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Band Vision to None returns after 4-year hiatus

By Andy Stine
astine@altoonamirror.com

From the summer of 2008 until New Years Eve of 2021, the band Vision to None, made primarily of residents of the Morrisdale area, was one of the premier bands of 80s, 90s, and early 2000s music.

After 13 years, the band hung up the microphones and the sound systems were put away after their final show on New Years Eve of 2021.

Until recently.

Vision to None recently announced on their Facebook that they are back after a four-plus year hiatus. They will do their first comeback show on Aug. 29 at The Snake Hole in Morrisdale.

The band originally consisted of Chris Welker, Jesse Husted, Travis McCoy and Katlyn Reitz. Eric McCrum later joined the group to replace McCoy, but McCrum decided that 2021 would be his last with the band, and the group recently added Keenan Hall to the mix for the return.

Welker, Husted and Reitz are all from the West Branch area, while Hall is originally from State College.

Reitz, the band's drummer, said a return wasn't being planned until the head of The Snake Hole's Mega Bash reached out to the band in the spring of 2025.

"It wasn't like we sat around one day and said, 'Let's start playing again,'" Reitz said. "They said, 'Hey, we know you guys haven't played in a while, but would you be open to playing sometime in 2026?'"

The group discussed their options and asked if it was going to be a one-time thing, or if they would be back for a full return. The group thought that it would be too much work to come back



— Courtesy photo

Vision to None band members (from left): Chris Welker, Jesse Husted, Keenan Hall and Katlyn Reitz.

for just one show, but settled on doing a show about once a month somewhere in central Pennsylvania.

The time factor was the main reason Vision to None hung it up in 2021.

"Chris and I are new fathers," Reitz said. "Jesse already had kids before we hung it up. The time is just not as available as it used to be. So we said, 'Let's do one a month.'"

Ironically enough, The Snake Hole, a wedding venue in Morrisdale, was the first venue that Vision to None played in the summer of 2008. The venue had only a pavilion area with picnic tables then, but now has a stage for bands.

Reitz estimated there may have been about 20 people for the band's first show.

"The fact that we started there, and now we're coming back and starting there ... We thought that was kind of hilarious," Reitz said.

The group has no way of knowing how long the return to the stage will last, but the plan is for at least a couple years. Before 2021, they originally had no plans of stopping. But McCrum, their former bassist from the Altoona area, said it was time for him to step away. Reitz noted McCrum's incredible talent, and said they couldn't replace him.

"When he stepped away, it was kind of like if the Pirates had Paul Skenes step away," Reitz

said. "Guys like him don't just grow on trees. We said, 'It might be time for us to step away for a little bit.'"

When Welker, Husted and Reitz decided that it was time to think about a return, they decided to look for a fourth member to the group. They had originally known Hall on his musical career in State College, and they recently discovered that he also had just moved to the Morrisdale area.

They decided to see if Hall was the right guy for the group.

"We always knew he was a great musician," Reitz said. "It was just a matter of if he wanted to play with us and did we all blend as a group."

The answer turned out to be a resounding "yes" for the group. After four years of not playing together following a 13-year run as a local band, it was time to start thinking about a show again. Their friends would tell them to come back, but life was happening for every member.

And now, here they are with a return show at the same venue as their first performance. They have another show planned on Sept. 12 at Clearfield's new Rock on the River.

"It's really fun how the stars aligned on this," Reitz said.

Visit the band's Facebook page at Vision to None for more information on upcoming performances.

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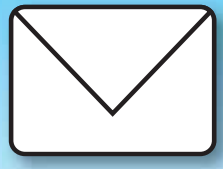
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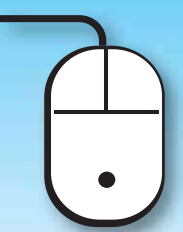
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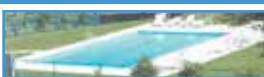
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11.99 ACRES



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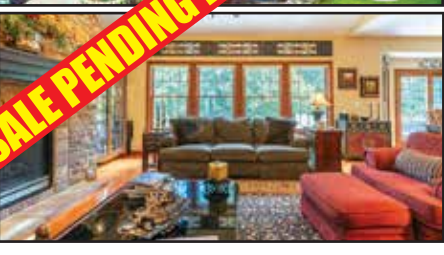
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7.3 ACRES

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DIRECTIONS: TAKE 219 TO THE TOWN OF MAHAFFEY TURN ONTO RT 36 SOUTH GO OVER THE BRIDGE 3RD HOUSE ON LEFT.

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Warning Signs Of Drowsy Driving

When taking to the open road on a driving vacation, the temptation to keep going as long as possible is significant. A fun destination undoubtedly awaits, and that can compel drivers to stay behind the wheel for hours on end. But failure to rest when driving long distances can be dangerous and increase the risk of drowsy driving.

Drowsy driving poses a notable threat to drivers, their passengers and their fellow motorists. The NHTSA notes drowsy driving accidents often involve only a single driver who runs off the road at a high rate of speed with no evidence of braking. But vacationers may fit that mold, too, particularly if they awake early to start a road trip and/or if they drive late into the night while passengers are asleep.

Though it's undeniably tempting to drive as long as possible when taking a driving vacation, it's important that drivers learn to spot the warning signs of drowsy driving and get out from behind the wheel when such indicators appear. The National Sleep Foundation notes the following are some signs of drowsy driving.

- Difficulty focusing on the road. The difficulty with focus may be accompanied or exacerbated by frequent blinking or heavy eyelids.
- Some drowsy drivers find themselves starting to daydream while behind the wheel. Drivers also may have wandering eyes and disconnected thoughts.
- Difficulty remembering the last few miles driven.
- Missing an exit or ignoring traffic signs. Ignoring traffic signs can be particularly dangerous. The NHTSA notes most crashes involving drowsy driving occur between midnight and 6 a.m. Missing traffic signs during these times of day, when other drivers may have reduced visibility due to lack of daylight, can increase accident risk significantly.
- Finding it hard to keep your head up or nodding off.
- Drifting from your lane, tailgating vehicles in front of you, or hitting a shoulder rumble strip.
- Feeling restless and irritable, or becoming aggravated with common annoyances such as sitting in traffic.

Drivers who begin to feel drowsy should let others who are alert get behind the wheel. If signs of drowsy driving appear when driving alone, the NHTSA urges drivers to pull over and take a 20-minute nap in a safe place, such as a well-lit designated rest stop.

SPECIAL ADVERTISING FEATURE

A Guide To Road Trip Vehicle Maintenance

Road trips are a cost-effective way to enjoy a vacation and see the country. And there is plenty of country to see. The United States is 3,531,905 square miles, while Canada is approximately 3.85 million square miles. Boasting expansive coastlines, amazing national parks and scores of roadways through cities large and small, the United States and Canada offer road trips that can appeal to just about anyone.

Vehicle maintenance must be a priority before road trippers hit the highways and backroads. The National Highway Traffic Safety Administration estimates that billions of dollars in avoidable accident expenditures are caused by improper vehicle maintenance. Follow these road trip maintenance checks to ensure that a vehicle is road-ready.

Fluids

Long distance travel can tax a vehicle, especially when traveling through different terrains and climates. Starting out with fresh oil can help the vehicle run smoothly. Those who are within 1,000 miles of their next scheduled oil change should do it before they leave. Checking the clarity of the oil can let drivers know if it might be time to swap old oil for new.

Cars can overheat, and experts say overheating is one of the leading causes of highway breakdowns. Before departing, drivers should top off the coolant reservoir with the correct type of coolant for the vehicle.

Additional fluids that merit consideration include brake fluid, transmission fluid and windshield washer fluid. Low brake fluid can result in a spongy brake pedal, warns Allstate, which is a dangerous condition when dealing with inclines and heavy traffic.

Tires

The market research professionals at Mordor Intelligence report tires represent 32 percent of the automotive service market, reflecting just how often they wear out and need to be replaced. Tires are in constant contact with the ground and are subjected to wear and damage. Maintenance can help avoid issues that affect tires. Drivers should routinely check tire PSI when the tires are cold to ensure it's at the level recommended by the manufacturer. Proper inflation can improve fuel efficiency and prevent blowouts. It's also wise to check how much tread is left on the tires with the penny test, during which one inserts a penny upside down into the tread. If the top of Abraham Lincoln's head can be seen, the tires lack the proper grip necessary, advises Allstate. Be sure to check that the spare tire is inflated and in good repair as well.

Battery test

Most car batteries last between three and five years. Drivers should have the battery tested if it is old or if the starter sounds sluggish. Batteries tend to die at the worst possible time, and one doesn't want to get stranded on a road trip. Corrosion on battery terminals also can cause issues, so drivers should scrape away any and ensure that terminal connections are firm.

Lights and more

It's important to check that all the headlights, brake lights and turn signals are functional before setting off. Drivers will want to be visible to others on the roadways. A road trip can be a relaxing way to see the sights with friends or family. Individuals should prepare their cars and trucks before they set off.



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Court rejects Clearfield man’s attempt to withdraw guilty plea in mom’s death

By Phil Ray
Pray@altoonamirror.com



An attempt by a Clearfield man to withdraw his guilty plea to a charge of murdering his disabled mother was rejected by the Pennsylvania Superior Court in an opinion issued Friday.

David Michael Lombardo, 45, is presently incarcerated in the State Correctional Institution in Houtzdale where he is serving a 20- to 40-year sentence imposed by Clearfield County Judge Fredric J. Ammerman.

Lombardo was charged with third degree murder after an investigation into the death of Paula Lombardo, 69, who was found deceased in her bed on March 15, 2024.

Investigators came to the conclusion that the mother, who suffered from poor health, had died due to suffocation.

She lived in a Locust Street home that included her son and his wife, and the investigation revealed that the mother’s caretakers had left the home during the afternoon hours of March 14.

Paula Lombardo was found deceased the next morning.

Lombardo’s wife eventually indicated that David told her he killed his mother to gain access to a \$5,000 insurance policy.

On March 4, 2025, Lombardo agreed to enter a guilty plea to third degree murder, a killing that involves malice but not premeditation.

Because there was no agreement as to the sentence, Ammerman ordered a pre-sentence investigation.

During the time period between Lombardo’s guilty plea and his scheduled sentencing date of April 7, 2025, Lombardo reported he had the opportunity to review the evidence compiled by the commonwealth, and he came to the conclusion that he could “demon-

strate his innocence due to the lack of evidence.”

Lombardo then petitioned the court to withdraw his guilty plea.

Prior to his sentencing, the judge heard his withdrawal motion, but denied it, and then immediately imposed the sentence.

Lombardo appealed the decision.

His question before the Superior Court was, “Did the trial court abuse its discretion in denying (Lombardo’s) pre-sentence request to withdraw his guilty plea?”

Lombardo’s review of the evidence, he determined, supported his claim of innocence that he did not cause his mother’s death.

His mother, for instance, had “multiple serious medical conditions” that could have caused her death, he stated.

Also during his review of the evidence, he discovered the autopsy report stated the cause of her death was “undetermined.”

And, he insisted, the DNA evidence provided to him by the prosecution excluded him as the killer.

In reviewing Lombardo’s petition to withdraw his guilty plea, Superior Court Judges Maria McLaughlin,

Megan King and John T. Bender explained that trial courts have the discretion to grant a withdrawal of a guilty plea prior to sentencing, and that “such discretion is to be administered liberally in favor of the accused.”

But, on the other hand, the standard for withdrawal also states the person seeking withdrawal must demonstrate “a fair and just reason to support withdrawal,” the judges explained.

Ammerman, in his opinion concerning the withdrawal request, reported that during oral argument neither Lombardo nor his attorney specifically discussed possible defenses that may apply to his case—such as the mother’s alleged bad health, the autopsy report which concluded the cause of death was undetermined and the lack of DNA evidence.

The Ammerman opinion only noted that the defense made a “bald assertion of innocence” which did not demonstrate a “fair and just reason” to permit a withdrawal of Lombardo’s guilty plea.

The Superior Court panel accepted Ammerman’s conclusion that the defense in its argument never presented possible issues as to why Lombardo should be allowed to withdraw his guilty plea but instead only presented an assertion of innocence, which was unacceptable.

Also, During his guilty plea, Lombardo stated he was satisfied with his lawyer, and at no time did he contend he lacked time to review the evidence against him, the Superior Court opinion reported.

The Superior Court thus ended its opinion by stating, the trial judge “did not err in finding that (Lombardo) failed to present

a fair-and-just reason to withdraw his guilty plea.”

Lombardo can seek review of the decision by the Pennsylvania Supreme Court.

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Paws & Claws

Tips to introduce a new dog to your other dog

The value dogs bring to a home is undeniable. Dog owners and their families may welcome a new dog with open arms because they recognize these pets provide unconditional love and can make their human companions smile no matter what else is going on in their lives. However, other dogs may be considerably less enthusiastic about rolling out the proverbial welcome mat to another furry member of the family.

In recognition of the potential difficulties of welcoming a new dog into a home where a dog already lives, the Humane Society of the United States and the American Kennel Club offer these suggestions to help dogs get along from the moment they meet.

• Make introductions on neutral territory. The HSUS recommends familiarizing dogs with one another outdoors. Outdoors is neutral territory, so a dog that's already well-established in a home is less likely to feel threatened here than if it meets its new housemate indoors in an area it already thinks is its own. The HSUS recommends walking dogs separately on a leash during this introduction, ideally at a distance where they can see each other but are not provoked by the other's presence. Carry treats and reward the dogs for seeing each other.

• Keep a watchful eye on body language. The HSUS notes that hair standing up on a dog's back, teeth baring, growling, a stiff-legged gait, or a prolonged stare indicate a defensive or wary response from a dog. The sight of these postures merits an immediate interruption to the interaction. If dogs respond in

a more relaxed and comfortable way during the introduction, the distance between them can be reduced, though owners should still be mindful of their body language.

• Recognize puppies and older dogs may react differently. The AKC notes that puppies are developing communication skills, so they may not recognize the rules that older dogs are trying to establish. So a puppy may be willing to play with an older, larger dog, while the older dog may growl at its younger companion. The AKC notes that this is alright so long as the older dog does not become aggressive and injure the puppy. Growling can help the younger puppy learn and can be an effective way for the older dog to communicate.

• Separate the dogs during initial inside introductions. The HSUS recommends using a sturdy

and tall baby gate to separate dogs when introducing them inside. Watch how they interact with this barrier in place and reinforce positive interactions with treats.

Introducing a new dog to a home where a dog already lives can be challenging. But various strategies can help such interactions go smoothly.

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Solution on page 6

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	51							52	

CLUES ACROSS

1. Microgram
4. Fixed charge
7. Each
8. Feeling of humiliation
10. Coat with sticky substance
12. Powerful "Severance" family
13. Japanese city
14. "Pulp Fiction" actress Thurman
16. Hat
17. Place where rockers work
19. Psyche
20. Snake-like fishes
21. Where people live
25. Body part
26. Old towel
27. One's essential being
29. Japanese alcoholic beverage

30. Boxing's GOAT
31. Wet muddy ground
32. Christian Laettner is one
39. A place to store lawn tools
41. Large tub for liquid
42. Old World lizard
43. One-time European member group
44. Healing student
45. Nuclear weapon
46. "Kiss of the Spider Woman" actress Sonia
48. Silk garment
49. About some Norse poems
50. Woman religious community member
51. Congressman (abbr.)
52. Two-year-old sheep

CLUES DOWN

1. An insane person
2. "Homeland" actress Danes
3. Buttock muscles
4. US federal agency
5. Birds of prey
6. Electronic communication
8. Ocean
9. Terminates
11. Low-pitched sound from a bell
14. Exclamation: yuck!
15. A place to attach a boat
18. Exclamation of surprise
19. Make a mistake
20. Border line
22. Have religious faith
23. Klutz

24. Large tree
27. House of _ rulers
28. Red deer
29. Small coin (French)
31. Popular sandwich
32. 10-year period
33. Not good
34. Government lawyer
35. Egypt's intelligence agency
36. Without an occupant or incumbent
37. Stain with one's hands
38. Crippling
39. One point east of southeast
40. Large, united groups
44. _ and cheese
47. Alcoholic beverage

SPECIAL ADVERTISING FEATURE

WELCOME BACK TO SCHOOL!

What Parents Can Do To Avoid Overscheduling Students

The start of a new school year presents a fresh opportunity for students. Parents know that the start of a new school year also means a return to the hustle and bustle that many households with school-aged children have grown accustomed to. When that hectic period begins, parents may wonder if their children are overscheduled and, if so, what effect that might be having on their performance in the classroom?
A 2024 study published in the journal Economics of Education Review found that modern students could be dealing with a host of adverse consequences due to what's piled onto their plates during the school year. According to the study, the amount of homework students are assigned coupled with the abundance of extracurriculars students now participate in is not helping them to build their academic skills but is harming their mental health by increasing feelings of anxiety, anger and depression.
Choosing where to draw the line regarding students'

schedules is not an exact science. But parents can consider a number of strategies as they seek to avoid overscheduling their kids in the coming school year.
• Take an age-based approach. While parents may feel structured activities can benefit kids of all ages, some childhood development experts note that organized activities may not be as beneficial to younger children as they are to older kids. Andie Stallman, a clinical and developmental health and psychology specialist and the childhood and play expert at Imagination Playground, notes that childhood development professionals suggest that organized activities prior to age six and seven are not developmentally appropriate. Stallman notes at this age kids should be encouraged to discover their own interests through self-directed play and exploration. Kids can still engage in organized activities at this age, but the focus should be on fun and socialization more than building skills and improving performance. As

kids advance through elementary school, parents can talk to them about organized extracurricular activities and which ones, if any, they want to participate in.
• Keep a running dialogue about the schedule. Parents understandably don't want kids to quit, but it's also important that kids are encouraged to let Mom and Dad know if they feel they have too much on their plate. The American Academy of Child & Adolescent Psychiatry recommends parents encourage kids to be open about their schedules, especially if they feel overwhelmed by their obligations, and let them know that it's alright and healthy to take a break. The AACAP also urges parents to talk to kids about their thoughts and feelings when children repeatedly resist an activity.
• Learn to spot the warning signs of an overscheduled child. Children do not want to disappoint their parents, so even those encouraged to share their thoughts about their activities and

schedules may hesitate to speak up if they feel overwhelmed. With that in mind, parents can learn to spot the early warning signs that a child may be overwhelmed, which the AACAP notes include:
• Making excuses or refusing to go to the activity
• Feeling over-tired or not having enough time to sleep
• Exhibiting problems with organization or struggling to meet deadlines
• Declining school grades
• Unexplained physical symptoms, such as headaches or stomach aches
• Increased anxiety
It can be difficult for parents to avoid overscheduling kids. But it's important that parents remember the value of free time for youngsters. More information about striking a balance when it comes to kids' schedules can be found at aacap.org.

BACK TO SCHOOL

CHECK OUT OUR STORES FOR OUR LATEST SALES AND PROMOTIONS

loganvalleymall

Parker Dam State Park Interpretive Program Schedule

THURSDAY, AUG. 20

Frisbee Golf and Disc Golf — What’s the Difference? - 9 a.m. — Meet in front of the park office. What’s the difference between Frisbee golf and disc golf? The basic premise is the same, but the equipment is different. Come learn how to play both and see which one you prefer. Equipment will be provided.

FRIDAY, AUG. 21

Species Spotlight: Wild Turkey - 7:45 p.m. — Campground Amphitheater. Did you know there are five wild turkey species that live in North America? Join a park naturalist to learn more about the Eastern wild turkey, the subspecies that calls Pennsylvania home.

SATURDAY, AUG. 22

Sauders Trail Hike - 10 a.m. — Meet in front of the park office. Enjoy a hike on the park’s shortest trail, which is also one of its most scenic, while learning about some of the plants and animals that live nearby.

E. Parachute Games - 1 p.m. — Beach area. Meet by the Beach House at the large parachute to play parachute games with an environmental twist. All ages are welcome.

UV Night Hike - 8:45 p.m. — Park office. Various plants and insects give off visible fluorescence when exposed to ultraviolet light. Join us for a short hike to see if we can find any of these plants or insects.

SUNDAY, AUG. 23

Tea & Talk - 7 p.m. — Beach House. Bring your own cup to sample sweet fern and mountain mint tea grown in the park.

The discussion can cover 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, AUG. 27

Little Critters Story Time — Mallard Ducks - 10 a.m. — Environmental Education Classroom. The story and craft will focus on mallard ducks. Parents are encouraged to attend.

Moon Phases and Eclipses Explained - 1 p.m. — Office classroom. With a lunar eclipse occurring the following night, this is a good time to learn more about moon phases and eclipses.

FRIDAY, AUG. 28

Oh Deer! - 8 p.m. — Campground Amphitheater. Did you know the white-tailed deer is Pennsylvania’s state mammal? Join us to learn more about the white-tailed deer and play a round or two of the game “Oh Deer!”

SATURDAY, AUG. 29

History Hike - 5 p.m. — Meet near Pavilion 3. Join us for a hike around Parker Lake to explore the history found within the park, from the era of the woodhicks to the present day.

Night Bugging - 9 p.m. — Environmental Education Classroom. Have you ever left your porch light on and wondered what kinds of moths were attracted to it? Join us to see which species are attracted to our ultraviolet light setup. The lights will be turned on at 9 p.m. and remain on until 10:30 p.m. Stop by throughout the evening to see what shows up.

SUNDAY, AUG. 30

Tea & Talk — The Last One With Eric - 7 p.m. —

Beach House. Bring your own cup to sample sweet fern and mountain mint tea grown in the park. The discussion can cover 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.

This will be “The Last

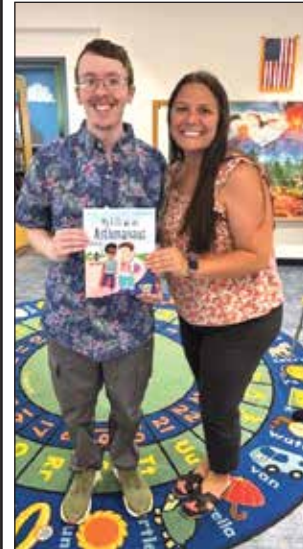
Clearfield author receives grant for asthma awareness

By Colette Costlow
ccostlow@altoonamirror.com

A Clearfield County children’s author received a \$2,000 Creative Entrepreneur Accelerator Grant this June to promote asthma awareness and health education across Pennsylvania.

After Free Spirit Books published “My Life As An Asthmanaut” in April, author Jake Lockett wanted to take his platform one step further.

“These funds will give me a strong marketing budget to advertise my asthma picture book



— Courtesy photo

Clearfield County children’s author Jake Lockett is pictured with consultant Aleshia Marshall with Penn West Clarion SBDC, who helped Lockett with the grant application process.

One” with Eric because of his impending retirement on Sept. 4.

Follow Parker Dam State Park on Facebook for updates about activities at the park. More information about state park programs and special events is available at the Bureau of State Parks

and business to potential customers and also cover travel expenses so I can take my product and asthma education services to more venues within the Commonwealth,” he said.

Inspired by his own asthma diagnosis, “My Life As An Asthmanaut” features a young boy who feels as if he’s floating in space while experiencing an attack. Finding solid ground through his coping skills, he helps others, too.

He originally read that another traditionally published author from Pennsylvania had won the award, which compelled him to apply in February 2026. The award inspired him to think bigger about his book launch, making asthma education accessible to the community.

“I knew that with the help of grant funding, my book could become the foundation of a larger vision with health and disability education at its heart,” he said.

Aleshia Marshall, Penn West Clarion Small Business Development Center consultant, helped Lockett turn his dream into a reality by assisting with the application process, strengthening his business plan presentation and more.

As a result, Lockett was awarded the grant in May and received the funds in June.

website by selecting the Events Calendar.

“The primary purpose of Pennsylvania State Parks is to provide opportunities for enjoying healthful outdoor recreation and serve as outdoor classrooms for environmental education.”

Access for People With Disabilities: If you need

an accommodation to participate in park activities because of a disability, contact Parker Dam State Park at 814-765-0630 or parkerdamsp@pa.gov.

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

He’s also working on additional stories and furthering his creative endeavors. By creating his own path as a writer and entrepreneur, he hopes that more individuals dare to dream as well.

“I hope receiving this grant inspires other writers to explore their potential in expanding their platforms through various avenues to help educate readers while making an honest living,” he said.

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Obituaries

Joyce G. Manahan

Joyce G. Manahan, 86, of Morgan Run in Osceola Mills, PA, died on Saturday, August 15, 2026 at her home in Osceola Mills.

Born on June 6, 1940, in Osceola Mills, PA, Joyce was the daughter of the late Walter Woods, Sr. & Martha (Kephart) Woods. She married Morris Manahan on April 7, 1973 in Morgan Run. Morris survives at home. Joyce was a member of the Bible Church of Morgan Run. She was a retired Waitress at the former Harvey’s Truck Stop in Bigler, PA. Joyce was a 1959 graduate from P.O. High School. In addition to her parents, Joyce was preceded in death by a sister, Barbara Milliron; and a brother, Milford Woods. In addition to her husband, Joyce is survived by two sons, Shay A. Manahan & his wife Dana of Hawk Run, PA, and Brandon M. Manahan & his wife Chris of Bedford, PA; a brother, Walter Woods, Jr. & his wife Mary of Morgan Run in Osceola Mills, PA; three grandchildren, Wyatt Manahan, Jakeb Manahan, and Shasta Manahan; and one great-granddaughter, Christina Manahan. At Joyce’s request, there will be no visitation or funeral service. Interment: Mocks Hill Cemetery in West Decatur, PA.

Merwin Roy Graham

Merwin Roy Graham, 83, of Wallaceton, passed away on Wednesday, August 12, 2026 at Knickerbocker Villa.

Born January 14, 1943, he was the son of the late George and Willetta (Steiner) Graham. Mr. Graham was the owner of Graham Bros. Lumber as well as Graham Bros. Coal. He last was employed as manager at Wallaceton Hardwoods from where he retired. He is survived by four children, Mark Graham and companion Shelly Reed of Wallaceton, Michael Graham and wife Pamela of Woodland, Merwin ‘Butch’ Graham and companion Barbara Conklin of Wallaceton, and Rosalie Day and husband Matt of Woodland; twelve grandchildren, Mark Jr., Christopher, Jaylin, Michael Jr., Mitchell, Mikella, Amanda, Jessica, Mindy, Candise, Cadence, and Zane; twelve great grandchildren; and two siblings, Darrel and Esther. Mr. Graham is preceded in death by his parents, and three brothers, Bruce, Edward, and Maynard. All services will be private. Burial: Reidy Cemetery, Wallaceton.

Leona E. Franek

Leona E. Franek, 103, of Philipsburg, died Friday, August 7, 2026, at Heritage Ridge at Windy Hill Village, RD Philipsburg.

Leona was born on July 3, 1923, in Philipsburg, a daughter of the late Stephen and Julia (Thomas) Bilanich. She was married on May 4, 1940, to Joseph P. Franek. Joseph preceded her in death on August 6, 2006. She was also preceded in death by two sisters, Louise Medzie and Margaret Harvey, in addition to her parents and husband. Leona is survived by three daughters: Gail M. Ginter and her husband, Richard, of Littlestown, Pa., Marlene L. Clark and her husband, John, of Morrisdale and Jackie C. Vieard and her husband, Dan, of Morrisdale; two sons, Walter J. Franek, and his wife, Claudia, of Florida and Stephen L. Franek and his wife, Antoinette, of Morrisdale; ten grandchildren; twenty-one great-grandchildren; five great-great-grandchildren; a sister, Christine “Gale” Vance of DuBois, Pa.; and numerous other extended family members. Leona was a member of the SS. Peter & Paul Catholic Church, Philipsburg. She was a dedicated homemaker, an accomplished seamstress and she loved to bake. A Funeral Mass was celebrated at SS. Peter & Paul Catholic Church, Philipsburg, with Rev. Matthias Rendon, O.F.M., celebrant. Interment: SS. Peter & Paul Catholic Cemetery, RD Philipsburg.

Carol L. DeLucia

Carol L. DeLucia, 84, of Curwensville, died Wednesday, August 4, 2026, at her residence.

Carol was born on May 1, 1942, in Morrisdale, a daughter of the late Lester and Odessa (Coble) Lamb. She was a 1960 graduate of the West Branch Area High School. Carol was employed during her working career at the former Curwensville Superior Pet Products manufacturing plant. She retired with 22 years of service. She was married on March 4, 1961, in Curwensville, to Ronald D. DeLucia. He survives at home. She is also survived by a son, Brian L. DeLucia, of Philipsburg; three grandchildren, Ryan L. DeLucia (Samantha), of Union City, Pa., Kayla N. DeLucia (Floyd Grubb), of Huntingdon and Kyra B. DeLucia, of Philipsburg; four great-grandchildren, Karter and Kaden DeLucia, Maizey and “Cammy” Grubb; two brothers, Rodger “Bud” Lamb and his wife, Alice, of (Sanborn) RD Houtzdale and Paul Lamb and his wife, Winnie, of Philipsburg; and numerous other extended family members. She was preceded in death by two brothers, William L. “Bill” Lamb and Samuel Lamb; and a daughter-in-law, Patti Ann DeLucia, in addition to her parents. Carol was of the Methodist faith. Among her favorite pastimes, she enjoyed shopping, going on vacations and spending her winters with her husband, Ron, in Myrtle Beach, South Carolina. However, her true passion in life was spending time with her grandchildren and great-grandchildren, whom she simply adored. Services are private and will be at the convenience of the family.

John Ronald Bartek, Jr.

John Ronald Bartek, Jr., 55, of Madera, passed away on Sunday, August 16, 2026 at his residence.

Born on October 16, 1970 in Clearfield, he was the son of Connie (Dickinson) Bartek of Altoona, and the late John Ronald Bartek, Sr. In addition to his mother, he is survived by his loving wife, Jodi (Carter) Bartek; three daughters, Crystal (Damien) Bartek-Duran, Faith Markel, and Lacey Goho; three sons, Tyler (Ashley) Bartek, Matthew Bartek, and Jack Goho; a brother, Wesley (Mary) Bartek; three grandchildren, James Bartek, Levi Bartek, and Cora Duvan; and numerous nieces and nephews. Services will be private and held at the convenience of the family.

Fr. Joseph Chancler

T.O.R. Reverend Joseph Chancler, TOR, a member of the Franciscan Friars of the Third Order Regular, Province of the Most Sacred Heart of Jesus, was called home to the Lord on August 7, 2026, at the age of 74.

Born in Tampa, FL, Fr. Joe was preceded in death by his parents, Joseph and Ella Mae (O’Brien) Chancler and fourteen aunts and uncles. He is survived by his brother, Ronald Chancler; brother, James Chancler; eleven cousins; friends, and his Franciscan Community. A Vigil Prayer Service was held. The Mass of Christian Burial was celebrated at Saint Francis Friary with the Very Reverend Joseph Lehman, TOR, as principal celebrant. After the Mass, interment took place at the Franciscan Friars’ Cemetery on the campus of Saint Francis University, Loretto.

Theola D. Dibert

Theola D. Dibert, 86, passed away Thursday, August 13, 2026 surrounded by loved ones at her home in Altoona.

Born August 2, 1940 in Gallitzin to the late Russell C. and Beatrice M. Hornauer. Preceded in death by her infant sister, Annie, and brother Hobart Hornauer Sr. Theola is survived by her husband, Donald Dibert, who cherished her for 65 years, and loving daughter, Audra (Ross) Spicer. Also survived by brother, Gerald Hornauer; sister, Norma Jean Pavlock; and two grandchildren, Gwen and Stephen Himes. A service was held at the Gibbons-Houser Funeral Home, 301 Church Street, Gallitzin, with Rev. David Bowman officiating.

Alvin “Coke” Lawrence Wahl

Alvin “Coke” Lawrence Wahl, 88 of Gallitzin, passed away August 16, 2026 at home, surrounded by his loving family.

Born March 1, 1938 in Gallitzin, son of the late Joseph and Catherine Rakar. Preceded in death by his parents and son, Dennis. Survived by wife of 64 cherished years, Joan Wahl; daughter, Denise Eckenrode; son, Alan (Heather) Wahl; grandchildren, Derrik and Jesse Eckenrode, Nathan and Taylor Wahl; and great grandchildren, Myah, Kelsey, and Drew Eckenrode. Alvin formerly served in the U.S. Army, before later becoming a baker for the Giant Eagle in Altoona. A private viewing for family was held at the Gibbons-Houser Funeral Home Inc., 301 Church St. Gallitzin. A Funeral Mass was celebrated at St. Demetrius Catholic Church, where Alvin was a member, Fr. Albert Ledoux Celebrant. Military rite by local veterans organizations. Interment: Calvary Cemetery, Altoona.

**Obituaries Courtesy of:
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WEDNESDAY, AUGUST 19, 2026

Writer pursues passion for music, baking in his work

By COLETTE COSTLOW
ccostlow@altomnamirror.com

Writer Steven Gdula pursues whatever sparks his imagination.

“I built a whole career out of doing that,” he said.

Discovering his passions for music and cooking at a young age, Beavertdale native Gdula combined his interests through writing articles and books. His music articles were published in magazines such as “Rolling Stone,” “Details Magazine” and “The Advocate,” while his cooking articles were featured in “Cooking Light.”

He went on to publish “The Warmest Room in the House” in 2007, garnering reviews from The Wall Street Journal, The Atlantic and the New York Times. The Chicago Tribune also included it in their favorite books list of 2008.

In a two-book deal with Bloomsbury Publishing, Gdula released a gob cookbook three years later, “Gobba Gobba Hey,” inspired by his own gob stand in San Francisco, where he sold different flavors of the cult-favorite treat during the early 2010s.

After closing the stand more than 10 years ago, he recently finished his first fiction novel, “The Cigarette I Left Moldering,” loosely based on a southwestern Pennsylvania punk band during the 1970s.

While he has lived in California for over 20 years, he attributes much of his creativity to his childhood home in Johnstown filled with music, cooking and family.

“I think so much of where I am is what my parents exposed us to, and I’m very fortunate in that regard,” he said.

Musical influences

Gdula grew up hearing three languages in his home — Hungarian, Slovak and Polish — as his family has strong European roots. In a multicultural home, however, they communicated through cooking, baking and eating ethnic food.

“Sharing the food was probably one of the most

important parts of the community that I grew up in,” he said.

His parents, Peter and Helen, always had music playing in the house, which he said was his first love.

As the youngest boy to three sisters, Gdula inherited his sister’s record collections, including 1970s hard rock, so his tastes were often a reflection of his sisters’ tastes.

“Even at a young age, Steven was very creative and had a great imagination,” his sister Terri Potchak said, mentioning that he also played the trumpet and the bass.

“He just has a knack for picking up an instrument and playing it,” sister Judith McIntyre said. “He is a very talented bass player.”

Attending Forest Hills School District, Gdula sang and played bass for his garage band made up of a few kids from Johnstown and Windber. Together, they played rock ‘n’ roll, new wave and a lot of music by the 1970s rock band The Ramones.

Before graduating high school, he auditioned for Penn State University’s School of Music.

He didn’t intend to study music because he was originally interested in journalism or film, but he eventually settled on the latter and studied on and off at PSU until 1985.

He then relocated to Baltimore for a marketing job without completing his bachelor’s degree. After five years on the job, however, he decided the field wasn’t for him and shifted to writing.

Working in a city sub shop to make ends meet, Gdula spent his spare time writing plays and poems, reading his work at cafes to see how his words affected people.

Taking the money he saved from quitting cigarette smoking, he started his first “free ‘zine” called “ant” including stories focused on independent musicians, writers and artists. To get his circulation out, copies were distributed in music venues, coffee

shops and record stores across Baltimore.

“It became fairly popular, and it gave me a byline for articles, interviews and reviews,” he said.

His name in circulation caught the attention of larger publications such as Rolling Stone and CMJ New Music Monthly, which is how he became a self-employed journalist in 1997. He continued writing reviews for concert venues, dance clubs and LGBTQ+ bars for Sidewalk.com, a web arts guide owned by Microsoft.

It was love at first sight for Gdula when he met his now-husband, Lon Chapman, after reviewing a gay bar one night in 1997 on Capitol Hill.

“I knew I would spend the rest of my life with him,” Gdula said. “That was 29 years ago.”

After that, they moved to Washington, D.C., while Gdula continued music journalism until he partially lost his hearing from frequently covering venues with loud music. Gdula wanted to enjoy music again, and he said that Chapman suggested switching from music writing to food writing, as Gdula knows his way around a kitchen.

Chapman was honored that Gdula attributed the switch to Chapman’s guidance, but he said that Gdula is already extremely talented.

“It was him,” Chapman said. “He had it within him.”

Whisking up success

Gdula remembers staying home from elementary school to create his own Jell-O desserts advertised in commercials during the 1970s. From that point on, he was at home in the kitchen.

Many of his cherished memories stem from the kitchen, whether it be baking eclairs from his mother’s “Joy of Cooking” book or watching his mother and his sisters make Kiffles together. Inspired by the kitchen’s influence, he wrote “The Warmest Room in the House,” detailing how the room became the “heart of the 20th-century home.” He analyzed food, design and socioeconomic trends to track this change throughout the decades.

McIntyre said their childhood kitchen was “absolutely the warmest room in the house.”

“Everyone felt welcome,” she said. “We laughed, we cried, it was everything in our kitchen.”

Combining societal trends and personal stories, Gdu-

la’s book landed reviews in late 2007 and early 2008 from The Wall Street Journal, The Atlantic and the New York Times. It was also included on the Chicago Tribune’s favorite books of 2008, beside “Martha Stewart’s Wedding Cakes.”

“Gdula’s more scholarly approach will have you amazed at just how far we have come in easing the drudgery of cooking,” a past Chicago Tribune article states.

Meanwhile, Gdula was inspired by the growing street food craze in San Francisco after relocating in 2008, mentioning vendors who sold soup or creme brulee made from their home kitchens.

It wasn’t long before he settled on selling Pennsylvania-inspired gobs in California.

“I had no idea that they were going to take off the way they did,” he said.

Equipped with a clever Twitter handle — “Gobba Gobba Hey,” which became the title of his gob cookbook — Gdula broke the regional barrier with California customers, spreading the joy contained in the bite-sized Pennsylvania treat.

Baking soon took place inside a commercial kitchen, where Gdula would prepare about two flavors for regular weekday business or three flavors for events.

He sold gobs for events hosted by Levi’s, the San Francisco Street Food Festival and Oakland’s Eat Real Festival. Couples requested Gdula-made gobs for their Bay Area weddings.

Bloomsbury editor Kathy Belden was sold on a gob cookbook, so Gdula went to work.

In “Gobba Gobba Hey,” he included 52 recipes, one for every week of the year, that range from original flavors to unheard-of mash-ups. He officially closed his location six months after the cookbook’s publication.

Although he had a lot of fun running the business, he said it’s a lot of work, balancing crazy baking schedules with book-writing.

“It was crazy, but it was some of the most exhilarating times of my life,” he said.



Courtesy photo

Writer and Beavertdale native Steven Gdula is pictured sitting outside of his creative space located on his property in California.

Finding fiction writing

Shifting back into his full-time writing career, Gdula created “Dinosaur,” a magazine geared toward people over 50 interested in the arts scene.

His first edition included an interview with singer and choreographer Toni Basil, but the magazine eventually folded, and he wrote for Chapman’s clients at a marketing company until after the COVID-19 pandemic.

Fiction writing wasn’t necessarily on Gdula’s radar until 2023, after reading “This Bird Has Flown” by The Bangles singer and guitarist Susanna Hoffs and “Parachute Women” by Elizabeth Winder, about the muses who inspired The Rolling Stones.

These works inspired Gdula to write his first fictional novel, “The Cigarette I Left Moldering,” about a Southwestern Pennsylvania punk band during the 1970s. The title is a direct reference to one of the fictional songs in the story, songs Gdula wrote himself with his bass guitar.

Finishing his first draft about a year ago, he’s currently agent shopping and remains hopeful about submitting it to prospective representatives in the fall.

Longtime friend Susan Smith proofread Gdula’s copy and praised its contents, hoping that Gdula continues writing fiction.

“He’s hysterical, and the story is fantastic,” she said.

Potchak said her brother has maintained his Pennsylvania roots despite the distance.

“He’s never lost sight of his roots,” she said. “He’s lived in California a number of years now, but he makes it a point to come home to visit family several times a year.”

In his spare time, Gdula enjoys cooking and baking, notably hosting dinner parties for family and friends, as well as exercise, playing bass and gardening. And he always sets aside writing time.

Establish a writing habit, read your work in front of others and find a writing community, he said.

Regardless of the subject matter, Chapman said Gdula’s writing is intentional.

“You can tell he loves what he does, whether it’s music journalism or writing about food and his works of fiction; it’s all stuff he loves and it comes out of every word he writes,” Chapman said.

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

The Gdula file

Name: Steven Gdula

Age: 62

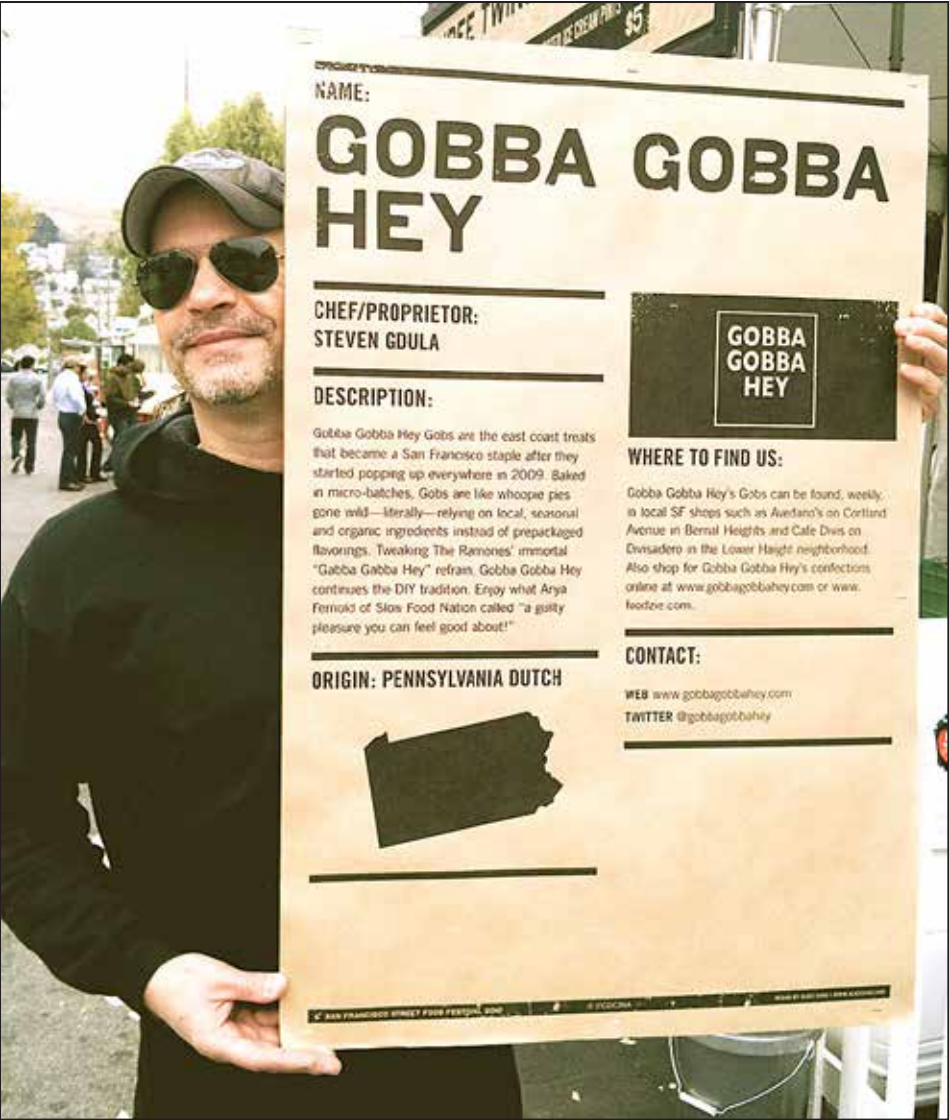
Hometown: Beavertdale

Education: Forest Hills High School, 1981

Family: Husband, Lon Chapman

Pets: Tabby cat, Tayna

Hobbies: Playing bass, cooking, baking, yoga, swimming, strength training and gardening



Courtesy photo

Writer Steven Gdula is pictured holding a poster for his gob vendor, “Gobba Gobba Hey,” that operated during the early 2010s in San Francisco.

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