



Harmony

President's Message

By José Padilla, Board President

Hello Neighbors!

Summer is finally here and I hope everyone is enjoying the season so far!!

Due to the resignation of newly elected Director Val Kleyman, the Board of directors has appointed Mr. Oleg Gorshkov to the interim position to end at the next annual meeting in 2016. Oleg has a strong financial background and will be an asset to the Board. We look forward to working with him this year. This item was not announced in my message in the previous issue of Harmony, because the appointment had yet to be made.

At the June association meeting, a rule change regarding the raising of the ages of unsupervised children at both the pool and lake was put into effect, which really upset many of the children. The rule change was put into effect due to increased vandalism and a blatant disregard for the rules and the direction of the lifeguards concerning those two amenities.

A lifeguard that is on duty and in the "CHAIR" must maintain a vigilance of every person in the water and cannot be distracted by the horseplay of others. If something were to happen, it would put the Association into unwanted litigation. Therefore, because of a few, all must pay the consequences. As you can imagine this really upset the youth as their summer of fun came crashing down like a building on fire!

But out of the fire rises a Phoenix, which is called organization! The youth of Penn Estates, with ages ranging from 10 through 15, organized themselves into a committee called the "Teen Club." They have elected from among their group, officers including President, Vice President Secretary and Treasurer. Started by our Community Manager Laura Jones and her assistant Nicole Curley, they met with the group, brought forward contracts for their parents and each individual member to sign.

The first order of business for the Teen Club is to attempt to reverse the age restriction at the pool and lake through the petition process of 100 signatures. However, the Board has allowed them to a petition of at least 50 signatures and with Mr. Luna Mishoe volunteering to step in as Teen Club Liaison. Other pending business for our youth are fund raising for several trips all planned by them. I am ecstatic about the potential we have here with our youth so involved in theirs, as well as our community.

Once again, out of the ashes comes another Phoenix! I am talking about the new and reenergized Wildlife and Forestry Committee that has been dormant for several years. Through the fine recruiting work of the entire Nominating and Steering Committee, their Chair Lucy Jacobsen and their Liaison, Director Martenco, they proposed four (4) regular and three (3) non-voting members to the committee. The new members are Paul Brooks; Robin and Jenn Nicholson; Debbie Weatherford; Greg Harvey; Joshua Parda; and Jennifer Wilk. They are focused on providing educational programs geared for our children and adults alike in a multitude of environmental issues that face us all.

Finally, I am happy to report that we are currently on a holding pattern with the property known as 30-B with the deposit at the Realtor and the closing scheduled for July 24.

Remember that Community Day is scheduled for August 8th. Amenity badges are required. Volunteers are needed.

Enjoy the rest of the summer!



Annual Penn Estates Carnival > see center spread!

See You Later, Summer!

By Laura Jones, Community Manager

It's that time of year as we watch summer fade into the sunset...

Back to School Safety

As boys and girls throughout the community sharpen their pencils and get ready to head back to class, it's important to ensure they have a safe school year. Here are some tips on how your family can be proactive and avoid potentially harmful situations:

- Help your children memorize important phone numbers so that they know how to get in touch with you and other trusted adults. Also, make sure those numbers are programmed into their cell phones, or provide them with a list of phone numbers that they can keep in their backpacks or wallets at all times.
- Let your children know exactly who they can go home with after school if their regular ride can't pick them up, and make sure they know not to accept rides from people who aren't on the list.
- If your children will be walking to the school bus stop, walk the route with them several times before school starts to make sure they understand traffic laws and can walk the route on their own. Also, find a friend or sibling they can walk with, and make sure they always use the buddy system.
- Show your children which houses in the neighborhood they can go to in case no one is at home after school.
- Report reckless drivers to the security to help make sure the neighborhood remains safe, particularly during times when kids are going to and returning from school.

Advice for the Parents of Latchkey Kids

With a new school year underway, many parents and caregivers fret about latchkey children who spend time on their own before or after school. According to some estimates, more than three million kids under 12 are home alone at least part of the day. That's inevitable given the number of single-parent households and families in which both parents work.

We all want our kids to be safe and secure, so we did a little research. Here are some basic tips to help make sure your kids know how to handle being home alone:

- Have your kids check in with you or a responsible adult as soon as they come home. They can call your office phone or your cell phone. If you are unavailable, they should leave a message.
- Set up guidelines for answering the telephone. Let calls go to the answering machine, if available, unless caller ID indicates that a family member or friend is calling.
- Establish clear rules for keeping doors locked and answering the door. In most cases, young children should not open the door unless it's a family member or a well-known and trusted neighbor or friend.
- If Internet access is allowed, establish standards and clear restrictions, such as setting up parental guidelines for websites and chats. Also remind children that talking to strangers is just as bad an idea online as it is in public.
- Make sure your child knows how and when to call 911— an important reminder for all of us. If you see anything suspicious or threatening in our community, call the police immediately.

You can get various perspectives on this topic by typing "latchkey kids" into a search engine such as Google, Bing or Yahoo.

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Message From Past Acting President Luna Mishoe

My Fellow Homeowners;

I just want to express my gratitude and appreciation to you for all your support through the May 2015 election. As you have read, there were 9 candidates running vying for 3 full terms and two unexpired terms. Thanks to you, I was able to come in second and secure one of the full three year terms.

During my first term, I became the vice-president and served as acting President/President. Currently, I do not hold an office within the Association but I am not any less enthusiastic about my membership on the Board. Some of the things that I wanted to accomplish will be pursued while others will take a back seat, so that the newly elected President can put forth his agenda. I look forward to working with him and being a team player for the benefit of our homeowners.

We have a good, diverse and strong Board and I encourage your support for the entire Board. My purpose in this communication is not to deliver a progress report or to expound upon any particular issue but merely to express my thanks and appreciation to you for all your support. It is indeed gratifying to me and I will continue to represent you to the best of my ability. I also want to congratulate incumbent Board Members on being re-elected and welcome newly elected Board Members who have already found their niche on the Board and are blending quite well.

I close by continuing my challenge to you to get involved with your own governance by joining and participating on a committee. There are only nine Board positions but approximately fifteen committees. Each committee has multiple membership opportunities. Please join at least one committee or maybe two. If we need to add another, bring it to our attention and we will do our best to be accommodating.

Again, may I just say thank you and I look forward to meeting more of you, my neighbors and working closer with you. It is my honor and my pleasure to serve you. Have a wonderful, pleasant, God filled, safe and enjoyable summer.

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Penn Estates Harmony

The official publication of the Penn Estates Property Owners Association
304 Cricket Drive, East Stroudsburg PA 18301

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Budget Forum 2016

By Sean Reilly, Treasurer

On Saturday July 10, 2015, at 9:00 AM, the association Treasurer opened the first forum on the discussion of the 2016 budget preparation. Several Board members and a few resident owners were in attendance. The Treasurer opened the meeting with comments on the current financial health of the Association.

2014 Financial Audit - The current status of the association's economic health is excellent. The 2014 Audit confirms that we are managing our finances well and in conformance with industry standards. We had a surplus of \$310,878 for 2014. The Board authorized that \$100,000 of this surplus will be deferred as dues allocated to the 2015 budget income. The balance was divided into \$5,000 added to the Maintenance line and \$210,878 will be added to the Non-Reserve Capital account.

2015 Budget Surplus - The current estimated surplus for the year-end 2015 is approximately \$56,000, which may be available for rollover into the 2016 budget.

Reserve Study - The new updated Reserve Study has been completed by the outside engineering firm Kipcon Inc. The projected costs of repairing or replacing all of our Capital Assets over the next 20 years is in the range of \$1,000,000 for all the buildings, equipment, lakes, drainage pipes, recreational complex, etc. and approximately \$2,400,000 for all the roads and parking areas.

Budget Planning - The Board, Community Manager and the Finance Committee will be working on how to finance the community operations as well as these costs projected in the Reserve Study. These meetings will be open to all owners in good standing over the next two months as the draft budget is prepared. Please watch for e-mail blasts and the bulletin boards as these meetings are announced.

Forum Ideas - Ideas voiced at the budget forum:

- Fund new electronic bulletin boards at the front and rear entrances. Look for local sponsors to advertise or sponsor the boards.
- Invite cell tower providers to look at our location to lease land and pay us royalties
- Put solar panels on our buildings
- Fund a walking path along Penn Estates Drive or around the athletic fields
- Find a new occupant for the store location
- Open a post office location in the Community Center
- Convert one of the seldom-used tennis courts into a skateboard play area and repair the other court.

Conclusion - The next Finance Committee Meeting is July 27th. The Finance Committee will begin its marathon budget work sessions on August 17-21 at the Community Center Conference Center at 6 :00 PM.



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Your Board at Work

Submitted by **Laura Jones, Community Manager** and **Michael J. Tyrrell, Communications Committee Chair**

In each edition of Harmony, this new section will list the resolutions voted on by the Board of Directors at each Board Meeting between issues. In this first edition, we have included all resolutions since the January meeting. Also included are short explanations of resolutions, fiduciary responsibility and general background regarding rules. We hope you find this helpful and informative.

January 9, 2015 Board Meeting Resolutions

- Passed BD2014-45 2015 Dues Allocation Model
- Passed BD2014-39 Adoption of 2015 Budget
- Passed BD2014-44 2015 Capital Improvement Budget
- Passed AC2015-01 Amend Appeals SOP to change of language replacing Police with Public Safety in all documents
- Failed AC2015-01 Careless/Reckless Driving additional fines
- Passed AC2015-03 Amendment to Specific Language to PEPOA Rules Article VII and Article XXI to correct language to passback, piggyback and unauthorized entry
- Failed AC2015-04 Amend PEPOA Rules Article II Section 2(O) to include vehicle not properly registered and displaying proper identification
- Failed AC2015-05 Amend PEPOA Rules Article II Section 2(P) to include rental vehicles are required to be registered with security
- Passed BD2014-46 Resignation of Director John White
- Passed GRC2015-01 Appointing Dr. Anthony Steven-Arroyo to the Government Relations Committee
- Passed GRC2015-01 Appointing Michael Desrosiers as Chair of the Government Relations Committee
- Passed BGR2015-01 Appointing Keith Moy to Buildings, Grounds and Roadways Committee
- Passed BGR2015-01 Appointing Fidel Nieto to Buildings, Grounds and Roadways Committee

February 6, 2015 Board Meeting Resolutions

- Passed BD2015-01 Line Item Transfer of \$5400 from Public Safety Payroll to Real Estates Taxes for 2014 30B Property Taxes
- Passed CD2015-01 Resignation of volunteer Robert Miller

March 6, 2015 Board Meeting Resolutions

- Passed BD2015-03 2015 Board of Directors Election Process
- Passed BD2015-04 2015 Date of Record for Members in Good Standing
- Passed NS2015-01 Appointment of the Judges of Election for the 2015 Annual Election of Directors
- Passed NS2015-02 Presentation of the Slate of Candidates for the 2015 Annual Election of Directors
- Passed AC2015-06 Appointment of Josephine Milano to the Appeals Committee
- Tabled AC2015-07 Amendment to PEPOA Rules Article V Guest Policy

April 10, 2015 Board Meeting Resolutions

- Passed BD2015-07 Gate Access System Bid Awarded to TEM Systems
- Tabled FC2015-02 Approval of Apportionment and Distribution of 2014 Surplus Funds
- Passed FC2015-03 Approval of the Restructuring of PEPOA's line of credit to finance the reconstruction of Penn Estates Drive
- Passed FC2015-04 Appointment of Ron Gatti to the Finance Committee
- Tabled FC2015-05 Approval of the transfer of up to \$66,030 from the 2014 Surplus to Non-Reserve Capital Gate Access System Project

June 5, 2015 Board Meeting Resolutions

- Passed BD2015-09 Resignation of Director Val Kleyman
- Passed BD2015-10 Appointment of Interim Director Oleg Gorshkov
- Passed COMM2015-01 Appointment of Julie Harter to Communications Committee
- Passed FC2015-06 Appointment of Eric Alexander to Finance Committee
- Passed CSC2015-01 Appointment of Rafael Morrero to Community Safety Committee
- Passed CSC2015-02 Appointment of Romona Hylton to Community Safety Committee
- Passed CSC2015-03 Appointment of Charles Trent to Community Safety Committee
- Passed BD2015-11 Amendment to Article IX Pool Rules; #7 and Article X; #2 for age requirements specifically to raise the age of unsupervised children from 11 to 16 without and adult present at all times while minors under 16 are using the facilities
- Passed BD2015-12 Accept offer of \$23,500 plus all fees for the sale of 30B/205 Cedar Crest Court
- Passed RC2015-01 Appointment of Dorritte Tyrell and Dr. Charles Trent to the Recreation Committee
- Passed AC2015-07 Appoint Dorritte Tyrell and Paula McNamee to the Appeals Committee

(continued on next page)

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Your Board at Work

(continued from previous page)

What is a Board Resolution?

A board resolution is a motion that follows a set format and is formally adopted by the board. Resolutions may enact rules and regulations or formalize other types of board decisions. There are four types of resolutions for a community association:

1. Policy Resolutions affect owners' rights and obligations such as rules for the use of common areas and recreational facilities, architectural guidelines and enforcement procedures.
2. Administrative Resolutions address the internal operations of the community association. Examples include operating procedures, collection procedures and where board meetings will be held.
3. Special Resolutions document board decisions that apply a policy or rule to an individual situation, such as a decision about an alleged rule violation.
4. General Resolutions involve routine events, such as adopting the annual budget and approving a contract.

The manager maintains all adopted resolutions. They are available to association members for review in the manager's office.

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Rules. Rules. Rules. What Gives the Association the Right to Tell Me What to Do?

In a nutshell: the association declaration and state law gives the association the authority to regulate some of what you can do in our community.

Community associations have a governmental component. Like a city or county government, a community association has a charter—called the declaration. The declaration encompasses bylaws, covenants and other documents that give community associations their legal foundation.

These governing documents obligate the association to preserve and protect the assets of the community. To enable the board to meet this obligation, association governing documents also empower the board to make rules and define the process for adopting and enforcing them—within limits. Governing documents also establish parameters for the nature and type of rules the board can make.

State law gives associations the authority to make rules. These are called common interest community statutes, and they apply to condominiums, cooperatives, and property owners associations.

Remember, however, that the board can't make or enforce any rule that is contrary to the governing documents, local ordinances, state law or federal regulations. Remember also that the board makes rules on your behalf—to protect your investment, your home.

Why Do We Have Rules?

Every association has rules we all need to know about: For instance, where can we park, and where may our guests park? Are we allowed to park campers or trucks in our driveways? What are the limitations on the size and number of pets we may keep in our homes? Is there a designated dog-walking area within the community? And what choices—color, styles, landscaping—do we have regarding the décor of our homes' exteriors?

Our association's rules were formulated to preserve the appearance of the community, protect the value of our common property and our individual homes, and make our neighborhood more harmonious for all of us. So it's important to know the rules and do our best to abide by them. To keep up to date on what the rules are—and what the consequences can be for not complying—look for a list of association rules on the community website or ask a board member or manager for a copy of the community handbook.

Rules also need to be updated periodically. If you believe a rule is obsolete or needs to be amended or updated, contact a member of the association board to find out how to propose a modification or revision.

What is this thing called Fiduciary Duty?

From time to time you may hear that the board of the association operates in a fiduciary capacity for the homeowners. Or you may read about the board's fiduciary responsibility in the governing documents. Just exactly what does this mean?

Fiduciary duty simply means the board has an ethical and legal obligation to make decisions in the best interests of the entire association. That's a small explanation for a very big responsibility.

Fiduciary duty includes a duty of loyalty to the association, which means that board members should never use their position to take advantage of the association. They should never make decisions for the association that benefit themselves at the expense of the association and its members.

Fiduciary duty also includes the duty to exercise ordinary care. This means board members must perform their duties in good faith and in a manner they believe to be in the best interest of the association, with such care as an ordinary prudent person in a similar position under similar circumstances would use.

In short, boards must act in the best interests of the association and act reasonably.

Board members fulfill their Fiduciary Duty by:

- Developing and using a formal budgeting process
- Establishing and adhering to budgetary guidelines
- Making sure the budgeting process reflects the wishes of the association members
- Promoting understanding and acceptance of the reserve accounts among the members
- Collecting sufficient fees to adequately operate the association
- Soliciting bids and negotiating appropriate contracts
- Authorizing expenditures



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— WORKSHOP —

Understanding Challenging Behaviors in Adolescence

Saturday, September 12, 2015

11:00am at the Community Center Oak Room

Sponsored by the Community Safety Committee, Chairman John Baraniuk

There are many challenges that affect the family within the United States today. Due to an increase in divorce, single parent homes and work schedules there is less time spent together as a family and more time spent in secondary environments away from the home.

As children grow into their adolescent years and then into adults they learn how to express themselves utilizing the social and emotional experiences they have learned throughout their childhood. It is because of those challenges in recent years that the United States has seen a significant increase in adolescent behavior that has been linked to teen violence and suicide.

Relationships built between parents and children provide consistency that ensures a greater chance that the child will become a successful contributor to society as an adult.

Workshop Topics:

- Teaching children and teenagers how to understand their emotions and express them in expectable ways
- How to redirect children and teenagers with challenging oppositional and defiant behaviors in positive ways
- Warning signs
- Utilizing community resources to assist with social-emotional concerns

Light refreshments will be provided.



Workshop conducted by Giving Source Professionals LLC., a licensed child development resource agency specializing in child development, behavior health, early intervention services, workshops and educational resources for parents, caregivers and educators.

CEO Tina M. Johnson BA., BSS. MED, MECE
Shari Curtain MED. M. SP (Licensed)
Rachel Reyes MS., BSL

PEPOA Weekly Activities

Monday	Mah-Jongg.....	12:30 pm
	Dart League.....	7:30 pm
Tuesday	Bookmobile.....	4:00 pm
	Bingo.....	7:00 pm

Committee Meeting Schedule

Appeals.....	1st Saturday.....	10:00 am
ARB.....	3rd Saturday.....	7:00 am
Board of Directors Meeting.....	1st Friday.....	7:30 pm
Buildings, Grounds & Roadways.....	3rd Saturday.....	8:30 am
Communications.....	3rd Saturday.....	10:00 am
Community Documents.....	TBA	
Community Safety.....	1st Saturday.....	9:00 am
Finance.....	4th Saturday.....	9:00 am
Government Relations.....	TBA	
Long Range Planning.....	4th Thursday.....	7:30 pm
Nominating and Steering.....	1st Thursday.....	7:00 pm
Recreation.....	2nd Thursday.....	7:00 pm
Wildlife and Forestry.....	4th Wednesday.....	7:00 pm

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Team Penn Estates

By Nancy Padilla, Communications Committee

The Annual Stroudsburg area Relay for Life was held on Saturday, June 13th 2015 at East Stroudsburg University on their track. The monies raised through Relay for Life stay here in Monroe County benefiting local cancer patients and their families (including many from Penn Estates). Services include their programs: "Roads to Recovery" (patient transportation to/from appointments), "Look Good Feel Well" (free wigs and makeovers), "Hope Lodging" (free lodging near treatment centers for patients/family during treatment), and even their staffed hotline.

Over 50 teams participated in this 24-hour event. Teams are made up of family members or friends (usually in honor of, in memory of, or in support of cancer patients), members of local organizations (ie: Knights of Columbus, CLU, Moose), and local businesses (ie: Excel Tumbling School, Cinder Inn, Ray Price Car Dealership). Our team "Team Penn Estates" is comprised of friends and neighbors that live here in Penn Estates.

Throughout the year our team holds various fundraisers. This year our team contributed \$2,600; together all of the teams raised over \$130,000.

The event is a celebration of cancer survivors, whom are honored with cheers and a round of applause as they partake in the survivors lap. Each year we see more and more survivors, which allow the relayers to see we are making a difference.

During closing ceremonies Team Penn Estates was awarded a plaque as an American Cancer Community for being a caring community. The team presented the plaque to our PEPOA Board of Directors at the July 10th 2015 board meeting.

Thank you to the team members: Angela Classen, Betty Anne Nevil, Brittney Hewitt, Calliope Padilla, Dave Coykendal, David Juliano, Debbie Weatherford, Diane Keller, Dulce Flecha, Emily Weatherford, GiGi Aurillia, Gil Flecha, Isabel Flecha, James Juliano, Jennifer Krause, Joan Hewitt, Joanna Huffman, Leighton Hewitt,

Lennea Aurillia, Lucy Jacobsen, Melissa Penta, Nicole Padilla, Patty Coykendal, Sherry Pepper, Tommy Coykendal, and our team captains: Drina Juliano and Nancy Padilla.

Please watch for updates on the 2016 team activities and fundraisers.

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Day Trippin' – Columcille Megalith Park

By Michael J. Tyrrell, Communications Committee

After 34 years in the Poconos and 34 years of guests, our list of places that we'd been schlepping these guests to got long enough but one more excursion to Crossings, Callie's Candy Kitchen, Mt Airy Casino, Bushkill Falls etc, and I thought I'd lose my %&#* mind. We started to take visitors to the local wineries as I have written about in past issues of Harmony. Fun and a nice change, but time for something else.

Over this Memorial Day weekend, we took a short drive down Route 191 to Columcille Megalith Park outside of Bangor. It's a little hard to find but only about 15 minutes from the intersection of 191 and 611 in Stroudsburg. You will come up on Kirkland Retreat Center on your left and Fox Gap Road is just past it, also on the left. At that point you are a few minutes away - just follow the signs.



This park was built by Bill Cohea and his late partner Frank Lindkuist and adjoins their residence. It is privately owned but opened to the public year round. There is no fee but contributions for the upkeep are encouraged. Leashed dogs are allowed. The park is a dream of the owners who wanted to build a place for quiet reflection and meditation, steeped in ancient Celtic lore. Think of this serene spot as a mini Stonehenge along the Appalachian Trail set in the Pocono Mountains. The terrain is amazing, so many interesting rock formations, trails, ponds, and even a small stone chapel.

Our guests enjoyed the short excursion and we plan to go back in the fall.



Eats Around Town

By Julie Harter, Communications Committee Member

Fume Asian Grill

I would like to start this off by saying, "My name is Julie and I'm addicted to Sushi!"

My favorite place in this area to go for sushi is Fume on Rt. 611 by the McDonalds in Stroudsburg. They serve Asian Fusion cuisine and even have rooms for parties in traditional Japanese style of Kotatsu with a low table.

During my last visit, we started with seaweed salad and scallion pancakes. Both were fresh and delicious. The salad teased our appetite with the crunchy seaweed and sesame oil, while the crispy fried scallion pancake and gingery soy dipping sauce hit the spot.

I ordered my usual here, the Spider Roll. As always, it was fresh, and the sweet soft-



shell crab was fried to perfection. I also ordered a fried sushi roll and tuna with avocado with wasabi mayo on top. I was in sushi heaven!

My now vegetarian daughter ordered vegetable Pad Thai, which she said was the best she's had. My family has been coming to Fume for years. Janet, the owner, is always very warm and helpful.

Ahh...Sheri Empanadas

I finally tried Ahh...Sheri Empanadas. This is an adorable, casual eatery. The variety of empanadas is vast, from international choices such as a Jamaican, Argentinian, Polish, Cuban and more. They also have a selection of premium empanadas consisting of vegetarian varieties, Philly Cheesesteak, and their Athens (stuffed generously with lamb, spinach, scallion, dill and feta cheese).

There is also a nice variety of unique side dishes, like curry potato salad, fire-cracker coleslaw, or mac-n-cheese bites which are decadent and hit the spot. Ahh... Sheri also has a plethora of sides of veggies, pastas and salads.

After my daughter and I devoured the mac-n-cheese bites, our empanadas were done. My daughter ordered vegetarian that included the Garden of Eden and Primavera. She found them very satisfying. I tasted hers and they were very good; however, I enjoyed mine best. I ordered the Polska which had kielbasa, mashed potatoes, sauerkraut, and farmer's cheese. This was very delicious and I dipped then in their Green Herb sauce that finished the empanada perfectly. The empanada I ordered was the Cuban. This was also very tasty filled with ham, pork, pickles, Swiss cheese and mustard. You should also know that the empanadas are in a shape of hearts and are baked, not fried.

We are not done yet... dessert time!

Some of Ahh...Sheri desserts consist of Italian cheesecakes with fruit toppings, deep dish Blue Berry or Apple Em'PIE'nada, but we decided to try the Peach Cobbler. This was a flavor explosion of peachiness, spices and crumb topping.

Give yourself and your family a treat and go to Ahh...Sheri's Empanadas. If you don't have a lot of time, then take advantage of their drive through window.

Until next time, enjoy the local flavors!



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Annual Penn Estates Carnival



Photos by Mr. Noel

By Nancy Padilla, Recreation Committee Member

The 2015 Annual Carnival was held in Penn Estates June 17-20. Even though Mother Nature did not cooperate with the weather, many families ventured down to the ballpark to enjoy the food and rides.

The Annual Carnival is a win-win event for Penn Estates. Residents get to enjoy having a carnival in their backyard while Penn Estates receives a percentage of the ticket sales for the use of our ballpark.



Our recreation committee's responsibility is to coordinate the dates with the carnival owners based on their availability. The carnival owners and their employees bring in their equipment, set up, run the rides, games, food concessions and clean up after the carnival. The rates for tickets and bracelets are set by the owners of the carnival.

Our recreation committee members volunteer their time to sit in the ticket booth helping with the sales.

Thank you Ledif Noel Avan for providing the photographs of the carnival.

We are looking forward to seeing you at our 2016 Annual Carnival!





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Five Ways to Prepare for a Successful School Year

By Katherine Hernandez, Communications Committee Member

As summer comes to a close, our kids will need support in getting ready for the upcoming school year. In the classroom, I've seen firsthand how kids who don't prepare adequately for the first weeks of school suffer. They struggle to keep up, have a hard time paying attention, and watch their grades plummet, then have to hustle to reverse the trend. This struggle can be avoided with a few simple steps in the weeks before school begins.

Over the years, I've talked with parents about how they prepare for school in the last weeks of summer and have picked up a lot of great tips along the way. The strategies I'm sharing here are just a few potent practices that other parents of successful kids have used and which I've implemented for my own children each summer. They require little effort and have enormous payoff.

Whether you choose one strategy, a couple, or all of them, you'll be giving your child(ren) a head start on the school year and helping them avoid the stress of abrupt change and the quick exhaustion that can set in when the long days of summer suddenly give way to busy, fast-paced fall.

The Strategies are: 1) Sleep; 2) Read; 3) Write; 4) Talk; and 5) Digital Detox. The details for implementing each follow.

Sleep: In the last weeks before the first day of school, getting kids back on a schedule that more closely reflects that of the school year is wise. This strategy alone is incredibly powerful. When kids start their first days of school feeling well-rested, energetic, and mentally alert, they more easily adapt to the increased demands on their energy and attention.

Here's how: Set each day's bed time 30 minutes earlier than the previous day until your kids on are on "school" schedule. This gradual progression allows the body to reset its circadian rhythm gently.

Tip: Keep lights dim in the hour before sleep and avoid bright screens. The darkening atmosphere signals the brain to prepare for sleep.

For more tips on making this strategy successful, see www.webmd.com/sleep-disorders/features/reset-sleep-cycle.

Read: Did you know that reading in the summer is the NUMBER 1 proven activity that prevents academic learning loss?¹ Kids who read engage the brain in complex thought processes that may not be activated through other endeavors, like watching movies or playing games (both of which are valuable in different ways, of course). Regular reading before the school year begins will prepare the eyes and brain for the highly challenging intellectual work, stamina, and discipline required to succeed in academia.

Here's How: If your child hasn't been reading all summer, then start a daily reading schedule asap. You can start with 5 - 10 minutes for elementary aged kids, 15 - 20 for middle schoolers, and 30 minutes for older kids. Increase the reading time by 2 - 5 minutes daily (depending on age and ability) until your kids are reading for a full 20 minutes (for elementary kids) or 1 hour (for preteens and teens) each day. Why these time allotments? See www.bpd3.org/km/readingnight.pdf for an explanation and superb tips on getting your kids reading more.

If your kids have been reading all summer, take a moment to tell them how proud you are, then encourage them to keep it up (and increase the time if they aren't meeting the recommended amounts listed above).

Tip: Be patient but firm with your kids, because they will resist this new schedule and responsibility. Once they adapt, though, they'll come to enjoy their reading time. Stay the course, parents; if you give in to resistant pleas and sighs, they will never get to the place where reading becomes an endeavor they look forward to and covet; nor will they prime their brains for school challenges. That said, you'll also want to avoid 'forcing' reading in such a way that it feels like a punishment. Aim to make it enjoyable to the best of your ability. A great way to do this is to honor the reading time, too, and sit down next to your child with your own book.

For more tips, see www.rif.org/us/literacy-resources/articles/children-who-can-read-but-dont.htm and this awesome article by prolific author, James Patterson www.cnn.com/2011/09/28/opinion/patterson-kids-reading/

Write: Generally, when kids come back into the classroom after the long summer (during which they've written little or nothing), they struggle to keep up with note-taking, in-class assignments, and homework, because their physical writing muscles are underdeveloped and fatigue quickly. Don't underestimate the enormity of this deficit: the physical fatigue drains energy from the think-



ing faculty and pulls kids' attention drastically from where it needs to be in the academic setting. The best way to counteract this is to get your kid writing for increasing increments every day in the last two weeks before school.

Here's How: There are two kinds of writing that will help: Nonstop timed writing exercises, to build stamina, and thoughtful writing, to strengthen the skills of writing as communication.

For Nonstop writing exercises, begin small, with 3-5 minutes. Kids can work up to 10 minutes, but longer than that isn't necessary. Be careful to ensure that your child is writing the entire time, rather than spending 2 minutes writing and 3 minutes thinking about what to write. The goal here isn't to have a coherent piece of writing as the product of the practice; the goal, instead, is muscular development, so constant movement is key. What gets onto the page is not relevant (though it might be interesting: see <http://successacademypa.com/2015/04/23/video-writing-a-life-processing-tool/> for more on this).

For Thoughtful Writing kids can keep a journal in which they write daily about anything and everything that matters to them or they can simply describe things they observe, chronicle each day's events, or make up stories and poems. This writing can be effective in as little as 5 minutes each day, or kids can choose to write until they've filled 1/2 to 1 whole notebook page every day (which is a better goal, since volume achieved is a better predictor of increased skill than time spent, since a lot of that time will be devoted to thinking, rather than writing).

Note: Though I haven't mentioned the intellectual benefits of writing, they are many and profound. See www.successacademypa.com/2015/04/26/save-a-kids-life/ for more on the benefits of writing.

Tip: Having fun-to-use tools makes the whole endeavor more enjoyable. Help your child choose paper (experiment with sizes, line-width, graph, and unlined styles), a notebook, and pens and pencils that s/he finds attractive, comfortable, and exciting to use.

For more tips see www.greatschools.org/gk/articles/seven-ways-to-encourage-kids-writing/ for K - 5th graders, and www.jenniferwolfe.net/2011/12/3-fun-and-easy-ways-to-encourage-your-child-to-write-more-guest-article-by-jacob-maslow.html for ideas that adapt well for older writers.

Talk: So much "talk" with our kids is really us telling them something and them either responding or complying. It can be easy to overlook how days go by without any true conversations that allow us to connect with our children on a deeper level. We need to make concerted efforts to set aside undivided time—even just

(continued on page 12)

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1 <http://www.rif.org/us/literacy-resources/articles/keeping-kids-off-the-summer-slide.htm>

Out & About

Things to Do and See in the Poconos

By Sharon Kennedy, Communications Committee

Summer is truly here. Did you get to watch fireworks on the 4th? Are you enjoying the pool and lake? Carnival is over but Community Day is on the horizon. Isn't this a great place to live?!?

Here are some of the other upcoming events around the area. As always, I take my information from internet sites. Please call to confirm dates and times and costs. Of course, there is a delay between writing this article and the publication of the Harmony. You may want to check the newspapers, and Internet for other events. I like 800poconos.com and njskylands.com for upcoming events.

This is a great season for outdoor festivals. On 8/22 and 8/23, Quite Valley Living Historical Farm has their 29th Annual Pocono Craft Fair with crafts, demonstrations and music. The West End Fair is at Gilbert from 8/23 to 8/29. The Pocono Garlic Fest is on 9/5 and 9/6 at Shawnee Mountain. Stroudfest in downtown Stroudsburg is on 9/5. The Annual COTA Jazz and Arts Festival is at the Delaware Water Gap on 9/11 and 9/13.

In September and October there are many harvest Festivals. Mount Pocono hosts their harvest festival on 9/26 and 9/27. The Mountain Harvest Festival is at Blue Mountain Resort on 9/26 and 9/27. Jim Thorpe's Fall Foliage Days are on 10/3 and 10/4. The Autumn Timber Festival at Shawnee is on 10/10 and 10/11.

Are you a runner? There is a Warrior Dash at Pocono Raceway in Long Pond on 8/29. Want something a little less traditional? Try the Zombie Run or Rot Challenge at Country Junction in Lehighton on 9/19.

How about a little free music? There are outdoor concerts at Dansbury Depot on Monday nights during August. Bring a lawn chair! Do you want to watch something more active than a concert? How about a rodeo? There are several throughout the summer. The PCRA Rodeo and Chili Cook Off is at Shawnee on 9/19 and 9/20. Or check out 800poconos.com for railway tours and rafting opportunities.

Have fun! Please let me know of your favorite events so that I can include them in the future.

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Preparing for the School Year

(continued from page 11)

5 minutes—to talk face-to-face with each of our children about something that matters to them. The key is to offer our complete attention (no answering phone calls or looking at our cell phones when they alert us to new messages). This signals to our children that they matter to us; that what they think about is important to us. This time pays off in the classroom: kids who know they matter, who are listened to by a caring adult on a daily basis, have more confidence in the classroom and do better in their school work.

Here's How: For whole family talks, get deep discussions going at the dinner table and be sure to invite each child in by asking open ended questions, making eye contact, and staying quiet long enough for them to gather and then articulate their thoughts. Bring up topics from the outside world; pay attention to which ones your kids show interest in and linger on those. Spend more time listening and less time talking. This will get your child thinking critically, talking long, and using the conversation to explore a topic in all of its angles, priming his or her brain for the intellectual tasks of the classroom and building his or her confidence for school discussions and teacher-directed questions.

For one-on-one talk with each child, snag any random moment that presents itself to drop everything and focus on one child. The perfect time is when they are already telling you something; rather than half-listening while you unpack groceries or check email, look into your child's eyes as s/he speaks, ask a question based on what s/he just told you, and stay focused on him or her for the entire time she or he is willing to talk. The attention you give here will demonstrate your love and caring and build your child's confidence and sense of security.

Tip: It can be challenging to ask the kind of questions that make your child want to open up, rather than shut down and stop sharing with you. Go for questions that get at his or her thinking, rather than ones that impose your thinking into the talk. For example, you can ask: What do you think about that?; How do you feel about that?; What would you have done?; or simply say, Tell me more about that.

For more tips, see www.ahaparenting.com/parenting-tools/communication/fool-proof-strategies-talk.

Digital Detox: Our digital lives are rich and multifaceted. Kids get a lot of value out of their digital communications, challenges, and entertainment, but they also get a lot of mental static from it all. Implementing a gradual release of digital dependence in the weeks before school can help kids process life easier and clear up mental space. It allows the brain to adapt without experiencing symptoms of withdrawal ("People may experience similar withdrawal symptoms with electronics as they would with chemical dependencies, including restlessness, anxiety or depression," says Dr. Cash.²)

Such symptoms can become a distraction in the classroom, decreasing your child's ability to comprehend and actively engage with the course content, teachers, and peers.

Here's How: Set your kids up for success by first removing digital devices in the evening. Gadgets should be turned off at least one hour before bedtime. This allows the brain to wind down and more easily prepare for sleep ("... light — particularly of the blue variety — can keep the pineal gland from releasing melatonin, thus warding off sleepiness. You don't have to be staring directly at a television or computer screen: If enough blue light hits the eye, the gland can stop releasing melatonin."³)

Note: This is a wise practice for always, not just in the weeks before school, and you would do well to follow the same rule (if you haven't tried it, I can promise you it is really hard to honor, but extremely worth the effort).

Tip: Get your kids accustomed to having at least one digital-free hour each day (in addition to the bedtime hour). The phones, mp3s, tablets, game consoles, and computers should be kept out of reach to avoid temptation. You'll be most successful if you also put away your devices during these times and engage with your kids (when you are willing to enact the same behavior you ask of your kids, they see that it really is valuable to you and are more willing to comply).

For more tips, see www.parentfurther.com.php53-8.dfw1-2.websitetestlink.com/blog/setting-boundaries-technology and www.resources.uknowkids.com/blog/too-much-tech-preventing-digital-addiction-in-your-tween-to-teen.

So, what if you can't do everything on this list? Does that mean your child is doomed to struggle and failure? Of course not.

Do your best to implement any of the above strategies as consistently as possible. If your kids spend their days with a caretaker while you're at work, then share this list with that caretaker to ensure your kids are benefitting even when you are away.

Best wishes to all for a smooth transition into fall!

Katherine, a secondary English teacher, tutor, and literacy consultant, blogs weekly about raising literate, well-balanced, happy kids at www.successacademypa.com.

² http://www.huffingtonpost.com/2013/09/17/12-step-e-tox-curb-electronic-device-addiction_n_3936807.html

³ http://www.washingtonpost.com/national/health-science/blue-light-from-electronics-disturbs-sleep-especially-for-teenagers/2014/08/29/3edd2726-27a7-11e4-958c-268a320a60ce_story.html

Michael's Kitchen

By Michael Tyrrell, Communications Committee Member

When the warm weather rolls in, everyone is searching for easy, fun recipes to use for casual entertaining at home or to take to an outdoor gathering. Search no more! Here are some favorites, including a dip, two salads and a dessert. I love recipes that are layered in a glass trifle bowl. Festive looking and reasonably easy to transport. The Layered Salad and Banana Pudding are iconic recipes but the addition of Kahlua in the pudding is my tweak.

Enjoy the rest of the summer!

Layered Taco Dip in a Bowl (serves 12)

- 1 lb ground beef chuck
- 1 pkg (1.25 oz) reduced sodium taco seasoning
- 1 can (16 oz) refried beans
- 1 lb ripe tomatoes, chopped
- 6 scallions, trimmed and chopped
- 1 tsp sugar
- ½ tsp garlic salt
- ¼ tsp black pepper
- 1 pkg (8 oz) shredded taco cheese blend
- 1 cup sour cream
- baked tortilla chips, for dipping

1. Cook ground beef in a large nonstick skillet over medium-high heat for 5 minutes, until browned, stirring occasionally. Stir in ¾ cup water and taco seasoning. Reduce heat to medium-low and simmer 5 minutes, stirring occasionally. Stir in refried beans until well combined and heated through. Set aside.
2. In a medium-size bowl, mix together tomatoes, ½ cup of the scallions, sugar, garlic salt and pepper. In a second bowl, combine 1 ½ cups of the cheddar cheese and sour cream.
3. In an 8-cup glass bowl, layer half the beef mixture, tomatoes and sour cream mixture. Repeat layering. Scatter remaining scallions and cheddar cheese over the top. Serve at room temperature with chips.

Classic 7-Layer Salad (serves 8)

- 6 cups shredded iceberg lettuce
- 2 cups chopped tomatoes (about 1 lb)
- 2 cups sliced mushrooms (about 6 oz)
- 1 pkg (10 oz) frozen peas, thawed
- 4 oz cheddar cheese, cubed
- 1 cup red onion rings

- 2 cups Miracle Whip Light Salad Dressing
- 5 slices crispy cooked bacon

1. Layer lettuce, tomato, mushrooms, peas, cheese and onions in a 14 cup glass trifle bowl.
2. Spread salad dressing over the top. Cover.
3. Refrigerate several hours or overnight. Garnish with crumbled bacon and shredded cheddar cheese if desired.

Layered Shrimp and Avocado Salad (serves 6)

- 6 cups torn romaine lettuce
- 2 cups chopped tomatoes
- 3 diced avocados
- 1 lb cooked shrimp
- 1 sliced red onion
- 1 pkg (10 oz) thawed frozen peas
- 1 cup prepared Thousand Islands dressing
- 6 pieces fully cooked microwavable bacon, crumbled

1. In a 14-cup glass trifle bowl, layer the lettuce, tomatoes, avocados, shrimp, onion and peas. Spread the dressing evenly over the top and garnish with the crumbled bacon.

Iconic Banana Pudding (serves 12)

- 1 box (12 oz) vanilla wafers
- 2 packages (3.4 oz each) instant vanilla pudding
- 3 ½ cups milk
- 2 cups heavy cream
- 1 tbsp vanilla extract
- 7 bananas, sliced
- 1 tbsp sugar

1. Line bottom of 14 cup glass trifle bowl with vanilla wafers in a single layer. Prepare instant pudding mix according to pkg directions, using milk and ½ cup of the cream. Beat in 2 tsp of the vanilla.
2. Layer one-fourth of banana slices over wafers. Spoon on one-fourth of the pudding, spreading evenly. Top with a layer of vanilla wafers. Repeat layering, ending with pudding, until all wafers, pudding and bananas are used.
3. Beat together remaining 1 ½ cups cream, remaining 1 tsp vanilla and sugar in medium bowl until soft peaks form. Spoon on top, spreading level. Loosely cover and refrigerate overnight.

Kick It Up: For an adult tweak, drizzle a few tbsp of Kahlua over each layer of vanilla wafers.

Movie Review: Insurgent - The Divergent Series

By Matthew Jacobsen, Contributor

On March 20, 2015, the movie known as Insurgent, which is the second installment to the book franchise, Divergent, hit theaters. This movie has something for everyone and is packed with action, suspense, thrills, chills and romance. It's based on the widely popular Divergent series written by Veronica Roth.

For those people, like myself, who have read the entire book series, we have a sense of what is going to take place, but I am here to say that even with the knowledge of what I read, I still very much enjoyed seeing everything unfold on the big screen.

When we read, we create our own image inside our head. This movie makes that image into a real picture giving both people who have read the book and those who have not, a clear image and incredible story.

The story takes place inside a walled city where something called factions were created. There are five factions in all and each faction has its own special quality. Dauntless is fearless, Amity is peaceful, Candor is truthful, Erudite is intelligent and Abnegation is selfless. I don't want to leave you hanging, but if you want to find out more, I suggest either seeing the first movie, Divergent, or picking up the book itself.

Like the Hunger Games series, there will be two more movies in the future. I give this film a 4 out of 5 rating, only because I enjoy reading more than watching a movie. The acting was great and I highly recommend seeing this film. I also recommend that you read the books and compare the differences between the movie and the book.

Keep an eye out for the third and final installment of this book series. I know I can't wait to read it.



Reading Corner

By Evelyn Infante, Contributor

I recently finished *The Broken Half* by Sahar Abdulaziz, a local author who works with abused women. She hears many horrible stories of the kind of abuse that goes on in many households across the country and in fact the world. Although she wrote *The Broken Half* with her culture in mind, domestic violence, just like child abuse occurs within every religion, culture, economic and social backgrounds. Even teenage girls who are not legally bound to their boyfriends, suffer abuse by some. A happy upbringing does not protect you from getting trapped in violent relationships either.

I quickly got caught up in this well-written story of domestic violence. Zahra represents any woman who has been, or is currently abused by a man she loves. This story also tells us that there is hope and with a little courage it is possible to save your life. There are a lot of good people willing to help you escape if only you would get past your shame and confide in someone.

The Broken Half made me care very much for the main characters, Zahra and her friend, Hawadah. I even cared about Zahra's husband, Jamal as a boy and kept wanting him to realize what he was doing and take control of his actions. But the author kept it realistic and told a story of an all too often consequence in the lives of all those involved in domestic violence. While sad, I recommend reading *The Broken Half*, especially to those who have wondered, "Why doesn't she just leave him?" By the way, I enjoyed the explanations and translations offered by the author in the beginning of the book very much. I got an education.



DIGITAL SCREEN OVERLOAD?

Try Taking a Break...

By Katherine Hernandez, Communications Committee Member

We are so fortunate to have instant access to so many valuable things through our digital devices. From our social lives to our reading libraries, it seems every need can be met and every problem can be explained or solved through our digital connectivity.

As valuable as our digital devices are for life improvement, entertainment, and information access, they are also potentially problematic for peace of mind, clarity, and focus.

Just as we know about all good things—junk food, relaxation, even water—too much of them is, ... well, too much. Any time we tip the balance and consume more than optimal amounts of something, we endanger our well-being. This is true for digital engagement as it is true for so many wonderful things in our lives.

What's tricky to pinpoint is: How much is too much? The answer probably differs for each of us and so we need to tune into our inner experience and recognize the signals of overload.

For parents, it can be even trickier to help our kids understand how much digital engagement is too much for their developing brains and constitutions. Some of us attempt to restrict digital access severely, while others resign themselves to the idea that everything will work itself out over time. Most, if not all, of us actively pursue more information, engage in trial and error, and tweak our approaches in light of new understandings.

So many of us strive to cultivate balance in our kids' lives, as well as in our own, and this is likely the safest approach when it comes to digital screen time, too.

One strategy I've been implementing for the past couple of months is proving a fantastic way to both minimize and maximize digital engagement. It's also helping my kids develop a keen awareness of how they are personally affected by digital screen time. They are learning to sense when they've had enough and to self-monitor their digital engagement to avoid overload.

The strategy is to devote one entire day each week to non-digital activities. For us, this day is Sunday.

On Sundays, from the moment we wake up until we retire for the night, our digital devices are off, unplugged, and out of reach.

In the beginning, this was a difficult challenge for all of us. How would we get through the day with no pictures, games, videos, Internet searches for answers to questions that come to us throughout the day? The kids groaned and complained, but complied. I started off feeling quite confident and looking forward to the break from constantly checking in with my website, blog engagement, and social media updates.

Ironically, after a couple of weeks, the kids had a much smoother walk through Sundays than I did. They simply accepted that these were non-digital days and they stopped asking me to make exceptions—they even stopped asking, "How long are we going to keep this up?!" I dare say they've come to enjoy these digital free days.

I, on the other hand, had a harder time rejecting the many impulses to pick up my phone and check in with my digital world. Eventually, though, I overcame those urges and relaxed into the refreshing pace of in-the-moment life each Sunday.

How do we spend our digital free days? We talk. We play. We read aloud to each other and enjoy silent independent reading time. We create—art, games, stories. We go outside and examine nature or just revel in the feel of sun and wind on our skin. We do household chores together, like a team. We have fun together. And we laugh a lot. We also spend some quiet time alone, getting acquainted with our own interests and ideas.

What's so great about it? I've recaptured the joy of quiet contemplation and reconnected with my thoughts, my inspiration, and my dreams. I've also reconnected with my children. We've come to know each other on a deeper level than is ever possible when we're all immersed in our digital distractions from one another and our busy schedules.

The kids have connected with their thoughts and creativity, too. They've learned how to manage their boredom, play fairly, and enjoy each other's company. Of course, they still argue and bicker like all siblings do from time to time, but they now have more moments of calm joy, too.

What's so great about non-digital days is that they enable us to more fully appreciate life on its own. They also enable us to more fully appreciate the value we get from our digital connections. Perhaps most interestingly, they enable us to use our digital devices more productively. Now, on regular digital days, we are more focused about what we're doing on screens and why we're doing it. We spend less time just searching online and more time achieving the goals of our digital engagement. We are more purposeful. We go on, get what we wanted, and shut the devices off, moving on to other life endeavors.

What would change for you and your family if you tried this? The thing is: the only way to know for sure is to try it.

Katherine, a secondary literacy teacher, consultant, and tutor, blogs weekly about raising well-balanced, happy, and successful kids at www.successacademypa.com.



Community Safety Committee Adolescent Behavior Seminar

By John Baraniuk, Chair, Community Safety Committee

On Saturday May 23, 2015 at the community center, the Community Safety Committee sponsored a seminar on the topic of Understanding Challenging Behaviors given by resident Tina Johnson CEO of Giving Source Professionals LLC and her associates Rachel Reyes and Shari Curtain.

The topic discussed informed our community residents on understanding challenging behaviors.

There are many challenges that effect the family system within the United States today. It is because of those challenges that there has been an increase in child and adolescent behaviors, lack of social emotional stability and increased teen violence.

Due to an increase in divorce, single parent home, and work schedules there is now less time spent together as a family and more time spent in secondary environments away from the home, such as preschool and after school programs. As children grow into adults they learn how to express themselves utilizing the social and emotional experiences they have learned throughout their childhood.

Strong relationships built between parents and educators provide consistency for the child that ensures a greater chance that the child will become a successful contributor to society as an adult.

All children are different in personality and the way in which they view the world around them. Some infants are very active, other infants are very quiet. Children develop at different stages. Each child is an individual, they react according to the environment in which they live and grow. Parents are the first educators of their children and children learn behaviors according to the response that they receive from those who care for them.

Children develop according to their language, physical, intellectual and social-emotional development.

Children who lack language, intellectual and social-emotional development, tend to be aggressive towards themselves and those around them because of a lack of those skills.

The Giving Source Professionals challenges communities to embrace children and families of all cultures, nationalities and abilities. They provide educators, families and children with the professional skills, knowledge, compassion, integrity with a unique perspective that impacts and inspires lifelong learning.

The Community Safety Committee would like to thank Tina and her associates from Giving Source Professionals LLC for giving this presentation to our community and we like to thank our residents who attended.



At The Heart of Art

By Jane Harris, Communications Committee Member

Art is a human activity, although I once encountered a chimpanzee that painted. Red was his color of choice.

I believe all of us have artistic tendencies, though not always manifested in expected ways. The way we dress, the way we put food together or do our hair...artsy hobbies and home décor reflect our personal aesthetic. Some of us are driven to translate our observations of what is beautiful, exotic or raw in nature onto canvas or captured as a photograph. Foibles, fancies and fantasies can inspire imaginative and compelling paintings or sculptures.

Maybe you don't (or don't think you can) make art but rather like to look at it. As a viewer you are part of the artistic process. You may "get" what the artist is saying assuming that he or she is making a statement or just be in awe of the ability to share a personal inspiration.

My work as an artist is somewhat varied in terms of media, (paint, paper collage, found objects, even clay sculpture)...always determined by what I encounter or what I



carry with me from past or current life experiences.

For example, I've been an avid "collector" of cats...having had as many as 18 at one point. Not long after taking a studio space on Miami Beach, (many moons ago!), I did a series of paintings of my cat family.

This work clearly was about relationships...personal and loving.

An example of inspiration by encounter came as I traveled through the airport in Philadelphia on my way to Stroudsburg, spotting a very dead bird through a windowed walk way. I snapped a photo and ultimately manipulated the image on my computer, titled it "My Philly Friend" and displayed it in our PE home. Art first begins in my heart.



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