contact their respected guidance counselor for the application. The deadline to apply is Thursday, April 15, 2021.

### CFGC Scholarships

The Community Foundation of Greene County (CFGC) has announced that they have a number of scholarship opportunities for Greene County graduating high school seniors this spring. Applications are due April 1st.

Eligibility criteria vary for each scholarship so students should carefully review the specific guidelines for each scholarship on our scholarship page [www.cfgcpa.org/post-secondary-scholarships](http://www.cfgcpa.org/post-secondary-scholarships). Scholarship guidelines are also available at the school guidance offices.

Students apply for the scholarships through the CFGC Online Application which may be accessed through a link on our webpage [www.cfgcpa.org/post-secondary-scholarships](http://www.cfgcpa.org/post-secondary-scholarships) The CFGC Online Scholarship application process allows students to apply for multiple scholarships in an easy process and prompt students for all requirements. All college applications for graduating high school seniors must be submitted online by 11:59pm on April 1, 2021. Late and/or incomplete applications will not be accepted.

CFGC has 24 different scholarship opportunities with a total of 47 possible scholarship awards, including three brand new scholarships this year.

## This Message Board Is For You!

*If you'd like to comment on a picture, send in a GreeneScene of your own, ask questions or share an interesting tidbit about the local area, send it to: GreeneScene Magazine Message Board, 185 Wade Street, Waynesburg, PA 15370 or email to: [info@GreeneSceneMagazine.com](mailto:info@GreeneSceneMagazine.com).*



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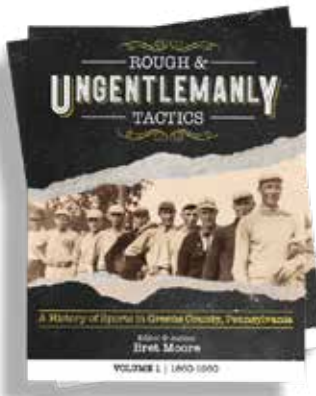
By Bret Moore

### Share Your Sports Memories With Us!

This month, I am asking all Greene County sports fans for their help. The reception my recent book, *Rough and Ungentlemanly Tactics: The History of Greene County Sports*, received surpassed my most optimistic expectations. I had hoped my fellow community members would enjoy the stories and traditions found in our local sports lore as much as I did. Many of you who purchased the book have reached out to me to express gratitude for preserving the memories and accomplishments of our parents, grandparents and great-grandparents.

Volume One covered the years 1860-1960; therefore, most of the athletes in the first book are no longer with us. The second volume, to be released this summer, will cover the last six decades. This means every stat, fact and story will be subject to multiple memories and perspectives.

I am making every attempt to be as accurate and inclusive as possible. I have predominately used newspaper and yearbook sources for the book. However, there are several problems with these methods. First, the local newspaper coverage of sports after the *Democrat-Messenger* closed its doors in the mid-1980s became extremely limited. If we were covered at all by nearby newspapers, the stories focused only on the most successful athletes in high profile sports. Secondly, yearbooks are like sports teams in that they are only as good as the team (staff) and coach (sponsor) for that year. Some of the books provided detailed information, while others were lacking.



In addition, spring sports were often omitted from yearbooks because of deadlines.

Finally, women's sports have come of age in the last half century; however, there was very little coverage in the early years. Some of the local coaches and athletic directors have been very helpful by sharing school records and their personal scrapbooks. In addition, some former athletes have offered me assistance by providing photos and clippings of their playing days. Since this effort is a once in a lifetime endeavor, I do not want to exclude individuals or teams who deserve to be chronicled. This would include more than just the handful of professionals and NCAA champions most of us know. There were little league teams, bowlers, swimmers and motocross riders who should be remembered for their accomplishments.

I am also extending a standing invitation for any co-author to write a story on an individual or team of which they have knowledge or experience. If you are not of a literary bent, please consider allowing your sports photos of the past to be included in this volume.

The cliché about the worth of pictures versus words was validated in my first volume. The photos provided by Greene Connections and the Cornerstone Genealogical Society were invaluable in my attempt to capture our sports history.

You can contact me at [sports@directresults.us](mailto:sports@directresults.us) to provide copy, photos or just information.



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# WAYNESBURG UNIVERSITY

## JACKET JOURNALS

In 1914, Willis Hutchins, who had just graduated from Waynesburg College, broke the world record in the 100-yard dash while running for an independent club in Pittsburgh. Hutchins was from Brave and had been a star multi-sport athlete at the College. After graduation, he returned to Brave and opened a small mercantile busi-



ness. However, the following Labor Day, he made the trip to West View Park in Pittsburgh to compete in an open meet. He broke the record with a time of 9.6 seconds. Upon his return home, he quietly continued running his business, where most of the locals were unaware of the celebrity in their midst.

## YELLOW JACKET ROUNDUP

Very young Waynesburg University men's basketball team showed definite signs of improvement as the 2020-21 season nears its conclusion. Following an 0-3 start, the Yellow Jackets rebounded by winning three of its next four contests. The most impressive victory in that stretch was a 61-55 road win at a Washington & Jefferson team that sported a 5-1 record heading into the showdown with their I-79 rival. Junior forward Isaiah Alonzo, a native of Chandler, Arizona, has been the driving force behind the Jackets. The 6-10 forward was averaging 20.0 points and 10.0 rebounds per game. A versatile big man, Alonzo is shooting 44 percent from three-point range.

The 2020-21 season has been one of adversity for the Waynesburg women's basketball team. The Yellow Jackets got their first wins of the campaign on the season's final two nights. In addition, the women won their opening round game of the PAC Tournament to finish 3-8. One bright spot for the squad is the play of senior Andrea Orlosky. The gritty veteran led the squad in scoring (16.33 points per game), rebounding (11.83 rebounds per game), steals (1.3 steals per game) and blocks (0.9 blocks per game). Her 2.17 assists per game were good for second on the team. She eclipsed the 1,000-point career milestone during the team's first win.

After a decision was made by the Presidents' Athletic Conference (PAC) to not sponsor a 2020-21 wrestling season, the Waynesburg University mat men took it upon themselves to make sure they saw live action this year. Waynesburg managed to find an opponent in Garrett (Md.) College. The Yellow Jackets defeated the Lakers 24-12 at the Rudy Marisa Fieldhouse on Feb. 12. Freshmen Alex Coppolo and Trevor Verkleeren both won

their collegiate debuts, with Coppolo picking up a fall in 4:44. Sophomore Waynesburg Central graduate Colby Morris was also victorious, winning 6-2 at 157 pounds. Sophomore heavyweight Rocky McGeary, who is ranked number one in the country in two different polls, not only won his bout in the dual, but followed that up with a pin in an extra match.

After dropping both ends of a doubleheader at Geneva during Feb. 25's season opener, Waynesburg's volleyball team rebounded by defeating Chatham 3-1 as part of another PAC twin-bill. The victory was the first for new head coach Emily Taylor, who previously served as an assistant coach at Washington & Jefferson. The women are currently 1-5 (1-3) on the season after falling to Grove City. The Jackets feature solid veteran leadership in senior Hannah Colvin and junior Alyson Johnson.

The Waynesburg University cross country teams traveled to the Saint Vincent College Invitational on February 27. The Yellow Jacket women, who are looking for a fifth-straight PAC title, placed third in the 10-team field, while their male counterparts placed fifth. Senior Gianna Pugliano, a Peters Township graduate, paced the Jacket women with a fourth-place finish in the 59-runner field. Sophomore Jac Cokley, a native of Cochran, Pennsylvania, led the men with a 10th-place showing out of 69 competitors. The men's team then placed fifth at the Bethany College Meet. Cokley again paced the Jackets with a 14th place finish.

The Waynesburg University softball team, led by head coach Brett Shimek and assistant Matt Tedrow, made its season debut on Saturday, March 6, with a home doubleheader against Chatham. The women split the opener, rebounding from a 10-3 loss to take

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*Briston Bennett of Mt. Morris is a key contributor to the Jacket basketball team.*

*Former Waynesburg Central standout Colby Morris is now wrestling at 157 pounds for the University. He defeated his Garrett College opponent 6-2 to help the Jackets to a 24-12 victory.*

the nightcap 3-2. Freshman Ella Brookman was the winning pitcher, while sophomore Brin Hunter and freshman Emma Bliss both went two for three in the victory. The busy weekend continued the following day with a sweep against Theil, another PAC opponent. The following week, splits with Grove City and Bethany left the Jackets at 5-3 on the season. The squad is led in the circle by senior pitcher Emma Kubalak and Chartiers-Houston alum Brookman. The freshman sensation has a 3-0 record with a 1.29 ERA

The women's lacrosse team opened their season on March 13 with a loss at PAC rival Washington & Jefferson.



# CARMICHAELS AREA

## CARMICHAELS CHRONICLES

In 1934, Tom Davis set a Greene County Meet record in the 100-yard dash that would last for 46 years. His rivalry with Jefferson's Nick Vukmanic was the stuff of local legend. The two squared off in the 100 and the results were impressive. The three timers of the event were Waynesburg College's Prexy Stewart, Frank Wolfe and Asa Wiley. Davis nipped Vukmanic at the finish line with a time of :09.9. However, after Vukmanic was called for a false start, the race was rerun. In the second race, two of the timers recorded him at :09.9 again, but one had him at 10



seconds flat. The rules stated the highest time was recorded. Davis also finished second to Vukmanic in the 200 and broad jump at that meet. His best time of the year was a :09.8 at the WPIAL Meet at Pitt, which gave him second place. At the state meet, he won the 180 high and low hurdles, regarded as his best events. However, there were no hurdles run at the local meets. Davis went on to letter in football, wrestling and track at Carnegie Tech. He later transferred to WVU and ran the 100, 220 and hurdles as the team co-captain.

*Have you had a recent sports accomplishment?  
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## ATHLETES OF THE MONTH

Zach Hillsman is the son of David and Kate Hillsman of Carmichaels. He plays both baseball and basketball for the Mikes. Zach maintains a 4.167 GPA and is a member of the academic team, band and National Honor Society. He also enjoys spending time with his family and friends. In addition, he worked for the Greene County Day Camp during the summers. After graduation in June, he plans to attend California University of Pennsylvania to pursue a degree in nursing.



Emma Hyatt is the daughter of William and Linda Hyatt of Carmichaels PA. She is a highest honors student and a member of the National Honor Society. Emma lettered in volleyball and softball for three years and basketball for four. She has also played for Quest Volleyball Club and Ohio Valley Volleyball Academy. During her 2020 season, she was named Western PA Volleyball Coaches Association Player of the Week, the All-County team, the All-Section First Team, and the All-WPIAL Second Team. She plans on attending Waynesburg University to major in business and play volleyball. Emma has worked for the Department of Recreation for the past two years.



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# CENTRAL GREENE

## RAIDER RECALL

The 1929-30 Raiders basketball team finished the season with an unblemished 18-0 record. That was also the first year that junior varsity games were scheduled. At the time, teams had to win two “post-season games” to get into the WPIAL playoffs. Waynesburg beat Washington (25-15) and McKees Rocks (31-23) to qualify for the WPIAL tournament. In the first round, they defeated Clairton (23-18) before losing a close game to eventual champion New Castle at Pitt Stadium. However, star Blair Cowen wowed the crowd with “spectacular shots not seen in schoolboy circles.”

The following year, the team made the “post-season” with a 15-5 record but lost to Hickory 25-15 in the first round. That season, the Little Jackets experimented with a new rule in a game against East Washington. They did away with the jump ball after each basket, and the

crowd loved the change. However, it would be six more years before the rule change became official. During another successful 16-4 campaign in the 31-32 season, the team defeated Massanutten Military Academy. The Red and Black returned to the playoffs in 1934-35. They traveled to Washington High School to meet Canonsburg at a neutral site for the section title. The result was a 41-34 victory and a trip to the WPIAL playoffs. The games were once again held at the Pitt Stadium basketball floor. The Little Jackets defeated

Duquesne 28-20 in the first game before falling to a powerful Rankin team in the semi-finals. The Waynesburg Republican also reported the team “won \$400 for tourney play”, and the school board voted to use it to replace the school’s football uniforms, which had been stolen.



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## ATHLETES OF THE MONTH

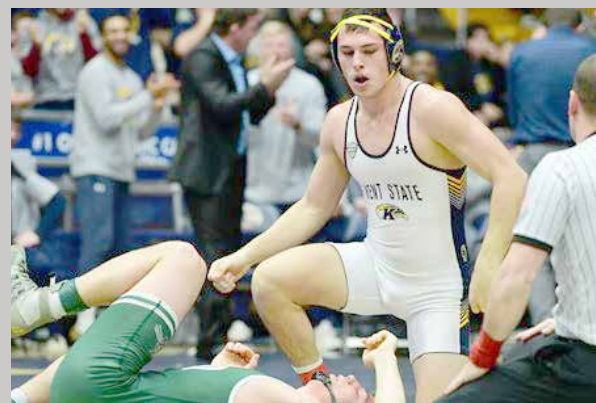
Sophomore Drew Layton is the son of Rick and Andrea Layton of Waynesburg. He maintains a 4.0 Grade Point Average. Drew is a member of the Raiders’ soccer, basketball, and track teams. In his free time, he enjoys weight training and running. He attends the First Presbyterian Church of Waynesburg.



Ashlyn Basinger is the daughter of Greg and Missy Basinger of Waynesburg. She is a member of the soccer and track teams. During her sophomore season, Ashlyn was named to the All-County, All-Section, and All-WPIAL soccer teams. She plays club soccer in the ECNL for the Pittsburgh Riverhounds. Her activities include Spanish, art, and Alpha Beta Clubs. She is also a member of St. Marcellus RC Church in Jefferson.

## MBM GIRLS’ BASKETBALL ARE EQT CENTER CHAMPS

The Margaret Bell Miller girls’ basketball team defeated Beth Center to win the EQT Center Championship. Members of the team are: Avery Davis, Sydney Fox, Brienna Coon, Mya Smith, Peyton Cowell, Rylei Rastoka, Emily Pace, Kierra Kennedy, Mady Loughner and Chatham Knight.



Former Raider stand-out, Colin McCracken was an NCAA National Qualifier for Kent State this season.

# JEFFERSON - MORGAN

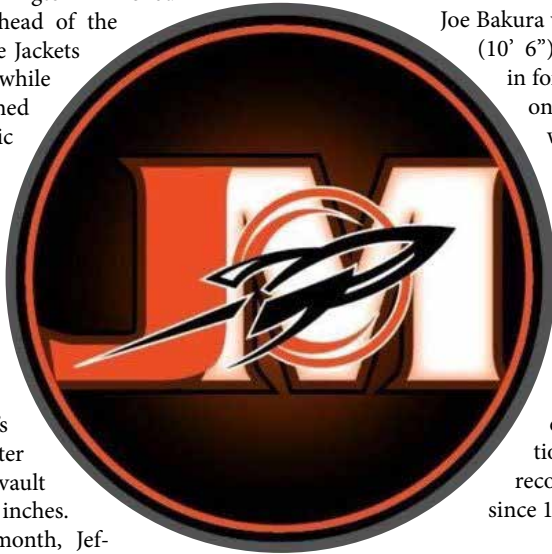
## RETRO ROCKET

The May 10, 1936, *Democrat-Messenger* reported a five-team high school meet held in Washington. The Canonsburg Gunners won the meet, narrowly holding off Jefferson High School led by star Nick Vukmanic. Washington finished a half a point ahead of the Waynesburg Little Jackets for third place, while Bridgeville finished fifth. Vukmanic finished with 22 points by winning the javelin (187' 1"), and discus (117' 6"), and shotput. He also finished second in the 200 and third in the 100. Jefferson's Gene Broadwater won the pole vault clearing 9 feet, 10 inches.

Later that month, Jef-

erson placed second as a team at the WPIAL meet. They were led by Vukmanic, who won the Javelin with a record-breaking throw of 195' 6". The throw broke the old record by 11 feet. He also won the discus and finished second in the shotput. His teammate

Joe Bakura won the pole vault (10' 6") after he stepped in for the Jeffs' number one vaulter (Broadwater) after he injured his leg. At the PIAA Meet at State College, Vukmanic won the javelin and broke the state record with a toss of 206' 10". The throw also eclipsed the national high school record that had stood since 1927 (205' 1").



## ATHLETES OF THE MONTH

Chase Frameli is the son of Brian Frameli and Melissa Beabout both of Clarks-ville. He wrestled at 126 pounds and finished his freshman year with a record of 11-1 and won the Section 1 sub-section. Chase began wrestling at the age of four and belongs to the Young Guns Wrestling Club. He believes this dedication to wrestling has helped him become skillful in many areas of academics, leadership, and athletics. He is an honor roll student and some of his unique hobbies include building computers, fishing, skiing, finance, traveling, and learning entrepreneurship.



Taylor Burnfield is the daughter of Ronnie and Jodie Burnfield of Jefferson. She is a three-year letterman on the Waynesburg rifle team. In February, Taylor won a third-place medal at the WPIAL Individual rifle competition, shooting a 200-18x with 2 center shots. The score advanced her to the individual state competition, where she finished 9th. The team also qualified for States after placing third at the WPIAL competition; they finished in 7th place at States.

The junior is involved in National Honor Society, Envirothon, Science Olympiad, foreign language club, debate team, Leo club and reading club. She also races dirt bikes and competes in the National enduro series.

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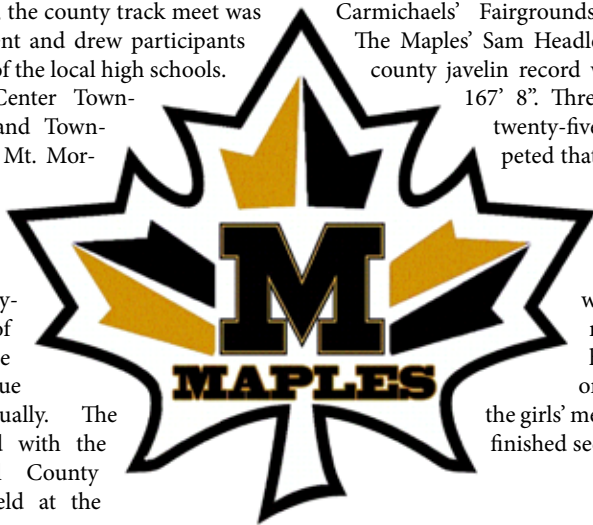
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# SOUTHEASTERN GREENE

## MAPLE MEMORIES

In the 1930s, the county track meet was a major event and drew participants from eight of the local high schools. Waynesburg, Center Township, Cumberland Township, Jefferson, Mt. Morris, Aleppo, Monongahela Township and Nineveh all sent varying numbers of athletes to the meet. The venue changed annually. The decade opened with the fourth annual County Track Meet held at the



Carmichaels' Fairgrounds on May 10. The Maples' Sam Headlee shattered the county javelin record with a throw of 167' 8". Three hundred and twenty-five athletes competed that day. It was also the first time there was a separate girl's meet. Jefferson won the boys' meet, and Richhill finished second. Aleppo won the girls' meet, and Nineveh finished second.

## ATHLETES OF THE MONTH

Lance Stevenson is the son of Chad and Katie Stevenson. Lance has been a member of the baseball and basketball teams for four years and a member of the football team for three years. The Maple senior was named All-County in baseball, basketball and football and All-Conference in football. Lance plans to further his baseball career at a university this fall.



Ella Menear is the daughter of Rick and Christy Menear. She swam as an independent in the 2021 WPIAL Swimming Championship on March 6. The Maple sophomore won both the 200-yard Individual Medley and the 100-yard Backstroke. She also broke Upper St. Clair's pool record in both events. Ella qualified for the PIAA Swimming Championship at Cumberland Valley High School on March 19. In addition, Ella plays volleyball and was named to the First Team All-County and All-Section squads. She was further honored as a Third Team All-WPIAL All-Star.

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# WEST GREENE

## PIONEER PAST

The athletes that provided West Greene's success on the gridiron in the late 1950s also excelled on the track. By 1957, the Pioneers were a dominate Class B power in only their third year of existence. The 1957 team finished third in Class B at the WPIAL meet at Mt. Lebanon High School. The One Mile Relay team set a Class B WPIAL Record that had stood since 1950. Price Cheeks, Ray King, Zinn Gorby and Glenn Baker ran a 3:38.2 to become the first WPIAL record holders from the coun-



ty. The following year another Pioneer team of Gorby, King, Jerry Yost and Marvin Watson set the WPIAL 880 Relay Record with a time of 3:37.2. The same group placed fourth at the PIAA State Meet. At the 1959 WPIAL Meet, the Pioneers again won the 880 Relay with a team of George Stockdale, Larry Mankey, Howard Patterson and Gilmore Anderson. The team finished fifth in Class B and won the Greene County Meet that year.

### WG GIRLS' BASKETBALL WPIAL FINAL

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**NOTEWORTHY:** West Greene 18-4 (Four consecutive WPIAL Runner-Ups. Senior class finishes with a record of 86-14. They were the winningest class of all time at the school and never lost a section or home game.

## ATHLETES OF THE MONTH

Daniel Collins is the son of Dan and Miranda Collins. He is a member of the West Greene cross country and wrestling teams. The Pioneer senior has been a section place-winner the past two years. He received the Wiley Cheek Award after both his freshman and sophomore seasons. Daniel is also a member of the Wrestling and Ski Clubs.



Elizabeth Brudnock is the daughter of Sandy and Ben Brudnock of Sycamore. The senior is a member of the Pioneer basketball and volleyball teams. Her extra-curricular activities include the Calculus Club and the National Honor Society. She also participates in peer-mentoring and the ski club. Elizabeth plans to attend California University of PA to study business.

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# NEW! INSTANT HEAT PRESS BAR AT THE LOCKER ROOM

“It’s here!” says Pam Marisa, owner of The Locker Room in Waynesburg. “We’ve been anticipating the day we could finally announce the latest and greatest addition to The Locker Room. Announcing our *Instant Heat Press Bar*. This is BIG news for our community in and around Greene County.”

“The process is smooth and quick as can be,” Pam explains. “We have two kiosks set up for your convenience in our store. Simply pull up a stool to the kiosk and scroll through all of the design options we have on file, select your category, choose from one of the many design options, pick your design color, shirt, quantity, and you’re done! Within minutes your very own custom shirt or shirts will be ready to walk out the door with you. Have a company logo? Simply email it to us and we will upload it to our kiosk for you!”

“The sky is the

limit,” adds Pam. “If you can think it, you can do it!” The Heat Press Bar also prints hats, face masks, gaiters, and koozies, which are fully stocked and ready for your custom design. You can also create your custom piece from the comfort of your very own couch. Visit [lockerroomwbg.com](http://lockerroomwbg.com). “Additionally, we have plans to add an embroidery machine in the near future,” says Pam. Custom printing on cups, mugs, glass and plasticware will also be coming to The Locker Room soon.

Baseball season is almost in full swing so shop local and support your hometown sporting goods store. Uniforms, baseball gloves, hats, bats and more. The Locker Room is open for business Monday-Friday 9-5pm. 121 East High Street, Waynesburg, PA 15370. Call 724-627-8900 for more information.

***Our Instant Heat Press Bar gives you a ton of options and we have over 4,000 blank items in stock for you to choose from. T shirts, tanks, hoodies long sleeve T shirts, sweatshirts and more. Are you holding a fundraiser or corporate event and need team shirts? Are you a baseball mom and would love to show your support for your child and his/her team? We can customize a shirt for you! Actually, YOU get to customize it. You're the designer! This is a great idea for a last minute, personalized birthday present, too! Or Grandparent's Day. What grandparent wouldn't love a shirt so they can proudly announce to the world their special title of the "Best Nana or Best Papa Ever"?***



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# “Make Ready”

With Dave Bates of Alpha Omega Shooting Solutions, LLC

## What’s the Best Gun?

I worked many years for an older gentleman in Greene County by the name of Ralph K. Bell. You probably knew him as the owner of Bell’s Christmas Tree Farm: “The Tree Guy.” Ralph operated his Christmas tree outfit for more years than I have inhabited this earth. On more than one occasion, I heard my friend Ralph tell his customers that he didn’t like to give advice on picking out a tree. Ralph felt picking a tree was very personal, stating, “Why, I’d have better luck picking out a husband for a wife than to pick out a tree for you.” Ralph was right about a lot of things and at 99 years old, he was right about more things than I realized.

Ralph would have also been correct about picking out a firearm for another person, too. No one can select the proper firearm for you. Like a Christmas tree, but a whole lot more important, choosing a weapon is a very personal thing. It has to fit YOU — not your husband, not your best friend, not your brother-in-law who knows a lot about guns, and especially not the guy you bought it off of, cheap, at work.

People ask me frequently, what is the best gun? I usually respond with a version of this.

1. How many parties will be attacking you?
2. At what range do you expect the gunfight to occur?
3. Will zombies be involved? With or without body armor?
4. Will your particular gunfight occur in daylight or darkness?
5. Will the gunfight occur against Republicans or Democrats?
6. How big is your hand?
7. What is your I.Q., Zodiac sign and bench press?
8. What is the largest caliber you are capable of controlling?

It’s about this time that they turn and look at me like I’m an alien from another planet and say, “How the heck should I know?” “Exactly!” The short answer is, “I’m not sure.”

The long answer is longer than most people want to hear. “It depends.” The best gun may not even be a gun. You may not want a gun but rather pepper spray or an electric stim device.

The best gun will fit your hand so that you can reach the controls, rack the slide, be able to load and unload it, as well as clear

stoppages and malfunctions. On the other hand, you may choose a revolver for its simplicity. The best gun is small enough to be carried on your person, so you have it with you when you need it and small guns are easier to carry. It is large enough to shoot comfortably, because larger framed weapons usually are more comfortable to shoot and easier to manipulate. The best weapon shoots enough caliber to stop a human threat without being so large that recoil is intimidating to the shooter. The best weapon is the one you shoot well.

Overwhelmed yet? This is what happens to most of us when we first wade the waters of all things guns. The perfect gun does not exist. It is a compromise about less than perfect choices in a flawed world.

I instruct from the educational side of the gun. Zero intimidation. We have eight to ten weapons available for you to handle and shoot. See what feels good to you. Some gun stores do this. Ask them to shoot it before you purchase and they will laugh. We do exactly that. Shoot several weapons of varying size, weight and configurations. Try before you buy because once you buy it, you own it. It is like a new car, once you drive it off the lot, it depreciates, and you can’t get your money back. This try on mentality is built into the course of instruction and costs nothing, additionally. If you have your own weapon, bring it along and shoot it, too. Compare and contrast your weapon with others that you may like better. At the end of a five hour course, you will have a much better idea of what the best gun looks like for you. Shoot everything and something will jump out at you. It’s all about the feel. Realizing that the perfect gun does not exist, you can at least begin to recognize what you can live with and what are the nonnegotiables. Once you start to become a gun handler, most guns will feel “better.” If you shoot it well and it fits, then that’s the best gun!



*Dave Bates is the owner of Alpha Omega Shooting Solutions, LLC in Khedive, Pennsylvania. Bates is an NRA certified instructor, a teacher, coach and police officer with nearly 40 years of experience. If you have questions or are interested in learning more about firearms training, contact Dave by email: [alphaomegashootingsolutions@gmail.com](mailto:alphaomegashootingsolutions@gmail.com) or by phone at 724-966-7011.*

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## April is National Financial Literacy Month



### GET SAVVY AT SAVING - MAKE IT A HABIT

**Making smart choices with your money is the first step toward becoming financially fit.**

The easiest way to save is to pay yourself first. That means setting aside a certain amount of money you earn and keeping it in a savings account. The key to saving successfully is by making it a regular habit. By saving early and often, you'll set yourself up for a brighter financial future.

It's important to save money for a rainy day, just in case you need it for any unexpected expenses like a broken laptop. Another portion of the money you receive should be set aside for your various goals. These goals can be categorized as short-term, medium-term or long-term. You can reach your goals by saving your money over time.

### BUDGET - IT ALL ADDS UP

**You need to buy a jacket, but you also want to buy a new phone. How do you choose?**

To make good decisions about how to spend your money, start by setting your money goals and work toward achieving them with a plan in mind. A personal budget is a plan that helps you put the money you've earned toward savings, expenses (lunch, bus or entertainment money) or paying off debt (money you may have borrowed).



When you're creating a budget, it is important to understand the difference between something you need to have and something you want to have.



Remember to take care of your needs first, so you can think about saving for what you want. A budget can not only help you consider your immediate needs and wants, but prepare you to achieve your long-term financial goals. You may have some short-term goals that you can achieve in a matter of weeks, or long-term goals that will take years to attain.

### PROTECT YOUR DIGITS

**Earning money is hard work.** It takes time and effort, and it's just as important to protect your money as it is to make it. The easiest way to protect your hard-earned cash is to keep it in a safe place. A bank is one of the most secure places for your money because it's the bank's job to keep it safe. It will give you peace of mind knowing where your money is at all times. Just like you wouldn't leave your backpack unattended outside, you shouldn't leave your money where it could be stolen or lost.



Content brought to you by

**First Federal**  
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Information courtesy of Visa Practical Money Skills. For more information and resources, visit [www.practicalmoneyskills.com](http://www.practicalmoneyskills.com)



# HELP US SAY NO MORE TO SEXUAL VIOLENCE

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- The history of the anti-sexual violence movement
- Anti-oppression
- Cultural Competency
- Trauma and Post Traumatic Stress
- Active Listening Skills
- Empowerment
- Counseling
- Systems Advocacy



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STTARS Program



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# Public Service Profile

By Danielle Nyland

## COALITION FOR A BRIGHTER GREENE

**A**aron Haywood was a kind, smart, talented person. He came from a good home, with a caring family and great friends. He was an active member in his church, and he excelled in school. He received a degree from West Virginia University and, a month later, was lost to addiction. He went to great lengths to hide his addiction and his family was bewildered and devastated by his death.

Similar stories are increasing across southwestern Pennsylvania at an alarming rate. Addiction is ravaging our communities and leaving heartbroken families in its wake. Dedicated citizens are founding organizations with the mission to help those struggling with addiction.

The Coalition for a Brighter Greene is a group of volunteers with a mission to alleviate the drug abuse problem in Greene County. The all-volunteer organization was formed as an outcome of a 2015 Greene County Town Hall Meeting on substance abuse by Christine Gardner, Pastor Berkey, Philomena Blainey, and Jonathan Johnson, with support from local agencies and offices. The Coalition works with community leaders, organizations, and citizens to provide programs and events that raise awareness and support.

Since 2016, the Coalition has implemented several projects in the area. In conjunction with PA Family Support Alliance, Court Appointed Special Advocates, and Botvin Life Skills Training, and PA Adult & Teen Challenge, they bring awareness to area students, teaching them facts and personal skills to avoid substance abuse. They also work with schools to advance STEAM education, bringing more fulfillment to students' school experience, increasing club participation, and reducing the risk for drug use. Their events, such as drug awareness movie nights, March for Greene, community prayer vigils, and free concerts and lectures, provide opportunities to community members for discussion and education. These ongoing programs and others have made progress in the county.

Systemic family struggles are one of the biggest hurdles in the fight against substance abuse, especially in rural communities. Multi-generational substance abuse occurs due to outside pressures: difficulty with sustainable income, lack of available education, access to resources, etc. Due to the complexities of family substance abuse, the Coalition approaches each family from multiple



Coalition for a Brighter Greene holds community events to raise awareness and educate.

angles and views each piece of the family as part of a whole.

"Addiction is always going to be part of this world and our community; the goal is to decrease the severity and the frequency of it. The Coalition was founded from the Town Hall because the collective impact was becoming so great that something had to be said, something had to begin to change," shares Tom Schlosser, vice president.

"Too many lives lost, and it shouldn't take a person dying from addiction for our community to value each person. Whether it be through the school system, the churches, or a coach, we need to value each person in this community," adds Jonathan Johnson, Coalition president.

The Coalition has continued to provide evolving services to the community. Due to increased internet traffic from the pandemic, they've introduced new features on their website. A new blog offers articles dealing with addiction, the pandemic, family issues and more. They started a vlog called Ray of Hope, made possible by a grant through the Greene County United Way and Community Foundation of Greene County. The videos feature interviews with community members, highlighting their continuing services and work and providing viewers with the message that they are not alone.

This year, the Coalition is partnering with a group of Waynesburg University students, led by Greene County native Jonathan Bailey, to provide virtual lessons in budgeting for teenagers and young adults. A scavenger hunt will take place from April into May, culminating in an event at the kayak launch in Greensboro on May 22.

The volunteers with the Coalition continue to forge relationships and build bridges on their path of creating a healthier Greene. Their website, [coalitionforabrightergreene.org](http://coalitionforabrightergreene.org), lists multiple resources to help those in need. If you are interested in joining the Coalition, fill out the contact form found on their site.



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# Legal Lessons

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## UNDERSTANDING YOUR FINANCES



We can always find something to worry about, but a recent survey by Bay Alarm Medical indicates that eight in ten Americans are very concerned that they may run out of money as they age. In fact, more Americans are worried that they will face financial instability than they are of their spouse's death or even their own death. Fortunately, the fear of financial instability is a fear we can mitigate with knowledge and action.

Financial literacy has been an issue for quite some time, which is why the Senate passed a 2004 resolution making the month of April National Financial Literacy Month. The Senate's goal was to help raise public awareness regarding financial education and the consequences of not understanding personal finances.

To test financial literacy, the National Financial Educators Council created a 30-question test called the National Financial Capability Test. This test focuses on personal financial management, budgeting, paying bills, setting financial goals and investing. Of the 40,000 people tested, the average score was less than 68%, with 42% actually failing the test.

You may wonder what financial literacy has to do with estate planning, my answer would be 'everything'. My clients typically want to know how to achieve two goals. First, how to protect their assets from the high cost of long-term care. Second, how to pass their estate to their heirs without incurring unnecessary expenses or hassles. My advice depends on what assets they have, as well as their income sources such as social security, pensions, and investments.

Most people would have trouble answering questions regarding their assets and income at the spur of the moment, but I have found many of my clients often have difficulty answering these questions even when they can prepare in advance. If you have assets that you do not understand, there are various steps you can take such as reading books or internet articles, or meeting with your banker, insurance agent and financial advisor to ask your questions.

While you are talking to your trusted advisors, take the time to learn how your assets are titled, what type of investment earnings are being produced, whether you have designated a beneficiary, or if there may be penalties for removing funds from the investment. Do not forget to ask some 'what if' questions such as "what if I get sick and I need to withdraw either a portion of or the entire account all at once?" Or "what if I pass away, how do my beneficiaries get this account?"

Once you collect this information about your assets, make a list including the information. Keep the list with your estate planning documents and review it periodically to make sure it is up to date. Someday, this information will be very helpful to your executor of your estate.

If you find this to be an overwhelming task, set a goal to address a different asset each week or enlist the help of a trusted family member or friend. Then contact your estate planning attorney to incorporate this information into your estate and elder plan!

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# CHECK OUT OUR LIBRARIES!

## APRIL IS NATIONAL POETRY MONTH!

April marks two special occasions for those with a literary interest. The month of April is National Poetry month, and the first full week of April is National Library Week. To celebrate these events, both Greene County libraries – Eva K. Bowlby Public Library and Flenniken Public Library – will be holding various events and contests. And libraries offer a range of materials to keep your brain healthy and happy!

Both libraries will be holding a poetry contest this year. Patrons and citizens are invited to submit their poems to the libraries for a chance to win prizes and have their poetry featured.

### EVA. K. BOWLBY PUBLIC LIBRARY POETRY CONTEST

Submit original poems to the library beginning April 1 through April 15. Categories include:

- Kindergarten-Second Grade
- Third Grade-Fifth Grade
- Sixth Grade-Eighth Grade
- Ninth Grade-Twelfth Grade
- Adults

Entrants can enter up to five original poems and sub-

mission forms are available at the circulation desk. Submissions can also be emailed to [reference@evakbowlby.org](mailto:reference@evakbowlby.org) or by postal mail to: Poetry Competition, 311 N. West Street, Waynesburg, PA 15370. The Poetry Reading & Awards Ceremony will be held on Monday, April 26, at 5pm, where the library will announce the winners from our poetry contest and invite participants to read their original work. This event is free and open to the public.

### FLENNIKEN PUBLIC LIBRARY POETRY CONTEST

Submit original poems to the library now through April 15. Submissions can be completed online at [www.flenniken.org/events](http://www.flenniken.org/events). You may enter as many poems as you wish.

Categories include:

- Pre-K – Sixth Grade
- Seventh – Twelfth Grade
- Adults

Winners will be announced on April 30. 1st place is a \$25 Amazon gift card, 2nd a \$15 iTunes gift card, and 3rd place is a \$10 Dunkin Donuts gift card. All participants will receive a journal and a pen.

Coming in June, the summer reading program, Tails & Tales, will be available at both libraries. The program will consist of in-person and virtual activities, and it will utilize

the Beanstack mobile app. Both libraries will hold a kickoff party on June 18, and the program will run from June 21 to July 31.

Flenniken will be celebrating its 60th birthday this year. A birthday celebration is in the works for early May. The event will feature presentations, activities for both young and old, food, contests, and so much more. Stay tuned to their Facebook page – and to the GreeneScene for a feature article coming up next month about the library's history and their birthday event.

For more information on events and programs at the libraries of the Greene County Library System, visit [greencolib.org](http://greencolib.org), [evakbowlby.org](http://evakbowlby.org), [flenniken.org](http://flenniken.org) or find them on Facebook.



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## County Conversations

### GREENE COUNTY HUMAN & SOCIAL SERVICES TRANSPORTATION PROGRAM

**N**eed to go shopping or get to the food bank? Concerned about the weather? Or are you unable to get to an appointment? The Greene County Transportation Program can help!

The Greene County Transportation Program transports eligible riders to and from destinations in and around the Greene County area. This is a Shared Ride Program, meaning riders will likely be riding with other consumers and other consumers may be picked up and dropped off during your ride.

The Transportation Program recently purchased seven news buses, bringing the total of buses to 17. Through a full grant from PennDot that fully underwrote the procurement, the County obtained the buses at no cost to them. The old buses were sent to auction.

Clients must be pre-registered in a qualifying program to book trips. Programs include Senior Shared Ride for those 65 or older for medical appointments, shopping or area senior centers, Medical Assistance Transportation Program (MATP) for those that have medical assistance, and Persons with Disabilities (PWD) for those with a

qualifying disability age 18-64. Service hours for a ride in Greene are Monday through Friday, from 6am to 6pm, except for designated holidays. Clients must make reservations no later than noon a day before the scheduled trip.

“Ridership is increasing as our clients become more comfortable in leaving their homes and getting back out there,” says Richard Blaker, the Transportation Administrator. “I’m hopeful that ridership will continue to increase as we move towards summer.”

If you need to travel out of Greene County, rides head to Washington on Mondays, Wednesdays, and Fridays, to Uniontown/Republic/Fredericktown on Tuesdays and Thursdays, to Pittsburgh on Mondays and Wednesdays, to Morgantown on Tuesdays and Thursdays. All rides out of Greene are from 10am to 2pm, except for Blacksville, which is 8:30am – 3:30pm.

FMI on the Greene County Transportation Program call 724-627-6778 or 1-877-360-7433 or visit [www.co.greene.pa.us](http://www.co.greene.pa.us).



# GET OUT IN GREENE!

Southwestern Pennsylvania's bucolic beauty – rolling hills, wandering streams and rivers, and wooded regions – make it the perfect place to get outside and enjoy healthy physical activities such as hiking, biking, kayaking, and more. With miles of trails, state and local parks, and a water park, Greene County has plenty of outdoor activities to appreciate.

The area has many wonderful parks and playgrounds for children and adults to enjoy. In Waynesburg, you can find the Lions Club Community Park, Ritchie Park, West Park, Monument Park, College Park, and Center Township/Rice Energy Park. Ten Mile Creek County Park in Clarksville, Richhill Township Park in Wind Ridge, Richhill Township Park #2 in Graysville, Pumpkin Run and Min-Love Park in Rices Landing, Wana B Park in Carmichaels, and Nemaocolin Park in Nemaocolin.

Along the Greene County border, the Mason-Dixon Historical Park in Core, West Virginia offers miles of trails and the chance to stand on the Mason-Dixon Line. Trail sights include the Mason-Dixon Marker Stone, rock outcroppings, Tucker Falls, bluebell flowers, and a fairy trail.

At Ryerson Station State Park, 1,164 acres provide ample hiking, camping, fishing and picnicking activities. Ryerson's aquatic center is still currently undergoing construction and will include a new pool and splash park once opened. More than ten miles of trails wander through mature forests, open fields, evergreen plantations, wetlands, near streams, across an iron bridge, and even venture to an old cemetery in the hills.

The Waynesburg Unity Trail is approximately 2 square miles, including 1.5 miles of walking trails and wooded areas that are preserved for student research and environmental restoration. The trail is also available to the greater Waynesburg community to enjoy and appreciate nature in an urban setting.

Following the winding path of the Monongahela River, the Greene River Trail is ideal for walking, running and biking. The trail offers scenic views of the Monongahela River and travels past several of the county's coal communities. The Rices Landing Historic District can be viewed from the trail, including locations such as the W.A. Young & Sons Foundry & Machine Shop in Rices Landing. Parks nearby include Pumpkin Run and Min-Love Park.

Forty-five miles of the Warrior Trail's 67-mile length passes through Greene County, beginning in Greensboro and ending at Pennsylvania's border with West Virginia. As it winds through the county, the Warrior Trail passes through the towns of Aleppo, Nettle Hill, and Kirby and follows a stream divide that separates the watersheds of Whitely and Dunkard Creeks. The trail is marked by conspicuous yellow dots on trees and posts, as well as both sides of any road crossing. Large portions of the trail pass through private property, so trail users must respect the rights of property owners.

Enlow Fork Natural Area is an easy and scenic 6.5-mile trail. It follows a closed dirt road with two iron bridges along the stream. The forest ecosystem is of special interest for bird watchers and wildflower enthusiasts, as a variety of birds and wildflowers can be spotted in the area. An annual wildflower walk is held in the spring.

In Greensboro, 1.5 miles of bituminous and concrete paved urban hiking and biking trail extends from Greene County's Mon View Park through Greensboro Borough to the

historic Lock Master's house. If the weather is less than perfect or you're looking for an indoor activity to get your blood pumping, Mon View Park's roller rink is open on Fridays and Saturdays year-round, thanks to recent renovations that included air conditioning. Private parties can be booked on Saturdays and Sundays. A recently added kayak launch can also be found along the river.

Just outside of Greene County, the Sheepskin Trail in Point Marion, Browns Run Trail in Masontown, and the trails of Friendship Hill north of Point Marion offer hiking of varying distance and difficulty.

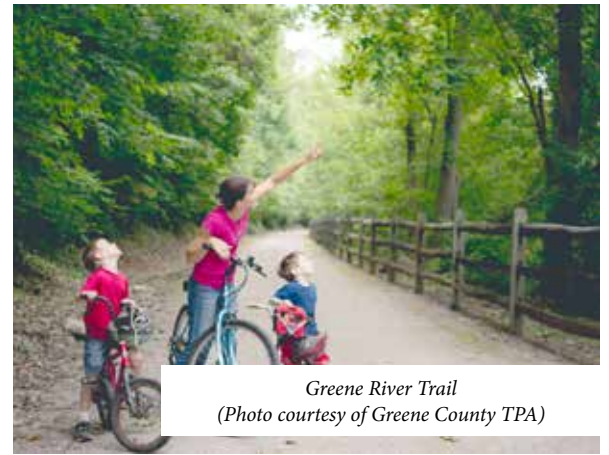
If you're looking for a little fun in the sun and water, Greene County offers two public pools and a public water park. Public pools are located at both Mon View Park in Greensboro and Wana B Park in Carmichaels. The Greene County Water Park, located adjacent to the Lions Club Community Park in Waynesburg, features a pool, slides, and children's area.

Kayak launches can be found in various sites around the county, including Waynesburg, Jefferson, Clarksville, Mount Morris, Rogersville, Dilliner, Crucible, Rices Landing, Fredericktown, and other towns. For a great list of kayak launch sites in Greene, visit [kayakgreenecounty.com](http://kayakgreenecounty.com).

Along Rolling Meadows Road in Waynesburg, the Greene County Tennis & Pickleball Courts area features two full-size tennis courts and two newly resurfaced pickleball courts, with outdoor lighting, a water fountain, and surrounding fence. Members of the public are welcome, and participants are encouraged to use the courts when the mixed tennis league is not in session. You can enjoy a walk at the nearby World War I Memorial and the Greene County Veterans Memorial Park. A short distance away sits the Greene County Historical Society Museum and its broad grounds.

If you really want to discover sides of the county you might not have seen before, geocaching sites throughout the county will keep you exploring. Geocaching in Greene County is thriving, and websites like [geocaching.com](http://geocaching.com) offer a large number of geocaching stops and series, like the Bridges of Greene County series or the Tour of the Townships. The Department of Recreation's "Cache Me if You Can," geocaching series also makes various stops around the county. Some of these stops can be found near the trails and parks already mentioned.

If you're looking for fun outdoor activities, look no further than our own county. Greene County has something for everyone, and with spring arriving and summer just around the corner, there's no better time to enjoy everything Greene has to offer!



Greene River Trail  
(Photo courtesy of Greene County TPA)



Ryerson Station State Park  
(Photo courtesy of PA DCNR.)



Geocaching around Greene County is a great way to explore the area and enjoy physical activity.



The Greene County Water Park in Waynesburg.  
(Photo courtesy of Greene County, Dept. of Recreation.)

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# KEEPING GREEN

By Danielle Nyland

Recycling is in a serious crisis. Public confusion due to inconsistent labeling and misunderstandings about proper recycling guidelines are the leading reason why many recycle incorrectly – or chose not to recycle at all. And with supply greater than demand, the value of recyclables has severely diminished - while the cost of collecting, transporting, processing, and marketing recyclables has increased substantially. Greene County is among those struggling with recycling issues – but dedicated officials and citizens continue to provide a variety of recycling opportunities.

After a closure due to the ongoing COVID-19 pandemic, the recycling facility just west of Ruff Creek store, at 197 Dunn Station Road in Prosperity, reopened on July 13, 2020. Townships choosing to participate in recycling were permitted to restart their recycling process the following week and the program has continued operations since reopening. The facility, the product of a cooperative relationship between the County of Greene, Greene Arc, Inc. and Gateway Recycling, provides residents and businesses a place to recycle materials.

Managing the program is a daunting task. The overhead cost of operating the recycling facility is significant: each month, it costs \$3,000 to lease the property which a county building and Department of Environmental Protection (DEP) equipment resides, and approximately \$2,600 for trash, utilities, and maintenance expenses. Originally, the parcel lease cost was \$4,000 a month, but the Commissioners negotiated a decrease in August 2020. Expenses for the facility are paid from the County's General Fund.

The County of Greene is spearheading a coordinated recycling effort in Greene County. This effort has the potential of reducing the overhead cost associated with the recycling

program. It relies on the cooperation of the public and businesses to effectively receive, sort, and process materials while keeping costs affordable. Materials received at the Ruff Creek facility must strictly adhere to guidelines (included in a sidebar to this article). Non-acceptable material must be returned to your home and is not permitted to be disposed of in the dumpsters at the facility. The disposal of materials brought to the center that aren't recyclable cost \$1,800 each month.

The lease for the current facility expires in November 2021. The recycling center will continue operations after that date if something can be worked out to minimize cost. "We will continue recycling center operations if presented the opportunity to make it a more reasonable cost to the residents of Greene



Commissioner Blair Zimmerman helps at a previous electronics recycling event held at the fairgrounds.

County," says Mike Belding, Greene County commissioner chairman. "Either substantial reduction in the lease agreement or a third party picking up the lease agreement is a viable solution. We are still seven months away from lease expiration and we have already begun negotiations in an attempt to keep the



Thanks to the recycling efforts of the Waynesburg Lions Club, two new benches were placed in Hooper Park.

center open. Meanwhile, we will explore other opportunities to allow Greene County residents to participate in general recycling programs elsewhere should the center have to be closed."

Until then, the facility will continue to operate unaffected, and during the course of 2021, the County of Greene will offer additional opportunities to encourage proper recycling. These events will provide accessible venues to dispose of those hard-to-recycle items, including electronics, tires, and household hazardous waste, reducing illegal dumping in our communities.

Two electronic recycling collection

events will be held at the Greene County Fairgrounds from 2pm to 6pm, on May 19 and September 22. Guidelines for the event include only one CRT-style TV per car, stay in your car and follow CDC recommendations. There is no fee to recycle most electronics; the exceptions are televisions with busted glass (\$50), Freon appliances (\$20), and fluorescent light bulbs (\$2). To register for the event, visit [www.co.greene.pa.us/recycling](http://www.co.greene.pa.us/recycling).

For the first time, a tire recycling event will be held at the fairgrounds in conjunction to the May 19 electronics recycling, thanks to the PA West Nile Virus Grant provided to the Greene County Conservation District. Tires are the number one harbor for mosquitoes during summer months and recycling old tires reduces habitats for breeding mosquitos. Unmounted passenger tires will be accepted for a fee of \$1 per tire, for up to 20 tires per

## LIST OF RECYCLABLE ITEMS

### ACCEPTED

- Paper as listed (please separate)
- Cardboard (Corrugated Boxes, Chipboard, Empty Cereal Boxes)
- Sorted Office Paper (White Paper, Envelopes, Copy Paper, Shredded Paper – staples and paperclips OK)
- Mixed Paper (File folders, Junk mail, Magazines)
- Newspaper (Black and White)
- Metals as listed
- Tin Cans (Soup Cans – rinsed and

clean)

- Plastics as listed (please separate)
- #1 PET Bottles (Water and Soda Bottles – clean and empty)
- #2 HDPE Jugs (Milk Jugs – clean and empty)

### NOT ACCEPTED

- Aluminum Cans (pop, soda, beer)
- Plastics (Mixed Bottles, jars, bags, Styrofoam, vinyl siding, toys, buckets)
- Wood (Furniture, TV Stands, Speakers,

Pianos, Cabinets)

- Glass (Windows, Automotive Glass, Mirrors, Ceramics)
- Electronics (TVs, Computers, Speakers)
- Clothes
- Light Bulbs
- Ink/Toner Cartridges
- Mattresses or Carpets
- Medical Equipment
- Home Appliances
- Batteries

- Used Motor Oil

- Tires
- Any item with food residue
- Construction Waste
- Car Parts and Bicycles

Do not put recyclables in plastic bags.

If you bring them in plastic bags, please open the bags and dump the items in the correct bin and take your bags home. You can recycle these bags at Giant Eagle, Walmart, or through the Lions Club.

person. No tires will be accepted from tire service companies or auto repair shops.

A new household hazardous waste collection will be held on July 17 from 9am to 1pm at the Greene County Fairgrounds 4-H Rabbit barn, thanks to a partnership with Noble Environmental Specialty Recycling, LLC. For a small fee, the event will accept paint, batteries, lightbulbs, household cleaners, solvents, anti-freeze, gasoline, motor oil, etc. Payment will only be accepted via credit card; prices for the event are paint, \$1.1/lb.; universal waste, \$1.20/lb.; other household hazardous waste, \$1.50/lb.; and propane cylinders \$10/unit.

Many citizens and community groups are complementing the County's recycling efforts with their own creative recycling endeavors. Plastic bags, not recycled at the Greene Arc center, are getting new life as useful rugs and mats. At the Waynesburg Community Center, the brightly colored plastic shopping bags are converted to plarn, then woven into rectangles, stars, and circles. Once completed, they can be purchased at the Center's store. The rugs provide funds to assist in the center's operation, reuse plastics, and enliven your home.

Throughout the last few years, the Lions Club has dedicated their annual community projects to eliminating plastic waste while providing something for the community. In

2018, plastic shopping bags were collected, converted into plarn, and used to weave mats for the homeless. In 2019, the Lions worked with outdoor furniture company TREX to promote recycling. The Lions collected plastics, delivered them to Giant Eagle, and reported the totals to TREX. After reaching the 500-pound goal, they received a free bench from TREX. The bench was placed in downtown Waynesburg's Hooper Park during the spring of 2020. After a second round of plastic recyclables were delivered, a second bench was placed in Hooper Park. The Lions Club has assisted other Lions Clubs and community organizations start the process and receive benches.

"There's an unbelievable amount of plastic out there that can be recycled but isn't," says Eleanor Chapman, a member of the Waynesburg Lions Club. "It's nice to get the community involved in a project like this. It helps people get more concerned about their plastics." If you'd like to get involved in the program, reach out to Eleanor or the Lions Club and she'll be glad to help your group with the process.

The massive undertaking of the County of Greene, the commissioners, organizations, and citizens involved in recycling cannot continue without the support of the entire community. Take advantage of the ongoing recycling efforts available throughout our community to keep Greene County green and beautiful.

## TOWNSHIP CLEANUP DATES

Aleppo Twp.  
N/A

Jefferson Boro  
Not Scheduled

Carmichaels Boro  
N/A

Jefferson Twp.  
N/A

Center Twp.  
April 12-17

Monongahela Twp.  
Not Scheduled

Clarksville Boro  
Open on Monday at 2

Morgan Twp.  
Not scheduled

Cumberland Twp.  
Not Scheduled

Morris Twp.  
5/1 & 10/2

Dunkard Twp.  
May 14-15

Perry Twp.  
5/1 8am - 1pm

Franklin Twp.  
4/30 - 5/1 8am-12pm

Rices Landing Boro  
Not scheduled

Freeport Twp.  
N/A

Richhill Twp.  
No clean up day

Gilmore Twp.  
N/A

Springhill Twp.  
4/24 - 4/25

Gray Twp.  
Not Scheduled

Washington Twp.  
4/24

Greene Twp.  
No clean up day

Wayne Twp.  
4/10

Greensboro Boro  
Not Scheduled

Waynesburg Boro  
N/A

Jackson Twp.  
N/A

Whiteley Twp.  
5/1

## GREENE CO. RECYCLING CONTACTS

**Greene Arc, Inc.**  
197 Dunn Station Rd., Prosperity, PA  
724-852-3062

**Greene County Recycling Coordinator**  
724-852-5300

**Waynesburg Comm. Center**  
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# Greene Artifacts

By Matthew Cumberledge, GCHS EXECUTIVE DIRECTOR

## AN UNUSUAL CHAIR

In our collection at the GCHS we have some real showstoppers. These items always grab people's attention during tours. One of those items is the Texas Longhorn chair formerly owned by Rear Admiral (Ret.) Vane Hoge.

During the late 20s or early 30s, a friend from Texas gave Van Hoge the Texas Longhorn chair. It sat in his boyhood home several years, before Vane gave it to the museum in the early or mid-40s. (Information provided by his niece, Alberta Main.)

Admiral Hoge was born on February 17, 1902, in Center Township in Greene County, near the community of Rogersville. He was a son of Samuel M. and Margaret Yeager Hoge. His early life was spent on the family farm in Center Township. He attended elementary school at the village of Oak Forest, also in Center Township, and graduated from the former Center Township High School in Rogersville, which is now a component of West Greene High School. He entered Waynesburg College in 1921 – the same year in which Dr. Paul Rich Stewart became president. During his senior year at Waynesburg, he served as student laboratory instructor in chemistry.

Following his graduation in the class of 1925, Hoge entered Jefferson Medical College at Philadelphia, where he graduated June 1, 1928. Shortly afterward he was accepted into the United States Public Health Service, where one of his early assignments was to be in charge of research activities in psittacosis (parrot fever). Hoge was also in charge of special studies and surveys on community historical requirements. His responsibilities included the final approval of all civilian hospital construction projects during the restricted conditions which prevailed during World War II. In recognition of

his special achievements in better hospital administrative practices he was one of only five persons ever to be awarded the Award of the American Hospital Administrators Association.

After getting involved in hospital administration, Hoge spent a year's study at the University of Chicago to earn his master's degree in the field of hospital administration. In 1960, he was a consultant in Liberia, North Africa during the construction of a government hospital.

He was particularly interested in Waynesburg College and served as a trustee for many years. Commenting on his death, Dr. Paul Rich Stewart, chancellor, Waynesburg's former president and longtime friend of Admiral Hoge said, "He was a member of the finest class to enter Waynesburg under my administration in the fall of 1921. He continued ever since as a warm friend and loyal alumnus. His achievements in public health and hospital administration have brought honor and high credit to Waynesburg College and to himself. His passing is a severe loss."



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## KEEP YOUR PETS HEALTHY

**W**e love our pets. They're a part of our family and bring us joy and affection. Make the most of your time with your pet by doing everything that you can to keep them happy and healthy. Here are some top tips from pet health experts to help your pet live its best life.

**Exercise your pet.** Taking time out each day for walks and playing keeps your pet healthy and physically fit. Pets will also need lots of mental stimulation. To keep your pet from getting bored, include variety in your walks and provide different types of mental stimulation like teaching new tricks, hiding treats for them to find, and provide new toys.

**Feed your pet a nutritionally balanced diet.** A nutritional, well-balanced diet helps your pet maintain a healthy weight and avoid obesity-related illnesses. Most pets can get their nutrition from a well-balanced diet, but some may need supplements. Make sure your pet has access to fresh water and minimize the amount of treats your pet receives; treats should be no more than 10% of your pet's daily calories.

**Make routine visits to the vet for annual checkups.** Routine visits to the veteri-

narian are the perfect opportunity for health screenings that can lead to early detection of serious illnesses and diseases. Yearly dental appointments are also recommended to prevent dental issues and remove plaque and tartar buildup.

**Vaccinate your pet.** Vaccinations and preventative medicines can help keep your pet free of health issues and illnesses, including heartworms, fleas, ticks and the diseases they carry, like Lyme disease.

**Maintain grooming for your pet.** Spending time each week grooming your pet not only allows you to grow the bond between you and your pet, it allows you to spend time looking over your pet for potential problems such as skin issues, lumps, bumps and more. Bathing, brushing their coat, trimming their nails, and brushing their teeth are all part of healthy grooming habits.

And keep in mind that pets are good for YOUR health. Pets bring love and companionship, help reduce stress, and prevent loneliness. And while you're helping keep your pet active, you're keeping yourself more active.

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# Meeting the Needs of Our Children

By Michelle Zeigler



According to the US Census Bureau, there are approximately 7,000 children under the age of eighteen living in Greene County, PA. Much like the adult population in the county, Greene County's youth needs unique healthcare that will cure their ailments and prepare them for a bright future. That is where places like Cornerstone Care's Pediatric division come into the picture. They give Greene County's children a running start at life.

For those unfamiliar with Cornerstone Care, it is a local health care system with eleven locations across southwestern Pennsylvania. Cornerstone Care provides a wide range of medical care, and their pediatric clinics are one of the most popular elements of their practice. Cornerstone Care has two pediatric clinic facilities, one in Washington, PA and another within Greene County's borders, located in Waynesburg, PA. Cornerstone Care is also a Federally Qualified Health Center (FQHC), meaning that the clinic is able to care for all patients, regardless of external factors that might inhibit a patient's ability to receive treatment, such as ability to pay, a lack of health insurance, or socioeconomic status.

This mission of treating those who need care regardless of their payment factors has allowed Cornerstone Care to partner with world-class pediatric physicians like Dr. Edward Foley, MD, who has been actively practicing pediatric medicine since 1976. Originally from the Philadelphia region, Dr. Foley is the main physician at the Community Health Center of Washington, as well as Cornerstone Care's Chief Medical Officer. While he originally started in private practice, Dr. Foley merged with Cornerstone Care decades ago, mostly because their missions seemed to align.

"We take care of underprivileged kids. Kids on Medicaid, kids with no insurance, or whatnot, and I believe that it fits in Cornerstone Care's health model," Dr. Foley says. "Merging with Cornerstone was a great fit for us, and I love their philosophy."

Back home in Greene County, Dr. Daniel Church, MD is the main physician at Pediatric Center of Waynesburg and is one of Greene County's most popular pediatricians. He has been treating local patients for over twenty years and plans to continue serving the community for many more years to come.

While he originally began his pediatric clinic as a private practice, he partnered with Cornerstone Care about ten years later.

While he originally joined Cornerstone Care to assist with the stresses surrounding the administrative side of his practice, Dr. Church soon realized that choosing to partner with the healthcare system not only made his life easier, but also directly aligned with his personal mission surrounding

healthcare.

"That's why I got into pediatrics and why I came back to work at a rural health center," Dr. Church says. "I wanted to take care of people based on their healthcare needs, not based on anything else. That's what Cornerstone Care is all about: taking care of patients, regardless of any other factors that may be involved."

Dr. Church believes that another perk of working with Cornerstone Care is the ability to send patients to specialists if they need it, all within the same healthcare network. Whether a child needs emergency dental care, psychiatric counseling, or optical care, since Cornerstone Care has all of these specialties within Greene County's borders, Dr. Church finds it much easier to treat patients holistically, rather than just one issue at a time.

Another amazing occurrence both Dr. Church and Dr. Foley have witnessed is the number of former patients who return to have the doctors treat their own children. Amanda Brown of Clarksville, PA is one of these generational patients. Growing up in Greene County, her parents chose Dr. Church as her pediatrician when she was a child, and now that she has a son of her own, Dr. Church has become his pediatrician as well. Her 16-month-old son, Clayton Moskal, has been a patient of Dr. Church since the day he came home from the hospital, and Amanda has had nothing but positive results with both Cornerstone Care and Dr. Church himself.

"I absolutely love Dr. Church!" Amanda says. "Not only is he local, but he remembers my family and I from when I was a kid. Between his medicinal expertise and his wonderful personality, we wouldn't go anywhere else. Going with a pediatrician that's familiar to me has been very comforting for me as a first-time parent."

Like all areas of the medical field, the past year has been a huge challenge for Cornerstone Care's pediatrics sector due to the COVID-19 pandemic. From changing regulations, to incorporating virtual visits, Cornerstone Care's pediatric team has had to juggle taking care of everyday pediatric issues, as well as survive themselves in coronavirus era. Richard Rinehart, CEO of Cornerstone Care, believes that the biggest hurdle pediatric providers both in southwestern PA and across the country have to face is the delay in children's immunization as a result of the pandemic.

"Since COVID-19 hit last year, we've seen an unfortunate trend in children falling behind on their routine, scheduled vaccinations," Richard says. "Parents have been worried about taking their kids out in public with the virus, and as a result, kids are behind in getting their immunizations. Vaccines prevent so many terrible diseases that we often take for granted now days, and we worry that if children are falling behind with their shots that some of these terrible diseases might resurface."

Richard and the providers at Cornerstone Care strongly urge parents to continue to vaccinate their children, even as the pandemic begins to subside. Although the current COVID-19 vaccines are not available to children, the best way to keep your child healthy is to go with their pediatrician's recommended vaccinations and keep them up to date.

With Cornerstone Care at your child's side, the future of Greene County's children looks promising, hopeful, and most of all, healthy.

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# GROWING OLDER IN GREENE

By Zack Zeigler



Senior volunteers deliver meals to Greene County residents as part of the Meals on Wheels program. (Courtesy Blueprints.)



Nancy Church talking with a senior citizen in 2018, as part of RSVP's telephone reassurance callers program. (Courtesy Blueprints.)



Seniors enjoying chair exercises.

With everything happening during the past year, seniors living in Greene County have had a lot on their mind. Worries about physical and mental health, self-care, and living needs have been on many people's minds. For seniors in our area, there are several different options available around the county and more are becoming available as restrictions begin to end and vaccines become accessible.

If you're not ready to head back out into the world, consider your in-home needs first. Do you need a little help with tasks around the house? In-home care might be the perfect option. Jesse Pento, owner of Pento Home Care, has been providing care for those that have difficulty leaving their homes for 20 years. "We do non-medical in-home care, sending our aides out to do cooking, cleaning, and other housework," Jesse says. "We can take you to appointments and any engagements that you may have. Basically, we do anything around the home that is not related to specific medical care."

The aides at Pento Home Care are constantly working for their customers even before they start assisting. It is a long process to become eligible for the assistance required in home care, and Jesse and his team helps potential clients every step of the way.

"Once someone calls us, it typically takes six to eight weeks to complete the application process," Jesse says. "We have seen lots of people give up through the process, but we are here to help you through every step of the process. We help our customers along by encouraging them to fill out all the forms and giving them tips on how to correctly fill out each section of the application process. Once you pick a service coordinator, we will actually come out to your house and help you through the process."

After completing hours of paperwork and getting approved for needed in-home care, it can be scary welcoming a stranger in your home. Jesse has been in the homecare business for 20 years and knows the importance of a good patient-aide fit. He works tirelessly to make sure that the aides he sends out to each home are just right.

Before an aide ever steps foot in a home, they have already gone through hours of in-depth training and interviews to ensure they are the right fit.

"We fully train all of our aides in-house and are certified by the PA Healthcare Association," Jesse says. "After they are trained, we make sure that the aide is a good fit for the patient's needs. We conduct house interviews for each aide selected and after that we can usually determine which side is going to be the best fit for you. All of our aides have their clearances and background checks, and we strive to provide the best care for you."

If you've got your in-home care in order, a program aimed to improve quality of life – mentally or physically – might be a great choice. In Greene County, there are many different programs around focused on self-care. Whether you're suffering with muscle pains, struggling with fitness, or need help with self-management, there is a program out there that can help.

"The Health and Wellness program offered by the Southwestern PA Area Agency on Aging provides opportunities for adults 60 and older residing in Greene, Fayette, and Washington counties," says Robin Younger of the Southwestern PA Area Agency on Aging. "We work a lot with the Uniontown YMCA to offer health and wellness programs tailored to our

seniors."

Every program offered by the Southwestern PA Area Agency on Aging is centered around helping seniors improve themselves, providing individual attention in a fun group environment. This month, Pam George, the wellness director at the Uniontown YMCA, is offering a Tai Chi and enhanced fitness class for seniors who want to get fit.

"Programs offered at the Uniontown YMCA include Tai-Chi for Arthritis (8 weeks), Enhance Fitness (6 weeks), and Chronic Pain Self-Management workshops," Robin says. "The SWPA AAA also sponsors the 15-week 'Eat Smart, Move More, Weigh Less' online weight management program developed by NC Star University."

The EQT REC Center in Waynesburg also offers a variety of programming geared towards seniors. Their facility offers a fitness room, walking track, and group classes. The center believes that, "when seniors exercise regularly in a group setting, they gain the social interaction, motivation, and the physical benefits necessary to stay active and engaged in their community." Their senior programs include low-impact chair exercise, balance programs designed to reduce falls, and Silver Sneakers. As a Silver Sneakers partner, the EQT REC Center programming incorporates Silver Sneakers classes, developed to maintain fitness and health through cardio, yoga, flexibility and stability exercises.

When people feel cared for they often turn towards their community with the need to share that comfort with others. There are several organizations around Greene County that provide seniors and people over the age of 55 a chance to help serve their communities. These programs help community members who are struggling and giving back to those less fortunate can be a rewarding experience, both mentally and physically. "Joining Retired and Senior Volunteer Program (RSVP) is a great way to become more active in the community and to help others," says Stacy Stroman, program director at Blueprints. "There is research that demonstrates the mental and physical health benefits associated with volunteering, including lower mortality rates, increased strength and energy, decreased rates of depression, and fewer physical limitations."

There are four main programs offered by Blueprints that allow seniors to help those in their communities. Seniors can deliver meals to the homebound elderly, educate other adults about financial literacy, prepare taxes for low-income families, or provide telephone reassurance to isolated seniors. Each person is paired with another senior in need and provides them much-needed assistance.

Every year, Blueprints receives hundreds of senior volunteers eager to help their fellow senior citizens. According to Stacy, the response from all of these seniors is the same: a rewarding experience that they will never forget.

"In 2019, we had 316 senior volunteers, and even during the pandemic, we had a total of 266 volunteers in 2020," Stacy says. "It is such a rewarding experience, and all of our volunteers have positive things to say about the program. It helps give them an opportunity to give back to their communities and makes them feel good inside."

Greene, Washington, and Fayette counties have been built on the backs of seniors who have made a difference. Now it is our turn to give back by offering care, self-care, and enrichment opportunities to allow them to keep living enriching and engaging lives as they age.

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# GREENE GETS VACCINATED

Local medical facilities have formed a coalition as they continue distribution of the COVID-19 vaccine throughout Greene County. Greene is still currently in Phase A1, vaccinating health care personnel, long-term care facility residents and those with high risk conditions.

"We started working with the Greene County Emergency Management Agency in partnership with Centerville Clinic, and Washington and Mon Valley hospitals to form a consortium to say 'Okay, what is this rollout going to look like, how are we going to do this, how will people register?'" says Sarah DeCarlo, director of clinical operations at Cornerstone Care.

Sarah explains that originally local counties had a central registration process that was well-managed, but when the state opened up to individuals 65 and older, the site crashed multiple times.

"We realized we needed to have our own individual registration," Sarah says. "For the first two-three weeks we were getting thousands and thousands of requests per day."

Sarah says that although there may have been chaos behind the scenes, she is proud of how smoothly the clinics are running.

"It was a well-oiled machine," she says. "I couldn't be more proud of our staff. Within two days after the vaccines came in, they were vaccinating 150-200 people a session."

According to Sarah, Cornerstone Care has the capacity to administer 2,000-3,000 vaccines a week, however they have been limited to 750-1,000 vaccinations a week due to shortages that began in mid-January.

"We've vaccinated about 5,000. That number would be so much higher with consistent shipments from the state," Sarah shares.

Waynesburg University's Department of Nursing has been assisting Washington Health Systems in administering the vaccine, as a team of four is needed to inoculate one person.

"In preparation, nursing students participated in a COVID-19 Vaccination Clinic Simulation on Friday, February 5, and Monday, February 8, on the campus of Waynesburg University. The overall goal of the simulation was to foster student confidence and competence," Barb McCullough, vice president of human resources at Washington Health System says in a news release.

This has been helpful in easing the demand for trained professionals on-site.

Clinics apply to the state of Pennsylvania for doses of the vaccine and are notified of their allotment for the week a few days prior to delivery. Washington Health Systems Man-

ager Stephanie Wagoner says because of that, WHS has approached distribution in a different way.

"WHS is only scheduling patients based on the number of vaccines in which we have a confirmed delivery for," Stephanie says. "This prevents us from having to cancel appointments."

We work quickly to schedule appointments and the first thing we do is reserve the correct amount that is needed to accommodate our second dose patients first. Then we can determine how many first dose appointments we can make, based on the remaining supply."

WHS is currently only vaccinating local residents of Washington and Greene counties and has distributed a little over 18,000 doses of the Pfizer vaccine. This number includes a mix of those who have received both first and second doses.

Local clinics are administering the vaccine by appointment only, with vaccine forms easily accessible online.

"If you do not have access to a smart phone or a computer with internet, you can call (724)-579-1100 for registration assistance," Stephanie says.

Sarah DeCarlo says anyone who does not feel able to register themselves can also call Cornerstone Care at (724) 852-1001 and someone will assist in registering and filling out the necessary information online.

A vaccine provider map is available to find clinics near you at <https://www.health.pa.gov/topics/disease/coronavirus/Vaccine/Pages/Distribution.aspx>.

The SWPA Area Agency on Aging is offering free rides to all seniors, 60 years of age and older, needing transportation to and from their scheduled COVID-19 vaccination appointment. Those interested can call Greene County Transportation at (724) 627-6778 with completed vaccine information. The Area Agency on Aging will also make vaccine appointments for individuals that do not have access to the internet.

Stephanie Wagoner acknowledged that with low supplies of the vaccine as well as high demand for it and its necessity for two doses, that the process is moving much more slowly

than desired.

"We realize that many registrants have been on our registration list for weeks now and we are doing everything possible to get to them an appointment," Stephanie says. "We just need more vaccines to be able to put into arms to speed up the process."

All local clinics have reported immense gratitude from the community and a collective positive experience in the past month.

"WHS is proud to be an important part in the fight against COVID-19 in our area," Stephanie says. "We are receiving a ton of positive feedback from those that have been vaccinated at our clinics. They tell us how friendly the staff are, how quick and efficient our process is and how safe they felt while receiving the vaccine. We have also received an out-

pouring of community support. Some of this has come in the form of monetary donations or food and snacks for our employees."

Chief Medical Officer Edward Foley at Cornerstone Care understands and addressed the numerous reservations and concerns regarding the COVID-19 vaccine's safety.

"All three vaccines now approved for 'emergency' use have proven to be extremely safe and effective in preventing severe illness," Edward says. "The Pfizer and Moderna products were tested early on before the emergence of variants and were 95% effective in preventing even mild disease. The Johnson & Johnson version was tested in more challenging settings like South Africa and, while mild illness sometimes occurred, it was 100% effective in preventing hospitalization or death."

Edward says that through it all, vaccines are the only path to return to normal life.

"Folks getting these vaccines are clearly the path to ending this pandemic," Edward says. "Getting people

vaccinated in every country on the planet will obviously be difficult, but it will be the only way to prevent COVID from continuing to circulate and come back to haunt us year after year, much like influenza."

By Sierra Medina

## COVID-19 Vaccination Sites

Rite Aid  
724-627-9849

Giant Eagle Pharmacy  
724-627-5456

Washington Health System Greene  
724-627-3101

McCracken Pharmacy  
724-627-5454

Cornerstone Care  
Various locations, visit: [https://cornerstonecare.com/covid-19\\_vaccine/](https://cornerstonecare.com/covid-19_vaccine/).

Centerville Clinics  
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# When Home is a Prison

By Rochelle McCracken

According to the Centers for Disease Control and Prevention (CDC), sexual violence is a significant problem in the United States and defined as sexual activity when consent is not obtained or given freely. The victim usually knows the person responsible for the violence. These perpetrators are often friends, intimate partners, coworkers, neighbors, and family members. Many victims are told that no one will believe them, others feel shame from the stigmatism, and some feel powerless against the person abusing them. All abuse, especially sexual abuse, is about power and control over another person.

Research has led to programs aimed at understanding the problem of sexual violence and preventing the violence before it begins. According to Joanna Dragan, from Sexual Trauma Treatment and Recovery Services (STTARS) program, part of the SPHS Care Center, many survivors go years before they report the violence. The topic of sexual violence is still a stigmatized topic and leads to silence among its victims. The message for survivors is as important now as it ever has been: “Your voice has power, embrace your voice,” shares Joanna Dragan of STTARS, part of the SPHS Care Center, serving Washington and Greene counties.

Lately, it’s been even more difficult to hear the survivor’s voices because of the ongoing pandemic. In-person domestic and sexual violence awareness events were not available and many of our most vulnerable could not be seen or heard. The isolation created by the pandemic led to a breakdown of community support, shares Leslie Orbin of Domestic Violence Services of Southwestern PA (DVSSP). What Joanna and Leslie want the community to know is that services provided by their organizations are still available and not only for those in life threatening situations.

Many of the DVSSP’s counseling and prevention programs person went online this year. Group counseling is offered via zoom and one-on-one sessions are available by phone. STTARS continued advocating their message during the past year through online literacy programs educating the community on ways to stand up against violence. A coloring contest was held in the GreeneScene Community Magazine emphasizing that your voice has power and empowering youngsters to speak up and be heard.

The past year created additional stressors for families and economic hardships were abundant. This resulted in an increase to hotlines providing services for counseling and economic relief; abuse hotlines were no exception. During the pandemic, there was an estimated 25% increase on domestic disturbances around the world. “While some organizations have noted up to a 25% increase in domestic violence during the pandemic, in southwestern PA this was not necessarily the case,” Leslie says. The area may have not noticed an increase in calls for help if the perpetrator is someone that is close or living with the person they are abusing. During the past year, many have been sheltering at home, making escape from a dangerous situation difficult. The safe spaces normally available in the community – like school, church, and events – were unavailable. These safe spaces are often used to identify those that need help or provide the opportunity for the survivor to seek services. Visual clues such as a withdrawal or lack of interest



## Signs of an Abusive Person

- *Telling you that you never do anything right.*
- *Showing extreme jealousy of your friends or time spent away from them.*
- *Preventing or discouraging you from spending time with friends, family members, or peers.*
- *Insulting, demeaning, or shaming you, especially in front of other people.*
- *Preventing you from making your own decisions, including about working or attending school.*
- *Controlling finances in the household without discussion, including taking your money or refusing to provide money for necessary expenses.*
- *Pressuring you to have sex or perform sexual acts you’re not comfortable with.*
- *Pressuring you to use drugs or alcohol.*
- *Intimidating you through*

*threatening looks or actions.*

- *Insulting your parenting or threatening to harm or take away your children or pets.*
- *Intimidating you with weapons like guns, knives, bats, or mace.*
- *Destroying your belongings or your home.*

(relisted from [www.thehotline.org](http://www.thehotline.org))

## GET HELP

*Those wanting to talk or searching for answers to help them sort through the damaging effects of domestic violence and sexual abuse can find help at Southwestern Pennsylvania Health and Social Services at 724-627-6108 or 888-480-7283, [www.sphs.org](http://www.sphs.org). Services for help can also be found through Domestic Violence Services of Southwestern Pennsylvania, serving Washington, Fayette and Greene counties. Their number is 800-791-4000 or [www.peacefromdv.org](http://www.peacefromdv.org).*

from activities they enjoy or changes in appearance or mannerisms that display a lack of self-care are used to identify someone that may be suffering from abuse.

In the past, most sexual crimes had a statute of limitations restricted to only a few years for the survivors to file claims against those that abused them. This did not include seeking damages from institutions that hide offenses. Many states understood the need for change and pursued legislation to enact laws that extended the limitation of time to file claims. In Pennsylvania, Governor Tom Wolfe signed bills championed by State Representative Mark Rozzi, D-Berks, who shared the story of his own rape as a boy of 13 at the hands of a priest. The multi-year amendment must pass the House and Senate in the 2021-22 legislative session before the vote in a statewide referendum. (Associated Press, 11/26/19) The new laws will extend the statutes by several years for many survivors. Those having to report by age 30 for some instances of a sexual crime will have until the age of 55. Young adults ages 18-23 that only had two years to report, will have until age 30. Police will be given 20 years instead of 12 to file criminal charges for those over 17 years, filing as young adult survivors 18-23 years old.

This year marks the 20th anniversary of awareness for the victims of sexual assault and abuse and the world recently celebrated International Women’s Day. That celebration was recognized during a week-long event held statewide under a global campaign known as “No More” ([www.nomore.org](http://www.nomore.org)). The campaign believes that, “Together we can end domestic violence and sexual assault”. Domestic violence and sexual assault affect one in three women at some point in their lifetime, with one in six men experiencing sexual abuse before the age of 18. Sixty-five percent of these survivors who did come forward to report the crime say no one would help. Along with the celebration of International Women’s Day came a “Choose to Challenge” movement promoted by the Domestic Violence Services of Southwestern PA. The movement challenges gender bias and discrimination in our communities.

Resources are available to those needing help or wanting to report a suspected domestic or sexual violence situation. “Your voice has power, embrace your voice,” Joanna says. Counselors are available to help you find the resources you need, and the safe spaces offered by these organizations will welcome you with genuine compassion, eager to help you end your suffering in silence. You will be met with individuals that “will be glad you felt comfortable enough to share your story with them,” Joanna adds. “They will believe what you tell them and are truly sorry that you had to experience this in your life”.

Those wanting to talk or searching for answers to help them sort through the damaging effects of domestic violence and sexual abuse can find help at Southwestern Pennsylvania Health and Social Services, supporting the local area, at 724-627-6108 or 888-480-7283, [www.sphs.org](http://www.sphs.org). Services for help can also be found through Domestic Violence Services of Southwestern Pennsylvania, serving Washington, Fayette and Greene counties. Their number is 800-791-4000 or [www.peacefromdv.org](http://www.peacefromdv.org).



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**2 Honorable Mentions:** \$10 Gift Card to 5 Kidz Candy

First place and two honorable mention winners will be chosen from each age group.

Be sure to fill out your **FIRST NAME**, **GRADE**, **SCHOOL**, **PARENT/GUARDIAN NAME**, and **PHONE NUMBER**; drop off or mail to: GreeneScene Community Magazine Coloring Contest, 185 Wade St., Waynesburg PA 15370.

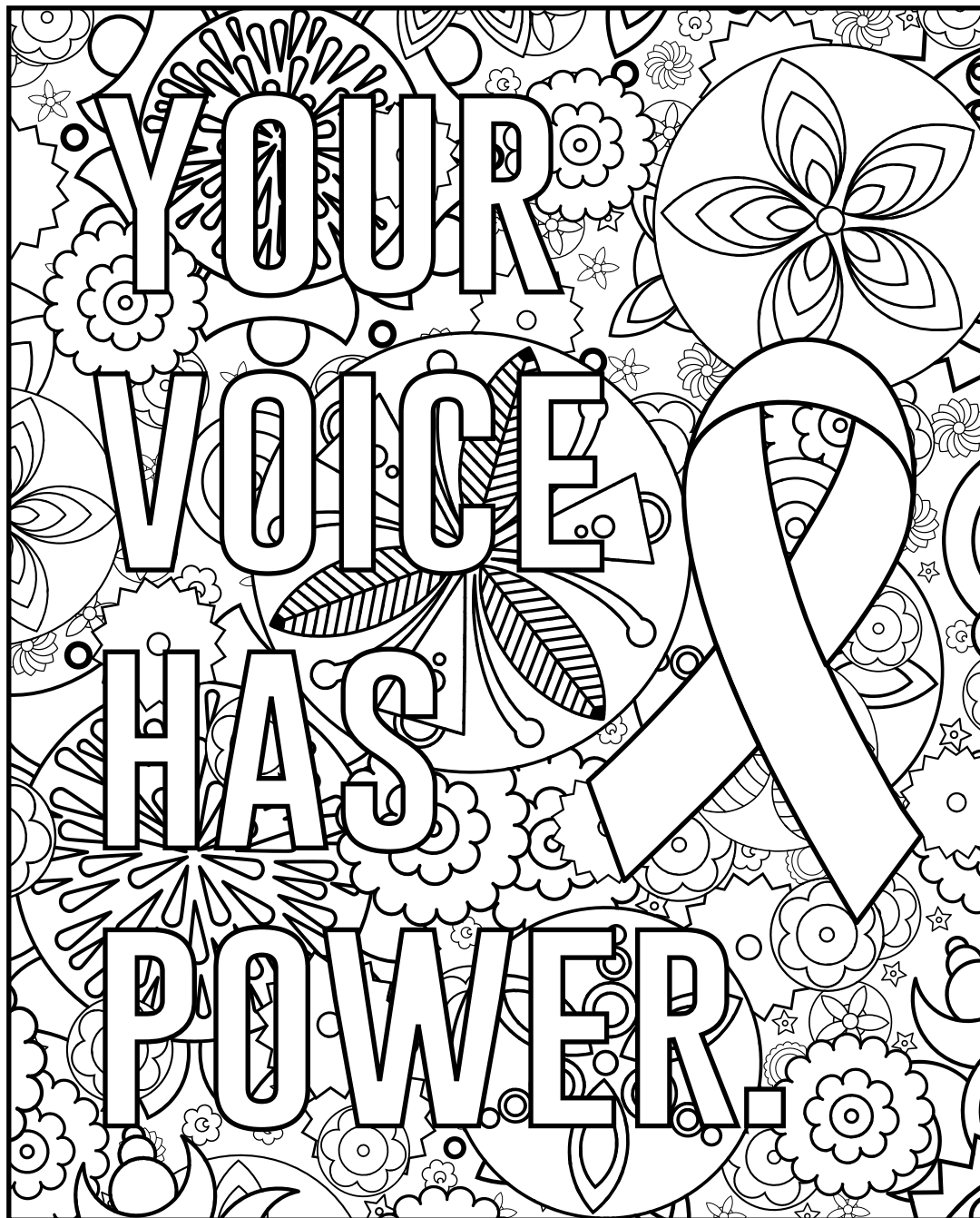
**DEADLINE FOR ENTRIES IS APRIL 14, 2021**

All entrants give permission for their entries to be shared on SPSHS social media and publications. Selected entries will be displayed at 5 Kidz Candy, 78 East High Street, Waynesburg.

## Sexual Assault Awareness Month

April is Sexual Assault Awareness Month (SAAM). We want to invite all members of our community to support survivors and to know that Your Voice Has Power, not just in April but every day!

For more information on how you can prevent sexual violence in your community, contact the SPSHS CARE Center STTARS Program 724-229-5007 or 724-627-6108.



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# Natural Health

By Michelle Zeigler

As traditional healthcare costs continue to rise across the United States, many Americans are looking for alternative treatments that are not only made from non-addictive, natural ingredients, but are more cost friendly. While natural/alternative medicine has been around for thousands of years in the Far East, it has recently become popular with Greene County residents, especially those seeking relief from body pain caused from aging and other ailments.

Natural health, also known as naturopathy, can take many faces, ranging from drug-free alternative services like acupuncture, reiki, and massage therapy, to herbal supplements and vitamins like elderberries, Vitamin D, and herbal teas. However, one of the most controversial and beneficial topics in the field of naturopathy revolves one plant: Cannabis sativa, more commonly known as marijuana.

Man has used cannabis for centuries, through the Stone Age, to the ancient Egyptians, to many Native American tribes, and even the America's Founding Fathers in the 1770s. At least, it was until 1937 when the US Federal government banned it. However, cannabis saw a comeback in Pennsylvania in 2016 when Governor Tom Wolfe officially approved the legal selling of cannabis and its by-products for medicinal uses only. The once illegal substance was now seen as a natural remedy for a variety of ailments, including cancer, glaucoma, anxiety, and chronic pain.

If full-blown medical marijuana isn't your speed or you don't qualify for a card, there is an alternative supplement that provides the same holistic health ingredients

but without a high effect, known as CBD oil. Extracted from cannabis plants containing high amounts of CBGA and low amounts of THC, CBD oil can help treat a variety of medical conditions. Brian King, pharmacist and owner of Specialty Herbal Products in Waynesburg, PA, has been carrying a variety of CBD oil products in his store for over four years now, which come in two main forms: liquid oil taken orally and medicinal salves that are applied topically. The topical variety is best for acute pain management, while the liquid oil is better for chronic conditions.

Specialty Herbal Products started carrying the CBD oil at their store because of the impactful benefits of the drug. "I have 30 years of experience with natural products, and by far, CBD oil is the most amazing and exciting product I've ever seen," Brian says.

Brian says that by far the most popular reason his customers purchase CBD oil is for pain management, especially for customers with painful past injuries or arthritis. Other reasons people buy his CBD oils are anxiety/stress relief, sleep aides, seizure management and other neurological conditions, and even purchasing products on behalf of their pets with his dog and cat friendly CBD products.

Brian also warns the public to buy their CBD oil from a reputable source, like Specialty Herbal Products. "I saw a study back when the CBD oil craze first hit that said 80% of the products sold at convenience and service station locations didn't actually deliver on their promised benefits," he says. "It's better to buy your product from someone you can trust."



I got the vaccine because I think we should do everything humanly possible to stop the spread of the virus. This vaccine is a game changer and together we can win this challenge we face as Americans.

~ Mel Blount, Former Pittsburgh Steeler and Pro Football Hall of Famer



## THE OPPORTUNITY IS YOURS.

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# Maintaining Mental Health

*During a Pandemic*

By Michelle Church

As March greeted us this year, many people thought of where they were a year ago. Anniversaries of trauma and grief are always difficult, and the COVID-19 pandemic has been a trauma to many people across the world. According to the National Alliance on Mental Illness, “The coronavirus has resulted in an unprecedented crisis that affects not only our physical health and daily lives, but also our mental health.” We are living in a rare period where we are all experiencing the same event.

Have you noticed yourself, or a friend or relative, experiencing changes in appetite, hygiene or sleep patterns? Despite us all being in this together, we’re experiencing an isolation that sometimes leads to depression and anxiety. As we start to see the potential light at the end of the tunnel, it remains important to focus on safe socialization and maintain safety precautions, like mask wearing and social distancing.

The most important way to protect your mental health is to minimize isolation while still staying safe. Check-in with friends and family via the phone, zoom, emails, or even letters – especially during holidays. If you need to talk, call a friend; do a video call to see their face if that helps. Be supportive to others. Reach out to them to let them know you are there. It’s important to stay in touch and it helps minimize the feeling of isolation. As the weather warms up, meet up with local friends and take a safe stroll through the park or along a trail together. Physical activity can also be valuable for mental health. Spend time with pets. They provide comfort and emotional support and help us fight isolation and loneliness.

As time continues passing, it’s more important than ever to find safe ways to connect with loved ones. Get creative with how you spend quality time with friends and families and make it memorable. Important celebra-

tions in our lives have been celebrated with drive-by birthday parties or parades – take part in them! If you’re missing going out for pedicures with friends, try home spa day on Facetime. Love to cook? Try a new recipe once a week. Have a weekly movie viewing party through Zoom, visit the drive-in for a movie, get involved in an online book club. Plan things to look forward to, even though those plans may look different. According to the experts, it’s important to acknowledge that holidays are special even when we can’t spend them together. It’s better to find ways to celebrate at a distance than to put everything off until regular celebrations resume.

#### Stress can cause some of the following:

- Changes in appetite
- Feelings of worry and fear
- Difficulty sleeping or concentrating
- Physical reactions like headaches or other body pains
- Worsening of chronic health or mental conditions

As vaccinations for COVID-19 have begun, mental health experts are seeing a rise in vaccine anxiety. Kylee Henderson, from Cornerstone Care, mentions that the vaccines have been in progress for some time and are already well-researched because of SARs. “Getting vaccinated helps us all work together to get to herd immunity. It’s important to make decisions for both our own safety and for others’ as well,” she says. “We all have to get through this together.”

Find healthy ways to cope with stress. Avoid oversaturation of the news and follow trusted news sources to minimize anxiety. If what you see on social media is upsetting or stressful, set time limits. It’s important to be informed of world events, but too much exposure can lead to stress and anxiety. Meditation can be helpful, and focusing on taking deep breaths can help you feel calmer.

Follow healthy daily routines, make



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your bed, call a loved one, and make sure to take breaks. If you are working from home, designate an end of the workday and follow it. Time to relax is important. Get plenty of sleep and eat healthy foods. Exercise if you are able, or just take a walk around town. When you have free time, spend time on activities and hobbies that you enjoy. Make time to read, consider learning a new skill, or taking a class online.

Realizing how you are feeling is a way to manage stress and cope with the situation.

Spend some time evaluating your feelings each day. If you’re overwhelmed and don’t know what to do, reach out to a professional. Cornerstone Care offers telehealth therapy that can be done by video call. There are also online support communities listed on [www.nami.org](http://www.nami.org).

As we continue to fight our way through this, we need to keep checking in on our loved ones and ourselves. Your health – both mental and physical – are important.

## Need Help?

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#### Greene County Mental Health Program

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#### Cornerstone Care

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3308, 724-324-9001

#### Axiom Family Counseling

724-627-0608

#### The Stern Center

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2289

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# fighting back against addiction

By Edward Boice



It's no secret that addiction has made its mark in Greene County, Pennsylvania, and its neighbor West Virginia, Maryland, and Ohio are two of the hardest hit by the opioid/drug epidemic. In 2018, both states were among the highest recorded drug overdose deaths: West Virginia (51.5 per 100,000), Maryland (37.2 per 100,000), Pennsylvania (36.1 per 100,000), and Ohio (35.9 per 100,000). (from cdc.org)

In the eyes of John Fox, Greene County Drug and Alcohol Services director, opioids, alcohol, and other addictive substances are such a problem because they dominate lives, leaving little room for hobbies and people. COVID-19 has not helped people's life situations either, Fox said. Despite all the negativity and difficulties, there are those who hope for a better day. John Fox and Dr. Bryan Negrini, president and medical director of Outpatient Addiction Recovery Services (OARS), are two of those believers.

"On a daily basis, I go to work hoping that society, genetics, and all the external forces will put me out of business."

Dr. Bryan Negrini is an internal medicine physician. With three decades of experience under his belt, he has spent the last six years treating patients with chemical addictions. He helped establish OARS, a non-profit addiction treatment organization serving western Pennsylvania. Their Greene County office is located in Carmichaels.

Despite his want to be put "out of business," Dr. Negrini finds his work fulfilling and meaningful. While he witnesses death and self-destruction, he also sees addicts overcome their addictions and change their lives.

"So, seeing people who have overdosed in the parking lot yesterday who come to me and then six months from now seeing them get their lives back, their kids back, their families back, their car back, their jobs back," Dr. Negrini says. "It's just an incredibly satisfying way to spend my time, using what my education and experiences have allowed me to do, to try to manipulate discussions and get patients to want to be healthy and get them from

the shackles of addiction."

John Fox wants to make a difference as well. He has had people close in his own life become subject to addiction. Addiction can happen to anyone, no matter their financial or social status, and John wants to help anyone.

"I'm just happy I'm surrounded by folks in the county who also share my passion to help people get better, change their lives for the good, and have positive outcomes," John says.

Specifically for drug addiction, Dr.

Negrini said that once substance-abuse disorder became officially recognized as a brain disease by medical professionals, treatment methods improved. Consider medicated assisted treatment, started around 2010. Dr. Negrini said the science community realized that, through experimenting and using medicated assisted treatment, patients' recovery improved when using FDA approved medications to combat opioid addictions instead of leaving patients to fight without chemical assistance.

"That's in regard to the opioid epidemic. Now, we are starting to find out that some of the medications used for opioid addicts can actually help the recovery of other people add to things such as cocaine or methamphetamines," Dr. Negrini says.

While science is aiding substance-abusers with their bodies, Dr. Negrini and John said environment plays a part in addiction as well. People becoming addicted involves two factors, shares Dr. Negrini: genetics and environment. COVID-19 has hurt many people, and the turbulent politics of the last few years make it more difficult for people to maintain a normal life, Dr. Negrini explains. And making drugs less available in an area will decrease the number of addicts.

"We've got this perfect storm of people just being challenged by the environment and having an easy access to stuff that can take over and high-jack their brain and make them different before they had these chemicals," Dr. Negrini adds.

John explained that increasing healthier activities for children to participate in would help prevent them from trying addictive substances.

"That's why I think sports are huge in rural counties, because it's something for kids to do. A team activity center, if a community had something like that, or a weight room. Something alternative to kind of just hanging out," John says.

There are many negative aspects about addiction in southwestern Pennsylvania that John Fox and Dr. Negrini see on a daily basis. That does not stop them from finding hope in their jobs. Dr. Negrini explains he finds hope in every single patient to whom he can talk - no matter what condition they are in, as long as they meet with him. John finds hope in all patients too, whether they recover or not.

"I don't have the expectation that for everyone it's going to be one time. I acknowledge and recognized failure is not necessarily failure. It's just another opportunity to plant a seed or to help people to change their lives and become productive citizens, healthy, happy, and contribute to our county and society."

Other efforts are being made in Greene County to combat substance abuse. Steps Inside is an addiction and recovery house in Greene County that has been doing good work for community recovery for almost 20 years. Steps Inside began when a group of people with drug, alcohol or gambling problems wanted a way to come together to share their struggles, socialize and support each other. At their location on Morris Street in Waynesburg, the group has a place to gather, as well as house 12-step programs for various addictions. Although not formally affiliated with Steps Inside, these programs share common goals and offer strategic help and support.

Rising from Steps Inside efforts to find ways to help those in recovery be successful, came the Oxford Houses and The Bird Sisters Oxford House, residential group sober living facilities for men and women in recovery. At these houses, residents hold each other responsible for contributing an equal share of the upkeep and expenses for the household. It is not a rehabilitation facility, but a place where those in recovery can live in a clean and sober environment with others who understand what they are experiencing and can support each other.

The Coalition for a Brighter Greene is a group of volunteers fighting substance abuse in our community. It formed as an outcome of a 2015 Greene County Town Hall Meeting on substance abuse. The Coalition works with community members and organizations to provide programs and events that raise awareness and provide support. (Read more about them in this month's Public Service Profile.)

In late 2018, Greenbriar Treatment Centers opened a 90-day, long-term inpatient facility at Washington Health Systems Greene in Waynesburg. Patients in the program focus on issues that occur in early recovery and attend groups focusing on the 12 Steps of NA, the 12 Steps of AA and cognitive behavioral therapy. They also take part in creative therapy that teach relaxation and keep the mind busy during their battle against addiction.

If you or someone you know is struggling with addiction, get informed and get help. Suffering one more day of addiction can mean the difference between life and death. Staying silent means staying sick, so speak up and ask for help.

**IF YOU NEED HELP, REACH OUT.**

**Services are available through the  
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