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Houtzdale Area Historical Society opens its doors

By Andy Stine
astine@altoonamirror.com

HOUTZDALE — Long-time Houtzdale resident Larry Kokoskie, who died in December of last year, had a dream to make a historical society in his town. His wife, Carol, who passed away only about a month later, shared the same dream.

Their wishes are being fulfilled less than a year after the Koskoskies' deaths as the Houtzdale Area Historical Society has been formed.

The society has leased the former M&T Bank in the town, and will hold a grand opening from noon to 5 p.m. Oct. 3-4. There will be a ribbon cutting with the Greater Clearfield Chamber of Commerce on Saturday at 12:30 p.m.

Larry Kokoskie was a longtime collector of historical items in the Moshannon Valley area, and donated much of his items to the society.

"About a year ago, he said, 'I'm not doing well.

We need to form a historical society and have a museum,'" HAHS president Rusty Christoff said.

Christoff is also a collector of local history and has also donated a lot of his items to the new museum. There are also items from local community members that will be displayed.

"One year ago we started and we had nothing," Christoff said. "We started a society, and we started raising money."

There were also plenty of items donated by local historian Dave Wulderk, who also served as a history teacher at Moshannon Valley High School. Many students took his popular local history class that went on field trips to local historical landmarks.

Wulderk, who passed away in 2021, will also be recognized at the grand opening along with the Kokoskies.

The Houtzdale Area Historical Society will not just focus on the history of Houtzdale, but also the surrounding communities



— Ad Bargain photos by Andy Stine

of the Moshannon Valley area of Brisbin, Morann, Madera, Smoke Run, Ramey, Janesville, Glen Hope and Ansonville.

"There's well over 1,000 items in here to be seen, and some of them have never been seen before," Christoff said. "It's kind of an exciting thing for people who are nerds about history."

While Larry Kokoskie and Wulderk were the driving forces of this project, Christoff has also been a collector of the history of the Moshannon Valley for 40 years.

"Any time I saw something Houtzdale-related, I gathered it up," Christoff said.

"I've always loved the history of the area since I was a kid. I remember these towns when they had main streets and businesses. That's gone."

Along with artifacts and various local items on display in the new museum, there are binders filled with local news. For instance, if a Ramey resident would want to learn more about the history of



their town, there is a binder for it that was made by Larry Kokoskie.

There are also rooms dedicated to the railroads and the schools, dating back to the old Houtzdale and Madera High Schools.

There are also issues of the Houtzdale Citizen newspaper, dating back to the 1870s. The newspaper ceased publication in the 1960s.

Christoff has a goal to get a school grade into the museum to share the local history.

"I'd like to show them pictures of where the Sherkel Theater stood or Anderson's Department Store or Sahlaney's (Department Store) with a picture and



say, 'Here was a theater that held 600 people. Here's where the opera house stood,'" Christoff said.

Christoff said there has been plenty of financial support from the local lodges and businesses. The society has raised enough money for the first year to pay the rent for the building and utilities.

"The enthusiasm that I'm hearing is pretty phenomenal," Christoff said. "A lot of people who have stayed in the area have an appreciation for the past, an appreciation for what was here. I had an entire basement full of stuff that's never been seen. I think the community is going to be impressed."



During both days of the grand opening, the Houtzdale Area Historical Society will be collecting used eyeglasses to donate to the Houtzdale Lions Club. Light refreshments will also be served during the two-day event.



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AUCTION PAGE

PUBLIC ESTATE AUCTION
FRIDAY OCTOBER 9, 2026 @ 5:00 P.M.
DOUBLE K AUCTION HOUSE
1821 DORSEY AVENUE, IRVONA PA 16656

ANTIQUES & COLLECTIBLES: Jennings Export Chief .10 Cent Slot Machine, **LONGBERGER:** (22)Asstd. Longaberger Baskets, Table Top Easel, Shelf, Tie Offs, Serving Bowl, (2)Dessert Bowls, Heart Ramekin, 1 Pt. Berry Crock, (2)Berry Pie Plate, Berry Dessert Plate, Button Basket & Sq. Bowl), Costume Jewelry, Imperial 2 Blade & Other Pocket Knives, Glass Shoe, (5)Tarot Deck & Guide Books, (2) Mickey Mouse Ears Hats, (2)Green & (1)Pink Depression Bowls, Pink Depression Divided Dish, Fiesta Ware Bowl, (3)Snow Babies, (Dubois, Radway's & (2)Other Milk Bottles), (2)Zippo Lighters, (3) Ashtrays, James Polzin Framed Crane Photograph, Larry Dotson Framed Disney Resort & Spa Print, Tiffany Style Art Glass Dragon Flies, (2)Charles Raymond & Armitron Wristwatches, Back To The Future DeLorean, (8)PS 1 Games, (1)PS3 Game, PlayStation Game Console, (2)Nintendo DS & (1)Game Boy Advanced Games, Pot Belly Stove Smoking Stand, (9)Vera Bradley & Brahmin Clutch Bags, Vera Bradley Hand Bag, Sea Shell Purse, Faux Sash Bag, Tiara Amethyst Lidded Honey Bee Dish, S E Trey 21/200 Water Color Street Scape, Framed J B McKinney Oil on Canvas, Lennox Santa Down Hill Music Box, (2)Art Glass Pumpkins, Assisi Italian Ceramic Serving Bowl, (Hollidaysburg, Kinderhook NY & 1 Other Kobalt Blue Crocks), Stoneware Lidded Crock, Bloxels Build Your Own Video Game, (2)Corning 6 Cup Teapots, Bird Planter, Counter Jar, (2)Vintage Tin Cake Trays, Benjamin & Medwin & 1 Other Cast Iron Skillet, Runner Sled, Singer Treadle Sewing Machine Base, Singer Treadle Sewing Machine, Amber Depression (8)Double Handled Bowls & (4)Sherbets, Wedding Ring Patch Quilt, Princess House Dish, White Wedding Ring Comforter, Wagner 6 ½ & Beacon & Egg Cast Iron Skillets, Green Depression Cake Plate, Pyrex Baking Dish, Clear Pattern Glass, (Plates, Biscuit Jar, Butter Dish, Plates & Other Asstd. Pink Depression Glass), Yo-Yo Quilt, Hen & Nest, Lead Crystal Vase, (Floral Transfer Porcelain Pedestal Cake Plate, Pitcher, Basket, Soup Terrine, Pitcher Teapot, Lidded Bowl, Lidded Small Terrine & Bowl), Cosmos Miniature Kerosene Lamp, Amber Footed Bowl, Spiral Pattern Art Glass Bowl, Asstd. Blue Glass, Ice Bucket, (2 Gal. & Crown 5 Gal. Crocks), (American Business Club Brass Bell, Awards & ID Banners & ID Pin Backs), Rem. Deluxe Typewriter, 1974 Made By John Shingeldecker Clymer PA, Framus Made In W. Germany Acoustic Guitar, Precious Moments & 1 Other Doll, Longaberger Cradle Basket, Flat Top Steamer Trunk, Carnival Glass, Silver Plated Tea Set, Pr. of Teardrop Bedroom Table Lamps.
GUNS: Win. Mod. 250 .22 Cal. W/ Bushnell 3x9 Scope Chief, Ruger No. 1 22-250 Cal. W/ All American 20x Scope, Mossberg Mod. 500 A 20 Ga. Shotgun, Rem. Mod. 700 270 Win. Cal. W/Clearfield 3x9 Scope, German Made Feinwerkbau – Sport .177 Air Rifle W/Weaver Marksman Scope, Savage Mod. 63 .22 Cal., H&R Pardner Pump 12 Ga. Shotgun, Taurus Mod. M617 Stainless Steel, 357 Mag. Revolver, Ruger Blackhawk .357 Mag. Revolver W/Holster & Belt, Ruger Single Six Flat Top .22/.22 Mag. Revolver W/Holster, J.C. Higgins Mod. 43 .22 Cal, W.J.C. Higgins 6x Scope, Mossberg Mod. 500A 12 Ga., Mossberg International 715T 22 Cal. Rifle, Crossman .177 Pellet/B.B. Gun, Smith & Wesson Mod. SW40V 40 S&W Cal., Smith & Wesson Mod. 22A-1 .22 Cal., Taurus Mod. 689 .357 Mag. Revolver, Taurus Mod. 82 .38 SPL. Cal. Revolver, Glenfield Marlin Mod. 25 .22 Cal. W/3x9 Scope, **CROSSBOW:** Barnett BC Raptor Reverse Crossbow W/Quiver/Bolts/Scope, **AMMO:** (Box of Tiara 12 Ga. Buck Shot Shells, (4)Full Boxes .357 Mag., (2)Full Boxes .22 LR., 40 Rounds of 40 S&W & 47 Rounds of 38 SPL., (5)20" Headhunter Carbon Bolts, Fnova Shooting Muffs.
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LIQUIDATION AUCTION
Former Northern Cambria High School
Saturday October 3, 2026 - 9AM
813 35th Street - Northern Cambria, PA 15714

The Northern Cambria School District is liquidating excess equipment and fixtures from its former high school building. This will be the second of 2 auctions with this sale featuring Kitchen and Cafeteria Equipment and Furniture, classroom fixtures and cabinets, technology items, and any remaining fixtures in the building. Sale to be held indoors. Bring your truck and trailer.

Terms:
Cash or Check w/ Photo ID. Out of state Checks w/ letter of credit from bank. Credit Cards w 5% Buyers Premium. No absentee bids. Everything Sold "As Is". Immediate removal appreciated, larger items can arrange a time with school personnel to return.
Preview starts at 8:00 AM sale day.
Photos: Available on AuctionZip

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PUBLIC AUCTION
TUESDAY, OCTOBER 6 @ 4:00 PM

Located at Cross Keys Auction Center one mile North of Duncansville, PA 16635 – off route 764 onto Kuhn Lane. Doors open at 2:30 PM.

ANTIQUES – TOOLS – HOUSEHOLD

Will be selling from several local estates. Partial listing: Nine piece feudal dining room suite, bedroom and living room furniture, cedar chest, Kenmore barbeque grill, Sharp microwave, Sony and Delphia electronic equipment, Pioneer reel-to-reel, Image printers, glassware and household items, bicycles, sled, Sears Game Fisher boat, Honda 100 boat motor, Craftsman chipper, chain saw, table saw, metal cabinets, air compressor, ladders, hand tools, and a lot of related items. Conducting two auctions. Watch Auctionzip.com ID #1220 for photos. Terms: cash, approved check, or credit card with a 5% fee. Announcements made on the day of the auction take precedence over any and all printed material.

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ESTATE AUCTION
FRIDAY, OCTOBER 2, 2026
Contents 9AM – Real Estate – 12 Noon
www.rgilliganauctions.com

Ron J. & Ron S. Gilligan & David C. Zentner will conduct a Public Estate Auction for the Elaine Cook Estate located at 124 Findley Ave., Altoona, PA 16601. (Pinecroft) Nice Clean Auction & Please see our website for many Photos of items that are not in the listing. Hamilton Jones Greensboro PA blue decorated crock – mint, Hamilton Jones Greensboro crock w/ eagle – rear rim chip, Nice quilts, Pyrex 4 pc. pink & white mixing bowl set, copper wash boiler, 14K gold herringbone chain, costume jewelry, Kitchen Aid counter top mixer w/ meat grinder, modern Fiesta burgundy dinner set, white ironstone & Pfaltzgraff pitchers, pink willowware china set, set of Federal ironstone, modern pewter pcs., iron skillets, iron stove kettle, & small Gypsy kettle, vintage Christmas balls & other very nice Christmas items, Wade figurines, lots of material, quilt patches, thread, doilies, clean bedding, comforters, towels, kitchen items, vintage aluminum horse drawn carriage, 2 large hand painted vases, Boyd's bears, 11' x 14' nice rug, vintage wall oak coat hanging rack w/ mirror, set of silverware, wooden doll house, Century fire safe, many nice misc. items...(2) Fig trees – one purple & one white, chiminea, & misc. **Furniture:** Oak Wilton Hoosier style cupboard w/ stain glass doors, antique distressed paint kitchen cupboard, 6 pc. wicker set, harvest dining table w/ 4 chairs & bench, Broyhill oak coffee table set, oak mirror, Smith Bros. sofa, Broyhill sofa & arm chair set, 5 pc. Mid Century Modern bedroom suite, 2 nice upholstered chairs w/ottomans, Open Hearth 4 pc. Pine bedroom suite (like new), Nectar Ease double mattress w/ adjustable base, 2 cedar chests, gun cabinet for 7 guns, various rockers, small oak drop leaf table, oak plant stand, nice oak singer treadle sew machine, modern Singer sewing machine, also Kenmore & Sears sewing machines...Hotpoint Refrigerator, Kenmore washer, Whirlpool dryer, TCL approx. 50" flatscreen TV, **Tools & Lawn Items:** Cub Cadet LX46XT2 Enduro Series Riding lawn mower w/ iron deck & 142 hrs., Generac Pressure washer w/ Honda motor & 2400 PSI, Delta 10" floor model table saw, Craftsman 26" elec. start snow blower, lawn dump wagon, portable air compressor, Sears salamander heater, Werner 8' fiberglass step ladder, yard tools, Variety of tools. **Real Estate:** For auction will be a move-in condition 3-bedroom ranch-style home situated on (2) lots consisting of 0.77 acres. This home has 1 1/2 full baths, modern kitchen w/ quartz countertops & SS appliances. Terms of Real Estate 10% down day of auction. No Internet, absentee, or phone bids will be accepted - no buyers' premiums. Terms of Contents: Cash or Check only by conclusion of auction, Food & Restrooms Available day of auction, Auctioneers: Ron J. & Ron S. Gilligan & David C. Zentner, #AU339-L & #AU3430-L & #AU5442-L.
All oral info day of auction takes precedence over any & all written ads.
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PUBLIC ESTATE AUCTION
Wednesday October 7, 2026 - 9 AM
www.rgilliganauctions.com

Guns – Good Jewelry – Costume Jewelry – Wildlife Prints – Wildlife Mounts
Antiques – Collectibles – Very Nice Clean Household Items from a large Beautiful Home

Ron J. & Ron S. Gilligan & David C. Zentner will conduct a Public Estate Auction for the David & Janet Hileman Estate located at 1393 Hileman Rd., Tyrone, PA 16686 (Sinking Valley).
Wed, Oct. 7 Selling: Turkey Gobbler full mount, 8 pt. Buck full body mount, 8 pt. buck laying down full body mount, full body bear rug, 3 Michael Sieve framed wildlife prints w/ hidden animals, Jim Kasper framed Gobbler print, Jim Kasper framed print "Remember When" wild turkey print, Dan Christ framed Locomotive w/ turkey print, Millette Ringneck framed pheasant print, Laura Finley framed Panda print, Brian Kerether turkey hunter's framed print, Guns: Colt 1873 single action Army commemorative collection Col. Sam Colt 1814-1864 Sesquicentennial 45 Long Colt in wooden display case SN2749SC, Colt 1873 single action Army commemorative collection Nevada Centennial 1864-1964 45 Long Colt in wooden display case #2127NC, Colt 1873 single action Army commemorative collection Appomattox Centennial 1865-1965 45 Long Colt in wooden display case #1182AP, Colt 1873 single action Army commemorative collection 125th Anniversary SSA Model 45 Long Colt in wooden display case 1997AN, Colt 1873 single action Army commemorative collection Arizona Territorial Centennial 1863-1963 45 Long Colt in wooden display case 95AC, Savage Mod. 99 300 SAV lever action rifle, Marlin Mod. 336 30-30 lever action rifle (1955), Marlin Mod. 336 30-30 lever action rifle, CZ American 455 17HMR bolt action rifle, Pietro Beretta Mod. AL1 12g semi auto shotgun, Stevens Mod. 311C 20g double barrel shotgun, Mossberg Mod. 590S Shock Wave 12g pump, Herter's mod. U9 222 bolt action rifle, Mossberg Mod. 640KD Chuckster 22 Mag., Marlin Mod. 60 semi-auto 22, Winchester Mod. 1897 12g pump shotgun, Winchester Mod. 37 12g single shot shotgun, New England Firearms Pardner 20g single shot shotgun, Mossberg Regal Slugster 12g pump shotgun w/ Slug & Smooth barrels, Mossberg Mod. 505 Youth 20g pump shotgun, Colt Junior .25 cal. semi auto handgun in orig. box, Rohm RG23 22 cal. revolver, Hopkins & Allen XL 32 cal revolver, 22 Cub Cadet 54SWE 24" Snowblower w/ Electric Start, pocket knives, over 300 Hummel figurines – plates – bells - 13 ½" Hummel Sheppard's Boy 184/1250, Jewelry: Waltham, Hamilton & Elgin 21 jewel pocket watches, Antique watch fob w/ 3 gold coins – 1858 10 Francs – 1912 20 Francs – 1878 20 Francs, men's 14K white gold ring w/ sm. Diamonds, 10K solid yellow gold class ring, ladies Benrus 14K gold watch w/ diamonds, & Lots of flats of costume jewelry and other jewelry not gone thru, vintage pin, many ladies & men's watches, Lots & Lots of good costume jewelry, child's jadeite dish set, set blue cobalt windmill patt. Ice bucket & glasses, Marx Honeymoon Express wind up toy, Hall Rose Parade bowls, Hall Aladdin tea pot, Corningware, Pyrex, granite roasters, modern office furniture, Sunbeam Stainless steel counter mixer, Corelle dishes, Farmall cookie jar, Tupperware, modern Dyson hot & cold fan in box, doilies & embroidery items, vintage ladies hats, framed needlepoints, variety of many dolls from cloth to china, totes of Ty beanie babies, new ladies bed-ware, collection of Altoona Curve Bobble heads, luggage, bedding, lots of modern nice Christmas & some old balls, decorated Christmas trees, Lenox snowmen & other pcs., Hallmark balls, lots of snowmen, Santas, collection of Dalmatin dogs, Tyrone prints & photos, Tyrone Hometown houses, china Snow White & 7 dwarfs, men's belts & belt buckles (1 Montana Silversmith), Avon, Waco Melody in Motion Clown, Waco Clown playing Banjo, Waco Hobo Railway crossing, stainless steel cookware, sm. Kitchen appliances, flat screen TV's, vintage Montgomery Ward transit, Farmall Super H & Farmall Super M toy tractors, Int. 826 toy tractor in box, many cabbage patch doll heads in orig. boxes, & kitchen items, yard tools, lots of misc. not listed. Terms of Contents: Cash or Check only by conclusion of auction. Food & Job Johnny Available day of auction - tents if needed. Auctioneers: Ron J. & Ron S. Gilligan & David C. Zentner, #AU339-L & #AU3430-L & #AU5442-L.
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PUBLIC AUCTION
Sunday, October 4, 2026 • www.rgilliganauctions.com
Contents: 10 a.m. – Real Estate: 1 p.m. (Spring Twp., Centre Co.)
Beautiful 3-Bedroom Stone House on 21 Open & Wooded Acres
Maytag Engines – Hit-N-Miss Engines – Sterling Flatware Set – Kubota Diesel Mower & Husqvarna Mower – Collectibles – Trains – 2008 Isuzu Truck

Ron J. & Ron S. Gilligan & David C. Zentner will conduct a Public Real Estate Auction for Rich & Pat Bierly located at 144 Lyonstown Rd. Bellefonte, PA. 16823.
2008 Isuzu 1-290 ext. cab - 2 wheel drive Pick-up Truck - 6' bed w/ liner w/ 34,384 miles (garage kept) – auto trans., air, CD player. Truck will be sold at 12:45 PM.
Chest of 56 pcs. of Reed & Barton Sterling silverware – English Provencal pattern, 2 pr. weighted Sterling candle holders, Clark's O.N.T. 2 dr. spool cabinet, Beautiful Victorian Bride's Basket, Pink Victorian painting, 3' x 5' & 4' x 6' nice oriental rugs, Snow Leopard Print by Edward J. Bierly 1975 #170/500, yellow depression cookie jar, pink dep. candy dish, Coleman nice antique gas iron, old green mixing bowl, Virginia Rose Mixing bowl, Black Americana jointed doll w/ tufts of hair, Armand Mariseille French doll #370 sleeping eyes & open mouth w/ teeth, German doll w/ brown sleeping eyes & open mouth, glass marbles & clay marbles, old board games, Marcrest Livestock Lines tin litho tractor trailer, vintage tin litho truck w/ dump bed, Erector set, Village car tin litho elevator, dome top trunk, sq. trunk, haps, Christmas items & wreaths, child' school slate board, haps, 3' Arandell Products aluminum Christmas tree in orig. box, Bellefonte Milk Products 1 qt. milk bottle, KA-Vee 1 gallon milk jug, Gypsy iron kettle, lanterns, 2 weight German cuckoo clock, Luster Rose carnival bowl, Kodak Petina German camera, 3 drones,...**TRAINS:** Like New Lionel Passenger train set w/ 1664 Engine & 1689T tender, Like New American Flyer Train Set w/ 302 engine & has coal unloader car, Marx train set in orig. box, sm. HO Railway train in orig. box, galv. wash tub, brass fireplace set, Boy Scout's cooking kit in orig. box, Hampden ladies' pocket watch, Waltham pocket watches, Polaroid camera in box, Landers, Frary & Clark 1912 hanging store scale, white granite large cream can, wine making items, meat grinders, meat saw, buck saw, & Misc...large Christmas cactus.. Whirlpool modern frost proof upright freezer, GE refrigerator... NordicTrack #C2150 elec. treadmill...**FURNITURE:** 1 pc. antique corner cupboard w/ 12 panes of glass, floral arm chair, uphol. arm chair w/ ottoman, 3 dr. chest, oak 2 dr. wash stand, smoking stand w/ copper interior, antique 3 drawer desk w/ orig. paint, Arts & Crafts quartersawn oak 4 shelf bookcase w/ gallery top, modern blanket chest, nice modern 7 pc. outdoor wicker set, patio set w/ 4 chairs, press back high chair...**MOWERS:** Kubota GR21210 Riding lawn mower – Glide steer - Diesel – 4 wheel drive - 54" mowing deck – 653 hours, Husqvarna YT48XLS gas Riding lawn mower w/ super 3 bagger grass collector (power blow) 1037 hours. Dump cart, Craftsman 8 HP snow blower, Troybilt 2600 PSI like new pressure washer, Melnor heavy duty tractor traveling lawn sprinkler...**Like New Maytag** 2 cylinder engine, Like New Maytag 1 cylinder engine, Alamo 1 ½ hp Hit-N-Miss Engine w/ Magneto on cart, Nice 2 ½ hp Economy Hit-N-Miss Engine on Cart, **TOOLS:** Little Giant alumn. ladder system, Lotter German drafting set, Like new Craftsman floor model tool chest, Stanley Russell Jennings Auger bits in orig. wood box, assort. of hand tools, Die Hard battery charger, brass plumb bob, Lufkin 200' metal tape, Many more tools than listed. **REAL ESTATE:** Beautiful Arts & Crafts all-stone beautiful move-in condition 3-bedroom home situated on an approximate 20.96-acre open & wooded lot. Terms of Real Estate: 10% down day of auction. No Internet, absentee, or phone bids will be accepted - no buyers' premiums. Terms of Contents: Cash or Check only by conclusion of auction. Food & Job Johnny Available day of auction - tents if needed. Auctioneers: Ron J. & Ron S. Gilligan & David C. Zentner, #AU339-L & #AU3430-L & #AU5442-L.
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How to support a caregiver

Do you know a caregiver? Do you want to help make their life easier? If so, here are some effective ways to support them.

Find resources

Many services and activities are available for caregivers, including in-home respite care and various types of workshops. Make a list of resources that could benefit your friend or family member. This will save them the time and trouble of doing it themselves.



Share information

Gather articles, guides and testimonials to help your friend or family member cope with the ups and downs of caregiving. For example, you could share a few tips with them about how to balance caregiving with full-time work responsibilities.

Lend them your time

Caregivers often have very busy schedules. To help make their load lighter, offer to grocery shop, prepare meals or do housework. You could even take over their

caregiving responsibilities for a few hours to give them some time to rest.

To find extensive caregiver resources, visit caregiver.org.



What you should know about young caregivers

Not all caregivers are adults. In fact, as many as 1.4 million children in the United States between the ages of eight and 18 are caregivers. Providing support for a sick or disabled family member is a difficult and demanding job. Moreover, if a parent becomes incapacitated, many minors will also shoulder the responsibility of raising their siblings.

They face difficulties

Dealing with the obligations of being a caregiver while attending school can be challenging. Young people often aren't seen as caregivers, forcing them to face numerous obstacles alone and in silence. Many become physically, mentally and emotionally drained, making it difficult for

them to concentrate in class. Additionally, engaging with their peers can feel overwhelming.

They need support

It's important to support young caregivers as much as possible. If you know a young person caring for a family member, here are a few things you can do:

- Discuss the situation with their teachers
- Lend a hand with school assignments
- Arrange for them to have help at home

When supported by those around them, young caregivers can feel empowered and avoid burnout.



6 tips to prevent caregiver burnout



It's not unusual for caregivers to be so focused on meeting their loved one's needs that they neglect their own. This can push them to the brink of exhaustion. If you want to prevent caregiver burnout, here are six things you should do.

1. SET LIMITS FOR YOURSELF

It's impossible to do everything at all times. You may not have voluntarily chosen to be a caregiver, but you can control what tasks you take on.

2. ACKNOWLEDGE YOUR EMOTIONS

Your feelings, both good and bad, are valid. They don't diminish your value, compassion or

abilities. Go easy on yourself, and remember, you're doing the best you can.

3. MANAGE YOUR HEALTH

Eat a balanced diet, get regular exercise, take naps when needed and limit your alcohol consumption. You should also schedule regular medical exams.

4. DELEGATE SOME OF YOUR DUTIES

Don't feel ashamed to ask your family members, friends and colleagues for help. This can help ease some of the burden you carry.

5. REMEMBER TO LAUGH

Joke around with your loved one, and rely on humour to get through awkward or stressful moments. Laughter can help lighten your mood and prevent you from feeling overwhelmed by stress.

6. TAKE REGULAR TIMEOUTS

Prioritize your well-being by diving into a good book, calling a friend, doing yoga or watching a movie. Taking breaks will clear your mind and help you recharge your batteries. The bottom line? Don't be afraid to ask for help and give yourself a well-deserved rest when needed.



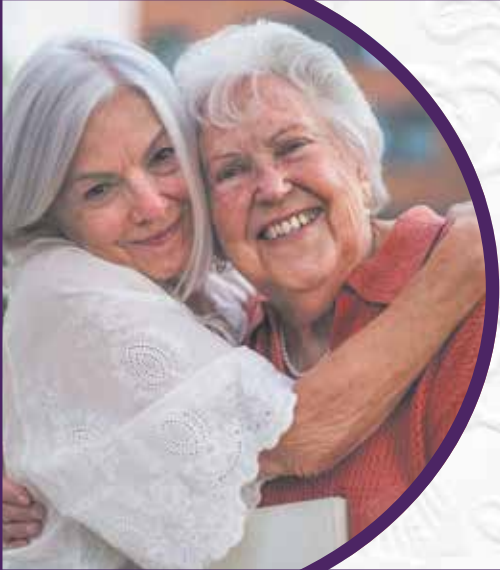
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For caregivers, spouses, adult children, or anyone supporting a loved one with memory loss.

Location:
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(Carmel Hall)

Sponsored By:
Gentiva Hospice

Meeting Held:
Second Tuesday
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at 6:00 PM

FOR ANY QUESTIONS CONTACT:
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Solution on page 6

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5. Protection
8. Cloth worn over a shoulder
12. Ceramic jars
14. Midway between northeast and east
15. South American hummingbird
16. Platforms
18. Taxi
19. Mild yellow Dutch cheese made in balls
20. A citizen of Yemen
21. Military mailbox
22. Nuclear near reach weapon
23. Clears
26. Broken
30. Actress Lathan
31. Avid fan
32. One and only
33. Proceeding

34. River in Portugal and Spain
39. Doctor of Education
42. Defeat handily
44. Less complicated
46. Handyman tools
47. Written works
49. Castle dweller's safety net
50. Honorable title (Turkish)
51. Greatest
56. Can do
57. A place to sleep on the road
58. Member of U.S. Navy
59. 24-hour units of time
60. Actor Horsley
61. In a way, sounds off
62. Formerly (archaic)
63. Eye infection
64. Plundered

CLUES DOWN

1. William __, Buffalo Bill
2. Wings
3. Candle or lantern
4. Freedom from difficulty
5. A type of pie
6. Metrical foot
7. __ Kerr, actress
8. Nap
9. Popular singer Bocelli
10. Immune responses
11. "Mad Men" leading man
13. A citizen of Senegal
17. Philly basketball player
24. Not even
25. Measures wind speed
26. Insecticide
27. Jordan glided through it
28. Bird-like dinosaur genus
29. Expression of satisfaction

35. Big Blue
36. One point east (clockwise) of due north
37. Of she
38. Oral rehydration solution
40. Knocks off course
41. Popular cop show of yesteryear
42. Zhou dynasty state
43. Genus of gulls
44. Onion flatbreads
45. Declare as true
47. Of a lobe
48. Missouri county
49. Produced
52. Volcanic crater
53. Off-Broadway theater award
54. KU hoops coach Bill
55. Check for

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Paws & Claws

Risk factors for pet cancers

Companion animals fill people's lives with joy, so is it any wonder so many households are home to pets big and small? Pet owners never want to think about a time when their animals become ill, but it is important that they recognize that certain medical conditions affect pets, and some are at higher risk of illness than others.

Data from the Veterinary Cancer Society indicates that cancer is a notable health challenge for domestic animals. Roughly one in four dogs and one in five cats will develop cancer during their lifetimes, with the disease accounting for around 47 percent of deaths in dogs over the age of 10. Although it's impossible to pinpoint every scenario that can lead to a cancer diagnosis, veterinary researchers have uncovered an assortment of risk factors that affect a pet's chances of developing cancer.

★ Age: Age is the single strongest predictor of cancer in pets. As any animal ages, the chances for genetic mutations occurring during cell division increase. Similarly, the body's natural DNA repair mechanisms become less efficient. According to data cited in the Merck Veterinary Manual, immune system decline in aging pets enables precancerous cells to grow undetected. This drives up cancer incidence in older pets.

★ Genetics and breed: Purebred animals experience significantly higher rates of cancer than those of mixed lineage. That's because selective breeding that concentrates specific genetic traits drives up certain malignancies. Embrace Pet Insurance says that large and giant dog breeds like Irish Wolfhounds, Great Danes and Rottweilers have a heightened risk for bone cancer (osteosarcoma) due to rapid cellular growth during development. Golden Retrievers, one of the most popular family dog breeds, have elevated rates of hemangiosarcoma and histiocytic sarcoma, which increases their overall cancer mortality rates.

★ Environment: Hazards in and around a typical household can contribute to cancer risk. The American Veterinary Association links secondhand tobacco smoke to higher incidence of feline lymphoma and canine nasal tumors. Lawn chemicals, pesticides and herbicides have been associated with increased risk of bladder cancer. Even exposure to UV rays is a documented factor for skin cancer in light-skinned or short-haired breeds, says Merck.

★ Viral infections: Viral infections are a major driver of cancer in cats. Feline leukemia virus and feline immunodeficiency virus increase the likelihood of feline cancers.

★ Hormones: Unspayed female pets are at a greater risk of developing mammary gland tumors. Flint Animal Cancer Center says more than 85 percent of feline mammary tumors are malignant, but spaying a cat before its first heat reduces this risk by up to 90 percent.

Recognition of the risk factors that can lead to cancer may encourage pet owners to take proactive steps to protect their companion animals.

Takac, CCRRA to host free shredding event and PAWS supply drive

State Rep. Paul Takac, D-Centre, has partnered with the Centre County Recycling & Refuse Authority for a free document shredding event and pet supply drive supporting Centre County PAWS.

From 9 a.m. to noon Saturday, Oct. 3, the public is invited to join Takac and members of his staff at CCRRA’s campus, 253 Transfer Road, Bellefonte, to safely and securely shred their personal documents. During the event, community members can drop off animal supplies for PAWS, Centre County’s largest animal shelter.

Acceptable donations include unopened dog and cat food (both dry and wet foods), unopened pet treats, clean blankets, new dog and cat toys, trash bags, paper towels, xylitol-free peanut butter, medium/large Easy Walk or Freedom harnesses and dog waste bag rolls.

Only paper products will be accepted for shredding and should be placed in disposable containers, which will not be returned.

“Shredding personal records is an important way to protect yourself and your loved ones from identity theft,” said Takac. “Criminals can use discarded papers containing personally identifiable information, such as Social Security numbers, bank account details,

credit card numbers or medical records, to open accounts, reset passwords or commit fraud.

“Shredding destroys this data, preventing its use for malicious purposes. That’s why I’m proud to partner with CCRRA every year to help you safeguard the information that matters most.”

For residents who are not sure what to shred, the Federal Trade Commission has published a helpful guide on what documents are best to keep and which should be securely shredded. The guide can be found at <https://consumer.ftc.gov/consumer-alerts/2015/05/pack-rats-guide-shredding>.

For more information about the shredding event or donation drive, contact Takac’s district office at 814-308-0569, email Rep-Takac@pahouse.net, or visit 216 W. Hamilton Ave., State College.

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Obituaries

Carroll N. Knepp

Carroll N. Knepp, 93, of Cuwensville, PA, formerly of Osceola Mills, PA, died on Wednesday, September 23, 2026 at Ava Nursing & Rehabilitation Center in Curwensville, PA.

Born on December 24, 1932, in Port Matilda, PA, Carroll was the daughter of the late Frank Walk & Catherine (Dixon) Walk. She married Harold W. “Bucky” Knepp on April 18, 1958. He preceded her in death on August 16, 2001. Carroll was a member of the 1st Baptist Church in Philipsburg, PA. She was a member of the former Musical Witnesses and a founding member of the former Testimonials. She was a homemaker. In addition to her parents and husband, Carroll was preceded in death by a daughter, Diane Longstreth. Carroll was the last survivor of 12 siblings. Carroll is survived by two daughters, Esther Marie Vaughn of Philipsburg, PA, and Bernadine Lynn “Bunny” Learn & her husband John of Commodore, PA; a son-in-law Wayne Eugene Longstreth of Osceola Mills, PA; seven grandchildren; seven great-grandchildren; and three great-great-grandchildren. Memorial contributions may be made to a charity of the donor’s choice or to Heath Funeral Home & Cremation Services, LLC, P.O. Box 157, Osceola Mills, To sign the online guestbook, go to www.heathfuneral.com

Louise Elsie Fry

Louise E. Fry, 88, of Clearfield, passed away on Saturday, September 26, 2026 at her home.

Born January 22, 1938 in Bellefonte, she was the daughter of the late Lewis B . and Alice ‘May’ (Enck) Spicer. Mrs. Fry was a member of the First Baptist Church, Clearfield. She loved to listen to wind chimes, solve word search puzzles, tend her garden and also enjoyed going for walks. She was an industrious homemaker who liked her house meticulously clean. She will be remembered for making the best homemade bread. She is survived by seven children, David Fry and wife Denise, Mary Jane Leopold, Robert Fry and late wife Judy, Gail Caldwell and husband Bill, Bruce Fry, Daniel Fry and wife Amy, and Burton James Fry Jr. and wife Kelsey; grandchildren, Valerie McCracken, Todd Leopold, Christine Rowles, Ephriam Leopold, Brooks Fry, Shawna Fry, Brady Fry, Emily Caldwell, Christina Caldwell, Beth Fry, Brandon Fry, and several other grandchildren; great-grandchildren, Jaret McCracken, Jordan McCracken, Megan Rowles, Chloe Rowles, Jillian Rowles, Faith Leopold, Jordyn Leopold, Charlotte Leopold, and Koda Leopold and several other great grandchildren; great-great grandchildren, Alora McCracken, Grayson Glenne, Archer John Gregory, and other great-great grandchildren; and siblings, Rebecca Shank, Joseph Spicer, and Nellie Shaffer. In addition to her parents, she was preceded in death by her husband Burton James Fry; her daughter, Shirley Fry; and great grandchild, Angelina Leopold. Funeral services will be held at Bennett and Houser Funeral Home on Friday, October 2, 2026 at 11:00 AM with pastor Matt Brown officiating. Burial will be at Bradford Cemetery, Woodland. Visitation will be held at the funeral home on Thursday, October 1, 2026 from 4-7 PM and on Friday, October 2, 2026 from 10-11 AM. In lieu of flowers, memorial contributions may be made to First Baptist Church, 111 N 2nd Street, Clearfield, PA 16830. To leave a note for the family, visit www.bennettandhouser.com.

Mona K. Rothrock

Mona Kaye Rothrock, 62, of Bigler, knew the Lord as her Saviour and as a result, she entered into heaven on Tuesday, September 22, 2026 at her home, surrounded by her family.

Born on December 17, 1963 in Clearfield, she was the daughter of the late Chester ‘Pete’ and Martha (Bensor) Solley. Mona graduated from Curwensville High School in 1981. She then graduated from the Philipsburg School of Nursing in 1985 as a Registered Nurse. She was employed as a nurse at Clearfield Hospital, now Penn Highlands Clearfield, for 41 years. She enjoyed her last 18 years at the Oncology Center, where she helped care for so many and made good friends while doing so. In her spare time, she enjoyed cross stitching and playing the piano. She was affiliated with the New Life Center in Philipsburg. She is survived by her husband, Doug Rothrock whom she married in May of 1988; two sons, Nathan Rothrock and wife Evelyn and Isaac Rothrock and wife Cheyenne; two grandchildren whom she loved dearly, Desmond and Anna Kaye; and a brother, George Solley and wife Dena. She was preceded in death by her parents, Chester ‘Pete’ and Martha Solley. In lieu of flowers, the family suggest memorial contributions be made to the New Life Center, 111 S 2nd St, Philipsburg, PA 16866. The family would like to extend their thanks to folks at Gentiva Hospice for their kindness and care of Mona during these last few weeks. Bennett and Houser Funeral Home is in charge of arrangements.

Kenneth I. Williams

Kenneth Ingram Williams, 85, of Clearfield, passed away Sunday, September 20, 2026, at Clearfield Colonial Courtyard.

Born September 6, 1941, the son of Milford Kenneth and Alice Susan (McCurdy) Williams. Kenneth spent his working years as a welder and machinist, working in his father’s company. He took great pride in his craft and was known for his skill, sharing knowledge and teaching the trade to many others over the years. He was a member of the Mount Joy United Methodist Church and the Clearfield Elks Lodge No. 540. He was an avid walker and enjoyed softball and bowling. Kenneth is survived by two children: Susan Williams Davis and Jeffrey Lee Williams and his fiancée Kristy Sass, five grandchildren: Mariel, Beck, Aubree, Levi and Micah, a great granddaughter, Leonora and a sister, Eleanor Bodle. He was preceded in death by his parents, a son, Steven M. Williams, a granddaughter, Laurel Grayce Williams and five siblings: Leland (his twin brother), Ronald, Diana, Elsie and Doris. A Celebration of Life will be held at Mt. Joy United Methodist Church on Saturday, October 24, 2026, at 11:30 AM with Pastor Clare L. Pannebaker officiating. Interment will be in Historic Crown Crest Cemetery. Friends will be received at the church on Saturday, October 24th from 11:00 AM until the hour of services. The family suggests that memorial contributions be made to a charity of the donor’s choice. Kenneth’s family would like to extend their heartfelt gratitude to the staff and caregivers at Colonial Courtyard in Clearfield for the love, kindness and care they gave him and for the sense of home and family they provided. They are also deeply grateful to 365 Hospice for their compassion, support and care during his final days. The Bennett and Houser Funeral Home, Inc., Clearfield is overseeing the arrangements. To send online tributes please go to www.bennettandhouser.com

Sharon K. Hertlein

Sharon K. Hertlein, 64, of Hyde, passed away on Monday, September 21, 1962 at University Hospital, Cleveland, Ohio.

Born September 5, 1962, she was the daughter of Robert J. and Edna M. (Williams) Karp. Sharon graduated from Clearfield Area High School. She was employed by FCI/Berg Electric. She enjoyed watching YouTube videos of animal rescues, working ranches, and farming clips. She also enjoyed watching reality TV shows and playing computer games, as well as crafting. She is survived by her husband, Denis ‘Denny’ Hertlein, whom she married on September 22, 1984; two children, Courtney Hertlein and Ryan Hertlein; her father, Robert Karp; a brother, David Karp and wife Lori; a sister-in-law, Judy Genzano and husband Bradford; a brother-in-law, William Hertlein and wife Keiko; a niece, Stacey Karp; two nephews, Justin Karp and Bradford Genzano Jr. and wife Rei; and three great nieces, Madison Karp, Amara Karp, and Audrey Genzano. Sharon is preceded in death by her mother, Edna Karp; and a sister-in-law, Valerie Hertlein. In honoring Sharon’s wishes, there will be no public services held at this time. Bennett and Houser Funeral Home is in charge of arrangements. To leave a note for the family, visit www.bennettandhouser.com

In Memoriam

Obituaries Courtesy of: Heath’s Funeral Home; Bennett & Houser Funeral Home, Inc
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WEDNESDAY, SEPTEMBER 30, 2026

Local disaster recovery specialist recalls working 9/11

Maher was one of first on scene in NYC after first responders cleared devastation

By COLETTE COSTLOW
ccostlow@altoonamirror.com

Altoona native Jim Maher remembered kissing his daughter goodbye before starting his job as Pennsylvania’s first disaster recovery specialist in September 2001.

“I told her I would see her in six months, but I was gone for two years,” he said.

Maher was moving into his office in Manhattan when two planes hit the Twin Towers. Twenty-four hours later on Ground Zero, he was given maps to recover as much material as he could from the two buildings.

“It (the attack) was the last thing I thought was going to come across my desk,” he said.

During his time at the Twin Towers, he collected photos, cards and memorabilia, which now hang on walls around his home in Saxton. As the artifacts turned 25 years old this fall, Maher said the terrorist attacks of 9/11 are an important moment in history to remember.

“Let’s hope it never happens again,” he said.

Maher was the youngest of eight children born to Shirley Maher, who headed a food drive for the elderly and low-income families during the Thanksgiving season, according to past Mirror reports. Maher vividly remembered cleaning donated toys alongside his siblings for his mother’s annual Christmas toy drive.

“Even though we couldn’t afford nice gifts, we would clean gifts for other families,” he said.

Since she contracted polio during her teenage years and was confined to a wheelchair, Maher recalled carrying his mother into restaurants. As a disabled person, she advocated for handicapped parking spots and helped make them a reality. Maher has a photograph of his mother holding Amy Carter, daughter of former President Jimmy Carter.

Maher’s older sister, Mary Maher Barrows, said their mother taught them about compassion through giving back to the community.

“And probably Jim took it to heart more than the rest of the family,” she

said. “She was very good at leaving her mark, and we inherited that from her,” Maher said.

While attending Altoona High School, Maher also spent five years studying aviation electronics at the Naval Academy before eventually enlisting in the Navy. Family obligations called him home to his daughter.

Ground Zero

Working in disaster recovery, he eventually worked his way up to becoming Pennsylvania’s disaster recovery specialist in November 2000, handling both man-made and natural disasters.

The terrorist attacks of 9/11 were his first assignment.

He initially believed the first attack was fake or something produced artificially until he looked around his office and noticed his co-workers’ reactions.

“I spoke with more people in the office, and secretaries were weeping, and I thought, ‘something is going on.’ More than five minutes later, they were in my office, and I knew it wasn’t going to be good,” he said.

Already in New York, Maher had 24 hours to be on Ground Zero. His disaster recovery crew readied their equipment after first responders controlled the situation, he said.

“We honestly didn’t think it would collapse,” he said. “That was a complete game changer.”

His first assignment was to gather personal belongings from the office workers who were killed in the Twin Towers. When he opened office doors, there wouldn’t be a room but a space showing 40 stories below “because the rest of the building was missing,” he said.

Maher was also part of the tunnel-dweller group that worked three stories beneath the Twin Towers. Some of the computers were still on because they received power from the backup generators. He was instructed to remove hard drives from 270 computers in the IRS office located on the third sub-floor.

Working 16-hour days, seven days a week, he had no vacation days or free time. Staying in a room at the Roosevelt Hotel in New York City, he often saved time by drawing a bath, soaking his work clothes in the water while eating a sandwich, then going to bed before waking for work again.

“I knew I was physically



Mirror photo by Colette Costlow

Maher looks at his framed photographs, cards and memorabilia in his Saxton home from his time as a disaster recovery specialist during the aftermath of the 9/11 attacks.

beat,” he said. “It was like that movie ‘Groundhog Day’; every day was the same.”

While working on the wreckage, Maher also kept close in contact with two of his sisters, Barrows and Joyce Villani, updating them on his whereabouts and condition.

“We always stayed close and did a lot of praying,” Barrows said.

Maher remembered riding the subway in his work clothes covered in ash. Looking up, he saw New Yorkers piling in with costumes. He didn’t realize it was Halloween until a few passersby complimented his “costume,” assuming Maher was dressed as a first responder.

Maher wasn’t the only member of his family to provide disaster relief services following 9/11; his brother Todd also worked on the Twin Towers but in another group, while his brother Mike was in the Air Force and worked in the mortuary, preparing the bodies of those who lost their lives to the attacks.

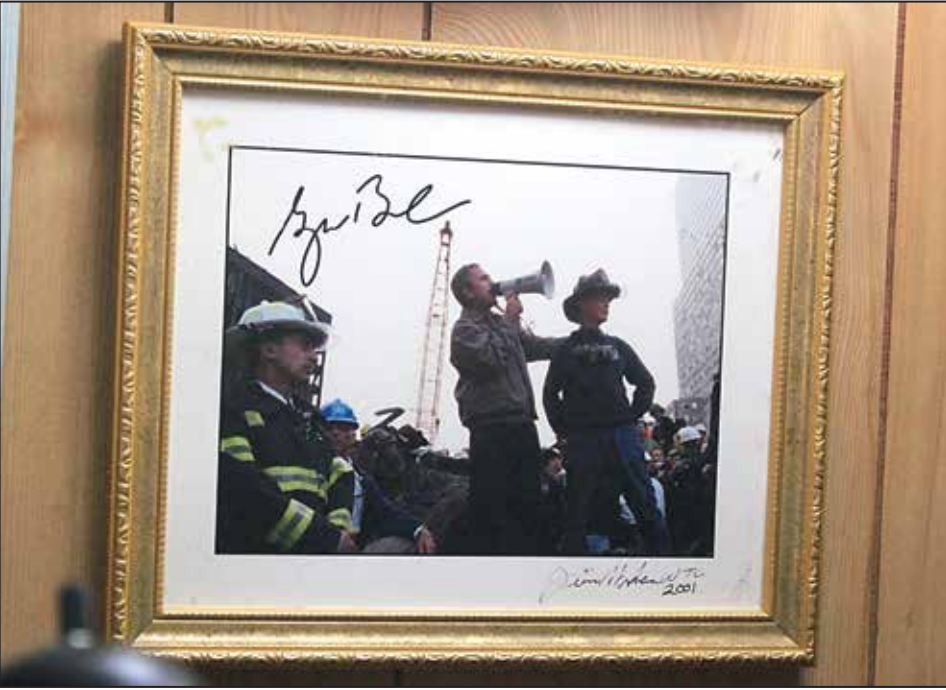
“I know for years he tried to stay positive,” Villani said. “They wouldn’t watch the news or read the papers for years because it was too overwhelming.”

After working on the Twin Towers for 90 days, Maher worked on another plane crash in November 2001, surrounding Queens, and disaster-recovery jobs on the East Coast piled up.

However, the post-9/11 dust and ash began to irritate Maher, along with other first responders working on Ground Zero. Diagnosed with asthma, he was put on steroids for 13 years before his lung condition worsened over time.

“I could climb 50 stories, but when I couldn’t pass it, I knew something was wrong,” he said.

Despite his health conditions, he worked as the state’s disaster recovery specialist until he turned 42 years old. For 15 years, he’s lived in rural Saxton with his wife, Annette,



Maher took a photo of President George W. Bush uplifting the 9/11 recovery workers. Maher’s men wore white hats in the picture.

fishing and crafting silver and gold rings.

Lasting effects

Like other 9/11 first responders, Maher was provided with his own health insurance that completely covered hospital stays, medicine and his inhaler. He attends an annual physical to check for developing health issues.

In 2018, Maher fell and broke his back in three places while shopping at his local pharmacy. While recovering in a Pittsburgh hospital, he learned that his medically prescribed steroids were weakening his bones. He was told he had the bone health of an 84-year-old man.

Because of his newfound osteoporosis diagnosis, Maher couldn’t undergo surgery and was later sent home in a back brace.

Maher has continued to

deal with ongoing health issues, such as an asthma attack that sent him to a nearby hospital at 1 a.m. He provided his insurance card and was later thrown out for “impersonating a 9/11 first responder.”

“They thought my insurance was made up,” he said.

Maher never thought he’d have to struggle with his proof of presence as a disaster recovery specialist in the future, but he later found out that his company wiped records dating back 10 years.

Many 9/11 responders have died since the attacks, and Maher said he is the only Pennsylvania 9/11 representative alive from his group. As more co-workers passed away, it became more difficult for Maher to find people to vouch for his work at the Twin Towers.

However, he collected

postcards, photos and even handmade cards written by middle school children across America during his time working on the aftermath of 9/11.

“I saved them (the handmade cards) because I thought they were adorable, but now these kids have kids of their own, and God forbid they go through anything like this,” he said.

“That was a very hard undertaking,” Villani said. “He really tried to help everyone, and he did his best.”

While these photos and cards serve as a constant reminder to Maher of 9/11, Barrows said they also portray her brother’s selflessness in action, helping others before helping himself.

“He’s a bit of a family hero,” she said.

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

The Maher file

Name: James “Jim” Maher

Age: 57

Family: Wife, Annette Maher; daughters, Kelly and Ashley

Residence: Saxton

Education: Altoona High School (1986), Naval Academy, Penn State University

Occupation: Former Pennsylvania disaster recovery specialist



Mirror photos by Colette Costlow

Many of Maher’s original photographs feature the unseen aftermath of the Twin Towers, including the original photo he points to that shows what it looked like when people jumped from the building.

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