



ROYALTON HEARTBEAT

FEBRUARY, 2026



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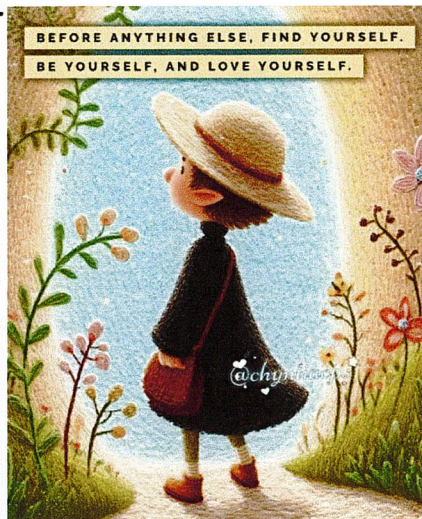
SELF-LOVE- IT'S IMPORTANT!

It is February (LOVE MONTH). I asked a friend who has crossed 70 and is heading towards 80 what sort of changes she is feeling in herself? Her response:

- 1) After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.
- 2) I have realized that I am not "Atlas" . . . The world does not rest on my shoulders.
- 3) I have stopped bargaining with vegetable and fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.
- 4) I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
- 5) I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down memory lane and relive their past.
- 6) I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.
- 7) I give compliments freely and generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never NEVER turn it down, just say "Thank You."
- 8) I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.
- 9) I walk away from people who don't value me, They might not know my worth but I do.
- 10) I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat and neither am I in any race.
- 11) I am learning not to be embarrassed by my emotions. It's my emotions that make me human.
- 12) I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.
- 13) I have learned to live each day as if it's the last. After all, it just might be the last.
- 14) I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

SELF-LOVE is about replacing that harsh inner critic- giving yourself some compassion. Self love can be taking the extra time to sleep in when you are exhausted, ordering take out instead of cooking, sitting down with a good friend you trust and unloading and perhaps it is just taking a walk

SELF-LOVE means different things to each individual but whatever it is, SELF-LOVE is an action you intentionally take that's meant to be guilt-free without an ounce of judgement.



GROUNDHOG DAY

FEBRUARY 2nd

I KNOW AS WE AWAIT THE NEXT SNOW STORM OF 2026, WE ARE ALL HOPING FOR AN EARLY SPRING!!!

WATCH PHIL ON PCN-CHANNEL 74



*I HOPE THERE ARE DAYS
WHEN YOUR COFFEE
TASTES LIKE MAGIC, YOUR
PLAYLIST MAKES YOU
DANCE, STRANGERS MAKE
YOU SMILE, AND THE NIGHT
SKY TOUCHES YOUR SOUL.
I HOPE THERE ARE DAYS
WHEN YOU FALL IN LOVE
WITH BEING ALIVE.*

FEBRUARY DATES TO REMEMBER

- February 2nd- GROUNDHOG DAY 
- February 7th- National Eat Ice Cream for Breakfast Day
- February 8th- SUPER BOWL
Beginning at 6:30 p.m. on NBC
- February 10th- Council Meeting- 7 p.m.
- February 14th- 
VALENTINES DAY
- February 16th- Presidents Day
(Borough Offices Closed)
- February 17th- Fastnacht Day 
- February 24th- Authority Meeting- 5 pm.

FEBRUARY RECIPE FLUFFY PANCAKES

Ingredients

- 1½ cups all purpose flour
3½ teaspoons baking powder
1 tablespoon sugar
¼ teaspoon salt
1¼ cups milk
1 egg
3 tablespoons melted butter (plus more for cooking)
1 teaspoon vanilla extract



Directions

Mix dry ingredients: In bowl, stir together flour, baking powder, sugar and salt.
Combine wet ingredients: In another bowl, whisk together milk, egg, melted butter and vanilla.
Slowly add the wet ingredients into the dry mixture. Stir until just combined (don't overmix-lumps are fine).
Heat a non-stick skillet or griddle over medium heat. Lightly butter the surface of pan.
Pour about ¼ cup batter for each pancake. Cook until bubbles form on top, then flip and cook until light golden brown.
Serve warm with butter, syrup or toppings of your choice.

To keep informed on all Borough matters and happenings, check out the Borough's website
royaltonpa.com
and the Borough's face book page
Royalton Borough

COMMUNITY YARD SALE SAVE THE DATE

ROYALTON COMMUNITY YARD SALE

Friday- May 15th- from 4 p.m.

& Saturday- May 16th- from 8 a. m.

REMA will handle the advertising- all you need to do is set up, sell and shop with your neighbors!
RESIDENTS CAN SET-UP AT THEIR HOMES AND WALK AROUND THE COMMUNITY TO VISIT THE SALES.

We ask that you start at the times each day as listed above and you can shut your sale down whenever you choose. You now have a few months to gather your "for sale items." They will be someone else's "treasures."

REMEMBER TO KEEP DEPOSITING THOSE PLASTIC BAGS INTO THE CONTAINER AT THE BOROUGH OFFICE- THEY ARE RECYCLED INTO BENCHES FOR THE PARKS.



love is...



a song in your heart



love is...



our story