



TRINITY TOPICS

The Newsletter of Trinity Episcopal Church

POTTSVILLE, PENNSYLVANIA

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July/August 2019

The heavens are telling the glory of God and the firmament proclaims his handiwork. : Psalm 19:1

When I lived in Kansas, one of the most popular t-shirts had pictures of clouds, tornadoes, rain, lightning, sunlight, snow and hail, with the following underneath the pictures “ Don’t like the weather? Wait 5 minutes”. Not so here in Pennsylvania. It seems we are stuck in a weather pattern of rain, clouds and rain, clouds and mist, and clouds and hail and rain, and rare sunlight. The patterns of the clouds and the interplay of the sunlight and moonlight bring me awe and wonder nonetheless. Driving down River Road in Auburn, the rain has encouraged growth of this lush, almost fluorescent covering of the little hills there. The natural vision of our Creator God in summer surpasses anything the human mind can conjure up or place on paper. But the crowning achievement of Creation is just a glance away.

Surely as spring follows winter, and autumn follows summer, the seasons of our Church Year bring wonder and awe as well. As the darkness and contemplation of Lent give way to the bright joy of Easter, Pentecost Sunday moves us into a season of retelling of the Hebrew Testament narratives reviewing again where God broke into humanity as understood by the ancients. There are miracles in the Gospel, focusing us towards the glory of God in Jesus and how and where he served, renewing and enjoining us to a life in Christ, our Creator and Our Brother.

The life in Christ begins at the door of the Christian Church, appropriately known as the Baptismal Font. As we pass from life into new life through the waters of Baptism, we are renewed. Hastening into the fall, we will witness and participate in another renewal, into a newer, stronger, and more engaged life in Christ through Confirmation.

As we rush hesitantly through this summer, in anticipation of a season of rest that moves into autumn and winter, perhaps this is a great time to consider the wonder and awe inherent in all of us. After all, Genesis pronounces the creation of humans as very good. Imagine resting into the knowledge that the person in the pew, across the Communion Table, sharing that morning coffee, and even the one cutting us off in traffic is the image of God! We will celebrate in Thanksgiving with our fellow Episcopalian Christians at our joint worship and picnic and as a presence at the Schuylkill County Fair. And it is through the graciousness of this God that we move through the earthly seasons, to eventually re-join with our loved ones into a heavenly season of joy and love as the resurrected children of God.

The heavens may declare the glory of God. Creation groans with the beauty of the created. And humanity passes through this creation, season by season, minute by minute, towards that glory that is our great God. May you find the Joy of Creation full of wonder and full of awe!

Your brother in Christ,

The Rev. Dr. Kurt K. Kovalovich
(Deacon Kurt)

Trinity Church’s Mission Statement

“Living, loving, sharing in the name of Jesus Christ”

Vision Statement

“Honoring the past as we build a strong foundation for the future, while sharing our Christian faith through service to the community.”



Chapel Worship

We will continue our worship at the Chapel of the Resurrection through Sunday, September 8. That day will also be the Baber Day celebration from 3 to 6 pm. Further details will be forthcoming.

United Thank Offering

As we enjoy the more relaxed days of summer and vacations, let us remember our many blessings with our UTO blue boxes. No matter how small, there are blessings every day in our lives and by offering your small token of thanks, you are giving hope and light to countless others who benefit from the UTO. Our ingathering this year will be on September 22 and 29 when we are worshipping once again in the sanctuary. Thank you for your continuing gratitude and generosity!



Lay Eucharistic Ministers

There will be a summer break for home Communion visits. As people leave for vacations and long weekends, it is much more difficult to schedule these visits. However, if you would like a visit from one of our Lay ministers during this time, please call the office and someone will contact you. Regular visits will continue in mid-September when we return to the sanctuary.

Healing Service

The Wednesday noon Healing Service will not be held during the summer months. They will resume on Wednesday, September 11.



Bishop's Visit

Bishop Kevin will join us for Confirmation on Sunday, October 6, 2019. Please mark your calendars now for this special visit and celebrate our young people receiving the sacrament of Confirmation.

Backpack Blessing

Summer has just begun, but before school starts up again, be sure to bring your backpacks, briefcases and tote bags to be blessed on Sunday, August 25 at the Chapel at Baber Cemetery. Having the blessing of the Lord with us daily is the only way to go!





The Music Corner

by Cora A. Gamelin-Osenbach

Choir

We are thankful for the special times that our choir offered musical worship this year. Now we look forward to preparing anthems for Bishop Kevin's visit on October 6 as some of our young people will receive the sacrament of Confirmation. And we are hopeful that the Church School children will also be prepared to sing on that Sunday. Please mark your calendars for this special occasion to welcome Bishop Kevin and his ministry to us.



Concert Series

Season 13 (what a blessing and achievement) will begin on October 20 with the Messiah Faculty Brass Quintet who wowed our audience several seasons ago. November 24 will be the return of the gorgeous voice of Jennifer Laubach accompanied by the prodigious skills of Pottsville native, John Kline, IV. And the final concert of the 13th season will welcome a new face — organist Paul Reese who is currently the organist at St. John's Episcopal Church in Lancaster, PA. Please see the season flyer in this edition of the TOPICS. Many thanks to our patrons and audience whose generosity and support have enabled us to continue this series through 12 seasons! Looking forward to these concerts and the great receptions that follow them with delicious food and fellowship!



Summer Reading Camp News

We are making final preparations for Summer Reading Camp which is scheduled for July 8-12. At the present time, we have 35 children enrolled from pre-k to grade 3 from the Pottsville and St. Clair Area School Districts, Child Development, Assumption BVM, Gillingham, Blue Mountain, Schuylkill Haven, and Minersville. We have 13 volunteers who will be classroom teachers and assistants and food program manager.

This year, the theme for camp will be Camping in the Great Outdoors. Activities will include a visit from Porcupine Pat, a trip to the library, guest readers from the community, a parent workshop and lunch, as well as a full schedule of daily activities designed to help the children build their reading skills. We would like to thank the parish for their support and prayers which were appreciated as we move forward with this ministry. Please consider giving some time next year to camp since the rewards that you will get from participating in this program are abundant.

Trinity Episcopal Church Concert Series

Calendar of Upcoming Events for the 2019-2020 Series



October 20, 2019

***Messiah College Faculty
Brass Quintet***



Our audience fell in love with this group when they first appeared and their schedule has finally allowed for them to return. These gentlemen not only engage the audience with their sense of humor and story telling but impress with their great musicianship and ensemble playing. A joyous way to begin our 13th season!

November 24, 2019

***Jennifer Laubach, mezzo-soprano
John Kline, IV, pianist***



We are thrilled that Jennifer will return — her rich, powerful voice can portray opera heroines and offer sensitive interpretations of the elegant art song form. She will be joined by John, a Pottsville Native who has proved his incredible accompanying skills with several singers on our series.

March 29, 2020

Paul Reese, organist



Mr. Reese is currently the organist and Minister of Music at St. John's Episcopal Church in Lancaster, PA. He holds a Masters degree in Organ Performance from Westminster Choir College and has studied with such notable organ teachers as Stefan Engels and Ken Cowan. We welcome him to our series!

Sunday Afternoons at 4:00

No Admission Fee - Free Will Offering Taken

Handicapped Accessible

Reception following the concerts to meet the Artists

For more information, please contact Trinity Episcopal Church 200 S. Second Street, Pottsville, PA
570-622-8720 email: Episcopalch200@gmail.com web: trinityepiscopalpottsvillepa.org

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 7:30pm AA	2	3 NO NOON HEALING SERVICE FOR JULY	4 Office Closed	5 Office Closed	6
7 <u>PENTECOST IV</u> 9:00am Service at Chapel of the Resurrection	8 Summer Reading Program 7:30pm AA	9 Summer Reading Program	10 Summer Reading Program	11 Summer Reading Program	12 Summer Reading Program	13
14 <u>PENTECOST V</u> 9:00am Service at Chapel of the Resurrection 10:30am Vestry Meeting	15 4:30pm Soup Kitchen 7:30pm AA	16	17	18	19	20
21 <u>PENTECOST VI</u> 10:30am Eucharist - Episcopal Church of Sch. Co. PICNIC at Island in Sch. Haven <u>No Service at CBC Chapel</u>	22 7:30pm AA	23 1:00pm MPTF Meeting at the Rectory	24	25	26	27
28 <u>PENTECOST VII</u> 9:00am Service at Chapel of the Resurrection	29 7:30 AA Schuylkill Co. Fair Episcopal Churches of Schuylkill County	30 Schuylkill Co. Fair Episcopal Churches of Schuylkill County	31 Schuylkill Co. Fair Episcopal Churches of Schuylkill Count			

August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Schuylkill Co. Fair Episcopal Churches of Schuylkill County</i>	2 <i>Schuylkill Co. Fair Episcopal Churches of Schuylkill County</i>	3 <i>Schuylkill Co. Fair Episcopal Churches of Schuylkill County</i>
4 <u>PENTECOST VIII</u> <i>9:00am Service at Chapel of the Resurrection</i>	5 <i>7:30pm AA</i>	6	7 <i>NO NOON HEALING SERVICE FOR AUGUST</i>	8	9	10
11 <u>PENTECOST IX</u> <i>9:00am Service at Chapel of the Resurrection 10:30am Vestry</i>	12 <i>7:30pm AA</i>	13	14	15	16	17
18 <u>PENTECOST X</u> <i>9:00am Service at Chapel of the Resurrection 10:30am Vestry</i>	19 <i>4:30pm Soup Kitchen 7:30pm AA</i>	20	21 <i>6:00-8:00pm Peach Festival St. John's, Ashland</i>	22	23	24
25 <u>PENTECOST XI</u> <i>9:00am Service at Chapel of the Resurrection <u>Blessings of Backpacks</u></i>	26 <i>7:30pm AA</i>	27	28	29	30	

NEWS FROM MARION C. PRICE TRUST FUND

Postural Hypotension or orthostatic hypotension is a form of low blood pressure that causes lightheadedness or dizziness when you stand up from sitting or lying down or straining on the toilet. Other symptoms include: blurry vision, weakness, confusion, nausea and fainting. Symptoms usually last less than a few minutes.

Orthostatic hypotension is usually caused by dehydration, low blood sugar, being overheated or lengthy bed rest as well as medications such as diuretics, antidepressants or medicines to lower your blood pressure.

Frequent orthostatic hypotension can be a signal for serious problems, such as:

- Dehydration-Fever, vomiting, not drinking enough fluids, severe diarrhea and strenuous exercise with excessive sweating can all lead to dehydration, which decreases blood volume.
- Heart problems-Some heart conditions that can lead to low blood pressure include extremely low heart rate, heart valve problems, heart attack and heart failure. These conditions prevent your body from responding rapidly enough to pump more blood when standing up.
- Endocrine problems-Thyroid conditions and diabetes damages the nerves that help send signals regulating blood pressure.
- Nervous system disorders-Parkinson's disease can disrupt your body's normal blood pressure regulation system.

It is important to tell your health care provider about any episodes of lightheadedness or dizziness that you experience. Persistent orthostatic hypotension can cause serious complications, especially in older adults. These include:

- Falls. Falling down is a common complication in people with orthostatic hypotension.
- Stroke. The swings in blood pressure when you stand and sit as a result of orthostatic hypotension can be a risk factor for a stroke due to the reduced blood supply to the brain.
- Cardiovascular diseases. Orthostatic hypotension can be a risk factor for cardiovascular diseases and complications, such as chest pain, heart failure or heart rhythm problems.

What can you do to manage your orthostatic hypotension?

- Do not stop taking any of your medication without first discussing with your health care provider.
- Keep a record of your symptoms, when they occur, how long they last and what you are doing at the time to report to your health care provider.
- Get out of bed slowly. First, sit up on the side of the bed, then stand up.
- Take your time when changing position, such as when getting up from a chair.
- Make sure you have something to hold on to when you stand up. Do not walk if you feel dizzy.
- Drink 6-8 glasses of water or low-calorie drinks each day – unless you have been told to limit your fluid intake.
- Avoid very hot baths or showers.
- Try sleeping with extra pillows to raise your head.

Falls- Every second of every day, an older adult falls. Many of these falls cause injuries, loss of independence and in some cases, death. Falls can be prevented. Tell a health care provider immediately if you have fallen or if you are worried about falling or seem unsteady. Take the following steps to prevent falls:

- Keep an updated list of your medications, including over-the-counter medications and supplements.
- Have your eyes checked by an eye doctor at least once a year. Replace eyeglasses as necessary.
- Have your health care provider check your feet once a year. Discuss proper footwear.
- Keep floors clutter-free. Keep objects off the steps. Coil or tape cords and wires next to the wall. Remove small throw rugs.
- Add grab bars in the bathroom-next to and inside the tub and next to the toilet.
- Have handrails on both sides of staircases. Have a light switch installed at the top and bottom of the stairs.
- Never use a chair or step stool. Keep things you use often on the lower shelves.
- Put in a night light. Some nightlights go on by themselves after dark.

Walking- If you have decided it is time to start walking for health, fitness and weight loss, you've already taken the first step. Walking is an effective, natural way to achieve the daily physical activity amount recommended for weight management and good health, but you need to know the rules of thumb of pedestrian safety:

- Walk facing traffic when walking on the side of the road.
- Cross safely – look both ways before crossing any street. At controlled intersections, it is wise to cross only when you have the pedestrian crossing light.
- Unless you are on a sidewalk separated from the road or in a wide pedestrian or bike lane, walk in single file, this is especially important on a road with curves or where traffic has only a split second chance of seeing you before hitting you.
- Share the road or path with bikes and runners.
- Wear bright colors when walking in the daylight and reflective or light-colored clothing at night.
- Do not text, chat or play games on your phone when walking. Keep the volume down when listening to music with your earbuds or headphones.
- Be aware of stranger danger. Choose your walking path frequented by other walkers, joggers or runners. If you see someone suspicious, be prepared to alter your route or go into a store or public building to avoid them. Carry your cell phone.
- Know when to stop walking. Heat sickness, dehydration, heart attack or stroke can strike walkers of any age. Stop immediately and call 911 with any signs of a medical emergency.



Charles Baber Cemetery Preservation Trust

Heat and Humidity and Gnats - Oh My!

Many of us have rushed headlong from spring into summer, enveloping all that summer has to offer. There is the warm and sunny weather with lots of fun things to do- no school; longer sunlight hours to pack more activities in; lighter weight clothing (hats and coats, and gloves are a long forgotten necessity); plenty of sports to participate in; maybe shorter working hours or a more relaxed dress code; vacations; picnics; camping trips; cold tea, lemonade, and ice cream. Summer indeed is filled with so much to do and so many places to go, and so much to see. Oh, what glee! Oh, what delight!

But wait a moment, does summer mean nice warm weather, or hot muggy, cloth drenching humidity, with the sun burning everything in sight? Even your ice cream cone melts as soon as you walk out of the store. Suddenly, it is too hot to play tennis, or pickle ball, or baseball. Maybe golf is ok if the course has lots of shade trees, and if you are one of those golfers who can't keep your ball on the open fairway. If you are a fisherman, the fish aren't biting because it is too hot near the surface. If you opt for a water park or a recreational park, it has long lines; or all the people are trying to keep cool at a crowded swimming pool. If you are a gardener, the bugs are eating your plants or your vegetables or you as you try to dig in the dry, hard ground. The flowers and vegetables are wilted and dehydrated, and only the weeds are thriving. And the picnics that your family has so carefully planned with plenty of food and activities, becomes a magnet for every bee, wasp, ant, gnat, and mosquito within a mile of your spot.

Whatever were you thinking when you couldn't wait until summer got here? You find yourself rushing from the air-conditioned store to your air-conditioned car, to your air-conditioned house. If you don't have air conditioning in your home, then you find yourself running your fans full blast in all your rooms hoping that you are not just pushing hot air around. Or maybe you often visit family and friends who do have air conditioning.

Ok, maybe summer isn't really that great when you think about the hot, hot, humid weather. Well, perhaps a walk in a nice cool place among the many shade trees will take some of the annoyance and frustration out of your soggy, muggy day. What better place to take a walk than at the Charles Baber Cemetery. Most all of the paths in the upper level are shaded; others under the elms and sugar maples by the Comloquoy mausoleum are in partial shade; while others, like the dirt paths along the terraces, are in full shade with very little sunlight filtering through.

All of the oaks (red, white, pin, swamp white, and chestnut) have wide sweeping leaf-laden branches that shade everything in sight. They are all over the place and on the dirt path along the terraces going downhill from the chapel to the lower level. All the maples (Norway, sugar, sycamore, red, 'red sunset' and box elder) are also all over the place and also offer plenty of shade. Then you have the eastern hornbeam along Market Street that shades the pavement. And you have the multi-colored trunk London Planetrees along the inside wall that shade not only the pavement but a nice cozy grassy walking path right underneath their wide-stretched branches.

There are other varieties of shade trees like the three American beeches with their smooth pale gray trunks, near the Atkins mausoleum, and the little leaf linden and American basswood near the barn. Then you have one of my favorite trails called the Maplewood Avenue loop along the hillside by the middle school. This loop is cool and shaded by black walnut, many Norway maples, sugar maples, red maples, black cherry, sassafras, and box



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elder. And tucked among these at the base of the hillside are two batches of mock orange shrubs and a viburnum, all with their full clusters of white flowers. And much to everyone's surprise because of the massive area of shade that they provide, are the tall eastern white pine situated one row in from the Market Street wall, and along the property line leading down to the terraces.

While all these trees mentioned above offer plenty of shade, we do have other trees that are either too tall to offer shade, like the ginkgos, the black locust, the black cherry, and black walnut, or too small like the elegant dwarf red maples. Others, like the American and the Siberian elms, have leaves that are too small and slender and sparsely placed. Other species like the cryptomeria have tight compact needles that hold their pom-pom shape too close to the main trunk to give any shade. And still others like the hybrid elm, whose branches reach skyward, and the sweetgum with their star-shaped leaves, and the dawn redwood with their soft fern needles, all by the pond area, don't have the long overhanging branch spread to provide ample shade. But whether or not they are good shade trees, all of the trees are wonders of nature to be viewed and appreciated. We do on occasion, have some people that like to picnic under the trees, complete with a table cloth and a blanket to sit upon on the ground. And at times we have people sitting on the benches or the stone plot border markers eating their sandwiches or salads, or drinking their bottles of water. Come, walk among the cool shade trees and relax.

One final reminder, with the heat, please check in on your elderly or handicap neighbors, family, and friends. Especially if you know they don't have a fan running or air conditioning in their home. And perhaps you can offer to drag their garbage can out to the curb or run an errand for them.

Memorial Day

The 4th grade Pottsville Area school children, the Joint Veterans' Association and Trinity Church's representative, Deacon Kurt Kovalovich, were unable to join us on Thursday, May 23th at the Charles Baber Cemetery. The reason for their absence was the school's concern about a Facebook posting of a very large black snake seen sunning itself on the Market Street wall. It is true, we do have a 6' skinny black snake which was last seen the day before Memorial Day on the wall by the 15th Street intersection, but it has not been seen since. Without school children to replace the flags, Carol picked up the flags at the Amvets, and Kirk, a kind-hearted volunteer, spent two days replacing the flags. Thank you, Kirk. The worn flags were taken back to the Amvets.

CEMETERY WORKERS

As many of you know, Bob Wetzal, one of the cemetery workers, is out on leave with medical problems. We all wish him a speedy recovery. We were fortunate enough to get one part-time Career Link worker, who is leaving us for a full-time job. We have one part-time employee, Greg, who does weed whacking. Randy and Tom do the heavy duty lawn mowing with the two zero radius mowers. They are doing a fantastic job!

21st Annual Baber Appreciation Day

Saturday, September 7, 2019

NATURE & HISTORY WALKING TOURS 3:00 PICNIC BEGINNING 4:30

BAKE SALE 3-6:00 BASKET RAFFLE 3:00 TO 5:30 THIRD BRIGADE BAND 4:00 - 5:45 SOLEMN EVENSONG SERVICE - 6:00 PM

Hot dogs, baked beans, chips, watermelon and water will be provided.



Join the Episcopal Church of Schuylkill County as we offer Hugs and Kisses, and balloons, and information at the Episcopal Church Booth at the Schuylkill County Fair, **July 29** through **August 3**, from **4 till 8** Come for an hour, or come for the entire week! This has always been a wonderful time of fellowship and sharing, good food and interesting folks!



North Parish Peach Festival



Wednesday, August 21

St. John's Episcopal Church
13th & Market Sts.
Ashland, PA

6pm to 8pm
Tickets \$5.00

Come enjoy peaches, ice cream, baked goods and a beverage.
Eat in or take outs available.

For tickets, see Bonnie Hynoskie, Lois Hewes
Or call the church office at 570-429-7107.



Flower Donations

In order to save the church money, when there are no sponsored memorials or thanksgivings for flowers on a Sunday morning, there will be one arrangement only. On those Sundays when flowers are sponsored, the suggested donation is \$35.00. We are constantly looking for ways to be good stewards of your commitment to the church and our shared ministry.

Trinity Episcopal Church

200 South Second Street
Pottsville, PA 17901
Phone: 570.622.8720
Fax: 570.621.3221
Return Service Requested

**Deadline
For
September/October "Topics"
Friday, Aug. 16, 2019**

Non-Profit Org.
U. S. Postage
PAID
Permit No. 305
Pottsville, PA 17901

July Birthdays

1 – Tony Bacon
2 – John Pritiskutch
3 – Lea Bortner
4 – Jerry Simatos
6 – Leigh Ann Siminitus, Alice Sapp
11 – Kendyl Moyer
14 – Kitty Murray
20 – Reynolds Hostetter
21 – Allesondra Pritiskutch
25 – Miriam Harris
28 – Nancy Buehler, Daniel MacArthur,
 Janine Hinnershitz
30 – Emerson Albright
31 – Robert Bednar

August Birthdays

1 – Connie Guensch
2 – Donna Ross
4 – James Coulson
8 – Alana Spotts, Sandra Snyder
12 – Doris Kauffman
16 – Edna Rauco, MacKenzie Menuchak
18 – Dottie Kelly, Anne Marie Brennan
22 – Kathy Burda
23 – Delaney Burns, Layne Reedy, Peter Bortner
24 – Waverly Bacon IV
25 – Patrick Moore Sr.
26 – Cynthia Ryland, Jake Oerther
27 – Justin Lindenmuth, Elliot Wehr
28 – Tracy Frederick
30 – Frank Yuengling
31 – Nancy Billie, Bill Malarkey