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...something for everyone!



Harborcreek Welcomes Spring



Advertorial



Multigenerational Households are on the Rise

Ensure your home insurance reflects your household

Erie, PA 1/23/19 - From single-parent households to adult children living with their parents, there are more kinds of households than ever before. The U.S. Census Bureau defines a multigenerational household as more than two generations living under the same roof.

The number of Americans living in multigenerational family households continues to rise. In 2016, a record 64 million people, or 20 percent of the U.S. population, lived with multiple generations under one roof, according to a Pew Research Center analysis of census data.

When multiple generations live under one roof, there are additional insurance considerations.

“Homeowners coverage is designed to protect the person named in the policy and other relatives living in the household. So a multigenerational household is generally covered under most insurance policies,” said Robin Margosian,

Laskowski Insurance Agency. “However, there are some things multigenerational families should bring up when talking to their agent.”

“Multigenerational households may have more personal property to insure and could require higher insurance limits,” said Margosian. “Additionally, more people living in one space usually means more activity—so homeowners may need to consider higher liability limits to cover something like a guest getting hurt or a stranger tripping over a toy in the yard. One option to consider is a personal catastrophe liability policy, also known as an *umbrella policy*, which adds an extra layer of protection to your homeowners policy.”

Margosian says another simple step is to ask your insurance agent if Guaranteed Replacement Cost Coverage is included with your policy, and if it isn’t, consider buying it. This coverage allows homeowners to repair covered losses in their home in today’s dollars. Not all companies offer it, but some, like Erie Insurance, do.

“Many of our customers have busy family lives and don’t have a lot of extra time in their day to think about insurance, and we get that. That’s why we’re here to help when, where and how they need us,”

said Margosian. “We get to know our customers so we can help them choose the coverages they need—not what they don’t,” said Margosian.

Anyone who has questions about homeowners insurance can contact Robin Margosian by phone at 814-897-8467, by email at robin@laskins.com or in person. Laskowski Insurance Agency is located at 4620 Buffalo Rd.



Robin Margosian
ERIE agent

Welcome to year 4 of *yourHarborcreek* Magazine - Harborcreek Township's Official magazine. We are grateful to all those who have supported this venture and thank all the advertisers that have continued to make this a first rate publication. Thanks also to all the local organizations that have shared vital and interesting information over the last 3 years. The HC Historical Society has helped us recapture "days gone by" and the volunteer fire departments have offered safety tips for all of us to learn from.

As winter winds down – a tip of the cap to the HC Roads Crew for their great job in keeping our roads clear. Harborcreek Township looks forward to an exciting Spring and Summer – a chance to watch little league games, launch your boats, and enjoy all that the Harborcreek Community has to offer.

Harborcreek Township... Something for Everyone

Tim, Joe, and Dean

Interested in advertising in "*your Harborcreek*" magazine and reaching over 17,000 residents of Harborcreek Township?

Please contact Stacey Stranko at SStranko@harborcreektownship.org or call: 814-636-4419

Would you like to contribute content to "*yourHarborcreek*" magazine? Please forward information and pictures (if applicable) to YourHarborcreek@harborcreektownship.org or call 814-899-3171. Harborcreek Township maintains full editorial rights and will include content when content room is available.

MAGAZINE DEADLINE:

The next deadline to submit content to be considered for "*yourHarborcreek*" magazine is May 13, 2019.

Photo credits in this issue of "*your Harborcreek*", all or in part, courtesy of *John D. Fox Photography* and Kevin Soles.

Harborcreek Township

5601 Buffalo Road
Harborcreek, PA 16421
814-899-3171
www.harborcreektownship.org

Normal Business Hours:

Monday - Friday 8:00am - 4:30pm
Closed Weekends and Holidays

Supervisors:

Tim May, Joe Peck, Dean Pepicello

Connie Cruz - Zoning Administrator

Shelley Hull - Board Secretary

Steve Seidler - Comptroller

Dave Eades - IT

Brian Benovic - EMA

Krista Arnold - Code Enforcement and
Parks Coordinator

Michelle Hannold - Receptionist/Roads
Secretary

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Harborcreek Township Sewer Auth.

814-899-9191

Brian McNamara, HTSA Manager

Harborcreek Township Tax Collector

Pam Brink

5601 Buffalo Road

Harborcreek, PA 16421

814-899-0818

Tuesday-Friday, 9:30-1pm and 2-5pm

Harborcreek Senior Center/AARP Chapter

Located in lower level of HC

Municipal Building — Hours - Monday &
Wednesday — 12:30pm to 4:30pm

Monthly meetings normally held the first
Tuesday of each month @ 1:00pm. Please
call 814-899-3171 to confirm.

CONTENT

In The Community 2-8

Development Update 9

Community Calendar 10-11

Healthy Around Harborcreek 12

Fire Departments 16-17

Historical Society 20-21

Husky Happenings 22-24

Local Government Offices:

District Justice Lisa R. Ferrick

3921 Buffalo Road

Erie, PA 16510

814-451-6516

State Representative

Curt Sonney - 4th District

District Office

K-Mart Plaza

4457 Buffalo Road

Erie, PA 16510

814-897-2080

State Senator Dan Laughlin

1314 Griswold Plaza

Erie, PA 16501

814-453-2515



IN THE COMMUNITY

A Public Safety Update from your Harborcreek Township Supervisors

On December 13th the Department of General Services (DGS) of Pennsylvania informed Township Supervisors that they were backing out of a deal that would have built a new PA State Police Barracks on vacant land just west of the Municipal Building on Route 20. The agreement was 2 years in the making. Subdivision of the 14 acres was complete, preliminary land development plans had already been approved, site and building designs were complete, a ground breaking was expected spring or summer of 2019.

Township Supervisors supported this agreement because it would have placed the preeminent law enforcement agency in the Commonwealth smack dab in the middle of Harborcreek Township with easy access to Interstate 90 benefitting not only the residents of Harborcreek but northwestern Pennsylvania as a whole.

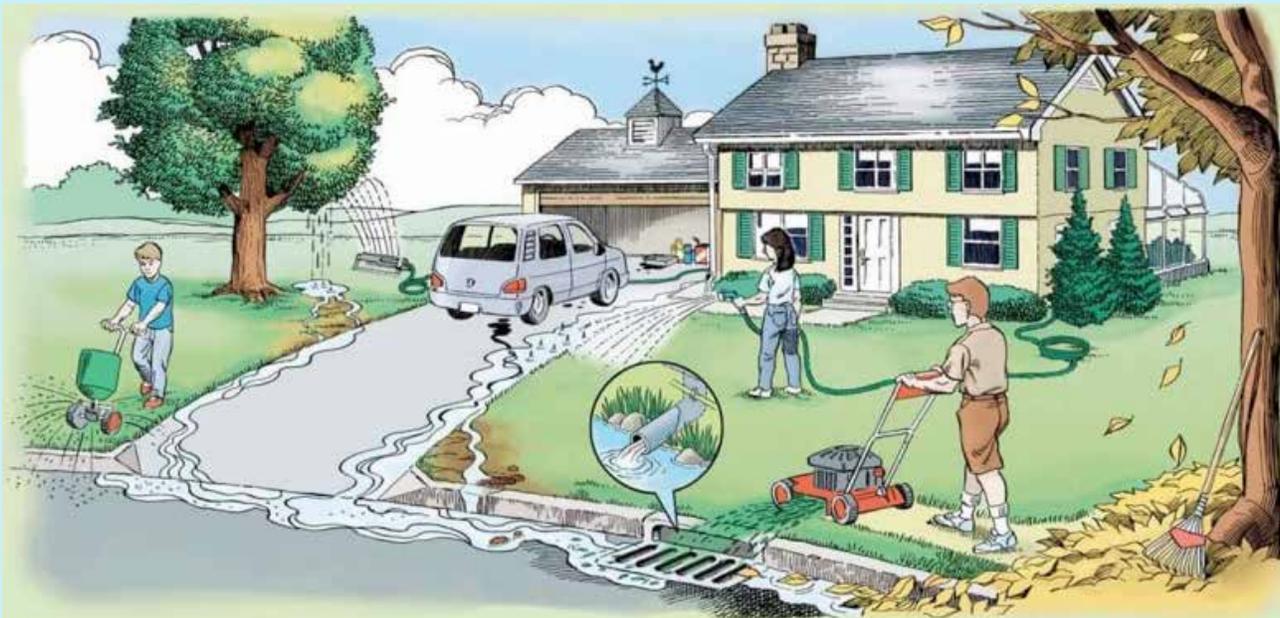
DGS cites the issue of a small area of wetlands (less than 1 acre) and their desire for a traffic signal as reasons for voiding the agreement. It's important to note that the design had already worked around the wetlands area. Even if it hadn't, wetlands are easily mitigated every day for development. The traffic signal, which a PennDot study deemed unnecessary but DGS demanded anyway, would have added \$100,000 to what is estimated to be a \$10 million project. While we don't necessarily doubt that DGS did not generally

prefer this site given that most of their search has, appropriately so, centered around a more central location in Erie County, we do take issue that after 2 years of working on this project that the powers that be in Harrisburg would simply pull the plug for reasons which are suspect at best.

Having said that, we support strongly Troop E and PSP efforts in general to do everything they can in the interest of the safety of all residents in Erie County. We thank State Representative Curt Sonney for his steadfast support in this venture. It is unfortunate that Harrisburg scuttled this important project just months from a long awaited groundbreaking. It is hard to fathom how much money DGS may have spent over 2 years on legal fees, engineering services, site testing etc.

We turn our attention to the future of public safety now. Between the tireless efforts of our 3 volunteer fire companies and the newly formed East County EMS service in partnership with Lawrence Park and Wesleyville to back up the volunteers we feel the future of fire and ambulance service in Harborcreek Township is as secure as ever. We will explore all options available and continue to look for effective yet affordable avenues for police coverage that can serve us well into the foreseeable future.

Do Your Part to Prevent Storm Water Pollution in HC



- Never pour any hazardous substance such as used oil, cleaning supplies and paint down any part of the storm sewer system.
- Use pesticides and fertilizers sparingly to prevent excess runoff.
- Never dump automotive fluids into storm drains.
- Correct motor vehicle leaks (vehicles drip fluids such as oil, grease, gasoline, antifreeze, and brake fluid).
- When walking your pet, pick up the waste and dispose of it properly. Leaving pet waste on the ground increases public health risks by allowing harmful bacteria to wash into the storm drain and eventually into local water bodies.
- Sweep up litter and debris from sidewalks, driveways, and parking lots, especially around storm drains to avoid having it wash into the storm sewer system.

HC Parks Looking Forward to Fun Activities This Summer

Rolling Ridge Park is the place to be this summer for daily crafts starting June 10th. Pam and Marilyn will continue one of Harborcreek's longest traditions and help make your summers a very fun and colorful one! More details will follow on Harborcreek Township's Facebook page – stay tuned for posts!

Tennis Lessons will once again take place in Harborcreek Township. Children ages 8-18 are welcome to join this FREE clinic courtesy of Harborcreek Township. Check the township website and Facebook Page for specific dates as time draws nearer.

Looking for a great place to take a walk on a nice summer evening? Look no further than **Harborcreek Community Park**. With a 7/10 mile paved walkway and additional shaded trails – it's a great place to get some fresh air. And there's a good chance there might be a Harborcreek Little League game going on where you can see some future major leaguers play.

Another great place to catch some great baseball games is **Slade Road Park** – where you can see field improvements made by the league and township working together. Check out Harborcreek Little League's Facebook page or website for schedules of your favorite teams.



You can check out future Major Leaguers at Slade Park this summer.

If a more rugged hike is your style – check out **Six Mile Creek Park**. Parking is located on Clark Road about 1/10th of a mile from Depot Road. These trails will take you down to Six Mile Creek where you can dip your toes in the cool creek water.

Runner's Clinic – Harborcreek resident and Running Coach and fitness enthusiast Sandie Sweet will be back this year for another great Runner's Clinic to inspire new runners as well as runners who want to become even better. Keep an eye out to the HC Township Facebook page for specific dates and times.



Sunsets like this one can be seen quite often at Shade's Beach and Shorewood Park.

And last but not least – how about a beautiful Harborcreek Sunset on Lake Erie? There are great views to enjoy at either **Shorewood Park or Shades Beach Park**.

Our sunsets are second to none!

New Eagle Scout Mitchell Lefebre

Harborcreek Township would like to salute Mitchell Lefebre, a Junior at Harbor Creek High School, who just recently finished his Eagle Scout Project. His project was to build a Little Free Library for the Sisters of Saint Joseph Neighborhood Network. The location of the site is 425 W. 18th St. Erie, PA 16502. Mitchell's Eagle Scout Court of Honor was held on Dec. 22, 2018 at Faith Lutheran Church. Congratulations, Mitchell.



Mitchell Lefebre (top center) poses with his Eagle Scout project, family and friends.

IN THE COMMUNITY



The Mouth-Body Connection

Dina L. Nuhfer, D.M.D.
North East Dental Arts
info@NorthEastDentalArts.com

While most people understand the importance of good oral hygiene for protecting your mouth, teeth and gums, many are unaware of the important link that exists between oral health and overall health. Oral health is essential to general health and well-being at every stage of life.

Because the mouth is a primary entryway into the body, poor oral health can have negative consequences for the entire body. Teeth that ache, gums that bleed and breath that smells bad are all indicators of poor oral health. Bacteria from the mouth can easily get into the bloodstream and cause infection and inflammation wherever it spreads.

Poor oral health practices such as smoking or using tobacco products can often lead to oral and throat cancers. But poor oral health has also been linked with such conditions as cardiovascular disease, diabetes, respiratory infections, kidney disease, infertility, erectile dysfunction and rheumatoid arthritis.

Prevention

Practicing good oral hygiene is the best way to prevent serious health issues. Brush thoroughly twice a day using fluoridated toothpaste, floss daily to remove plaque bacteria from places your toothbrush can't reach and use an antimicrobial mouth rinse if

recommended by your dentist. When purchasing dental products, look for the American Dental Association's Seal of Acceptance.

Semi-annual preventive dental appointments are not just for cleanings. They are an opportunity for a dentist to evaluate your overall oral health by checking for tooth decay and gum disease, perform an oral cancer screening, provide nutritional counseling, home care instruction and many other benefits.

Office Visits

If you're a new patient or information has changed since your last appointment, arrive early and be prepared to complete any necessary forms. When speaking with your dentist, provide an updated health history including medication use and tell them about any recent illnesses or chronic conditions. If you use tobacco, ask them about options for quitting. Be certain to mention any sensitivity, odor, pain or change in your mouth so they can address any potential issues affecting your oral health.

Stress

Stress can have serious effects on both your oral and physical health. Dentists will notice if you grind your teeth or clench your jaw, which are signs of stress. If left untreated, these problems can lead to more severe issues like worn down and chipped teeth or even bone loss. In many dental offices, a nightguard can be custom fit to a patient's mouth providing comfort and protection for their teeth.

Summary

It's important to practice good oral hygiene and to see a dentist regularly in order to avoid serious risk to your body's overall health. You don't have to routinely care for all your teeth, just the ones you want to keep! I hope you want to keep them all and experience the benefits of better overall health too.



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"We always have a great experience. My entire family has been seeing Dr. Nuhfer for years. The entire staff are very friendly, professional and patient with the kids. I would highly recommend North East Dental Arts. Love your new building!" - *Tiffany B., Erie, PA (Harborcreek Township)*
Google® Review



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IN THE COMMUNITY

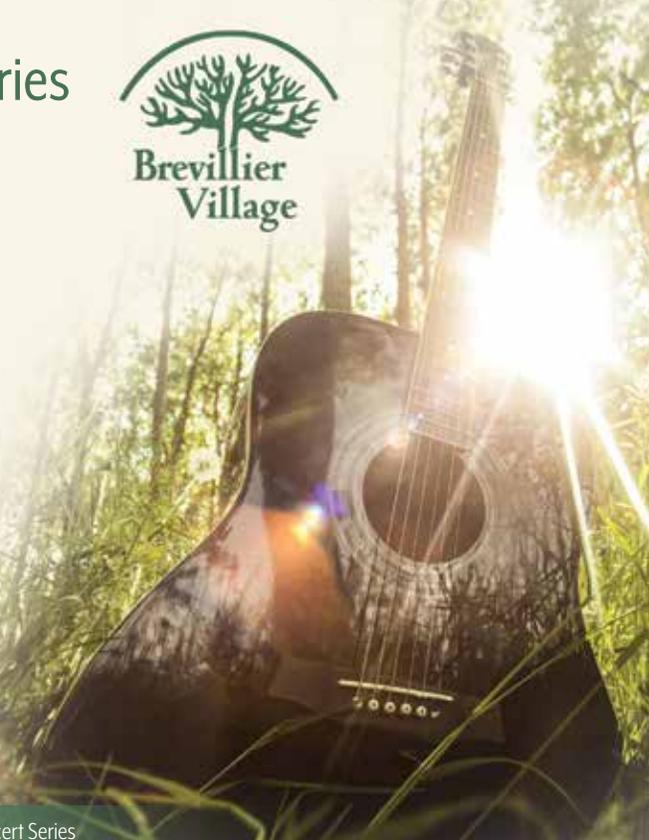
2019 Whitford Park Concert Series

Wednesday Evenings at 7 pm – 8 or 8:30 pm



| | |
|-------------------------|-------------------------------------|
| June 12 th | Country Blue |
| June 19 th | Generic Grass (roots/rock) |
| June 26 th | Loose Change Band |
| July 3 rd | Shady Side |
| July 10 th | The Mountain Thyme Ramblers |
| July 17 th | Doggone Good Band (roots/rock) |
| July 24 th | Mike and Marie Acoustics |
| July 31 st | Lake Eria Banjo Jammers |
| August 7 th | Polka Relations |
| August 14 th | Kurt Novakowski, Elvis Impersonator |
| August 21 st | David Julius |

Thank you Brevillier Village for sponsoring the 2019 Whitford Park Summer Concert Series



Great crowds like this are the normal scene at the Whitford Park Summer Concert Series sponsored by Brevillier Village which starts Wednesday, June 12th. Great entertainment and great friends make Whitford Park the place to be.



Elect **Steve**
OLER
For
Harborcreek Supervisor

- Served 5 years in the United States Navy
- Retired Pennsylvania State Police Trooper
- Served on the Harborcreek Planning Commission
- Was Director of the PA State Police "Camp Cadet Program"
- Brought "Shop with a Hero" program to less fortunate students in the Harbor Creek School District
- Organized a heroin presentation "The Heroin Epidemic- A Community Conversation" which was held at Harbor Creek High School April 2018
- I am running for Harborcreek Supervisor because **I am committed to the growth of Harborcreek Township**. Growth in jobs, growth in the tax base and growth in our small business community. I believe strongly that with growth, comes the opportunity to improve the services that are provided to township residents.
- With the safety of the residents being one of the most important functions of a government, we must do everything that we can to make sure that **our volunteer fire departments are well staffed and have the resources with the latest equipment** to keep them safe and ensure the safety for all Harborcreek.
- As the Township Roadmaster, I will be **determined to keep our roadways paved** in a timely, systematic fashion, saving us from costs down the road.

I will not be a Supervisor who sits behind a desk... I will be out in the community establishing plans to move Harborcreek forward, and working with residents to achieve that goal.

*Endorsed by
Swanson Memorial Fraternal Order
of Police Lodge 48
and
Erie Fraternal Order of Police Lodge 7*





Show Off Your Green Thumb!

Harborcreek's First Annual HC In Bloom Competition

An opportunity for Harborcreek residents to show off their flower and vegetable gardens with the chance of winning great prizes compliments of Stan's Garden Center.

Welcome to HC In Bloom 2019!

We are so glad you are joining this new Harborcreek Community Engagement Team venture to show off your green thumbs! Thank you to Stan's Garden Center for partnering with us on this colorful experience.

Registration between April 1 and May 31st

Simply stop in the HC Municipal Building to sign up. At registration you will receive an "HC In Bloom" yard sign that must be displayed in your front yard and visible from the road. You will also receive a one-time use coupon from Stan's Garden Center for 10% off of plant material purchased. Coupon expires May 31, 2019.

The information you need to provide includes:

1. Name and address
2. Location of garden to be judged (front or back yard)
3. Category entering:
 - Resident Flower (Free entry fee)
 - Resident Vegetable (Free entry fee)
 - Commercial Flower (\$25 registration fee)
4. Permission for judges to photograph your property for use in the Fall Issue of your Harborcreek Magazine

Container flower pots or container gardens are eligible for judging.

Judging will take place the week of August 5th by volunteers from the HC Community Engagement Team and winners will be notified the week of August 12th.



Garden Categories:

Resident Flower Garden
(Annual and/or perennial)

Resident Vegetable Garden

Commercial/Business Flower Garden

Gardens will be judged on the following criteria:

Flower Garden:

Use of Color
Layout and Design
Variety of Flowers
Health of Plants
"Curb appeal" of Flowers

Vegetable Garden:

Variety of Plants
Layout and Design
Health of Plants
"Curb Appeal" of Garden

Residential Winners will receive:

- 1st place - \$250 Stan's Garden Center Gift Card
- 2nd place - \$100 Stan's Garden Center Gift Card
- 3rd place - \$50 Stan's Garden Center Gift Card

Business/Commercial Flower Garden winner will receive a recognition plaque (1 winner)

HC In Bloom signs will be "harvested" by volunteer members the end of September.

WINNERS WILL BE FEATURED IN THE FALL 2019 EDITION OF your Harborcreek MAGAZINE.

DEVELOPMENT UPDATE

O'Reilly Automotive Store received final land development approval in October 2018. The plan consists of a new 7,225 sq. ft. building and associated parking, as well as pedestrian sidewalk, and demolition of existing structures. O'Reilly's will be located at 4645 Buffalo Road. Construction is anticipated in Spring 2019.

Grace Baptist Church located at 2420 Cumberland will be expanding the church with a 14,738 sq. foot addition and associated parking. A gravel parking lot will be completed first to accommodate visitors. Once the addition is constructed the parking lot will be paved.

PennState University (Behrend) will be making improvements to the trails at Wintergreen Gorge. The overall project will be done in phases, with the first phase a parking lot off Cooper Road.



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Facebook icon



COMMUNITY CALENDAR



YMCA Events

American Health & Safety Institute (ASHI) - Basic Life Support (BLS)

April 13th | 8 am

Eastside Family YMCA - \$30 for Members, \$50 for Non-Members

Basic First Aid (BFA)

April 13th | 2 pm

Eastside Family YMCA - \$30 for Members, \$50 for Non-Members

Basic Life Support (BLS) Renewal Class

May 20th | 1 pm

Eastside Family YMCA - \$30 for Members, \$50 for Non-Members

UPMC Speaker Series – Open to the Community – GE Room at Eastside Family YMCA

April 10 | Noon

Understanding Social Media: Ways to remain connected

May 10 | Noon

Summer Fun!

June 12 | Noon

Relaxation Strategies to Induce Tranquility

Against the Rules Family Pool Party

May 18th | 1 pm – 3 pm

Eastside Family YMCA – FREE to Family Memberships, \$10 per person for non-members and all other Y memberships

Parent's Night Out

Every 3rd Saturday of the Month

4 pm – 8 pm

Eastside Family YMCA – FREE to Family Memberships, \$10 per person for non-members and all other Y memberships

Outdoor Soccer

Registration April 1st - May 18th - \$5. for Members, \$58. for Non-Members (\$10 extended registration May 19th - May 25th)

Senior Week

May 13th – May 17th – Eastside Family YMCA

Assessment Day

May 14th

Open to the Community - We assess your fitness level which includes strength, balance, flexibility, and endurance.

DEMO Day

May 15th

Open to the Community - The Eastside Y will DEMO Silver Sneaker Classic & Yoga, Silver & Fit classes, Zumba Gold, Chair Groove, Tai Chi, and more for our Older Active Adults.

Raquetball Challenge Court

FREE to members - \$10. For Non-Members.

Pickleball Tournament

In April, date to be announced.

YMCA's Diabetes Prevention Program

Coming in April – This program will help prevent pre-diabetic participants from becoming diabetic through a class that provides a Lifestyle Coach to educate participants in positive healthy lifestyle changes.



Brevillier Village Events

Purse Bingo

April 14th | 5 pm – 10 pm

Harborcreek Fire Department Social Hall

Speaker Opioid Crisis

April 26th | 2 pm

Conrad House MPR

Saint Paul's Chapel Consecration

May 30th | 2pm

Planning Guidance

TBD

Retirement planning, estate planning, charitable giving, and funeral arrangements

Harborcreek Township Supervisor Meet & Greet

TBD

Brevillier Village - Open to all constituents

Purple Martin Festival

TBD



Fairfield Fire Department Events

Annual Designer Purse Bingo

March 31st | Doors open at noon bingo starts at 1:30 pm

Sixteen games of bingo including food and cash bar. Must be 18. Light snacks, coffee, water and punch included. Tickets \$30 each, table of 8 \$200. Tickets are available online at fairfieldhose.us or via Facebook. All proceeds benefit the Fairfield Hose Fire Department.



PennState
Behrend

Penn State Behrend Events

Every Thursday and Saturday:

Planetarium show (ages 8 to adult), 1 pm, Yahn Planetarium at Penn State Behrend (Except April 27th and May 16). The cost is \$5 for adults or \$3 for children, 12 and under.

Every Saturday:

Planetarium show (ages 2 and up), 2:30 p.m., Yahn Planetarium at Penn State Behrend (Except April 27). The cost is \$5 for adults or \$3 for children, 12 and under.

Spring: March 15th – June 14th

Through April 26:

Patricia S. Yahn Juried Student Art Show
Lilley Library

March 22 | 6 pm – 7:30 pm

Smith Creative Writing Series: David Baker
Smith Chapel

April 4 | 7 pm – 8 pm

Astronomy Open House:
Remembering Apollo 11
101 Otto Behrend Science Building

April 4, 5, 6, 11, 12, 13:

The Heathers
Studio Theatre
All shows at 7:30 pm, the cost for “The Heathers” is \$7 for the general public and can be purchased starting in mid-April via the Behrend R.U.B. desk at 814-898-6242.

April 10 | Noon – 2:30 pm

Music at Noon: The Kassia Ensemble with
Mary Elizabeth Bowden
McGarvey Commons

April 11 | Noon – 1pm

Rhythms of Life Series: Honeysuckle
Bruno’s Café, Reed Union Building

April 14 | 4 pm – 6 pm

Behrend Choirs Spring Concert
McGarvey Commons

April 15 | 6 pm – 7 pm

Finance Speaker Series: Dawne Hickton,
Finance Speaker Series
001 Burke Center

April 16 | 8 pm – 9:30 pm

Behrend Concert Band performance,
McGarvey Commons

April 16 | 7:30 pm – 9 pm

Tarana Burak: Founder of #MeToo
McGarvey Commons

April 18 | 6 pm – 7:30 pm

Smith Creative Writing Series:
Deb Olin Unferth
Smith Chapel

April 23 | 8 pm – 10 pm

Jazz Ensemble Spring Concert
McGarvey Commons

May 11 | 7 am – 1 pm

Trash to Treasure Sale
Erie Hall

Grace Church Events

Ash Wednesday

March 6th | 6:30 pm – 8:00pm

Join us for this contemplative, worshipful night as we enter into Lent and prepare for Easter. The one hour service will be followed by a 30 minute time of fellowship.

Easter Egg Hunt and Pancake Breakfast

April 13th | 8:30 am, 10 am, 11:30 am, or 1 pm

If you’re looking for something fun to do this spring, grab a friend, shake off the winter blues, and join us on Saturday, April 13 for a pancake breakfast followed by an Easter egg hunt. Bring an Easter basket and dress for the weather. Sessions start at 8:30am, 10:00am, 11:30am, and 1:00pm, and registration is required. Register at whoisgrace.com/egghunt.

Men’s BBQ

June 1st | 11 am – 2pm

Come enjoy some good food and fun games while getting to know other guys from Grace Harborcreek. You are welcome to bring a friend! Lunch will be served from 11:00-12:00 and the games will begin around 12:15. We will form teams at the event, and there will be prizes for the winners! If you’re not up for cornhole or KanJam, feel free to just come and hangout.



HARBOR HOUSE

Live Music Every 3rd Saturday of the Month

8pm – 11 pm

St. Patrick’s Day Brunch

March 17th | Open at 7 am

Join us St. Patrick’s Day Brunch & an all day celebration!

Easter Brunch

April 21st | 10 am

Mother’s Day Brunch

May 12th | 10 am

Father’s Day Brunch

June 16th | 10 am

Did you know?

Hey, Penn State Behrend Friends! Harbor House now accepts LionCash!

Every Tuesday & Thursday, Receive Half Off Specialty Pizzas & Flatbreads from 9 to 11pm

[*Offer is valid when using your LionCash card for payment. Some restrictions apply.]

Looking for more information?
Visit our website at upick6.com

Laskowski Insurance Agency United Way Book Drive

Entire month of April | 8:30 am – 4:30 pm

We are collecting gently used or new books for children ages K-6th grade for United Way’s Summer Slide Book Drive.

For details on how your information can be included here in our Community Calendar, please contact:

Stacey Stranko

Sstranko@harborcreektownship.org



HEALTHY AROUND HARBORCREEK



Melatonin May Beckon Sandman

*Debbie DeAngelo, RNC, BSN
Holistic Health Coach
debbie@healthonheels.com*

Whether you have difficulty falling asleep, staying asleep or sleeping due to jet lag, melatonin may just be your personal sandman.

Our body has its own internal clock, or circadian rhythm, that regulates all bodily processes, including the sleep-wake cycle.

In the evening as the daylight diminishes, the pineal gland in the brain increases melatonin production to prepare for sleep. The amount of melatonin released varies according to artificial light too. Your body will manufacture more if you're sleeping in a totally dark room as opposed to a dimly lit room. In the early morning as the natural light increases with the sunrise, melatonin production is suppressed, which helps awaken us.

Our natural sleep cycle can be altered due to shift work, traveling across numerous time zones, complete vision loss, aging and for many other unknown reasons that lead to problems falling or staying asleep.

As a holistic health coach, I encounter many people who report unrefreshing slumber. While not the solution to everyone's sleep issues, melatonin can improve the quality of sleep for many people when used properly.

The optimal dose of melatonin hasn't been clearly established. The goal is to find the amount that improves the quality of sleep without causing morning grogginess. It's essential that you get eight hours of sleep when using melatonin or it can result in a hang-over effect. The standard dosage range that I suggest for my clients is one to three milligrams, 30 to 60 minutes before bed. For trouble drifting into dreamland, I recommend using the immediate release form. For trouble staying asleep, I recommend the time released form. Melatonin is available in tablets, capsules, liquids, chewables and sublingual pellets that are dissolved beneath the tongue.

Although melatonin is considered generally safe for adults, it shouldn't be used by pregnant or lactating women. Also, either work with a knowledgeable professional or consult your pharmacist for interactions if you take daily medicine.

Proper sleep hygiene factors into a good night's rest whether you use melatonin or not. To enhance your body's restorative efforts, be sure to wind down and power down electronics one hour before bed, dim the lights in the evening, keep the temperature in the bedroom at a sleep inducing 65 to 68 degrees and avoid eating a big meal within three hours of sleep.

One common sleep disruptor that I often encounter is an overactive mind. Melatonin isn't the solution to elusive sleep because your brain is in overdrive. Developing a relaxing evening ritual is essential to calming your mind. If you find yourself lying in bed doing a review of your day and planning for the next, then schedule this earlier in the evening. Once you're in bed, these thoughts will only delay sleep. Try including something like listening to soothing music, meditating or taking a warm soak in the tub to calm both your mind and body before turning in.

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Erie Family Center strengthens families and promotes the well-being of children through prevention, intervention and education.

Being a parent is the most important, and sometimes, the hardest job you will ever have. At the Erie Family Center, we believe that parents are their child's first and most important teachers! All our programs are offered by skilled staff, all in the comfort of your own home and at our family-friendly center. To enroll in any of our programs, please visit us online at ErieFamilyCenter.org or call 814-520-8214.

PARENTING SKILLS

The Incredible Years (IY) - Community

Incredible Years is designed to promote emotional and social competence. This program is utilized to prevent, reduce, and treat aggression and emotional problems in young children ages 0-12 years old. By using prevention techniques taught in IY the chances of later developing delinquent behaviors is reduced. It consists of a two-hour session once a week for eleven (11) weeks. In these sessions, trained facilitators use videos to encourage group discussion, sharing of ideas and promote problem solving.

1-2-3 Magic

A Parent education program dedicated to help parents build strong, positive relationships with their children and overcome the stress that can take the fun out of parenting. The program offers easy-to learn parenting solutions that are research based and proven effective for age groups from toddlers through Adolescents.

Motherhood Support Initiative (MSI)

This is a 12-week safe and supportive group for women to aid in fully understanding their importance as a mother in the lives of their children. With the help of a qualified group facilitator, women receive assistance to improve family management and parenting skills.

- Motherhood, offered twice a week at the Erie Family Center, is a character-based support group for women.

Motherhood II

Extension of MSI offered once a month to all who have successfully completed the MSI group format.

Promoting Responsible Fatherhood (PRF)

This is a 12-week safe and supportive group for men to aid in fully understanding their importance as a father in the lives of their children. This program is designed and dedicated to support, counsel, educate, advocate, and challenge fathers to become a strong, positive force within their families.

- Foundation of Fatherhood, offered twice a week at the Erie Family Center, is a character-based educational support group for men.

Strengthening Families Program (SFP)

This is a universal, evidenced-based intervention which can improve parents' child management skills, parent-child relationships, and family communication. By improving the parent-child relationship, we will increase the family's protection over possible risks such as drug and alcohol abuse or truancy. We hope that with help, these problem behaviors can be reduced or avoided entirely. This 11-week program focuses on setting limits, using consequences, protecting against substance abuse, handling peer pressure, family values, communication, and asking for help and is designed for children ages 7-17.

Learn more at ErieFamilyCenter.org or call 814-520-8214 for more information
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ADDITIONAL PROGRAMS

Access and Visitation

The Erie Family Center offers court ordered supervised visits to non-custodial parents to grow a positive, loving relationship with their child. The cost for this service is \$25/hr.

Co-parenting Counseling

For families experiencing separations or divorce. Co-parenting counseling allows parents the opportunity to share in the needs and interests of their children. The cost for this service is \$80/hr. and spaces are available.

HOME VISITATION SERVICES

Parents as Teachers (PAT)

PAT is a strong evidence-based, home-visiting model that provides parent education and support to families, especially those in challenging situations. PAT certified professional parent educators bring the program to families with an emphasis on parent-child interaction, development-centered parenting, and family well-being. Our PAT program is available from pregnancy until the child enters kindergarten, usually at age 5. By focusing on the early years, PAT helps parents understand what to expect during each stage of the child's development. Parent Only Events: Giving parents and caregivers a break is what this program is about! Wholesome, enriching activities are planned to allow "time out" from children and to promote positive growth – as individuals and as parents. Family Fun Activities: We also know that a healthy family finds time to play together! That's why we plan seasonal family activities – summer picnics, holiday celebrations, zoo days, and pool parties.

IY is offered by two facilitators, with the goal of improving parent-child communication, challenging behaviors and the child-parent relationship in a home-based setting. This parent enrichment program emphasizes parenting skills designed to promote selfconfidence and cooperation in children. Weekly or bi-weekly inhome meetings will occur over 14 weeks, including 4 parenting group discussion sessions with scenario videos, role plays and parenting techniques.

OTHER INFORMATION

Childcare and Transportation are available services to support families while they participate in our family center activities. Reservations are required in advance by calling 814-520-8214. Erie Family Center services are available to families in all areas of Erie County. All programs are free and most do not have eligibility requirements. Bilingual staff is available for Spanishspeaking families and parent-education courses are conducted in the Spanish language.



VOLUNTEER FIRE DEPARTMENTS

Brookside Fire Department

Happy Spring to all the residents of Harborcreek Township from the Brookside Fire Company. We hope that you had a great winter season and, just like us, we are sure you're looking forward to some warmer weather and sunny days. We want to recap 2018 and give you an update about what is happening at the Brookside Fire Company this upcoming year.

In 2018 the Brookside Fire Company answered 881 calls for service. In September we received a PA Fireman's Association Recruitment and Retention Grant that we used to update our firefighters day room area and our training room. In conjunction with updating our training room we also dedicated that room to Harry McIntosh, a 20+ year member who passed away last year.

We purchased new EMS bags to hold all of our medical supplies for all of our fire department vehicles. These were purchased with memorials generously donated to the Brookside Fire Company from the McIntosh family.

As 2019 opens, the Brookside Fire Company is looking forward to another exciting year. We continue to answer calls for service and train to keep our skills honed to serve our residents and neighbors.

The Fire Company had a re-chassis done on our 10 year old ambulance as it was starting to have some severe mechanical issues. By doing a re-chassis instead of purchasing a new ambulance, the fire company saved about \$60,000.

Starting around the first week of March you should start to see our fund drive mailers hitting your mailbox. Just as a reminder this is our biggest fund raiser of the year. Your donations are used to pay the fire company's expenses throughout the year. Your continued support is very important and is very appreciated by the Brookside Fire Company.

In September of 2019 the Brookside Fire Company will be holding an open house. The exact date and time will be published in a later edition of this magazine as well as our Facebook page. Please come down and check out the fire station, our equipment and some of our neighboring fire departments equipment as well. We also hope to have some outside agencies on hand as well as demonstrations for the public and definitely activities for the kids. We also use our open house as a recruiting tool. We are always looking for additional volunteers to add to our ranks. If you are interested in joining the Brookside Fire Company or just want to check us out stop by the station on Tuesday evenings, which is our drill night, and we will be glad to show you around.

We at the Brookside Fire Company look forward to another great year ahead. Again, we thank you for your continued support of the Brookside Fire Company. Serving the community that we live and work in is both a privilege and an honor that we do not take lightly.

Fairfield Fire Department

Annual Fund Drive Letter

Fairfield Neighbors, We hope you and your family have had a happy, safe start to 2019. We have been very busy running EMS, Rescue, and Fire Calls. In 2018 we responded to a record setting 1053 calls. This is the highest number of calls Fairfield has had in one year in our departments 74 year history. That is an average of 4 calls per day.

On average an EMS call is approximately 1-½ hours from time of dispatch to the time the ambulance is back in the station. This does not include time it takes to do the required paperwork. 1,053 calls is a minimum of about 94,770 hours a year with a crew of 3 people. That count does not include hours of administrative work, upkeep and maintenance of the building, the equipment and the trucks or hours of training. Many of our volunteers spend 10 or more hours a week on these duties.

We operate 24 hours a day, 7 days a week with a 100% volunteer crew. 71% of firefighters in the United States are volunteers, and we are required to complete and pay for the same training as paid services. This being said we rely heavily on your donation to help us serve our community.

According to the National Volunteer Fire Council in a 2012 report, it cost's an average of \$27,095 to train and equip one firefighter. This is based on the following expenses:

- Fire Helmet - \$225
- Bunker Coat - \$1,800
- Bunker Pants - \$1,200
- Fire Boots - \$235
- Nomex Hood - \$40
- Fire Gloves - \$112
- Air Pack (SCBA)- \$5,000
- Portable Radio - \$4,700
- Thermal Imager \$10,000
- Training - \$7,800 – Higher depending on years spent with department



As you can imagine these cost have increased since this report was published.

Think about what you spend money on for a moment. The average cell phone bill is \$80 a month, internet services cost an average of \$60 a month. The average American household spends \$240 a month on entertainment such as cable, movies, concerts and sporting events. A regular coffee costs about \$4, that's roughly \$112 a month. So with this being said what are our services worth to you and your family?

We respond to all matter of emergencies in all types of weather. Please help us help you with your TAX deductible donation. Thank you for your support, from the volunteers of Fairfield.

Fire Chiefs Corner

Hello everyone! Thank you for your continued support to your local fire departments! We have asked and you have come through as always. We have had a very busy January and February answering almost 140 emergency calls.

This is going to be another record setting year I can feel it! The numbers are in and the tally is up, Fairfield answered 1053 calls for 2018. This is the most ever in the history of the department, and I am proud of all the members!

With that being said in the last few months we have welcomed six new members! This is wonderful and we appreciate these community members for joining us on our journey. However we can always do better! All of the local fire departments need help with filling their membership rosters!

Stop by any Wednesday night at 6:30 and speak with me and I can answer any questions you may have!

Hope to see you soon!!

Fire Chief Jeff Hawryliw

Catering Hall

We are excited to announce some of our upcoming events!! Please remember all profits go to the Fairfield Hose Company to help buy much needed equipment! All Friday dinners start at 4:00pm and run till 7:00pm!! Special pricing for seniors and kids! As always Fairfield Catering hall is available for all types of rentals!

Annual Lenten **FISH FRY** series – Friday 3/22, 4/5, 4/12, & 4/19/2019

3rd Annual Designer Purse Bingo – Sunday March 31st doors open at noon. **TICKET** sales in progress!!

Harborcreek Fire Department Public Safety Siren is Being Reactivated

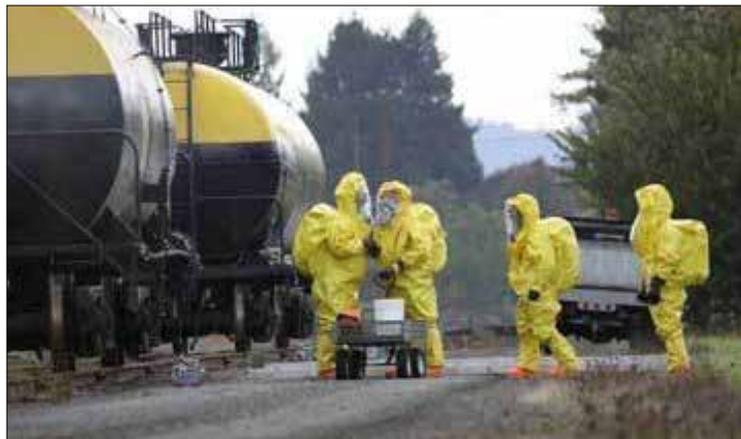


Tornado sirens are an old technology that still serves a vital purpose within the community. In the age of text messages, social media, smart phones and satellite television, tornado sirens may seem obsolete, however, they are still a vital tool to warn the public to seek shelter.

Sirens were first utilized during the cold war to alert communities of a nuclear attack or an air raid. In the 1970's they began to be utilized to alert communities of tornadoes. At the time, this was a big improvement as virtually no public warning system existed for severe weather.

Sirens are an important redundancy to alert the public in out of the way places such as golf courses, lakes, hiking trails or other out of the way locations where cell phone coverage may not be reliable. Although technology has made a lot of improvement in the last 49 years, social media can be ineffective in delivering warnings. In the fire service, one of the tools we utilize to alert us of calls in a cell phone app that can sometimes send alerts out several days after the call was actually dispatched. Technology can simply be unreliable at times.

The intent of the siren is to notify the community to shelter in place. This is indicated by a siren that will wind up and maintain a high pitch for several minutes. The incident could be a tornado, hazardous materials incident, or other incident that requires members of the community to shelter in place. Regardless of the event, the intent is still to shelter in place.



What else is the siren going to be used for? Many fire departments utilize sirens to alert firefighters of a call. This siren is different from a shelter in place siren in that it cycles up and down rather quickly. Some departments utilize sirens on every call, others just certain calls. The protocol the Harborcreek Fire Department has developed with the Erie County Department of Public Safety is to only activate our siren for structure fires or vehicle accidents with reported entrapment. Calls for emergency medical assistance, which comprise approximately 85% of our call volume, would not get a siren activation. Additionally, we are working with Erie County Department of Public Safety to establish a protocol to not activate the siren over third shift. The specific times are to be determined.

Given weather events over the last few years, we believe it is important to be able to alert the community of the need to shelter in place. Time is critical to survival in these types of events and a weather siren is a critical tool in the alert process.





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"We're passionate about helping our customers throughout the stages of their life," notes Steen. "We're all part of the same community so when they succeed, we succeed. That's why we'll do whatever we can to help them reach their goals."

As active members of their community, Stacey and her team also volunteer or raise money for local organizations like the Mercy Center for Women, Community Shelter Services, Family Services, Big Brothers Big Sisters, March of Dimes, Habitat for Humanity, Ripley Hose Auxiliary, American Foundation for Suicide Prevention, Patty's Pink Warriors and WQLN Public Broadcasting of Northwest PA. They care about the same causes and are invested in helping their local community grow and thrive. Because they're more



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4. **I WILL** anticipate future township obstacles and act on them proactively. For example, minimizing business vacancy and future potential blight areas.
5. **I WILL** work hard and be readily available to the public. I am old fashioned in the sense that I value face-to-face interaction and will welcome the opportunity to address resident and business concerns.

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HARBORCREEK HISTORICAL SOCIETY

Behrend at 70: The First 35 Years

“My first class was a German class and it was held upstairs in the grainery of what we called the barn on the Behrend estate. The grainery was big enough for the four or five students who were going to take German... In the downstairs of the barn they were hauling out the horse manure to build classrooms down there.”

This was the Behrend Center that greeted freshman Dennis Jacobson in September 1948. How did Harborcreek end up with a college bearing such a rustic setting?

In spring 1948 Mary Behrend, widowed seven years and then living in Greenwich, Connecticut, had returned to visit the estate she had shared with her husband Ernst Behrend, founder of Hammermill Paper Company. Glancing out of a window, she noticed several men inspecting Glenhill Farm, which she was considering selling. Spurred by requests from prominent Erie businessmen, they had come to Erie from Pennsylvania State College to scout locations for a possible satellite campus. Penn State had been offering extension classes in engineering at Central High since the late 1920s, but this dedicated place would allow students to complete their first year of classes locally (in a variety of subjects) before moving on to State College or another institution to finish their education.

After speaking with her daughter, Harriet Sayre, who was then a married mother of two living on Long Island, she surprised the officials by donating the 400-acre property to the school. In her October 1948 address at the Behrend Center dedication, she recalled explaining to Harriet the rationale for her gift: “I think this is something that would be a wonderful memorial to father—something he almost could have planned himself. I think we should give it all to the college.”



Behrend first students wait outside of Glenhill Farmhouse to register for classes.

The University chose an alumnus, T. Reed Ferguson, as the administrative head of the Center. Beginning that summer he and his wife and daughter lived on campus in order to supervise the \$50,000 renovation of existing buildings which were converted into classrooms and laboratories, as well as a cafeteria, a dispensary, dorm rooms, and faculty apartments. The buildings making up the college were centered around the former Schilling farmhouse. The Fergusons lived in the former Schley homestead on Jordan Road. Students (numbering about

150 that first year) contributed to campus life by holding dances and talent shows. Within six weeks of the opening of the campus, they had published a newspaper. The first issue celebrated Mrs. Behrend's gift and reported on the Center's October 30th dedication, a day celebrated annually as Founder's Day.

During his tenure (1948-1954), Ferguson started the first campus tradition, “Hanging of the Greens,” a ceremony held each December at the family chapel in Wintergreen Gorge Cemetery to honor the Behrends. He also oversaw fundraising for a new building, Erie Hall, so named because residents of the city donated the funds.

In 1954 another alumnus, Irvin Kochel, replaced Ferguson. A World War II vet, he brought along his wife, Ethel, and their three children to live in the Schley house. They would be the last to do so as it was sold and moved up Jordan Road to become the property known as “Stormy Hill.” Kochel's tenure was a time of growth in many arenas. Behrend Center became Behrend Campus in 1959 and it began offering a second year of courses. In 1971 Penn State trustees changed the name to Behrend College as it became the first campus outside of Happy Valley to grant four-year degrees. To celebrate Behrend's 25th anniversary in 1973, the inaugural Behrend Medallion was awarded to Harborcreek's astronaut hero, Paul Weitz.



Dorm mother Eleanor Tuttle visits with students in Perry Hall.

The student body had grown tenfold to 1500 and there were more buildings to accommodate them. Additional classroom and student union space included the Otto Behrend Science Center, built with funds bequeathed by Ernst's brother and opened in 1963. Buildings named for two of the businessmen who had championed an Erie campus, Edwin Nick and J. Elmer Reed, followed. Student life was enhanced by three dorms, Perry, Niagara, and Lawrence Halls, as well as Dobbins Dining Hall. The historically-minded will recognize that these names all relate to the Battle of Lake Erie. This naming tradition is credited to Kochel.

In 1980 Kochel, like Ferguson before him, moved on to a new administrative position at Penn State and Dr. John M. Lilley began his tenure as campus head, eventually sporting the improved title, Provost and Dean. Lilley focused in his first few years on fundraising, building up the faculty, and enhancing the reputation of the campus in the Erie community. Three years later the college celebrated its 35th

anniversary, the highlight of which was a visit by Henry Kissinger which was partly arranged by a new generation of the Behrend family: grandsons Richard and William Sayre.

All photographs are courtesy of the Behrend Archives.



Irv Kochel pours coffee at campus picnic. Reed Ferguson stands directly behind him.

The Harborcreek Historical Society's Gifford-Blanchfield House is open Wednesday and Saturday 10:00 am – 2:00 pm during the winter months. For additional information, contact us at (814) 899-4447 or harborcreekhistory@gmail.com, or visit our website at www.harborcreekhistory.org.



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HUSKY HAPPENINGS



Time for the Spring Sports Schedules!

Girls Volleyball

7th Grade Volleyball (Girls) 2018-2019

| Day | Date | Opponent | Place | Time |
|----------|---------|----------------------------|--------------------------|--------|
| Tuesday | Mar. 26 | North East High School | Jr. High Gymnasium | 5:15PM |
| Thursday | Mar. 28 | @ Corry Area High School | Corry Area High School | 5:15PM |
| Tuesday | Apr. 02 | @ Girard High School | Girard High School | 5:15PM |
| Thursday | Apr. 04 | Iroquois High School | Jr. High Gymnasium | 5:15PM |
| Tuesday | Apr. 09 | @ Seneca High School | Seneca High School | 5:15PM |
| Thursday | Apr. 11 | @ General McLane H.S. | General McLane H.S. | 5:15PM |
| Friday | Apr. 12 | @ 7th Grade General McLane | General McLane H.S. | 3:30PM |
| Tuesday | Apr. 16 | Fort Le Boeuf High School | Jr. High Gymnasium | 5:15PM |
| Thursday | Apr. 18 | @ Northwestern High School | Northwestern High School | 5:15PM |
| Tuesday | Apr. 23 | Fairview High School | Jr. High Gymnasium | 5:15PM |
| Thursday | Apr. 25 | @ North East High School | North East High School | 5:15PM |
| Tuesday | Apr. 30 | Corry Area High School | Jr. High Gymnasium | 5:15PM |
| Thursday | May. 02 | Girard High School | Jr. High Gymnasium | 5:15PM |
| Tuesday | May. 07 | @ Iroquois High School | Iroquois High School | 5:15PM |
| Thursday | May. 09 | Seneca High School | Jr. High Gymnasium | 5:15PM |
| Friday | May. 10 | @ 7th Grade FLB | Fort LeBoeuf H.S. | TBA |

Track & Field

Varsity Track & Field (Boys/Girls) 2018-2019

| Day | Date | Opponent | Place | Time |
|-----------|---------|-------------------------------|--------------------------|--------|
| Tuesday | Apr. 02 | * Girard High School | Harbor Creek High School | 4:00PM |
| Thursday | Apr. 04 | * North East High School | Harbor Creek High School | 4:00PM |
| Tuesday | Apr. 09 | Fairview High School | Harbor Creek High School | 4:00PM |
| Saturday | Apr. 13 | Harbor Creek Invite | Harbor Creek High School | 9:00AM |
| Tuesday | Apr. 16 | * @ Fort Le Boeuf High School | Fort LeBoeuf H.S. | 4:00PM |
| Saturday | Apr. 20 | @ Fairview Track Invitational | Fairview H.S. | 4:00PM |
| Wednesday | Apr. 24 | * @ Iroquois High School | Iroquois H.S. | 4:00PM |
| Saturday | Apr. 27 | @ McDowell Invite | McDowell H.S. | 9:00AM |
| Tuesday | Apr. 30 | * Mercyhurst Prep School | Harbor Creek High School | 4:00PM |
| Saturday | May. 04 | @ North East Invite | North East H.S. | 9:00AM |
| Tuesday | May. 07 | * @ Northwestern High School | Northwestern H.S. | 4:00PM |
| Thursday | May. 09 | County Classic Invite | Harbor Creek High School | 3:00PM |
| Saturday | May. 18 | @ D10 Championships | D10 Championships | TBA |

8th Grade Volleyball (Girls) 2018-2019

| Day | Date | Opponent | Place | Time |
|----------|---------|------------------------------|----------------------------|--------|
| Tuesday | Mar. 26 | North East High School | Jr. High Gymnasium | 4:00PM |
| Thursday | Mar. 28 | @ Corry Area High School | Corry H.S. | 4:00PM |
| Tuesday | Apr. 02 | @ Girard High School | Girard H.S. | 4:00PM |
| Thursday | Apr. 04 | Iroquois High School | Jr. High Gymnasium | 4:00PM |
| Tuesday | Apr. 09 | @ Seneca High School | Seneca H.S. | 4:00PM |
| Thursday | Apr. 11 | @ General McLane H.S. | General McLane H.S. | 4:00PM |
| Saturday | Apr. 13 | @ 8th grade - General McLane | General McLane H.S. | TBA |
| Tuesday | Apr. 16 | Fort Le Boeuf High School | Jr. High Gymnasium | 4:00PM |
| Thursday | Apr. 18 | @ Northwestern High School | Northwestern H.S. | 4:00PM |
| Tuesday | Apr. 23 | Fairview High School | Jr. High Gymnasium | 4:00PM |
| Thursday | Apr. 25 | @ North East High School | North East Middle School | 4:00PM |
| Tuesday | Apr. 30 | Corry Area High School | Jr. High Gymnasium | 4:00PM |
| Thursday | May. 02 | Girard High School | Jr. High Gymnasium | 4:00PM |
| Tuesday | May. 07 | @ Iroquois High School | Iroquois Elementary School | 4:00PM |
| Thursday | May. 09 | Seneca High School | Jr. High Gymnasium | 4:00PM |
| Saturday | May. 11 | @ 8th grade FLB | Fort LeBoeuf H.S. | TBA |

Boys Tennis

Varsity Tennis (Boys) 2018-2019

| Day | Date | Opponent | Place | Time |
|-----------|---------|----------------------------|------------------------|---------|
| Monday | Mar. 25 | @ Hickory High School | Hickory H.S. | 4:00PM |
| Thursday | Mar. 28 | @ Warren Area High School | Warren H.S. | 4:00PM |
| Monday | Apr. 01 | * @ Mercyhurst Prep School | Mercyhurst Prep | 4:00PM |
| Wednesday | Apr. 03 | Titusville High School | Tennis Courts | 4:00PM |
| Friday | Apr. 05 | @ Grove City High School | Grove City H.S. | 3:30PM |
| Monday | Apr. 08 | * Conneaut High School | Tennis Courts | 4:00PM |
| Wednesday | Apr. 10 | * @ Fairview High School | Fairview H.S. | 4:00PM |
| Friday | Apr. 12 | * General McLane H.S. | Tennis Courts | 4:00PM |
| Monday | Apr. 15 | * Mercyhurst Prep School | Tennis Courts | 4:00PM |
| Wednesday | Apr. 24 | * @ Conneaut High School | Conneaut H.S. | 4:00PM |
| Friday | Apr. 26 | * Fairview High School | Tennis Courts | 4:00PM |
| Saturday | Apr. 27 | Sharon High School | Tennis Courts | 11:00AM |
| Monday | Apr. 29 | * @ General McLane H.S. | General McLane H.S. | 4:00PM |
| Wednesday | May. 01 | @ Tri County Tennis | Buhl Park | 8:30AM |
| Friday | May. 03 | @ Erie High School | Frontier Tennis Courts | 4:00PM |

Boys Baseball

Varsity Baseball (Boys) 2018-2019

| Day | Date | Opponent | Place | Time |
|-----------|---------|-------------------------------|-----------------------|--------|
| Friday | Mar. 22 | Slippery Rock High School | Baseball Field | 4:00PM |
| Wednesday | Mar. 27 | @ Oil City High School | Oil City H.S. | 3:30PM |
| Friday | Mar. 29 | Fredonia High School | Baseball Field | 4:15PM |
| Saturday | Mar. 30 | @ Maplewood High School | Maplewood High School | 1:00PM |
| Monday | Apr. 01 | Northwestern High School | Baseball Field | 4:00PM |
| Wednesday | Apr. 03 | Meadville High School | Baseball Field | 4:00PM |
| Monday | Apr. 08 | @ Titusville High School | Titusville H.S. | 4:00PM |
| Wednesday | Apr. 10 | * Corry Area High School | Baseball Field | 4:00PM |
| Friday | Apr. 12 | Erie High School | Baseball Field | 4:00PM |
| Monday | Apr. 15 | * Warren Area High School | Baseball Field | 4:00PM |
| Wednesday | Apr. 17 | * Fort Le Boeuf High School | Baseball Field | 4:00PM |
| Wednesday | Apr. 24 | * @ General McLane H.S. | General McLane H.S. | 4:00PM |
| Friday | Apr. 26 | @ Cathedral Prep School | Ainsworth Field | 4:00PM |
| Monday | Apr. 29 | @ Seneca High School | Seneca H.S. | 4:00PM |
| Wednesday | May. 01 | * @ Corry Area High School | Corry H.S. | 4:00PM |
| Monday | May. 06 | * @ Warren Area High School | Warren H.S. | 4:00PM |
| Wednesday | May. 08 | * @ Fort Le Boeuf High School | Fort LeBoeuf H.S. | 4:00PM |
| Friday | May. 10 | @ Erie McDowell HS | Jerry Uht Park | 4:00PM |
| Monday | May. 13 | * General McLane H.S. | Baseball Field | 4:00PM |
| Wednesday | May. 15 | @ North East High School | North East H.S. | 4:00PM |

Girls Softball

Varsity Softball (Girls) 2018-2019

| Day | Date | Opponent | Place | Time |
|-----------|---------|-------------------------------|---------------------------|---------|
| S | Mar. 13 | North East High School | Softball Field | 4:00PM |
| Wednesday | Mar. 20 | @ Grove City High School | Grove City H.S. | 4:00PM |
| Friday | Mar. 22 | @ Fairview High School | Fairview H.S. | 4:00PM |
| Thursday | Mar. 28 | @ Erie McDowell HS | McDowell H.S. | 4:00PM |
| Tuesday | Apr. 02 | Meadville High School | Softball Field | 4:00PM |
| Thursday | Apr. 04 | @ Erie High School | Erie High School | 4:00PM |
| Saturday | Apr. 06 | Girard High School | Softball Field | 12:00PM |
| Wednesday | Apr. 10 | Grove City High School | Softball Field | 4:00PM |
| Friday | Apr. 12 | @ Union City Area High School | Union City H.S. | 4:00PM |
| Monday | Apr. 15 | Conneaut High School | Softball Field | 4:00PM |
| Thursday | Apr. 18 | @ Slippery Rock High School | Slippery Rock High school | 4:00PM |
| Tuesday | Apr. 23 | * @ Warren Area High School | Warren H.S. | 4:00PM |
| Thursday | Apr. 25 | * General McLane H.S. | Softball Field | 4:00PM |
| Saturday | Apr. 27 | @ Franklin High School | Franklin H.S. | 12:00PM |
| Monday | Apr. 29 | @ Iroquois High School | Iroquois H.S. | 4:00PM |
| Tuesday | Apr. 30 | * Villa Maria Academy | Softball Field | 4:00PM |
| Thursday | May. 02 | * Warren Area High School | Softball Field | 4:00PM |
| Saturday | May. 04 | Fort Le Boeuf High School | Softball Field | 12:00PM |
| Monday | May. 06 | North East High School | Softball Field | 4:00PM |
| Tuesday | May. 07 | * @ General McLane H.S. | General McLane H.S. | 4:00PM |
| Thursday | May. 09 | @ Villa Maria Academy | Villa Maria Academy | 4:00PM |
| Thursday | May. 16 | @ Maplewood High School | Maplewood High School | 4:00PM |

Harbor Creek Alumni Association Spring Update

The Harbor Creek Alumni Association looks forward to a bright spring and summer! The Association founded last summer, hosted a meeting in February to discuss a Distinguished Alumni Hall of Fame. This Hall of Fame plans to begin seeking nominations in January of 2020. Details on how to nominate will be shared in upcoming issues of this magazine. It will be a tremendous opportunity for our community to honor our most distinguished graduates.

After much success last year, the Alumni Association has started planning for Alumni Weekend 2019. The 2nd Annual Alumni Weekend will begin Friday, October 11th! Please mark your calendars for this weekend of activities. Look for the weekend itinerary in the summer issue of this magazine.

The Alumni Association is looking for a representative from each Harbor Creek graduating class. If you are interested in serving as a member of the Alumni Association please call/text me at 814-528-1396 or email at gallagherjustin3@gmail.com. Our Alumni Association will become a great way to reconnect with the district and former peers. I hope you consider representing your class!

If you have not, please like the Harbor Creek Alumni Association page on Facebook. It is an easy way to stay updated on clothing sales, alumni weekend activities, meetings, and more!

As always, Go Huskies!

Justin Gallagher
Harbor Creek Alumni Association President

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HCSd.iu5.org

 Harbor Creek School District Foundation
HCSd.iu5.org/Foundation

 Harbor Creek School District
Facebook.com/HCSDHuskies

 Senior High School
Facebook.com/HCSrHigh

 Junior High School
Facebook.com/HCJH.Huskies

 Clark Elementary
Facebook.com/groups/ClarkElem.PTO

 Klein Elementary
Facebook.com/groups/KleinSchoolPTO

 Rolling Ridge Elementary
Facebook.com/groups/102034583237359

 Request To Receive Alerts & Newsletter
email: HCcommunity@hcsd.iu5.org

 Mrs. Hess, HCSD Superintendent
Twitter.com/HCSDHuskies

 Mrs. Chodubski & Mr. Mortensen, Sr. High Principals
Twitter.com/HCPincipals

 Mr. Krahe, Jr. High Principal
Twitter.com/HCJuniorHigh

 Mrs. Rose, Clark Principal
Twitter.com/DRoseClark

 Mr. Cook, Klein Principal
Twitter.com/Klein_School

 Mrs. Zajac, Rolling Ridge Principal
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EXPERIENCE & KNOWLEDGE

- ✓ I have worked with the Harborcreek Township team for **14 years** as the **Parks Coordinator** and as **Zoning Administrator** for the last 7 years.
- ✓ **Communication** is **critical** to effectively work with residents to understand and resolve their concerns and issues. I have the proven communication skills and will ensure their input is considered in the decision making process.
- ✓ I will work **responsibly** to hold the line on expenditures and fight to keep **TAXES DOWN**.
- ✓ I know the day to day township operations – transition will be **uninterrupted**.
- ✓ I will work directly with developers and residents to ensure a **smooth process** of permitting.
- ✓ To move Harborcreek forward, I will be **proactive** on **land use planning** and **zoning**.
- ✓ Public Safety will remain a **HIGH priority**.
- ✓ I will work **diligently** with local fire departments and Pennsylvania State Police to ensure we continue the level of care **WE deserve**.
- ✓ I will work with our neighboring municipalities for more cost efficient savings and services.

Community & Family

- ✓ I am a Harborcreek Native
- ✓ I served as **Executive Director of Harborcreek Area Chamber of Commerce**
- ✓ I served as **President of East Erie Suburban Recreation & Conservation Authority** (Tri-Community Pool)
- ✓ I served as **Secretary of Harbor Creek Soccer Club** and **board member of Harbor Creek Baseball Club**
- ✓ I'm married to my high school sweetheart, **Jose**; we have two adult sons, **Jose II** and **Brandon**, and a 1 ½ year old grandson, **Connor** and another grandson on the way!
- ✓ I will research the possibility of bringing **HarborFest** back- **Community PRIDE!**

**I hope to continue serving
The residents of Harborcreek.
As a TEAM..we WILL move
Harborcreek forward!**



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- 2** The region's **only** certified **comprehensive stroke center**, providing the only local access to interventional stroke treatments.
- 3** The **first and only hospital** in the region to offer **kidney transplants**.
- 4** **Largest neurosurgery team** in the region.
- 5** **First hospital** in Erie to perform the transcatheter aortic valve replacement — **TAVR procedure**.
- 6** **UPMC Hillman Cancer Center** provides Erie patients local access to breakthrough research and leading-edge therapies.
- 7** The region's **only trauma center**.
- 8** The **only Magnet®-recognized hospital for nursing care** in northwest Pennsylvania.
- 9** The **new \$111 million patient tower** dedicated to patient care, including critical care medicine.
- 10** Access to Magee-Womens, UPMC Hamot, the **only free-standing facility dedicated to women's health** in the region.
- 11** The **only accredited breast health program** in the region.
- 12** The **largest network of physicians** from over 20 different specialties.
- 13** **24-hour, in-house access** to a variety of **specialty physicians**.
- 14** UPMC Hamot is the **only hospital** in the area to offer unique and highly specialized procedures such as **chemoembolization and deep brain stimulation**.