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Bilger's Rocks features caves, cliffs and more

By Andy Stine
astine@altoonamirror.com

GRAMPIAN — In between Curwensville and Grampian lies one of Clearfield County's hidden treasures in Bilger's Rocks, a park that was formed in 1988. The park features caves, cliffs, passageways and hiking routes which are estimated to be between 316- and 320-million years old. The surrounding area is intricately laced with hills, mountains and river valleys that generally follow the Appalachian mountain range in a northwest to southeast direction.

The park directly above the rocks features pavilions, a playground, concession stand, picnic tables, camping and recreation center, and an open-air stage -- all open to the public.

The Bilger's Rocks visitors center is directly across the road from the park.

One of the best features of the park is the over 10 miles of hiking trails available to visitors. Some trails travel across privately owned lands, while others follow along streams or through hardwood forests.

The Bilger's Rocks Association is a volunteer, private nonprofit organization that functions in stewardship of this geological wonder, and the surrounding forest/park complex.

This unique site is not a government entity and as such does not have direct funds channeled to use for upkeep. Instead, contributions and donations are the sole source of ongoing maintenance and providing open access to visitors and the community.





Area residents and visitors alike are invited to join the association and support its efforts to preserve and maintain Bilger's Rocks. In addition, people are invited to purchase an acre tract of land. By doing so, the purchaser's name will be inscribed on a plaque and erected on the memorial wall for viewing of present and future generations, according to a sign erected by the association at the site.

The park is open daily from dusk until dawn. Visit the park's website at thebilgerrocks.com or visit their Facebook page at Bilger's Rocks Association for more information.



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SATURDAY AUGUST 1, 2026 @ 9:30 A.M.
175 APRIL LANE, MORRISDALE PA 16858
****ESTATE OF LYNN COUDRIET****

DIRECTIONS: FROM RT 53 IN MORRISDALE AT THE MINIT MART TURN ON TO DEER CREEK ROAD GO ½ MILE TURN ON TO APRIL LANE, IT WILL BE THE LAST HOUSE ON LEFT.

ANTIQUES & COLLECTIBLES: Cast Iron Corn Sheller, Number 500 Barn Lantern, Fireman's Knife, Cast Iron Sausage Stuffer, 2 1972 Slot Cars, Gray Enamel Canning Funnel, Tonka Mighty Dozer, Tonka Mighty Dump Truck, Tonka Snorkel Fire Truck, T-Back Rocking Chair, Queen Size Chenille Bedspread, Deer Hoof Lamp, Mikasa Cake Plate & Server, Lenox China Harvest Server, 10 Gal. Crown Crock, Sadd Iron, Green Glassware, Enterprise Cast Iron Lard Press, Corning Coffee Pot, Anniversary Clock, Black Smith Forge, Mid 60's Columbia Rambler Bicycle, Kaufman Hoosier Style Cabinet, Western Flyer Buzz Bike, 5 Gal. Pennzoil Can.

EQUIPMENT: Craftsman LT2000 Riding Mower 20HP, 42" Cut W/Bagger, CAT 416C Back Hoe 4x4 Extended-A-Hoe (2258 Original Hours, Good Rubber & 2 Rear Buckets, Pipe Forks, Heat & A/C) W/Reserve, SpeeCo Split Master 22 Ton Log Splitter, Agri-Fab 10 Cubic Foot Lawn Cart, 4 Ft Pull Behind Landscape Rake for a Garden Tractor, Craftsman 32" Pull Behind Lawn Sweep, Lawn Spreader, Sears 8HP Custom 8E Lawnmower W/Deck, Sears Craftsman 11HP 36" Lawnmower (No Deck).

HUNTING & FISHING: Fenwick Model FF706 2 Pc. Fly Rod & Other Asstd. Fishing Rods & Reels, Tackle Box, Fishing Bag, Asstd. Fly Reels, Winchester Full Box 20 Ga. Shells, Cabela's Lg. Tall Hunting Jacket, Cabela's Hunting Vest, Cabela's X-Lg. Hunting Coat, Carhart X-Lg. Jacket, Champion Gun Safe (Holds 36 Guns), 4F & 2F Black Powder, Box of 218 Bee Ammo, Asstd. Hunting Clothes, Battery Operated Camp Light, Asstd. Ammo Brass, Fishing Décor.

TOOLS: Ingersoll Rand 60 Gal. 3 HP Air Compressor, Stihl Model FS94 R Weedeater, Shumacher Battery Charger, Shop Vac. 16 Gal., Asstd. Long Handle Garden Tools, Asstd. Fuel Cans, Lawn Chief 5HP 22" Cut Push Mower High Wheel, Honda EV 2500 Gas Generator, 5 Gallon Portable Air Tank, 6' Alum. Step Ladder, Shur-Dri Electric Sump Pump, Sears 3 Ton Floor Jack, Homelite 1960's XL Chainsaw, Stihl 026 Chainsaw W/Case, Homelite C91 Chainsaw, McCulloch 2116 Chainsaw. Portland Electric Chainsaw, McCulloch Mac 10 Chainsaw, Stihl Chainsaw Chains, Mini Auto Vac, Wood Toolbox, DeWalt 3/8 Electric Drill, Ratchet Straps, Levels, Mechanics Creepers, Work Force Tool Bag, Sanders, Drills, Black & Decker Hand Sander, Craftsman Saw, Rolling 9 Drawer Tool Cabinet, Torque Bit Drivers, Nut Drivers, Asstd. Wrenches, 3/8 inch Socket Set, Knife Sharpening Rods, Pipe Wrenches, Craftsman 3/8 Socket Set, NIB Flint & Walling C222151 5HP House Water Pump, New Baldour House Water Pump, Yard Machine 6 HP Rear Tine Tiller, Air Grease Gun, Garden Hoses, Honda Mini Tiller 5G10, Asstd. Hardware, Honda Pressure Washer, 12 Gal. Craftsman Shop Vacuum, 6" Sod Staples, Bench Grinders, Jumper Cables, Wire Cables, Chain.

HOUSEHOLD/FURNITURE: 18 Qt. Roaster, Grill Sergeant Portable Grill, Rattan Sofa, Platform Rocker, MCM Pr. of Chairs, Glass Top Patio Table, Maple Kitchen Table W/8 Chairs, Convertible Stool/Ironing board, Asstd. Cooking & Bakeware, Pyrex, Correlle Dishes, Thompson Pottery China, PA Grange & Other Asstd. Cookbooks, Small Kitchen Appliances, Tupperware, Vizio 54" Flatscreen TV, Pine End stand, (2)Cherry End Stands & Coffee Table, Lazy Boy Rocker/Recliner, Smith Brothers Sofa, Wall Décor, Tamp Lamps, Maple Drop Leaf Table, Pine Book Shelf, Pine Storage Chest, Broyhill 4 Pc. Suite Consisting of: (Queen Bed, Chest of Drawers, Dresser W/Mirror & Night Stand) Lg. Decorative Wall Mirror, Lane Cedar Blanket Chest, Throw Blanket's, Asstd. Comforters, Sterling Wall Clock, 2 Metal 2 Drawer File Cabinets, Lighted Curio Cabinet, Full-Size bed, Small Knee-Hole Desk, 4 Drawer Chest, Lighted Curio Cabinet, Pine Dining Table W/(6)Chairs, Wing Chair, (2)End Stands, Modern Pine Hutch, Lg Padded Ottoman, Presto Pressure Canner, George Forman Grill, Maytag Automatic Washer, General Electric Dryer, Kenmore Upright Freezer, White Cosco Step Stool, Yellow Cosco Step Stool.

CHRISTMAS: Sleigh Bells, Wicker Bell, Snowmen, Santa Claus, Ornaments.

MISCELLANEOUS: Bag Chairs, Resin Shelf, Garage Chemicals, Trash Can, Bird Feeders, Widdy Dart Board, Garden Supplies, 2-Step Step Stool, Auto Coin Sorter, Vases, Garden Flags, Yard Décor, Seasonal Yard Décor, Flower Pots, Bird Bath, Burner For Turkey Fryer, (4)Boxes of Hardwood Flooring, Lounge Chair, Scented Candles, Totes of Cards/ Gift Bags, Hat Collection, X-Lg. Leather Jacket, Wind Machine Fan, Asstd. Office Supplies, Vases, Knick Knacks, Creamer & Sugar, Tea Pots, Picnic Basket, Planter Bucket, Sewing Box, Rag Rugs & Throw Rugs, 2-Door Metal Storage Cabinet, Asstd. Camping Coolers, Canning Jars, Towels, Bed Linens, Outdoor Swing, Assorted Scrap Metal, Good Box Lots & Too Many Smalls to List.

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Crossword Puzzle
Solution on page 5

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21		22			23				
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52	53	54					55			56		57	58	59
60						61			62		63			
64						65				66				
67						68					69			

CLUES ACROSS

1. Listen to

5. Presents

10. A type of guitar

14. Actor Idris

15. A citizen of Iran

16. Pretentiously artistic

17. Harness

18. Diamond weight measurement

19. "Better Call _"

20. Fervent support

22. Male cat

23. Jewish spiritual leader

24. Disposed to venture or take risks

27. A way to nail

30. Cool!

31. Women's _ movement

32. "Losing My Religion" rockers

35. Step-shaped recess

37. A princess can detect it

38. Tractor-trailer

39. Leslie and Leon are two

40. Color at the end of the spectrum

41. Lines where fabrics are sewn

42. Dodgers great Hershiser

43. Floor covering

44. Traveled aimlessly

45. Rocker Stewart

46. Body art

47. Congressman (abbr.)

48. No seats available

49. Breaks apart

52. Hand gesture

55. Ballplayer's tool

56. Sword

60. Baseball team

61. Upper bract of floret of grass

63. Italian Seaport

64. Mars crater

65. Tube on a shoelace

66. U. of Miami mascot

67. South American nation

68. Video game series "Max _"

69. Upper body part

CLUES DOWN

1. German courtesy title

2. Ancient Greek personification of mercy

3. Jewish calendar month

4. Family of long-legged frogs

5. Photo

6. Delivered a speech

7. Lute used in Indian music

8. Decorated

9. Cease to stand

10. The bottom layer

11. Member of a Semitic people

12. Part of a ticket

13. Defunct monetary unit

21. Challenges

23. Body part

25. Tell on

26. By way of

27. Shady green alcove

28. Egyptian city

29. _ and flowed

32. Widens a hole

33. Eurasian wheat

34. Act incorrectly

36. "Be back later"

37. Al Bundy's wife

38. Ocean

40. Large root eaten as a vegetable

41. Units of subjective loudness

43. Music genre

44. A way to drench

46. Popular hot beverage

47. Silk-like cotton fabric

49. Rumanian city

50. Come back

51. Vaccine developer

52. Canadian law enforcers

53. Wings

54. Observational comedian Bill

57. Small fry

58. _ Clapton, musician

59. Take a chance

61. Semi-liquid food for babies

62. Consumed food

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Paws & Claws

6 Signs Your
Pet Has Dental
Issues



Pets use body language and other cues to let their owners know how they are feeling. While certain actions, such as a vigorously wagging tail signaling that a dog is quite happy, are easy to read, it's not always so easy to determine how a pet is feeling. Pet parents who are trying to provide the best care possible recognize that pets may have certain health issues. Diseases of the mouth may cause issues elsewhere in the body if left untreated. Fortunately for pet owners, dental issues are often easily recognized.

1. Halitosis - Bad breath is a strong indicator of a dental problem. Halitosis may stem from tooth decay and gum issues, as well as gastrointestinal problems. In either case, it's best to address a pet's bad breath with a veterinarian.

2. Visible problems - Take a peek inside of the pet's mouth. Animal Wellness magazine says that if there's

a significant accumulation of tartar (yellow or brown patches on the tops of teeth along the gum line), or if the gums are inflamed and red, periodontal disease may be to blame. Traces of blood in the mouth also can indicate that there is a problem. Pets don't always like their mouths touched, so if your pet is being difficult, have a vet conduct a comprehensive oral health and treatment appointment (COHAT).

3. Refusing to eat - There are many reasons a pet may not want to eat, and a dental problem may be one of them. Painful teeth and gums can make eating challenging, so the animal may avoid food. Refusing to eat can lead to weight loss and malnutrition, so it's best to nip this issue in the bud.

4. Sensitive mouth - Your pet may yelp, bite or scratch if you touch around the mouth area when there is a dental problem at play. Drooling excessively or dropping food from the mouth also are signs that things are awry.

5. Less grooming - Cats spend around 10 to 15 percent of their days grooming. Dental pain can make grooming challenging. Therefore, if your cat is grooming less or looks unkempt, it may be due to dental problems. Great Vet says 85 percent of cats over the age of three have some form of dental disease.

6. Overgrowth - Rodents' incisors (front, gnawing teeth) grow continuously throughout their lives. Typically the incisors receive continuous wear as the upper and lower incisors contact each other. However, if incisors are misaligned, they may not wear down effectively. Some incisors can grow out of control, piercing the roof of the mouth and into the nasal cavity. If a rodent's teeth look long, that could warrant a vet check. Pets can experience periodontal disease and other dental conditions. Staying aware of signs of dental issues can keep pets healthy.

Parker Dam State Park lists programs for July, August

The interpretive program schedule at Parker Dam State Park, 28 Fairview Road, Penfield, is as follows:

WEDNESDAY, JULY 22
Beginner Kayaking
4 p.m. — Beach House

Have you ever wanted to kayak and weren't sure where to get started?

Join us to get a chance to learn the basics of paddling, kayak care, state park regs and a bit more.

This program is open to anyone ages 10 and up. During the program everyone must wear a life vest. If you do not have a kayak, we have some available but supplies are limited so please call 814-765-0630 or stop into the park office between 8 and 4.

You do not need to pre-register if you intend to bring your own kayak.

THURSDAY, JULY 23
Trail Of Giants Hike
9 a.m. – Meet by CCC Interpretive Center

This loop trail covers some significant elevation changes; please bring water and wear comfortable shoes. We will plan to hike the trail spur to the overlook – please bring water. This is late July – please bring water.

FRIDAY, JULY 24
Matchless Fire
7:30 p.m. – Campground Amphitheater

Learn how to start a fire without matches or a lighter. Fire by friction, flint and steel, and more. Then try your hand at sparking a fire yourself.

SATURDAY, JULY 25
E. Parachute Games
3 p.m. – Beach Area

Meet by the Beach House at the big parachute to play some parachute games with an environmental twist. All ages welcome.

Six Plant Parts
7:30 p.m. – Office Classroom (EEC)

So, what parts of plants are part of our diet? Come, learn a fun song, taste. And then learn what goes into (literally) making a pizza – more than you realize.

SUNDAY, JULY 26
Tea & Talk
7 p.m. – Beach House

Bring your own cup to sample some sweet fern/mountain mint tea grown right here in the park. Talk is, as always, whatever you want to talk about concerning the park. Come prepared with a topic or three. If you don't have any ideas, one will be supplied for you.

THURSDAY, JULY 30
Little Critters Story Time
10 a.m. —Environmental Education Classroom

Join us for this week's story time. The theme for this week's story and craft will be worms. Parents are encouraged to attend.

FRIDAY, JULY 31
Animal Communication & Staying Safe
7 p.m. – Office Classroom (EEC)

How do animals communicate, and why? Compared to humans, animals use a wide array of techniques. Learn about some of these, and how you can understand a little bit of what they might be saying to you – might keep you out of trouble.

SATURDAY, AUG. 1
E. Parachute Games
1 p.m. – Beach Area

Meet by the Beach House at the big parachute to play some parachute games with an environmental twist. All ages welcome.

Forests & Fungi
8 p.m. – Campground Amphitheater

Much is being brought to light about how our forests depend on fungi, and how fungi depend on forests. Learn about some of these interactions during this program, and just how important fungi are to our own survival.

SUNDAY, AUG. 2

Tea & Talk
7 p.m. – Beach House

Bring your own cup to sample some sweet fern/mountain mint tea grown right here in the park. Talk is, as always, whatever you want to talk about concerning the park. Come prepared with a topic or three. If you don't have any ideas, one will be supplied for you.

WEDNESDAY, AUG. 5

Frisbee Golf and Disc Golf – What's the Difference?
9 a.m. – meet in front of park office

I grew up playing Frisbee Golf with my dad; my kids play Disc Golf. What's the difference? Same basic premise; different equipment. Come and learn how to play both and see which one you like. Equipment provided.

FRIDAY, AUG. 7

Ants: Little Creatures Who Run the World
8 p.m. – Campground Amphitheater

They outnumber us a million to one, and they run the world. Learn some of the details about these amazing creatures. 54 minutes

SATURDAY, AUG. 8

Parker Dam Hiking Club: Stumpfield Trail and Logslide Trail
9:30 a.m. — Campground Amphitheater

We will hike from the Stumpfield Trail trailhead and connect to Logslide

Trail for the return. You don't have to belong to the club to join this program, but while you are at it you can pick up your trail card and start checking trails off the list to earn the Parker Dam Hiking Club patch.

Solar Eclipse Explained
3 p.m. – Beach Area

This Wednesday we have a partial solar eclipse coming around noon. Learn how this happens by creating a model of this alignment in the grassy area above the beach.

Things Naturalists Do
8 p.m. – Campground Amphitheater

Looking under logs to see what is there, catching crayfish, coaxing butterflies onto your finger, petting a bumblebee. All these things and more are practiced by people such as myself for fun and entertainment. Come and learn some of the fun ways to interact with nature.

SUNDAY, AUG. 9

Fire Hike
2:30 p.m. – Campground Amphitheater

Have you ever wanted to know how to build a fire from what you gathered while out on a walk?

Take a short walk to learn how to do just that and challenge yourself to get a fire going with just one match.

Tea & Talk
7 p.m. – Beach House

Bring your own cup to sample some sweet

fern/mountain mint tea grown right here in the park. Talk is, as always, whatever you want to talk about concerning the park. Come prepared with a topic or three. If you don't have any ideas, one will be supplied for you.

Keep up on what is happening at the park by liking "Parker Dam State Park" on Facebook. Find more information about state park programs and special events by logging on to the Bureau of State

Parks website at www.visitPAParks.com, and clicking on "Events Calendar."

If you need an accommodation to participate in park activities due to a disability, contact the park you plan to visit. Parker Dam State Park complex is at 814-765-0630; parkerdamsp@pa.gov.

With a minimum of one-week notice, interpreters for people who are deaf or hard of hearing may be available for educational programs.

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Obituaries

Walter L. Nyman

Walter L. Nyman, 86, of Houtzdale, PA, formerly of Lock Haven, PA, died on Monday, July 13, 2026 at the home of his daughter & son-in-law Terry L. Nyman-Blake & Kevin W. Blake in Houtzdale, PA.

Born on October 2,1939, in Bellefonte PA, Walter was the son of the late Ralph Nyman & Carrie (Lucas) Nyman. He married Shirley C. (Emel) Nyman who preceded him in death on May 10, 2015. Walter was of the Christian Faith. He retired from the former Nyman Window Cleaning Service. In addition to his parents and wife, Walter is preceded in death by two sisters, Elizabeth Bowes and Frances Nyman; and three brothers, Donald Nyman, Earnest Nyman, and Robert Nyman. He is survived by a daughter, Terry L. Nyman-Blake & her husband Kevin W. Blake of Houtzdale, PA; and four sons, Ralph L. Emel of Beccaria, PA, Walter J. Nyman & his companion Crystal of Pleasant Gap, PA, Arthur D. Nyman of Houtzdale, PA, and Randall S. Nyman of Bellefonte, PA; seven grandchildren; and five great-grandchildren. At Walter's request there was no visitation or funeral service.

Dolores L. Kifer

Dolores L. Kifer, 94, of Curwensville, passed away on Monday, July 13, 2026 at Penn Highlands DuBois.

Born September 5, 1931 in Clearfield, she was the daughter of the late Carl and Lydia Rowles. Mrs. Kifer was a graduate of Clearfield High School and worked at Brown's Boot Shop in Clearfield. She attended Glad Tidings Assembly of God, Clearfield where she was involved with the kitchen crew assisting with cooking and baking for various church functions. She also was one of the founders of 'JOY Fellowship Group' at the church. She enjoyed going for car rides to search for deer, elk and eagles. She loved people, whether it was being out among folks in public or at an event, she enjoyed being social. She was the matriarch of the family, and will be greatly missed by all who loved her. She is survived by two daughters, Sharon Caldwell and late husband William, and Carla Verelli and husband David; a son, Russell 'Rusty' Kifer Jr. and wife Patti; twelve grandchildren; and numerous great grandchildren and great great grandchildren. In addition to her parents, she is preceded in death by her husband, Russell 'Pete' Kifer Sr.; two sons, Michael and Arthur 'Artie' Kifer; one grandson, Russell William Kifer; three great grandchildren, Karleigh Caldwell, Logan Lupton, and Emersyn Rowles; a sister, Geraldine Rowles; and a brother, Robert 'Bobby' Rowles. A funeral service was held at Glad Tidings Assembly of God, Clearfield, with Rev. Shayne Lumadue officiating. Burial: Bradford Cemetery, Woodland.

Celene Ann McCauley

Celene Ann McCauley, 86, of Bellefonte and formerly of Clearfield, was peacefully welcomed into the arms of her Savior on Wednesday, July 15, 2026, at Christ the King Manor, in DuBois.

Remembered by all who loved her as an earthly angel, Celene was met by the hand of Jesus in all His glory and welcomed into heaven, where she will spend "all the rest of the days with the Lord." Born July 1, 1940 in Clearfield, she was the daughter of the late Gerald W. and Kathleen A. 'Cap' (Turner) Collins. Celene was a graduate of St. Francis High School, Clearfield and had been a Nanny to many children who called her 'Een'. She was a member of St. John the Evangelist Roman Catholic Church, Bellefonte. A truly bright and loving presence, Celene touched the heart of everyone blessed to cross her path. She leaves behind a legacy of pure love and light, and the reminder for all to "live in the moment." She is survived by her husband, John G. McCauley. Her four children: Valerie Bartol of St. Augustine, FL, Thomas G. Lanager of Hyde, Daniel G. Lanager of Grampian, and Christopher L. Lanager and wife Lisa of Clearfield: eight grandchildren, Jenna Bartol, Thomas G. Lanager Jr., Amber Quimby, Preston Lanager, Abby Izzo, McKenna Lanager, and Landyn Lanager; and nine great grandchildren. The oldest of nine children, Celene was affectionally known to her family as "Neen." She is lovingly survived by five of her siblings: Sandy Foust, Sue Stewart, Marty Collins and wife Donna, Kristy McQuillen, and Jimmy Collins and wife Shari; as well as many cherished nieces, nephews, extended family and friends. In addition to her parents, she is preceded in death by two sisters, Connie Rowles and Mary Gearhart; and a brother, Jed Collins. Mass of Christian Burial was celebrated at St. Francis Catholic Church, with Fr. Robert Horgas as celebrant. Burial: Calvary Cemetery, Clearfield.

John J. Matia

John J. Matia, 90, of Smithmill, passed away on Monday, July 13, 2026 at Mountain Laurel Nursing and Rehabilitation Center, Clearfield.

Born September 10, 1935 in Chesterfield, PA, he was the son of the late Stephen and Anna (Palcisko) Matia. He was a member of Holy Trinity Catholic Church in Ramey, the Knights of Columbus Our Lady of the Valley Council #10376, and the Slovak Society. He enjoyed hunting, farming, the Pittsburgh Pirates, listening to the Sunday morning Polka Party, attending Mass, and spending time with his family. John will be deeply missed by his loving wife Mildred J. (Duke) Matia; six children, Margaret Rudolph, John (Pamela) Matia, Timothy Matia, Mark (Chrissie) Matia, Sue Ann (Don Nolder) Matia, and Paul (Lorraine) Matia; one sibling, Sister Frances Therese Matia SSJ; eight grandchildren, John (Desiree) Matia, Andrew (Amanda) Matia, Anna Matia, Krista (Erich Herzig) Matia, Alexa (JJ) Hargenrader, Emily (Colton) Fortenbaugh, Jessica Rudolph, and Nathan Rudolph. He is also survived by four great-grandchildren, and numerous nieces and nephews. In addition to his parents, he was preceded in death by three siblings, Stephen Matia, Valentine Matia, and Agnes Legrand; and son-in-law Michael Rudolph. Mass of Christian Burial was held at Holy Trinity Catholic Church, Ramey. Fr. Paul Siebert and Fr. Zab Amar, concelebrants. Inurnment followed in the church cemetery.

Andrew E. Visnofsky

Andrew E. Visnofsky, 40, of Carlisle, passed away on Thursday, July 9, 2026 at his residence.

Born on June 17, 1986 in Philipsburg, he was the son of John E. Visnofsky and Victoria (Spencer) McGary. He was a 2004 graduate of Moshannon Valley High School. He worked as a supervisor at Bowman Trailer Leasing in Carlisle, PA. He loved to cook, mushroom hunt, but most of all he loved his children. In addition to his parents,he is survived by two children, Arthur and Abram Visnofsky; a sister, Samantha Chestney; a brother, Duane Visnofsky; and numerous nieces and nephews. Services will be private.

Ralph J. Nork

Ralph J. Nork, 90, of Philipsburg, died Tuesday, July 14, 2026, at Mount Nittany Medical Center, State College.

Ralph was born on May 25, 1936, in Harrisburg, a son of the late Edward C. and Claudia (Harvey) Norkiewiecz. He was a 1955 graduate of the Harrisburg Catholic High School. He served with the 28th. Infantry Division, Pennsylvania Army National Guard. Ralph was employed for most of his working career as a real estate specialist for the Commonwealth of Pennsylvania, Department of General Services. He retired in 1990 with 33 years of service to the agency. He was married on February 9, 1973, in Philipsburg, to the former Constance I. "Connie" Verost. Connie preceded Ralph in death on August 7, 2008. Ralph was also preceded in death by a sister, Barbara Sofranek and a brother, Edward Nork. He is survived by a sister, Mary Hevel, of Palmyra, Pa.; numerous nieces and nephews and other extended family members and friends. He was a member of St. Peter and Paul Catholic Church, Philipsburg. He was also a member and Past Exalted Ruler (PER) of the Philipsburg B.P.O. Elks Lodge & Country Club, Lodge # 1173. Among his favorite pastimes, Ralph enjoyed spending time with his family during the holidays. He was a proud Harrisburg Catholic High graduate and looked forward to going to his class reunions. He was an avid Notre Dame fan and loved taking road trips out to the campus in South Bend, Indiana. Ralph was also blessed with the "gift of gab." He loved talking to people whether he knew you or not and could start up a conversation with just about anyone. The Philipsburg B.P.O. Elks Lodge #1173 hosted a ELKS Memorial Service for Ralph, with a memorial service taking place at the pavilion adjacent to the lodge. The Rite of Funeral Liturgy Outside of Mass was celebrated at the Beezer-Heath Funeral Home & Cremation Services, 719 E. Spruce Street, Philipsburg, with Rev. Matthias Rendon, OFM, celebrant. Interment: St. Peter & Paul Catholic Cemetery, Tyrone Pike, RD Philipsburg.

David Paul Koytek

David Paul Koytek, 62, of Gallitzin, entered into the arms of Jesus on July 16, 2026, surrounded by his loving family.

He was born March 31, 1964, in Taylor, Pennsylvania to Stanley A. and Mary (Cebula) Koytek. He married the love of his life Karen, on October 4, 2003, at St. Ann's Basilica in Scranton, Pennsylvania. He is survived by his wife and two children, Steven (Beth) McCloskey and Christiana (Ken). David graduated from Riverside High School in Taylor, in 1982. After a 20-year career as a produce manager at Price Chopper supermarkets, he obtained two degrees from Penn State University - a BSN degree and a Business Administration degree. After he and Karen got married, he worked a variety of nursing jobs, ending with his most loved job working in Forensics at Torrance State Hospital. He retired in 2021 with 15 years of service with the State of Pennsylvania. Being the epitome of a wonderful husband and father, David had his priorities straight from the beginning - God first, and then family. He was an extremely devout Catholic that loved Jesus and all of the saints with his whole heart! He fulfilled every need that his family had and did extra if he had to without complaint. He had a quiet strength and modeled his life after St. Joseph. He is going to be extremely missed and it's going to be hard to imagine life without him. He suffered so greatly for so many years and yet never complained because he knew to imagine life without him. He never went a single day without telling every family member that he loved them. A Funeral Mass was held at St. Francis Xavier Catholic Church, Cresson, Rev. Fr. Leo Arnone, celebrant. Interment: St. Patrick's Cemetery, Gallitzin.

Gregg Michael Holden

Gregg Michael Holden, 51, of Springfield, Pa., and formerly of Philipsburg, died Saturday, June 20, 2026, at his residence.

Gregg was born on February 13, 1975, in (North) Philipsburg, a son of Russell J. and Carol A. (Patrick) Holden, who survive of Philipsburg. Gregg was a graduate of the Philipsburg - Osceola Area High School. He furthered his education at the Pennsylvania State University and graduated with a bachelor's degree in Management Science and Information Systems. During his working career, he was also trained as an Internal Security Assessor from the PCI Security Standards Council. He had over twenty years of experience as a customer service leader with expertise in contact center operations. Gregg was married to Lauren (Guinan) Holden, who survives at home. He is also survived by two daughters, Claire and Catherine Holden and a son, Ryan Holden, all of Springfield; a sister, Colleen R. Holden, of State College; a brother, Scott R. Holden and his wife, Kathryn, of Littlestown; and numerous nieces, nephews and other extended family members. He was preceded in death by an infant child and his father and mother in law. Gregg was a member of St. Francis of Assisi Catholic Church, Springfield, Pa. He was and avid fan of Penn State athletics, the Philadelphia Phillies and the Philadelphia Eagles. Services for Gregg will be private and at the convenience of the family.

Obituaries Courtesy of: Heath's Funeral Home; Bennett & Houser Funeral Home, Inc; Kruise-Spewock Funeral & Cremation Services, Inc; McQuown Funeral; Gibbons Funeral Homes; Beezer-Heath Funeral Home & Cremation Services

JULY 2026

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563 Lock Mountain Rd., Martinsburg - 1 story 3 BR 2.5 BA home w/attached 2 car garage, enclosed breezeway, spacious main floor great room, detached workshop/garage, barn, pond and great views on 3.9 Acres. **\$355,000. J-665**



3000 Broad Ave., Altoona - 2-unit duplex. 50x120 corner lot. (2 bedroom 1 bath on main & 3-bedroom 1-bath upstairs). Tenants pay own utilities. **\$125,000. J-689**

NEW PRICE

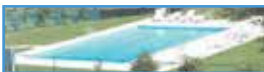


656 S Temple Ln., Altoona - Vinyl sided home. 2 bedrooms, updated kitchen & bath, walk-in shower, newer windows & doors, 1 car garage, level .72 acre lot. **\$179,000 J-686**

GREAT INVESTOR OPPORTUNITIES...Buy one for \$125,000 or Seller willing to sell both for a package price of \$240,000!



2512-14 Beale Ave., Altoona - 4-unit apartment building (all 4 are 2 bedrooms & 1 baths). Seller pays trash. 50x120 lot. **\$125,000. J-690**



ENJOY BLUE KNOB 4-Season Resort in your own fully-furnished condo!



8150 Summit Way 6B Pine Cone. - Great Location. Beautifully remodeled Blue Knob 2 bedroom condo w/vaulted ceiling, new bath & kitchen with granite counters, air conditioned mini-split, & washer/dryer combo unit. **\$129,900 J-684**



7B Pine Cone, Blue Knob - Enjoy 4 seasons. Beautiful 2nd floor 2 bedroom furnished condo. Modern kitchen & bath, Dining area w/table + bar area, washer & dryer + spacious open loft. **\$110,000 J-688**



1321 Extrovert Blue Knob - Lots of room, fully-furnished updated 2 BR 2 BA, new counter bar seating, washer/dryer. Across from outdoor pool & tennis ct. **\$89,000 J-677**



7A Pine Cone, Blue Knob - Updated fully furnished 1st-floor 1-bedroom condo great for relaxation & outdoor recreation & nice place for friends to gather. Modern Kitchen & bath **\$85,000 J-687**



1312 Stembogan, Blue Knob - 2 BR, 2 BA w/remote control a/c, washed/dryer combo, webcam & alarm, balcony overlooks woods & located across from hot tub building, electric fireplace. **\$77,500. J-659**

NEW PRICE



1308 Mambo Blue Knob - No other 1 bedroom condo like it! Redesigned new galley kitchen, enclosed balcony, updated new bath & separate bedroom, located across from tennis court. **\$65,000. J-662**

LAND

11.99 ACRES

Heverly Ave., Martinsburg - North Woodbury Twp, neighboring Homewood Retirement Center & Spring Manor Park w/ public water & sewer available & great view. **\$375,000. J-672**



Longview Dr., Duncansville - .5 Acre vacant lot with view. Country setting in Hollidaysburg School District. **\$59,900 J-681**



401 S. Market St., Martinsburg - .219 Acre corner lot (bordering S Market St and E Spring St) 2 blocks from Morrison Cove Memorial Park. **\$39,500 J-680**

NEW PRICE



193L Ridge Rd., Blue Knob - .28 Acre. Close to golf course. **\$10,500. J-585**



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NEW LISTING



246 Kissell Ave., Altoona - You're going to love this property!! 4 BR, 1 BA. Gas fireplace in living room. 4th bedroom on third floor would make a great home office or teenager's dream bedroom. Central Air. Wraparound porch. Circular driveway. Large two car garage and picnic pavilion. Huge level yard just begging for an inground pool, pickle ball court, basketball court, whatever! New roofs on home and garage in 2023. New sewer line 2023. **\$229,900 #80694**

ROARING SPRING



94 June Dr., Roaring Spring - Building for sale and space for lease. Formerly the Rite Aid Pharmacy and DaVita Dialysis Center. Total of 12,928 sq. ft. Situated on 3.22 acres. Located within 150 yards of Conemaugh Nason Medical Center. Perfect location for medical offices, retail, or general offices. **\$1,600,000. #78946**

OFFICE SPACE



96 June Dr., Roaring Spring - Spacious office perfect for large medical practice near Conemaugh Nason Hospital. Many other possibilities including retail, educational use, PT, etc. **\$74,277. #74914**

COMMERCIAL



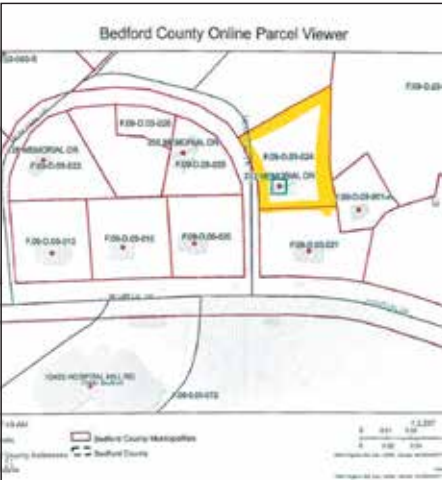
201 Chestnut Ave. Altoona - Large 15,108 sq ft office building and additional smaller 4,998 sq ft office building on a 2.18 acre parcel. Reception and waiting areas. Many private offices, 4 rest rooms, conference rooms, break rooms, kitchenette. Partially finished basement with additional rest room. Natural gas forced air furnaces and water heaters. mini split heat pumps, public water and sewer. Patio and Pavilion.



00 Parkview Drive, Altoona - 3.27 acres in the center of Blair County's retail shopping and dining district. Land is suitable for development of any type with township approval. Located in high traffic area just off the Plank Road/Parkview Drive intersection, this acreage is perfect for professional office, restaurant, or multi-family residential such as townhouses, condominium, apartments. No zoning permits. The sky's the limit! Nearby businesses include Walmart, Sam's Club, Target, Sportsman's Warehouse, Petco, Chick Fil A, Outback, and Cracker Barrel. Nearby hotels are Hampton Inn, Courtyard by Marriott, and Holiday Inn Express. This location truly is in Blair County's hot spot with a traffic count at the intersection of over 30,000 cars per day. **\$359,000 #78681**



157 Fairview St., Everett - Perfect lot for residential development. Mature trees, close to shopping, minutes to downtown Bedford. **\$185,000. #74662**



213 Memorial Dr., Everett - Great location for medical related office near Bedford UPMC hospital. **\$47,000. #74660**



00 Forest Rd., Everett - Ground near UPMC Bedford Memorial Hospital. Possibilities for residential or commercial building. **\$99,000. #74661**



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NEW LISTING



137 Wertz Avenue, Altoona - Almost like new construction. Just about everything is brand spankin new!!! Large eat in kitchen with all new stainless steel appliances. En-suite main bedroom, nice size second bedroom and hall bath. Large laundry room has enough space to double as a hobby room, small office, or even a tv room with pull out sofa for guests. Two new covered porches to enjoy the outdoors. Plenty of off street parking in front, and in the driveway with carport. This is truly a house that you can just move in and enjoy immediately. - **\$205,900. #80607**



203 Tulane Lane, Altoona - Beautiful brand new singlewide mobile home with three bedrooms, two bathrooms. Stainless steel appliances. Primary bedroom suite has large closet and private bath. Nice front and rear decks. Must make application at park office for approval to purchase. Lot rent \$448. per month includes water, sewer, trash removal. Pet policy allows one dog (or cat) under 30 pounds. **\$92,500. #80488**



1800 Pleasant Valley Boulevard, 3, Altoona - Retail storefront in busy location at the corner of Pleasant Valley Blvd. and Jaggard St. Great visibility. Owner will remodel to suit. Always wanted to open your own business? This is the place! **\$3,000. #80441**

NEW LISTING



715 58th Street, Altoona - There is still plenty of time for summer fun at this beautiful home with in-ground pool and sprawling yard large enough to accommodate almost any activity you can imagine. Inside you'll find character plus with stained glass windows and original woodwork. The living room features a gas fireplace and the dining room can accommodate friends and family. Adjoining the dining room is a cute 12 X 8 space that can be anything you like... office, designated homework space, etc. Updated kitchen with granite counter tops and new appliances and flooring. Step down to laundry room and 3/4 bath near the garage that is convenient for the pool. On the second floor you will find 3 bedrooms and full bath with jetted tub. From that level, step down a few steps to a large addition above the garage with a full bath that could be a large primary bedroom suite or family room. Enjoy outdoor entertaining on the screened deck or private patio. This home is truly a gem with city conveniences but has the feel of a quieter, more suburban setting. **\$305,500. #80644**

7.3 ACRES



1788 Carson Valley Road, Duncansville - If you have always wanted to live in the country with some land to spread out, this Handy Man's Special is the property for you. Sturdy two car detached garage with electricity. Beautiful ground with so many possibilities. **\$169,900. #80349**

NEW LISTING



3600 Maple Avenue, Altoona - This lovely oversized bi-level home is tucked into its own private little corner of the city away from the noise and hustle and bustle. So many upgrades within the last five years! New roof, new furnace, new carpeting, new zone heating and thermostats, new mini split AC on main level, new patio deck... the list goes on!! Primary bedroom has newly upgraded bath. Full finished basement features family room with gas fireplace and plenty of space for kid's gaming, hobbies, etc. Nice laundry area with plenty of work space. All in all, this home is one great family friendly value!! **\$249,900. #80630**

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Getting bang for your ‘Buck’ while equipment shopping

By JOHN KASUN
For Alleghenies Adventure

Over the past several decades technology has greatly impacted hunting, fishing and the shooting sports. New equipment that guarantees success and suggest you can’t live without it appear daily carrying high price tags. I have been a hunter all of my life and archery and bow hunting has been a passion for both my wife and myself. The following tips and suggestions are based on our personal experience over 60 plus years in the field and on the target range. We hope these considerations help you decide how to spend your money to get the most enjoyment out of your sport while getting the best return on your investment.

Lighted Nocks

An archery item often overlooked is Lighted Nocks. When hunting with either a vertical bow or crossbow, shot opportunities normally occur early morning or late afternoon in dim or poor light. Combined with the excitement of the shot, seeing the flight of the arrow is almost impossible. Lighted nocks turn on automatically at the shot and are like a torch traveling to the target, clearly indicating a hit or miss.



Knowing the location of the hit is important to the hunter so they can best decide how to proceed in the recovery of the animal. Being able to identify a clear miss is equally as important as it helps the archer locate the arrow and prevents an unseen hit from being identified as a miss, resulting in a wasted animal.

Lighted nocks can remain lit for 20 to 40 hours after turned on and be seen for hundreds of yards in the darkness. They can be turned off manually allowing for reuse and some models offer easy battery replacement. Lighted nocks must be sized to your arrow’s inside diameter, so it is best to contact your local pro shop for assistance. These nocks are expensive, about \$10 to \$12 each, (normally sold in packs of three), and have a long shelf life. It is money well spent and I use them on every hunt.

Arrows

Although arrows are the most important part of an archers outfit they are often purchased based on price alone. Arrows are made from aluminum, carbon or a combination of the two materials. They are manufactured by a variety of processes and sorted to different degrees of consistencies. The critical specifications of an arrow are straightness, weight and spine, (stiffness). The combination of these three characteristics determine how accurate an arrow will shoot. While all are important, spine is the most critical. For years manufacturers focused on improving straightness and weight consistency. They now are also focusing on the spine consistency of a group of arrows as well as the spine alignment of each shaft. This has resulted in arrows that are more accurate, producing tighter groups. The closer arrows are matched the higher the cost but the better the accuracy, providing the shooter has consistent shooting form.



Archers seeking maximum accuracy can “spine check” their arrows on a spine tester, (shown here). An arrow is placed between two supports and a two pound weight suspended from the middle of the shaft with a dial indicator determining the shafts deflection. Accuracy of the arrows increases by matching arrow of the same spine. Some arrow makers are now providing arrows that are spine matched and so marked for ease of availability.



Courtesy photos
High Tech outdoor clothing designed specifically for women has definitely attracted more women into the outdoor hunting sports.



Bow sights such as the one shown are technical precision sighting devices specifically designed for accurate long distance shooting by skilled archers.

When buying arrows be sure to ask about the shafts straightness and weight tolerance range and if the shafts are spine matched and/or spine aligned before determining which shafts to buy and how much to spend.

Bows

Archers are constantly buying new bows or “trading up” to get the latest technical developments which they believe will allow them to shoot better. New archers often believe they cannot improve unless they buy a “better bow”. Top of the line bows sell for between \$1,000 and \$2,000 without accessories. Most bow designs are similar and technology advances have been copied, shared or purchased through royalty agreements among most manufacturers. Bows selling for between \$500 and \$700 dollars are often well suited for the

average archer. Over the course of my lifetime I have personally owned at least 50 different bows and shot a minimum of 100 more different models. My shooting experience has taught me that the secret to archery accuracy is proper shooting form and consistency of the shooter. In the hands of a good shooter any bow will be accurate when using properly matched arrows. The real trick is how the bow “feels” to the shooter personally when he shoots it. The closer the bow and the archers shooting style fit, the better the match. When selecting a new bow focus on how the bow “feels” when shot, and not its, cost, color, design, or brand name. Only spend money on a more expensive bow if you can actually feel the difference between the bow you are trying and the bow you are presently shooting.

See **Shop**/Page 9

Choosing backup power options

When the lights go out, is a generator or a battery bank your best option?

By ALEXA ST. JOHN
The Associated Press

From portable battery banks and generators to whole-house systems, there are many backup power choices to consider as extreme weather ramps up and outages happen more often and last longer. People need solutions to keep medical devices, cellphones and other important appliances powered up. “If you’re deciding between different backup power options for what you need, different conditions are going to require different elements, like a heat wave versus a hurricane,” said Noah Kittner, associate professor at the University of North Carolina’s Gillings School of Global Public Health. Experts offer tips for finding the right backup to keep your home running when electricity is out in your area during a storm, heat wave or other conditions.

When battery banks work

If you just need to charge a few small items for short periods, portable battery banks might be the best bet. Power banks that can recharge a phone a few times — and are often about the same size as one — typically cost less than \$100. Many have built-in USB ports. Between uses, they can be recharged by plugging them into an electric outlet. Larger and more powerful ones can be a few hundred dollars and have traditional sockets for plugging in multiple items. They’re extremely portable and typically work best for the basics: phones, computers, flashlights and small lights — but not for larger appliances such as dishwashers or air conditioning, experts say.

Traditional vs. portable generators

Traditional, portable generators are fueled by diesel, propane or gasoline. They’re about the size of a microwave oven or a mini fridge, and are typically on wheels so they can be moved around. They must be used outdoors and away from your home because they emit carbon monoxide and other gases harmful to humans and the planet. These options, depending on their wattage, can power larger items such as refrigerators and freezers, window air-conditioning units, fans and televisions, but they typically can’t power an entire house.

Conventional generators can run 6 to 12 hours at a time or longer, depending on what they’re powering and how much fuel is consumed. Their prices can range from several hundred dollars to \$1,000 or more, but keep in mind any maintenance and fluctuating fuel costs as well. “The standard designs for fuel tank capacity are no longer sufficient to deal with multiday outages, which we’re increasingly seeing due to extreme weather,” said Mark Dyson, a managing director at energy nonprofit RMI. “That’s a really important consideration as folks think about the trade-offs between a traditional fuel-based backup, where increasingly you have to buy a lot of fuel storage to cover yourself for a really extended outage, which are becoming more common and more likely.”

See **Power**/Page 10

(Continued from Page 8)
Sights

There are a wide variety of high tech sights available, some costing \$500 to \$600. However the first decision to make when considering a new sight is the intended purpose? If your main goal is hunting whitetail, your average shots are normally 30 yards or under. A basic three or four pin fixed sight should easily do the trick, normally costing \$75 or less. If you intend to also hunt elk the shooting distance can easily stretch to 60 yards or more normally requiring an adjustable slider style sight, normally costing under \$300.

All sights come in various styles offering micro adjustable windage and elevation as well multiple leveling axis and gang adjustments all of which impact the price. These features are normally desirable on sights being used for longer ranges but have minimal value if your anticipated shooting range is normally under 30 yards. Your first determination is how you intend to use the sight, then shop for a sight that meets your requirements before blowing your budget on features you don't need.

Arrow rest

Like sights, arrow rests are available with and without micro adjustability, (the ability to make fine adjustments). Personally I like this feature as I fine tune all of my own bows for optimum arrow flight. However it is a questionable feature to pay for if you have your tuning done by a pro shop that charges for the tuning regardless of the difficulty of adjusting the rest. Many archers purchasing arrow rest with micro tuning capabilities are not actually comfortable making the adjustments and have the work done at a pro shop making spending the extra money for the rest questionable.

Clothing

Technology has had a tremendous impact in the hunting clothing and footgear industry. Multiple manufacturers offer lightweight clothing that is well insulated in varying degrees, waterproof, windproof, with soft, silent exteriors. Clothing is also available made of Merino Wool, which is lightweight, provides warmth even when wet and is comfortable and scratch free when in contact with the skin. Footgear is available that is lightweight, insulated if desired and waterproof providing excellent support and traction when hunting challenging terrain.

One of the greatest advances is clothing for the female outdoor enthusiast. Several popular clothing manufacturers offer both men and women clothing lines. However one unique clothing company is Prois, a company owned and staffed by women hunters that designs and produces clothing specifically designed for women by women.

For years women hunters were forced to seek out boy sizes or oversized clothing



Arrow rests like the Whisker Biscuit style, shown here, offered by several manufacturers is an ideal rest for the whitetail deer hunter due to its simplicity, accuracy and rugged construction.

designed for men. That is no longer true as Prois offers high quality clothing for hunting and fishing from undergarments to outer layers designed specifically to fit a woman's shape and made using the latest technology and materials. This clothing allows comfortable outdoor activity in any terrain, under any conditions. For more information about their product line go to Proishunting.com.

Gun Suppressors

A high tech item gathering a lot of attention on the gun side currently are "suppressors". Like most new high tech items there is a lot of misinformation among the general public. Suppressors are not "silencers", but they do reduce noise and recoil substantially. This is accomplished by the channeling and control of the gases developed when a projectile is fired as the bullet leaves the barrel.

At this time I am trying a suppressor on my target 22 handgun. My first concern was noise reduction when shooting indoors. However my focus is on the potential group improvement which can also occur due to the consistent handling and exhausting of the gases developed on the shot.

The suppressor I am working with is the Scorpion .22LR, designed and manufactured by Off Grid Suppressors. It is 5 inches long and weighs 1.95 ounces. Constructed from Titanium it has a stylish Black Cerakote finish and is threaded for easy installation. The all-titanium construction directly addresses the durability shortcomings of common aluminum-baffle competitors. While aluminum alternatives are susceptible to rapid throat erosion and degradation under heavy use, the Scorpion .22 is built for rugged, high-volume sessions. For more information on the Off Grid Suppressors go to ogsuppressors.com.

Suppressors can be pricey so take time to research what is available to suit your needs in regards to specifications and price. Search the internet as well for any user comments on the models in which you are interested.

Knock-Offs

Most hunting equipment is available from a wide variety of sources including the internet. People often

use these available sources to price shop. However sometimes when prices seem too good to be true, they really are. While many quality products are available there are unauthorized "knock-offs" that also show up.

Several years ago I had an interaction with a nationally known broadhead manufacturer, whose product I use and highly recommend. They made me aware of complaints they received several years ago on the quality of some of their heads. Upon closer investigation they learned that an overseas manufacturer was producing a product under their name and logo illegally. However while the products and packaging appeared identical the quality of the product was not manufactured to specifications and in essence was junk. Once discover the broadhead company, posing as customers, purchased a number of the faulty products from the internet supplier and after complete testing had the manufacturer legally shut down and the products removed from the market.

When buying any small product such as an arrow rest, release, sight or broadheads on line at a price to good to be true, proceed with caution as it might not be as advertised.

Summary

When it comes to my hunting gear I am very particular and do not hesitate to buy what I need to enjoy my time outdoors. However I always make sure when I buy something I understand how it works and it suits my purpose. Evaluating your needs and researching the gear available will ensure you have the equipment to do the job and not just the "latest gadget". Good luck and see you in the woods.



Courtesy photos

High tech development has resulted in the introduction of Suppressors to firearms. While designed to reduce noise and recoil they also offer improved groups under some conditions. A target handgun is shown here outfitted with a current model suppressor.

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SPECIAL ADVERTISING FEATURE

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Spotting Early Signs Of Rust

Rust can develop quietly on a vehicle long before it becomes obvious. Catching corrosion early helps prevent costly repairs and keeps your car looking and functioning its best. Knowing where rust appears, how to stop it and when to call a professional can help extend the life of your vehicle.

Where Rust Usually Appears First

Rust tends to form in areas exposed to moisture, salt and road debris. The undercarriage is one of the most common places for corrosion to begin because it takes the brunt of mud, slush and winter road treatments. Brake lines, exhaust components and frame rails are especially vulnerable.

Wheel wells and fender edges are frequent trouble spots. Dirt and salt can collect along the inner lip of the fender, slowly wearing away protective coatings and exposing metal. Door bottoms often trap water, especially when drain holes become clogged. When moisture cannot escape, it sits inside the door and gradually corrodes the metal from the inside out.

Other early rust locations include rocker panels, around windshield edges, the trunk floor and areas where paint has chipped. Any exposed metal can begin corroding quickly once the protective finish is compromised.

How to Identify Early Rust

Early rust usually appears as small bubbles under the paint surface. These bubbles indicate moisture has worked its way beneath the paint and is beginning to oxidize the metal. Surface rust may appear as light discoloration or tiny orange spots.

Flaking paint, rough patches or areas that feel gritty to the touch are additional warning signs. Rust often spreads underneath the paint long before it becomes visible, so small changes in texture can signal a bigger problem developing beneath the surface.

Underneath the vehicle, rust may look like flaking metal, scaling or reddish-brown patches. Using a flashlight during your inspection can help you spot areas of concern more easily.

How to Stop Rust in Its Early Stages

When rust is caught early, stopping it is often straightforward. Surface rust can usually be sanded away with fine-grit sandpaper. Once the area is smooth, applying a rust converter helps neutralize any remaining oxidation. After that, a primer and matching touch-up paint protect the metal from moisture.

For slightly deeper rust where the metal has begun to pit, you may need a more thorough cleanup. Removing all the affected material is crucial to prevent rust from returning.

Rust-inhibiting primers and sealants can help reinforce the repair and slow future corrosion.

Regular car washes, especially during spring when leftover salt remains on the roads, are one of the best ways to prevent rust from forming. Washing the undercarriage reduces buildup that accelerates corrosion.

When to See a Professional

If rust has caused bubbling over a wide area, created holes or reached structural components, it is time to seek help from a professional. Advanced rust can compromise the frame, brake lines or suspension parts, making the vehicle unsafe.

Auto body shops have the tools and expertise to safely remove significant rust and restore the affected areas. They can assess whether the damage is cosmetic or structural

Why Cabin Air Quality Matters

Air inside a vehicle circulates through a closed environment. When windows are up and the ventilation system is running, the air you breathe moves repeatedly through the cabin. If the air is filled with pollen, dust or pollution, these particles can build up quickly. This can irritate eyes, noses and lungs, especially for those who suffer from seasonal allergies or asthma.

Spring often brings heavy pollen counts, which can settle into seats, floor mats and dashboard surfaces. Your car's ventilation system can draw pollen directly from the outside into the cabin.

Without an effective filtration system, these allergens linger in the air and continue circulating. Poor cabin air quality can also affect comfort and concentration while driving. Sneezing, watery eyes and congestion are distracting and can make it harder to stay focused on the road.

Over time, pollen can clog vents and reduce airflow. This forces the system to work harder and can contribute to unpleasant odors or uneven heating and cooling.

The Role of Cabin Air Filters

Most modern vehicles come equipped with a cabin air filter located behind the glove box or under the dashboard. This filter traps airborne particles before they enter the cabin, improving the quality of the air you breathe. Standard cabin filters catch dust, debris and some pollen.

Higher-grade filters, such as those made with activated carbon or HEPA-style materials, capture finer particles and help reduce odors.

Manufacturers typically recommend replacing the cabin air filter once or twice a year, but spring is an ideal time to check it.

After months of winter driving, filters may already be holding dirt, moisture and debris. A clogged filter restricts airflow, reduces HVAC efficiency and lets more allergens pass through.

Installing a higher-quality cabin air filter can make a noticeable difference during peak allergy season. Premium filters capture smaller particles and help improve overall air freshness. They are especially beneficial for drivers with allergies or respiratory issues and for those who frequently drive children or older passengers.

Simple Ways to Improve Air Quality

Beyond changing the filter, a few simple habits can help keep the air inside your car cleaner:

- Keep windows closed during high-pollen days.
- Vacuum seats and floor mats regularly to remove settled dust.
- Wipe down hard surfaces to reduce buildup.
- Use the recirculate setting on days with heavy pollen or pollution.
- Avoid idling behind other vehicles.

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Some ideal gifts for people who love the outdoors

Metro

Many people find that the great outdoors is the perfect place to spend their days. Activities run the gamut from hunting and fishing to hiking and camping. Plenty of other interests, like birdwatching or mountain biking, also maximize time spent in the outdoors.

According to the “Outdoor Participation Trends Report” from the Outdoor Industry Association, gateway activities like hiking, camping and fishing each gained more than two million new participants over the last year. There’s also been a surge in participation in such activities among seniors and youth, contributing to a more multigenerational outdoors experience.

There’s also been participation growth among Black and Hispanic Americans, indicating long-term momentum toward equity and inclusion.

When it comes to birthday and holiday giving, tapping into the interests of outdoor enthusiasts is a great way to offer gifts that will be used and appreciated. Here are some ideas when making holiday shopping lists.

- **First aid kit:** No matter the activity, having an up-to-date and well-stocked first aid kit can be a lifesaver when spending time in the outdoors. The kit should include items like splints and bandage wraps for immobilizing ankles or limbs in the event of sprains.
- **Quality wool socks:** Nothing can derail an outdoor adven-

ture faster than wet, cold or blistered feet. Wool socks are a must because they are moisture-wicking, warm and comfortable.

- **Insulated, waterproof jacket:** A high-quality jacket for outdoor adventures that will be efficient at trapping heat, windproof and water-resistant is a thoughtful gift. Patagonia is a popular brand of outerwear, but retailers like Columbia and REI also merit consideration.
- **Trail shoes or sandals:** Supportive, comfortable and non-slip footwear is a given when enjoying the great outdoors. Depending on the activity, there are plenty of options from boots to hikers to trail sandals to consider.
- **Waist pack:** Packing light for short jaunts in the wilderness

may include stocking a waist pack (also known as a fanny pack) with must-have items. They are lightweight, comfortable and spacious enough for the essentials without getting bogged down by a backpack or another bag.

- **Buff:** A buff is a tube of lightweight, stretchy material that serves innumerable functions in the great outdoors. It can be used to shield the neck from the sun or wind, or to absorb sweat or keep hair out of the face. A buff can be useful on a hiking or backpacking trip, or just about any outdoor activity.
- **Headlamp:** Visibility is essential when enjoying the great outdoors, and many activities happen during dawn and dusk when light may be at a pre-

mium. A headlamp keeps things hands-free and sheds light on surroundings or up-close tasks, like setting up fishing hooks or field dressing game.

- **Satellite communicator:** A satellite communicator can keep outdoors enthusiasts safe and at ease when off the grid. Certain regions have spotty cell coverage, and satellite devices will do better at sending out messages or SOS signals should something go awry.
- **Hiking poles:** Telescoping hiking poles are adjustable and lightweight, and offer extra support and balance when on trails.

Outdoor enthusiasts will benefit from gifts tailored to their love of nature, wildlife and adventure.



Associated Press file photos

Theodore Tanczuk of solar installer YellowLite puts solar panels on the roof of a home in Lakewood, Ohio.

(Continued from Page 8) When to consider a whole-house system

Whole-house systems may make sense in areas with frequent or long-lasting outages, or for people with life-saving medical devices that cannot experience a disruption. The systems are hard-wired to the home’s electrical system, often with a connection to natural gas or propane tanks.

When power goes out, these detect the outage and use an automatic transfer switch to shift the home from the grid to generator power.

These units can cost \$5,000 to \$20,000 or more, depending on the size of your home, the system and installation costs. If your home system is a medical necessity, check to see if it can qualify as tax-deductible, or if there are programs that can cover some of the expense. Installation typically requires days or weeks of lead time.

Integrated home battery systems that provide electricity on a similar scale by using rooftop solar or grid energy, instead of liquid fuel, could cost even more.

Solar power and other clean options

Portable power stations that operate without fossil fuels are becoming more popular. They use small solar panels or wall outlets to store energy for when it’s needed. Consumers can find smaller, less expensive options about the size of a lunchbox for a few hundred dollars, or heavy-duty options the size of a suitcase for \$3,500 or more.

They can power computers, modems, televisions,

fans, freezers and other medium-sized devices.

“Our solutions now rival that of traditional gas generators,” said Rachel Stotts, communications head at Jackery, which sells power stations. “Maybe a decade ago, it was a camping solution, it was portable power on the go that you stuck in your car and you could run all your basic equipment ... But now you could run 99.9% of anything you want in your house — and need.”

Other power station manufacturers include EcoFlow and Anker.

The next step up: People who have rooftop solar can pair it with large battery systems that store power from the sun for later use.

“Having solar electricity that’s coupled with the battery system is quite unique, especially in an extended outage, because you have the capability to replenish your battery over time as the days go by,” Kittner said.

Installation of a solar-and-battery system could cost at least \$20,000, but the added costs can be offset by other benefits in the long run, experts say.

“I would look beyond just the up-front cost of providing power during those outages,” Kittner added, “but also other benefits you might get year-round from having a battery even when electricity is in service.”

During outages, people with electric vehicles can also use the batteries in their cars for power, though the EV has to be equipped to do so. It works by essentially feeding the power stored in the EV battery to the home, during an outage or even during times of peak demand on the grid.



Kaylin Johnson, whose home is one of the few that survived the Eaton Fire in her neighborhood in Altadena, Calif., walks past a generator running to provide power at her home.

SPECIAL ADVERTISING FEATURE

The Dish on ICE CREAM



DID YOU KNOW?

The adage, ‘Success has many fathers, but failure is an orphan’ is an applicable turn of phrase in many instances, and it seems to ring true when trying to pin down the origins of ice cream. A study from Datassential that surveyed more than 2,500 consumers about their dessert habits and preferences found that ice cream is the No. 1 dessert. If that’s a fairly straightforward pursuit, identifying the origins of this beloved treat is not so easy. Many attribute the origins of ice cream to China’s Tang dynasty, which was in power from 618 to 907. History.com notes that sources from that period reference a sweet drink made from iced, camphor-laced water buffalo milk, which certainly sounds similar to modern day ice cream. But others point much further back, noting that iced drinks and desserts were sold along the Euphrates River as far back as at least 4000 B.C. History.com also notes that the first European ice creams can be traced to Italy in the 1600s. The difficulty with distinguishing the exact origins of ice cream, and the various claims that trace those beginnings to one place or another, support the notion that success, in this case the confectionary triumph that is ice cream, indeed has many fathers.

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GOLF GUIDE



The Science Of The Swing: Data Now Drives Golf Club Selection

Millions of people love to play golf. Practice is essential to breaking 90, but avid golfers also recognize the importance of having the right equipment.

The right golf club can help any golfer improve their game. Club selection is no longer a matter of brand loyalty or choosing clubs that call to you on the store shelf. Finding quality equipment is paramount whether one is a beginner or an advanced player. According to Essential Golf, finding the right fit for clubs requires balancing personal feel with physics. Here are some tips.

Get a professional fitting

Modern golfers are moving away from buying clubs off the rack in favor of professional fittings. According to data from Club Champion, AI-enhanced fitting systems can use 50 million data points to match a golfer’s swing to thousands of club combinations. Plugged-In Golf says statistics point out nearly 80 percent of AI-driven recommendations are accurate, but it is helpful to get a live fitting to confirm that the clubs really are the right fit.

Shaft flex

The speed of the swing will help drive the ball and determine one’s game. Callaway Golf says that selecting the wrong flex in a club can lead to a ‘ballooning’ ball flight or a loss in distance. Ballooning refers to a very high, spinning shot that starts low and climbs rapidly before stalling in the air and dropping straight down. Matching swing speed with the right flex will improve performance. Experts say a regular flex is ideal for speeds between 70 and 80 miles per hour; stiff flex for speeds of 80 to 90 miles per hour; and extra stiff (X-stiff) for swings above 90 miles per hour.

Gapping

Gapping is a technique to create the right distance intervals between the clubs. Golf Galaxy experts say the goal is to try to get 15- to 20-yard distance gaps between clubs for the long game. This involves a systematic arrangement of the 14 clubs so that each will hit the ball a distinct and predictable distance. A professional fitter can help a golfer determine the distance

between their clubs.

Clubhead design

Golfers also want to pay attention to the design of their clubs to reduce the number of misses during a game. Cavity back irons will redistribute weight to the perimeter, creating a larger sweet spot, says Callaway Golf. This is good for mid- to high-handicappers who want to minimize off-center hits, as these irons offer greater forgiveness and are designed for easier play.

Muscle back clubs (blades) have a solid, one-piece back that lacks a cavity. This helps to concentrate mass directly behind the hitting area, says Titleist. These allow low-handicap players to hit shots that are unforgiving, as they offer superior workability and precise distance control.

Before investing in golf clubs, players should be honest about their handicaps, swing speeds and experience, and speak with a professional golf club fitter to get a set that will enhance their game.

The Fundamentals Of A Strong Swing

Consistency is vital for golfers. When golfers can be consistent with their swing and approach, the end results are more likely to be successful.

Seasoned golfers and even those relatively new to the sport likely know there’s no shortage of advice regarding how to swing. Whether it’s the golf pro at a local club, a neighbor with a passion for the game, or the myriad weekend warriors at golf-based entertainment centers like Topgolf, plenty of people are ready and willing to offer their own unique views on how to master the fun and often frustrating game of golf. While advice is often well-meaning, constant tips can cloud golfers’ heads, particularly in regard to their swing. The PGA of America notes the fundamentals of a golf swing include grip, stance, posture, and alignment. Remembering those fundamentals and what each entails can help golfers develop a consistent swing in the hopes of producing a better round the next time they take to the links.

Grip

Grip refers to how golfers hold their clubs in preparation for a shot. Though that sounds simple, golfers can grip their clubs in a number of ways. Some hold their clubs tightly, weakly

or relatively neutral. Grip also refers to how golfers position their hands. Some prefer to interlock their fingers, while others adopt an overlap grip in which the pinkie finger of their top hand overlaps the index finger on their bottom hand. The baseball grip is another style that mirrors how baseball players hold a bat when they get into the batter’s box.

Stance

Stance refers to how golfers position their feet to the ball and to one another. A square stance is marked by a golfer’s toe line being parallel to the ball line. An open stance is marked by one foot being slightly closer to the ball than the other foot. A closed stance refers to instances when a golfer’s front foot is slightly closer to the ball than his or her back foot.

Posture

Posture is another fundamental component of a gold swing. A consistent posture has a well-defined start position and end position. Posture will involve how the knees flex, how golfers bend at the hips, how straight their back is, and where their hands and arms are positioned.

Alignment

Alignment refers to the position of a golfer’s body relative to the target. A strong alignment facilitates an effective swing path. Feet, hips and shoulder positioning are all part of alignment. When alignment is off, golfers may be more likely to slice and hook.

Novice golfers and more seasoned players can benefit from a routine refresher course on the fundamentals of a strong swing. Golfers new to the game are urged to work with a golf pro to develop a swing that incorporates these four fundamentals.



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Bedford Springs pastry chef has recipe for success

In a globe-spanning career, Naik finds a home at resort

By COLETTE COSTLOW
ccostlow@altounnamirror.com

BEDFORD — Over the past few years, guests at the Omni Bedford Springs Resort & Spa have been delighted to see extravagant gingerbread displays in the main lobby during Christmas, giant chocolate bunnies at Easter and a large American flag cake on Independence Day.

These confections are brought to life by Pastry Chef Harshal Naik, who believes that dessert can be fun.

“It always comes at the end of the meal, so that’s what you will remember the most; those are the taste buds that you will carry from this property,” he said.

With a 12-year career as a Carnival Cruise Line pastry chef under his belt, Naik’s work has been nothing short of memorable, securing a spot on Food Network’s Holiday Baking Championship in 2022, where he made it to the top five competitors.

Finding his place in Bedford County, Naik enjoys working with his team to make sweet treats a more immersive experience at the resort.

“I feel like this is one of the most relaxed, beautiful and very respectful towns,” he said of Bedford.

Naik grew up in Goa, India, which is the country’s smallest state, known for its beaches. It’s quite the opposite of southcentral Pennsylvania, considering Bedford’s harsh — at least to Naik — winters.

“Sometimes, in the winter, I curse myself,” he said with a laugh. “I’m like, ‘What am I doing here?’”

He never imagined himself as a pastry chef. His childhood dream was to join the navy and eventually become a geography teacher, teaching students about earth science and preparing them for the armed forces.

While taking college courses, he and his family endured hard times after his father, Vasu Dev, a successful artist in Goa, passed away, and they lost their house.

Everyone in town believed his father could do anything artistically; his fame came from sheet styrofoam decorations. He

was also a talented singer and musician.

“I guess I had some of the art in me,” Naik said. “When I joined pastry, I think it naturally came to me when I’m making cakes or something like that,” he said.

Naik’s uncle, who was a restaurant manager, asked Naik about becoming a chef instead, telling him that “you can take a spoon and taste food and you get \$30,000, \$40,000.”

With little knowledge of the profession, Naik was sold on the idea and applied for an internship at the Institute of Hotel Management in Goa.

Gaining interest in the pastry department, he then worked at the JW Marriott and the Taj Cidade De Goa Horizon before transitioning into Carnival Cruise Line.

Working on a cruise ship was fun, he said, as he usually interacted with people from 60 different nationalities. Because everyone’s language was different, workers would develop their own shared language derived from popular regional terms.

“So it’s fun. And it’s a lot of work, but when you’re young, you don’t need sleep,” he said.

Working on the cruise line in his early 20s, he would request to work the night shift, so as soon as the ship docked at a location in the morning, he was out exploring the area. After a day exploring, he would sleep for an hour or two before starting his shift.

His favorite cities were Monte Carlo, Monaco and Venice, but he especially enjoyed the beaches at Key West and Half Moon Cay, known as Little San Salvador Island.

While visiting new locations, he enjoyed skydiving in various locations, including Sydney, Barcelona and Florida, where he did tandem jumps with Skydive Space Center at 18,000 feet.

His work on the ship, though, is what led him to Bedford.

Finding family through food

Creating desserts for about 4,000 guests, Naik said there were at least 100 guests with dietary restrictions the night he met his future in-laws in the late 2000s. He noticed that one card read that

someone was deathly allergic to eggs, dairy, nuts and gluten.

That card belonged to his future brother-in-law, Trevor Roy, who was 16 at the time, and attending Bedford Area High School.

He was served chocolate-covered strawberries that night. Roy was hesitant about eating Naik’s dessert as his dietary palette was slim, knowing the risk of a mixup could be the difference between life and a severe allergic reaction or even death.

He took the risk and a bite and was fine.

“My parents were in awe,” Roy said. “My mom was all happy.”

Roy’s parents thanked Naik that night and continued to stick with him for the rest of the trip, knowing that he could make safe desserts for their son.

After a while, Roy’s mother sent Naik a Facebook friend request, asking about his cruise schedule. It was only a matter of time before Roy and his parents aligned their cruise schedules with Naik’s availability.

“It was a joy and a blessing to try the meals he made for me,” Roy said. “I didn’t think it was possible, and he showed me it was.”

Naik then met Roy’s older sister, Mindi. Over time, they developed a relationship and eventually wed in October 2019 in America and once again in January 2022 in India.

Being a newcomer to Bedford County, Naik was interested in working as a pastry chef at the Omni Bedford Springs Resort & Spa in early 2020. Soon enough, he secured a position as cook level 1 only a day before the COVID-19 pandemic shut down the world.

That day, the chef called Naik and told him that he was laid off. But he started again three months later and quickly rose through the ranks to pastry chef.

Taste and television

Before Naik, the Omni Bedford Springs Resort & Spa didn’t create elaborate displays made out of desserts, so it was a new process when he pitched some display ideas to his crew.

Naik made his first gingerbread display for Christmas 2021. It spanned 10 feet in the hotel lobby. While many guests made a big deal out of Naik’s display, he knew he could go bigger.

Since then, he’s created large gingerbread houses, an entire gingerbread neighborhood and a working carousel with motors and stainless steel string.

Pastry cook Christi Wroe said the gingerbread house displays are a lot of work, but they are the most rewarding project.

“He’s so talented,” Wroe said of Naik. “He’s amazing.”

His work also caught the attention of executives working with the Food Network’s Holiday Baking Show, who asked him to be a contestant in 2022 for their ninth season.

“I thought someone was scamming or pranking me, and I hung up the call. And then they called the general manager, and he’s like, ‘These people are trying to get a hold of you,’” Naik said.

Although it was difficult because he didn’t have an extensive knowledge of American desserts, he made it to the top five competitors.

“We were his biggest cheerleaders,” Wroe said. “We were so excited for him.”

“There are almost 12 pastry chefs; they’re working on the same task, but sometimes, their brains are so amazing, the things that they can come up with in a second or a minute, it amazes you,” Naik said.

“It makes you realize how less of a pastry chef you are and how much more you have to learn from everyone. ... It was a great learning experience and nice to be on TV.”

The competitors from season 9 still keep in touch through a group chat, where they can ask questions, share wisdom and send happy birthday wishes.

Giving back

On July Fourth, the Bedford Springs resort had a cupcake display in the lobby that resembled the American flag for the nation’s 250th anniversary.

However, this display was the work of more than just resort staff, as younger guests were encouraged to put on a chef hat and apron to design the cupcakes.

A few years ago, Naik said he noticed a bunch of extra hats and gloves in the department.

“I was like, you know what? It’s going to be more fun if the guest kids help us make the cake,” he said.

Now, he said, the hotel has guests who return every Independence Day in hopes of decorating the cake.

Naik’s pastry displays are part of the Omni Bedford Springs Resort & Spa experience, general manager Amanda Burroughs said.

“He has a great passion for his craft and pastry,” she said. “We feel very for-



Mirror photo by Patrick Waksmski

Omni Bedford Springs Resort & Spa pastry chef Harshal Naik, the creative force behind the resort’s renowned holiday dessert displays, stands in the historic Crystal Room.

tunate to have him as part of the team, to have that level of talent.”

Meanwhile, Naik has also grown close with Bedford, discovering how much he appreciates the county’s warm atmosphere.

He recalled losing his wallet and his gloves a few years ago while jogging through town. The next day, he realized that his items were missing, so he retraced his steps back to the path, where he found his wallet wrapped in his gloves underneath the stone so it wouldn’t fly away.

“There are a lot of places in the world where it is impossible; that’s free money, and you can just take it away, but people are so honest here, and they are genuinely nice people,” he said.

That gratitude is met at the hotel as well, where many guests are very appreciative of his designs and desserts.

“I’ve never cared about hours or how much work stress I’ll take. I just want to give back all the good that I get from this town,” he said.

Mirror Staff Writer Colette Costlow is at 814-946-7414.

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The Naik file

Name: Harshal Naik

Age: 42

Education: Goa High School, 2004; Institute of Hotel Management Goa, 2005

Family: Wife, Mindi; stepdaughter, Lela

Experience: JW Marriott, 2006; Taj Cidade De Goa Horizon, 2007-2008; Carnival Cruise Line, 2008-2020; and Omni Bedford Springs Resort & Spa, 2020-present



Mirror photo by Patrick Waksmski

Omni Bedford Springs Resort & Spa pastry chef Harshal Naik places a tray of croissants on a rack.

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A Bathroom Oasis

Imagine stepping into your bathroom and instantly feeling a wave of tranquility wash over you.

With a few thoughtful upgrades and design choices, you can transform your ordinary bathroom into a spa-inspired retreat. Those who watch the trends — from Spruce to Rocket Mortgage to Forbes — all say that spa-inspired bathroom renovations will be popular in 2023, making it a good time to get deals and great accessories and materials.

Whether you do a total remodel of your bathroom or just renovate with a few touches, you can tap into this trend and bring the serenity and relaxation of a spa into your home.

LIGHTING

Creating a calming ambiance starts with lighting. Opt for soft, warm lighting that mimics the gentle glow of candlelight. Install dimmer switches to adjust the brightness and create a soothing atmosphere. Consider adding recessed lighting around the perimeter of the ceiling to create an ethereal glow.

Accentuate key areas, such as the vanity or bathtub, with subtle lighting fixtures to enhance the spa-like experience. Scented candles can provide both soft lighting and aromatherapy.

COLOR PALETTE

Choose a soothing color palette that promotes relaxation and serenity. Choose soft, muted tones such as shades of blue, green or neutral earthy colors. These hues evoke a sense of calm and tranquility.

Incorporate these colors into your walls, tiles and accessories to create a cohesive spa-like environment. Adding natural elements like

wooden accents or bamboo accessories can further enhance the soothing ambiance.

BATHTUBS

Upgrade your ordinary bathtub to a spacious, freestanding tub that invites you to unwind. Install a deep, soaking tub that allows for complete immersion and relaxation. Consider options with built-in jets or air systems for a therapeutic massage-like experience.

Adorn the surrounding area with scented candles, bath salts and plush towels to enhance the spa-like atmosphere.

SHOWERS

Replace your standard showerhead with a rain shower head to create a luxurious shower experience. The gentle cascade of water mimics the sensation of standing in a warm

summer rain.

Opt for a walk-in shower design with glass doors to create an open and spacious feel. Add natural stone or mosaic tiles for a touch of elegance and install a built-in bench or seating area for moments of relaxation.

Install a steam shower. Consider installing a bench so you can sit and enjoy the steam therapy.

FINISHING TOUCHES

To elevate the spa experience, consider incorporating additional amenities. Install heated flooring to keep your feet warm on chilly mornings. Include a towel warmer to wrap yourself in a cozy embrace after a bath or shower.

Introduce soothing aromatherapy with

essential oil diffusers or scented candles. Enhance the sensory experience with soft, plush towels and bathrobes. Add natural elements such as plants or small water features to infuse your spa bathroom with a touch of serenity.

COUNTERS AND STORAGE

Damaris U. Avila told Martha Stewart Magazine that installing cabinets with electrical outlets inside them lets you get charging items off the counter and out-of-sight. This creates a less cluttered and more serene environment. Drawers can also have outlets so that such things as hair dryers can be plugged in while put away.



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Enhance Your Culinary Space

Renovating your kitchen on a budget? With strategic planning and a focus on economic upgrades, you can breathe new life into your culinary space.

There are several cost-effective kitchen upgrades that can transform your kitchen into a stylish and functional haven.

CABINETS

Give your kitchen a fresh look by updating the cabinets. Instead of replacing them entirely, repaint or refinish them for a cost-effective transformation. Choose a new color or finish that complements your kitchen's style and ambiance.

Another inexpensive upgrade involves replacing the cabinet hardware with modern or stylish knobs or handles. It can make a significant difference in the look of your kitchen.

BACKSPLASH

Revitalize your kitchen's aesthetic by upgrading the backsplash. Choose affordable yet visually appealing materials like subway tiles, peel-and-stick backsplash options or vinyl wallpaper.

These options offer a range of colors and patterns to suit your taste and style. The backsplash serves as a focal point in the kitchen and can instantly elevate the overall look and feel of the space.

FAUCETS

Replace your old faucet with a new one to bring a touch of modernity and functionality to your kitchen. Opt for a budget-friendly yet stylish option that complements your sink and overall design. Look for faucets with features like pull-out sprayers or touchless operation, which offer



convenience and ease of use. A new faucet can make a noticeable difference in both the appearance and functionality of your kitchen.

LIGHTING

Transform the ambiance of your kitchen by upgrading the lighting fixtures. Replace outdated or inefficient fixtures with energy-efficient LED lights, pendant lights or track lighting. Enhance task lighting above work areas and add ambient lighting for a warm and inviting atmosphere. Lighting upgrades can have a significant effect on the overall feel and functionality of your kitchen.

PAINT

One of the most affordable ways to give your kitchen a facelift is with a fresh coat of paint. Choose a color that complements your kitchen's style and creates the desired

atmosphere. Consider painting the walls, ceiling and even the cabinets for a cohesive and transformative effect. A well-chosen paint color can breathe new life into your kitchen, making it feel brighter, larger and more inviting. On-trend colors for 2023 include blues and greens that evoke the feel of water and the beach.

ACCENTS

Enhance the visual appeal of your kitchen by incorporating stylish accents. Swap out old or worn-out curtains or blinds with new ones that add a pop of color or texture. Invest in affordable yet eye-catching kitchen accessories like colorful dishware, decorative jars or a

statement rug. These small changes can infuse your kitchen with personality and style.

Instead of installing an expensive island in your kitchen, invest in a counter-height table. Install open shelving above the sink and curate a few pieces of pottery or attractive pieces such as cookie jars. Build a breakfast bar and add stools.

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Trendy Outdoor Living Spaces

Creating outdoor living spaces has become a popular trend among homeowners seeking to extend their living areas beyond the confines of their homes.

By designing functional and inviting outdoor spaces, you can enhance your quality of life, embrace nature and create memorable moments with family and friends.

EXPANDING YOUR LIVING AREA

Outdoor living spaces offer an opportunity to expand your usable living area. Whether you have a spacious backyard, a cozy patio or even a small balcony, transforming it into an outdoor oasis allows you to enjoy nature's beauty while maximizing your home's potential. These spaces serve as an extension of your indoor living areas, providing additional room for relaxation, dining, entertaining and recreation.

When creating outdoor living spaces, consider designing functional zones that cater to different activities and moods. Define areas for lounging with comfortable seating and plush cushions, dining with a table and chairs, cooking with a grill or outdoor kitchen and recreation with games or a fire pit. By delineating these zones, you can optimize the flow of your outdoor space and ensure each area serves its purpose effectively.

EMBRACING NATURE

One of the key benefits of outdoor living spaces is the opportunity to immerse yourself in nature. Incorporate natural elements like plants, flowers and trees to create a serene and calming environment. Use landscaping to provide privacy and create a sense of enclosure. Add water features such as fountains or ponds to introduce soothing sounds and a tranquil ambiance. By embracing nature you can establish a connection between your indoor and outdoor spaces.

COMFORT AND COZINESS

To make your outdoor living spaces inviting, come up with ways to create comfort and coziness. Invest in quality outdoor furniture that is both durable and comfortable. Add cushions,



throw pillows and blankets to create a warm and inviting atmosphere. Consider installing shade structures like pergolas, umbrellas or retractable awnings to provide relief from the sun's rays.

Outdoor rugs and lighting can further enhance the comfort and ambiance of the space, creating a welcoming and cozy environment.

Renovate your space to provide a hub for recreation and entertainment. Install an outdoor kitchen or grill area for al fresco dining. Incorporate a built-in bar or beverage station for refreshing drinks. Add a fire pit or outdoor fireplace to create a gathering spot for cozy evenings.

Consider including audio systems or outdoor speakers to enjoy music or create a theater-like experience.

For the more adventurous, add features like a hot tub, swimming pool or outdoor sports court. These amenities can elevate your outdoor space and provide endless opportunities for leisure and enjoyment.

Embrace outdoor living spaces to create an environment that seamlessly blends indoor comforts with the beauty of nature. Transform your home into a haven for relaxation, entertainment and connection with the outdoors.



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Functional, Stylish Storage

In the realm of home design the butler's pantry is making a triumphant comeback.

Once considered a relic of the past, this elegant and practical space is now in high demand and considered one of the hot 2023 home improvement trends. A butler's pantry is a transitional space between the kitchen and dining area, traditionally used by butlers or household staff to stage meals, store silverware and prepare beverages.

Today, the butler's pantry has evolved into a multifunctional area that combines storage, preparation and serving capabilities. This separate space offers a concealed area for food preparation, storage and displaying or organizing fine dinnerware, glassware and serving pieces.

PRACTICALITY

Butler's pantries have become increasingly popular due to their inherent practicality. They provide a functional

buffer zone between the kitchen and dining area, allowing for seamless entertaining. With ample storage space, including built-in cabinetry and shelves, they can house non-perishable food items, cookbooks and serving pieces, keeping the main kitchen clutter-free.

Moreover, they offer a designated area for countertop appliances, making it easier to prepare meals and cocktails while leaving the primary cooking area undisturbed.

For some people, they may not often use their dinnerware, but the butler's pantry gives them an opportunity to display them in cabinets with glass doors.

STYLE

Beyond their practicality, butler's pantries have become a stylish design feature in modern homes. They exude elegance and sophistication, allowing homeowners to showcase their taste and entertain guests with flair.

The use of high-end materials like marble countertops, decorative backsplashes and glass-front cabinetry adds a touch of luxury. As open-concept floor plans continue to dominate contemporary design, butler's pantries offer a discreet and organized space that keeps the kitchen looking sleek and uncluttered.

Popular entrances include arches or pocket doors.

Design Options

There are various design options to consider for a butler's pantry.

If space permits, a separate room adjacent to the kitchen or dining area can be designated as the butler's pantry. Alternatively, a smaller nook or alcove can be transformed into a compact pantry.

Customization options are endless, from choosing cabinetry finishes and hardware to selecting countertop materials and lighting fixtures that complement your



overall interior design aesthetic. Consider incorporating features such as wine refrigerators, built-in coffee stations or even a second sink added for convenience and versatility.

Some people use their butler's pantries as wet or dry bars while others convert them into spaces for their pets, storing toys, food and medications. Still others make it a kitchen for their kids with low drawers and mini-refrigerators providing snacks and drinks to cut down on the traffic in the main kitchen, according to Realtor.com.

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Revamp Your Bedroom

Your bedroom should be your sanctuary — a place of comfort, relaxation and personal expression.

Whether you're starting from scratch or giving your existing bedroom a makeover, creating a cozy retreat is key. Explore design options to revamp your bedroom, transforming it into a haven where you can unwind and recharge.

COLORS

Choose a calming color palette that promotes relaxation. Soft, neutral tones like warm grays, muted blues or earthy beiges create a serene atmosphere. Consider incorporating warm accent colors through textiles or accessories. Play with different textures and materials to add depth and warmth to the space.

BEDDING AND TEXTILES

Invest in high-quality bedding to enhance comfort and coziness. Layer your bed with plush pillows, soft throws and a luxurious duvet or comforter. Experiment with different fabrics like faux fur, knitted blankets or velvet for added texture and warmth. Don't forget blackout curtains or blinds to ensure restful sleep by blocking out unwanted light.

SEATING AREA

If space allows, dedicate a corner or nook for a seating area. Add a comfortable armchair, chaise lounge or even a window seat with plush cushions and blankets. This area can serve as a reading spot

or a quiet retreat to enjoy a cup of tea or coffee, further enhancing the coziness of your bedroom.

LIGHTING

Lighting plays a crucial role in creating a cozy atmosphere. Opt for soft, warm lighting options such as dimmable bedside lamps, string lights or scones with warm-toned bulbs. Consider installing a statement chandelier or pendant light for an elegant touch. Use lighting to create layers of ambiance, with task lighting for reading and accent lighting to highlight artwork or focal points in the room.

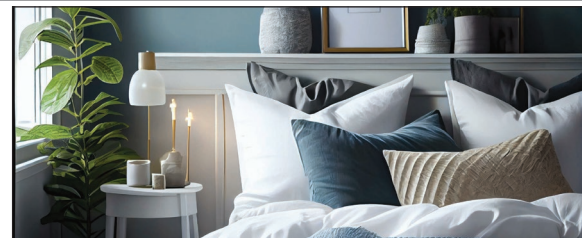
Express your personal style by choosing whimsical lamp shades.

NATURAL ELEMENTS

Bring nature indoors by incorporating natural elements into your bedroom. Add potted plants or fresh flowers to infuse the space with life and freshness. Consider using organic materials like wooden furniture, rattan accents or woven baskets for storage. These natural textures and elements can create a sense of calm and connection to the outdoors.

STORAGE

A clutter-free space promotes relaxation and tranquility. Declutter your bedroom by organizing belongings and finding functional storage solutions. Invest in dressers, nightstands or under-



bed storage options to keep items neatly tucked away. Use baskets or decorative boxes to corral smaller items and maintain a tidy environment.

DECOR

Add a personal touch to your bedroom with meaningful decor items. Display cherished photographs, artwork or mementos that evoke positive emotions. Incorporate items that reflect your interests such as books, musical instruments or travel souvenirs.

FLOORING

Unless you are in an area with high humidity, look for soft floors such as carpeting or rugs.

The Spruce recommends exploring some new options such as engineered wood flooring or vinyl plank.

Engineered wood flooring is a hybrid of plywood with a hardwood veneer. Part of its appeal is that you can get it with radiant heat coils underneath so that your floor is heated.

Thicker vinyl plank flooring is friendly to bare feet and has the look and feel of real wood.

Premier Roofing LLC

Premier Roofing LLC, Amish owned and operated, has been living out their mission of providing a work environment in which they can learn, grow, and enjoy life in order to supply customers with quality workmanship and service since 2023.

In July 2023, Elvin Swarey opened his roofing business with customer satisfaction at the forefront of his mind. His vision for Premier Roofing is to bring happiness to every customer they encounter and with a positive "can do" attitude, Premier Roofing is bringing this vision to life.

Always looking for ways to improve, Premier Roofing loves customer feedback to ensure they are getting what they deserve.

Premier Roofing is fully insured and offers free estimates as well as an in-person follow-up to confirm customer satisfaction.

Where Quality & Customer Satisfaction Matters!

If you're looking for a reasonably priced roof or gutter installation done in a prompt manner, Premier Roofing LLC is the business for you.

With a primary focus on meeting the expectations of customers, Premier Roofing values communication and timeliness above all.

The little things that matter to you will be demonstrated by them as they show up on time for estimates and installations and make sure their work is done to your standard.

Premier Roofing offers seamless gutter installations as well as metal or asphalt shingle roof installations. The metal roof installations are done with forty year metal accompanied by fifty year screws instead of ten years screws, to ensure that your screws outlast the metal resulting in a well-fashioned and longer lasting roof.

Premier Roofing is where quality and customer satisfaction matters, so reach out for your free estimate, today.

CUSTOMER TESTIMONIAL:

"We had to replace our whole roof. They were prompt in responding to our need. The work was excellent! The crew was very professional and polite. They did a beautiful job and clean up after was perfect. The price was very reasonable. They seemed truly concerned that we were satisfied with their work. We would highly recommend Premier Roofing. They did a Premier Job!" - James Morris



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METAL & SHINGLES

Unlock Your Home's Potential

In an era of rising housing costs and changing living arrangements, adding an accessory apartment to your home offers a unique solution.

Whether you're looking to generate rental income, provide housing for a family member or accommodate a home-based business, this versatile addition can unlock the full potential of your property.

An accessory apartment, also known as an in-law suite, granny flat or secondary dwelling unit is a self-contained living space within an existing single-family home. It typically includes a separate entrance, bedrooms, bathroom, kitchenette and living area.

This additional unit allows for independent living while sharing the same property as the main house. It can serve various purposes, such as rental income, multigenerational living or providing space for a home office or studio.

Accessory apartments are often built over the garage, in a backyard as a tiny house on a foundation or in the basement.

RENTAL INCOME

Adding an accessory apartment can be a smart financial move. By renting out the secondary unit, homeowners can generate additional income to help with mortgage payments, property taxes or maintenance costs. In some cases, the rental income may even cover a significant portion of the property expenses. This financial advantage makes accessory apartments an attractive option for homeowners looking to offset housing costs or increase their investment returns.

With platforms such as Airbnb, VRBO, Guesty and Flipkey, more people are renting out portions of their home for limited times and accessory apartments offer the perfect space to rent.

Multigenerational Living

An accessory apartment provides an



opportunity for multigenerational living, allowing extended family members to have their own independent living space while staying connected to the main household. It offers flexibility and privacy while still enabling close proximity for support and care. This arrangement is particularly beneficial for aging parents, adult children or relatives who prefer to maintain their autonomy while sharing a property and reducing overall living expenses.

HOME OFFICE OR STUDIO SPACE

In today's work landscape, the demand for flexible and remote work options has increased. Adding an accessory apartment can provide a dedicated space for a home office or studio. Whether you're an entrepreneur, freelancer or artist, having a separate area for work allows for better work-life balance and improved productivity. This arrangement also offers the advantage of separating personal and professional spaces within your home. You may be able to write off the apartment as a work expense.

CONSIDERATIONS

Before adding an accessory apartment, consult your local zoning regulations and building codes. Research the legal requirements, permits and any specific guidelines related to creating an accessory dwelling unit in your area.

Ensure compliance with safety standards, fire codes and parking requirements. Consulting with professionals such as architects, contractors or local planning departments can help navigate the process and ensure all necessary approvals are obtained.

The design and layout of the accessory apartment should align with your specific needs and those of potential occupants. Consider the size, number of bedrooms and layout configuration to maximize space use and functionality. Incorporate features like a separate entrance, soundproofing measures and adequate storage.

AccessoryDwellings.org provides guidance on how to plan and design an accessory apartment. They also offer advice on financing and how to calculate a dwelling's return on investment.

Create a comfortable and inviting living environment that suits the desired purpose, whether it's for renting, multigenerational living or a home office.



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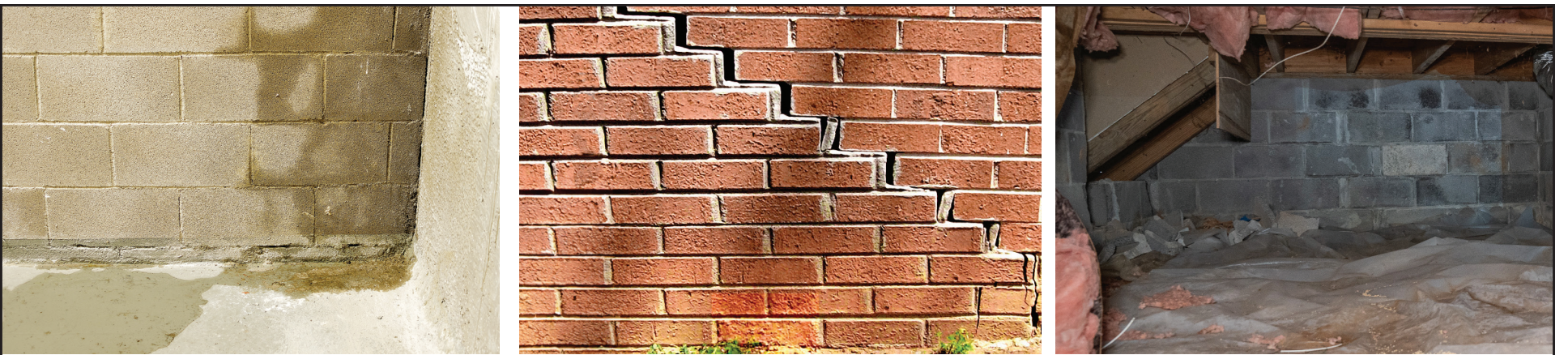
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