

# living lackawanna

Official Newsletter and Report to Lackawanna County Taxpayers

## Commissioners Aim to 'Make Lackawanna Healthy'

An initiative designed to "make Lackawanna healthy," reduce obesity, control blood pressure and other vitals, and promote a wellness way of life was unveiled recently by the Lackawanna County Commissioners.

Commissioners Jim Wansacz, Patrick M. O'Malley and Edward G. Staback explained that this "Fit-n-Fun Healthy Lackawanna" program will be combined with the County's popular Family Fun Day series and focus on a variety of recreational activities, physical fitness and exercise routines that will cater to people from ages eight to eighty.

"This is a great initiative for the 214,000 residents of Lackawanna County. We have some great partners involved and they are all focused on one main goal – helping everyone to live longer by doing some type of exercise and making small overall wellness changes that make a big impact," explained Commissioner Wansacz. "Our parks are the perfect venues because of the excellent sports fields, courts and greenspace. Having our area health care organizations offer a variety of programs ranging from smoking cessation to nutrition counseling will also help to improve our residents' overall health."

"This health program is about making positive change in people's lives," said Commissioner O'Malley. "It's about being conscious about the toll obesity, smoking and alcohol can take on your system. We want to change people's mindset and have them take small steps with activities that they like."

"The main goal of this program is to alert our residents to the programs and services that are available in



Lackawanna County Commissioners Jim Wansacz and Patrick M. O'Malley gathered with local medical professionals at McDade Park to announce their "Fit-n-Fun Healthy Lackawanna" Initiative. Pictured from left to right, Bill Davis, Lackawanna County Deputy Director of Parks & Recreation; Barbara Bossi, GCMC; Brian Ebersole, The Wright Center, Commissioners Wansacz and O'Malley; Beth Frushon, Donna Passino, Dr. Christopher Minello, D.O.; Lauren Stevens Ward and Anthony Pero, all of The Wright Center.

Lackawanna County to help combat various health issues before they escalate into larger problems," noted Commissioner Staback. "I am proof that we have excellent medical professionals here who can help with a variety of specialties to put you on the road to good health."

This free program will be offered on the following dates at County parks from 11 a.m. to 2 p.m.: McDade Park, June 27; Covington Park, July 11; Aylesworth Park, July 25; and Merli-Sarnoski Park, August 8. The fitness activities offered will be administered by fitness professionals and other individuals who are involved in wellness programs. Residents will be able to try such age-appropriate activities as aerobics, tai chi, yoga and dance to gauge if it works for them as part of their fitness regimen. The point of this "exercise sampling" is to continue the activities at several

spas, gyms or fitness centers in our community. Physicians and representatives from local health care organizations, such as The Wright Center for Primary Care and Geisinger Health System, will be providing free blood pressure screenings, tobacco cessation information and nutritional resources, and promoting other health-focused initiatives at the events.

There will be a variety of games, activities and exercise opportunities for those who attend. McDade Park also offers families the opportunity to inspect the coal mine tour and anthracite museum. Links to various wellness programs and services, practitioners, and general resource information will be available on Lackawanna County's website at [www.lackawannacounty.org](http://www.lackawannacounty.org).

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INNOVATION STARTS HERE<sup>SM</sup>  
**Lackawanna**  
County

# Commissioners' Message

Who has the next 'Big Idea'? It could be YOU!



Jim Wansacz



Patrick M. O'Malley



Edward G. Staback

Theophrastus, a Greek philosopher who was a disciple of Aristotle, said it best that "time is the most valuable thing that an individual can give."

That quote perfectly describes our community. Lackawanna County is a giving and compassionate area. Our residents are very hard-working and committed to causes that will enhance our region or help those who are in need or despair.

The people here are always at the ready to answer the call, whether it is donating food, money, clothing or time. Assisting others or powering towards progress have, throughout our history, been a big part of our storied tradition.

In these economic times, it is vitally important to create opportunities in the areas of technology, education, jobs and recreation to move our area forward. To do so, we need your input... your Big Ideas.

No idea is far-fetched. We, as Commissioners, don't have all the answers. But, we do have a plethora of talented people in Lackawanna County who have a significant amount of valuable insights. They have Big Ideas on what our area needs to grow, expand and compete, along with how to do it and what and where the resources are to accomplish projects.

We are more than willing to listen to those Big Ideas because they could be the keys to unlocking Big Opportunities for Lackawanna County. Our request to you is to partner with us to turn concepts into realities that will improve our quality of life, diversify our economy, help our

youth and retain our talented young professionals.

To that end, we are looking for scores of people to serve on task forces with our staff to organize activities and programs in three core areas – County Fair, Destination Point, and Science Technology Engineering Arts Math (STEAM) School.

The planning, research and financing of these areas will require time and careful evaluation. But we truly feel that these Big Ideas can be accomplished for the betterment of our community.

Interested parties are asked to complete a brief application that is available on the County's website [www.lackawannacounty.org](http://www.lackawannacounty.org) or at the Commissioners' Office.

The one-page document asks basic questions relating to work, contact information and task force choice. Candidates are also asked to submit a cover letter and resume.

The materials can be mailed to or dropped-off in person at the Commissioners' Office, 200 Adams Avenue, sixth floor, Scranton, PA, 18503. They can also be faxed to 570-963-6812 or emailed to [pantusof@lackawannacounty.org](mailto:pantusof@lackawannacounty.org).

However you submit the information, we say thank you for wanting to be involved and, even more important, thanks for your Big Ideas!!!

Your commitment to help make our community a better place is greatly appreciated.

Handwritten signature of Jim Wansacz in yellow ink.

Handwritten signature of Patrick M. O'Malley in yellow ink.

Handwritten signature of Edward G. Staback in yellow ink.

# 'A Lackawanna County Tradition' continues this August

**Festival atmosphere surrounds basketball tournament played in Downtown Scranton**

August 7-9, 2015  
**3 ON 3**  
— BASKETBALL —

A Lackawanna County Basketball Tradition

The annual Lackawanna County 3-on-3 Basketball Tournament – "A Lackawanna County Tradition" – will take place August 7, 8 & 9 on the blacktopped streets of Downtown Scranton.

Over 75 teams are expected to participate in the event that has been held downtown in the 100 and 200 blocks of Wyoming Avenue the past four years after moving from the macadam lots at PNC Field. Originally held in the Electric City, the 3-on-3 Tournament returned in 2012 after being played for over two decades at the base of Montage Mountain. Since returning to the downtown, the 3-on-3 Tournament has become part of First Friday events in the City and has helped create a festival-type atmosphere.

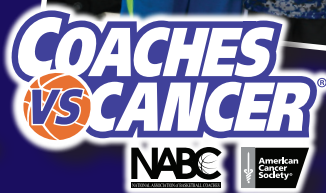
Last year saw champions crowned in 11 divisions, eight male and three female. The 3-on-3 tournament is open to boys

and girls, grades 3 through 12, and adults, 18 and over in both male and female divisions.

All competitors are guaranteed three games in the tournament. Proceeds from the tournament benefit NEPA Coaches vs. Cancer and the boys and girls high school basketball programs in Lackawanna County.

Registration forms can be downloaded at [www.lackawannacounty.org](http://www.lackawannacounty.org) or [www.visitnepa.org](http://www.visitnepa.org). They can also be found at most community centers in Lackawanna County and at all Lackawanna County libraries and parks.

For more information contact the Lackawanna County Community Relations department at 570-963-6743 or by email at [notarir@lackawannacounty.org](mailto:notarir@lackawannacounty.org).



## Jessup and Moscow bridges get makeovers



Lackawanna County Commissioners Edward G. Staback, Jim Wansacz and Patrick M. O'Malley cut the ribbon for the mural design on the Jessup Bridge on Constitution Avenue and Delaware Street with artist Heather Evans, center. The mural, painted in grayscale, radiates the feel of an old photograph. It highlights Jessup's sawmill, mining, connection to the old world with the Race of the Saints, commitment to education and athletics, Cougar Pride, and Judge William Jessup. Pictured, left to right, Commissioner Staback; Maggie Alunni, Jessup Councilwoman; Commissioner Wansacz; Jessup Mayor Beverly Merkel, Jim Brunozzi, Jessup Council President; Ms. Evans, Lorraine Stevens, Jessup Councilwoman; Commissioner O'Malley, George Kelly, the County's Economic Development Director; and Maureen McGuigan, the County's Arts & Culture Deputy Director.



Lackawanna County Commissioners Edward G. Staback, Jim Wansacz and Patrick M. O'Malley cut the ribbon for the mural design on the Moscow Bridge located at the intersection of Market and North Main streets with artist Cat Badger. The mural showcases the history, culture and landmarks of Moscow along with the four seasons of Northeastern Pennsylvania. Highlighted are the library, borough building, park on Van Brunt Street, the borough's Christmas tree, historic train station, Moscow cemetery and the flags of the nationalities of the people who settled in the town. Pictured, left to right, Commissioner Staback, Commissioner O'Malley, Ms. Badger, Art Pencek, Moscow Councilman; Commissioner Wansacz, George Kelly, the County's Director of Economic Development; Maureen McGuigan, the County's Arts & Culture Deputy Director; and Marc Gaughan, Moscow Council President.

## Parks & Recreation Events

### Free Swimming

McDade Park Pool  
Aylesworth Park Lake  
Merli-Sarnoski Park Lake  
Mid June, 11 a.m. - 7 p.m.

### Gymnastics Clinics

United Sports Academy  
July 7, 14, 21, 28  
4 p.m. - 5:30 p.m. (Tuesdays)  
August 4, 11, 18, 25  
4 p.m. - 5:30 p.m. (Tuesdays)

### Fishing Derby

Merli-Sarnoski Park  
October 3, 11 a.m. - 1 p.m.

### Youth Tennis Clinics

For locations visit  
[www.lackawannacounty.org](http://www.lackawannacounty.org)  
June 15 - August 12  
Tournament: August 15

### Adult Tennis League

McDade Park  
June 9 - August 20  
6 p.m. - 8 p.m. (Tues. & Thurs.)

### Summer Basketball Clinics

McDade Park  
June 22-25 & July 6-9  
9:30 a.m. - Noon (Ages 7-10)  
July 13-16  
9:30 a.m. - Noon (Ages 11-14)

### Junior Summer Golf Clinic

Scott Greens Golf Club  
June 19 & 26, July 3 & 10  
- Boys & Girls ages 8-16  
9:30 a.m. - 11:30 a.m.  
- T-Golf ages 4-7  
9:30 a.m. - 10:45 a.m.

### Youth Soccer Clinics

Merli-Sarnoski Park  
June 22-25  
McDade Park  
July 20-23  
Covington Park  
July 27-30

For information on these events, or on any County Park, please call (570) 963-6764.



## Our Cornerstone Community Events

*The third annual Lackawanna County Commissioners Bike Safety Fair provided free helmets, instructions, giveaways and food to hundreds of area children. The event, held at PNC Field, featured bike safety checks, fingerprinting by the District Attorney's Office and the Bookmobile. Commissioner Patrick M. O'Malley and Commissioner Jim Wansacz are pictured with sponsors, Rachel Mark of SWB RailRiders, Tom Boylan of Cedar Bike and Paddle, and Joe Fasula of Gerrity's Supermarkets.*

A big "THANK YOU" to all of our partners who made the third annual Lackawanna County Commissioners Bike Safety Fair a huge success - PNC Bank, Cedar Bike and Paddle, Gerrity's Supermarkets, and our hosts, the Scranton/Wilkes-Barre RailRiders. We could not have done it without you!

The Bike Fair was just the start of the fun! Come out and enjoy the sights and sounds of summer and all that Lackawanna County has to offer. We have planned plenty of free activities and events for you and your family.

Kids and adults are also asked to come out and join us at our Lackawanna County Fit-n-Fun Days at all four of our County Parks. We will be at: McDade Park on June 27; Covington Park on July 11; Aylesworth Park on July 25; and Merli-Sarnoski Park on August 8.

There will be free hot dogs, beverages, activities and demonstrations to help you and your family stay fit throughout the summer. Those who wish can have their progress tracked by medical professionals on site.

The annual Lackawanna County 3-on-3 Basketball Tournament returns August 7, 8 and 9 as our local cagers battle on the blacktop of Downtown Scranton for hoop supremacy.

Our Art in the Park programs take place on Tuesdays throughout the month of July from 10 a.m. until Noon, rain or shine, with free art activities for children of all ages. The program kicks-off at Merli-Sarnoski Park on July 7, followed by Covington Park on July 14, Aylesworth Park on July 21 and McDade Park on July 28. "Arts Engage!" is another one of our programs set for this summer. It was developed by the County's Department of Arts & Culture and Office of Youth and Family Services, and it allows at-risk children to participate in arts and culture programs as a way to help develop positive social skills through the power of the arts. It will be held August 6 from 10 a.m. - 12 p.m. at the Electric City Trolley Museum on Cliff Street.

We are looking forward to a great summer in Lackawanna County, and we hope that you can join us!





# County Parks Have Something for Everyone



## McDade Park

Inclusive Boundless Playground  
Swimming pool with bath house  
Children's fishing pond stocked several times a year

Basketball and tennis courts  
Softball field  
Two pavilions

Outdoor picnic areas with charcoal grills

Two-mile cross country running course and hiking trail system

Lackawanna Coal Mine Tour Complex with concession stand and gift shop

Pennsylvania Anthracite Heritage Museum and gift shop

Cancer Memorial Garden and arboretum

Bocce courts

Multipurpose field for soccer and lacrosse

Free sports equipment rentals

Large, open fields for Frisbee or cross country skiing

## Covington Park

Inclusive Boundless Playground

Little League field

Pavilion

Baseball and soccer fields

Basketball and volleyball courts

Fishing/Seven-acre lake

## Merli-Sarnoski Park

35-acre lake stocked by the Pennsylvania Fish and Boat Commission

Two pavilions

Large handicap accessible fishing pier

Beautiful sandy beach area with bath houses

Boat launch (electric motors only)

15 miles of hiking, mountain bike and nature trails

Picnic areas with tables and charcoal grills

Two playground areas with basketball and volleyball courts

Regulation soccer fields

Lackawanna County Sheriff's Department horse stables

## Aylesworth Park

Four-acre lake with beach

Fishing in lake stocked by the Pennsylvania Fish and Boat Commission

Playing fields

Inclusive Boundless Playground

Pavilion complex than can be reserved for groups of up to 150 people

Lake trail

Numerous hiking trails

Picnic tables and grills

# Upcoming Events

Youth Soccer Clinic, Merli-Sarnoski Park	June 22-25
Fit-n-Fun Day, McDade Park	June 27
Art in the Park, Merli-Sarnoski Park	July 7
Fit-n-Fun Day, Covington Park	July 11
Art in the Park, Covington Park	July 14
Art in the Park, Aylesworth Park	July 21
Fit-n-Fun Day, Aylesworth Park	July 25
Youth Soccer Clinic, Covington Park	July 27-30
Art in the Park, McDade Park	July 28
Arts Engage!, Electric City Trolley Museum	August 6
3-on-3 Basketball Tournament	August 7-9
Fit-n-Fun Day, Merli-Sarnoski	August 8
Senior Health Fair	September 18
Heroes' Day	September 19

# Lackawanna County Attractions



## Lackawanna Coal Mine Tour

McDade Park, Scranton | 570-963-6463  
Open Daily 10am-3pm | April 1st - November 30th  
Closed Easter & Thanksgiving



## Electric City Trolley Museum & Station

Cliff St. on the grounds of Steamtown  
National Historic Site, Scranton | 570-963-6590  
Open Daily 9am-4pm | May 1st - December 31st  
Closed Thanksgiving, Christmas & New Year's Day



## Lackawanna County Visitors Center and Whistle Stop Shoppe

99 Glenmaura National Boulevard, Scranton  
1-800-22-WELCOME x5  
Open Daily 9am-5pm



## Lackawanna County Convention and Visitors Bureau

For more information on area attractions, hotels and restaurants, please visit [www.visitnepa.org](http://www.visitnepa.org) or call 1-800-22-WELCOME

*This newsletter is paid for by the Hotel Room Rental Tax.*

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[lackawannacounty.org](http://lackawannacounty.org)

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