

END OF SUMMER JAMBOREE

by Kathy Borie, Contributor

As an only child, a sense of home, of community, of friendship is vital to my heart and well being. Having moved from a big city in New Jersey to the peaceful woods of the Poconos, raising a family here is everything I had hoped for. Seeing my boys run freely through a park, see deer and nature up front and personal, enjoying the lake, the local streams and ponds, forging valuable friendships at the pool with adults, kids and lifeguards, breathing in fresh air and exposing them to lots of mud, bugs and love is everything and more.

On a gorgeous Saturday in August, the lifeguards gave us more memories to remember. It's our third year enjoying the end of summer event at the lake and each year, they do a wonderful job interacting with the community, playing with the kids, conducting games, building a bonfire, supplying arts and crafts, smores and more! Nothing is ever perfect but I choose not to look at every negative and get myself down. Life is too short and fragile.

I choose to let my boys experience the joys of life and hopefully teach them to embrace these experiences, any good or bad, and grow from them, seeing the kindness in strangers letting them play with their toy, to see my boys share with other kids, to see all children actively enjoying the outdoors. I am so grateful

for each and every Penn Estates life-guard, past and present!!!! Thank you from the bottom of my heart for always making our memories special. It's not an easy job but I am thankful you are all here! I hope everyone has a wonderful rest of the summer! Be safe and happy.



PRRST STD
U.S. POSTAGE
PAID
Stroudsburg, PA
18360
PERMIT NO. 48

Penn Estates Property Owners Association
304 Cricket Drive
East Stroudsburg PA 18301

Animals Can't Talk

by Melissa Penta, Contributor

Did you know that there is a cat rescue right inside of Penn Estates? Animals Can't Talk Rescue & Adoption Inc. (ACT) has been helping local cats find homes since 2008. Over two hundred cats inside of Penn Estates alone have found their way to loving homes through ACT. I have been volunteering for them

for three years. We receive strays, cats who lost their owners, who are no longer wanted, and who are abandoned. We've helped sick and injured cats recover, we give comfort to those who do not make it. Most of all, we find these furkids their forever homes.

We run on the kindness of your donations and adoptions. We are also in need of volunteers to help throughout the week at our rescue inside of Penn Estates and in the Stroudsburg PetSmart. Please consider helping us help the cats! For more information, or to volunteer, call (570) 242-2846 or email strictlycats@verizon.net. You can also visit online at animalscanttalk.org or on Facebook at [facebook.com/Animals-CantTalkRescue](https://www.facebook.com/Animals-CantTalkRescue).



Meow-Meow, now Emma, was with us for two years before finding her forever home.

Donations are always welcome by sending a check to Animals Can't Talk Rescue and Adoption, Inc., 1167 Woodland Drive, East Stroudsburg PA 18301. We are at the Stroudsburg PetSmart on Saturday afternoons, 12-4PM, where you can meet some of our adoptable cats or give an in-person donation. We are also outside PetSmart every first, third and fifth Saturday May thru October trying to

raise funds and selling our logo t-shirts.

Animals Can't Talk is a 501c-3 corporation and an all-volunteer organization. Naomi Gauntlett, the president of ACT, has over 30 years of experience with rescue. We hope to help as many unwanted, lost and abused animals as we can. All cats are veterinarian checked, vaccinated, treated (when necessary), spayed and neutered, and cared for until adopted.



Various kittens rescued from Penn Estates.



Walle still needs a home. He was left on our driveway by a resident. Please do not leave cats this way!



CNA/CHHA

We're looking for reliable certified aides to work locally with the elderly in homecare.

For more information call Kelly at 570-476-3100 or email kwilson@poconohomeservices.com

A.N.T. CONSTRUCTION

Your Home Repair Specialist

Renovations • Additions • Roofing • Siding
Drywall • Drywall Repair • Painting

"Working hard comes natural"

Anthony DiBello

570-223-0151

Fully Insured

RD # 1 Box 1575 • East Stroudsburg, PA 18302



BRADLEY REALTY

OF THE POCONOS

Where Experience Matters.

Need to Buy or Sell?

Call Me! I've Got You Covered -
I live in Penn Estates!

Sharon Bradley, Broker/Owner
24 North 7th Street • Stroudsburg PA 18360
Cell/Text: 570-982-9574
Office: 570-844-0404

✓ Professional ✓ Personable ✓ Proactive



Attend a Board Meeting

by Phyllis Haase, Community Manager

If you've never attended a Board of Directors meeting, then you are not taking advantage of your right to observe and participate in the policy making process that protects, preserves and enhances the Associations assets, business operations and important changes that will affect you as a resident.

We are a large corporation and our Directors of the Board work very hard to run an informative, productive business meeting. Many of the decisions made at a meeting of the Board have a direct impact on you and potentially the property values of our wonderful community.

You may or may not be aware that there are different phases of a Board meeting. The main purpose for the Board is to hold a Business Meeting. At a Business Meeting, the Board discusses and makes decisions based on a pre-established meeting agenda from the monthly workshop. Some of the items are financial, rules/regulations, policies and maintenance items/projects.

There is a portion on the agenda called Member Comments. During this time you, the unit owner, are permitted to address the Board for a limited period. This is so that you may address the Board with your input, ideas, comments and/or suggestions pertaining to the Association.

An important point to remember is that although you may have an important issue to bring to the Board, please do not expect the Board to act on this issue at that time. Most items brought forward to the Board are turned over to me, the Community Manager, to research and to provide options and details around the item brought forward. This is the process followed to gather as much information for the Board so that the Board is informed and well prepared on a topic before a decision is made.

A lot of time and forethought goes into the Board's decisions as they are volunteering to represent you.

There is also the occasional Executive Session, which is conducted without

homeowners present to discuss issues related to legal, contractual or personnel items. Homeowners are not allowed to attend the Executive Session.

Many times we hear, "I didn't know that," "when did that happen" or "why did that happen." Therefore, we encourage you the homeowner to attend the Board meetings so that you are better informed.

Now is a perfect time to start attending. We look forward to seeing you there. Please remember to bring your current, valid, amenity badge.

**SPEED
LIMIT
25**

PLEASE DRIVE SLOWLY!
The speed limit on **ALL** Penn Estates roads is **25 MPH**, except where otherwise posted.



Valovich & Sons

*Schedule your
Fall Yard
Clean-up now!*

Hauling and Delivery...and more!

- Junk Removal
- Yard Clean-ups
- Firewood
- Gutter Clean-outs
- Sand & Gravel
- Lawn Installation
- Retaining Walls
- Landscaping
- Pavers, Walks, Patios
- Powerwashing
- Driveway Stone
- Decorative Stone
- Screened Topsoil
- Colored Mulch
- Fill Dirt

You can count on us! 570-421-2165 PA Contractor # PA044700



Harmony

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

To submit an article or contact the Editor:
pepoaharmony@gmail.com

Editor Michael Tyrrell
Staff Debra Cellentano, Jane Harris,
Julie Harter, Katherine Hernandez,
Matt Jacobsen, Sharon Kennedy,
Jennifer Nicholson, Robin Nicholson,
Nancy Padilla, Nicole Padilla, Dorritte Tyrrell
Contributors Evelyn Infante, David Montalvo,
Lisa Ortiz, Melissa Penta,
Maureen Shindle, Michele Valerio
Board Liaison Sandy Bonet

For advertising information:

Community Newspaper Publishers

237 Phyllis Court, Stroudsburg PA 18360
PHONE: (570) 476-3103 E-MAIL: mail@cnpnet.com

The acceptance of advertising in the Penn Estates Harmony does not constitute endorsement by the Penn Estates Property Owners Association or Community Newspaper Publishers, Inc. Position of advertisements is not guaranteed. All advertising is subject to acceptance by the editor and publisher. The publisher is not responsible for errors in ads or claims made by advertisers.

SAVE ENERGY & PROTECT your home with SIDING, ROOFING and WINDOWS



**Low Monthly
Payments!**
to Qualified Buyers
Call Today!

**BUY 5 WINDOWS
GET 1 FREE WINDOW**
BAYS • BOWS • COMPOSITE WOOD
SLIDERS • CASEMENTS
DOUBLE HUNG
ENTRY DOORS • STORM DOORS

Siding
Windows
Roofing
Additions
Kitchens & Baths
Basements & Decks
Masonry
Water & Fire Damage

Voted Best
Contractor
Readers' Choice
Award: 2011,
2012, 2013, 2014
and again in 2015!



**FREE STORM DOOR
with any complete siding**

\$500 OFF Buy Now and Save \$500 OFF
Any Kitchen, Bathroom,
Basement, or Major Renovation



PA Lic. 000051



Countrywide Enterprises

FREE ESTIMATES

www.Countrywidellc.com

1-866-690-4450

7118 Route 209, Suite 1, Stroudsburg



Let Our Family Serve Your Family

President's Message

by Sean Reilly, Board President

Good Bye Summer - Well we had a spring/summer season of clouds, rain and global cooling in the Poconos. The good part was that the sunny days were perfectly warm with low humidity days and cool Pocono nights, which of course make these forested mountains the recreation destination draw they are known for.

Spish Splash - We have a continuing shortage of lifeguards due to the new indoor and outdoor water parks in this area. We had to leave Hyland Lake Beach as a "swim at your own risk" facility some days this summer, just like all the state lake facilities. The Board is looking at some creative incentives to draw and hold guards for next season.

Lake Blowout Jamboree - The Hyland Lake Jamboree cookout was a huge maxed-out draw. All had fun with food, sun, tie-dyed shirts and a once-a-year campfire on the beach.

Soccer Goals - These moveable goals were added to our multi-use recreation fields, to share with the softball outfield.

Landscaping - You may have happily noticed the fresh flair of floral landscaping welcoming you and guests and buyers at the entrances and the Administration Building, thanks to the creative eye our new Community Manager. The beautiful new flower boxes around the playground, Community Center and the Administration Building front lawn were built by our in-house maintenance staff under the direction of longtime maintenance supervisor Mike Davison.

Leaf Fall - Soon the lush leaves of spring and summer will be turning pastel hues and falling and falling and falling... You may have noticed last year a huge increase in the quantity of leaves over the prior few years. Well, since we killed off nearly 100% of the gypsy moths two years ago at a cost of \$78,000, all the trees are now fully leafing out, hence the enormous increase in the quantity of leaves we all have to pick up and bring to our recycling drop-off.

Outdoor Burning Ban - You may not burn leaves or wood or paper, cardboard or plastics etc in an outdoor "fire pit or campfire" in Penn Estates. The only outdoor fires permitted are those in containers manufactured or constructed for cooking, containing an integral cooking grill and a fine mesh screen covering the open flame. The screen is essential to prevent ashes and embers from flying away. You may not use an open flame fireplace, chiminea, campfire or fire pit. These open fires will permit ash and embers to fly into the forest floor and create a dangerous forest fire.

Planning, Planning, Planning - We are continuing our detailed cost conscious planning on the rear mailboxes, the Community Center crawl space repair and the Community Center foyer repair.

Roads - Now that Penn Estates Drive is complete (costing over \$1,000,000 and adding to our property values) we are beginning a robust plan to resurface our other 24 miles of old roads over the next several years. This year's road repair plan (2017) will cost in the range of \$550,000. The replacement of 13 storm water pipes under the roads, repair of severely fractured roadways and broken shoulders, installation of seven speed bumps and the paved resurfacing of 11 severely stressed roads. We plan to spend another \$500,000 in 2018 to catch up on resurfacing our aging 35-year-old roads.

A Past President's Passing - On a sad note, I have to report the passing of PEPOA past President Jody Perkin. Ms. Perkin requested privacy in her illness and passing. However she did request a tree planting in her memory. A private tree-planting dedication will be conducted this fall, by her family, somewhere at a location on the Community Center grounds.

Stay in Touch with Penn Estates

Website: www.pepoa.org

Office phone: 570-421-4265

Facebook: Penn Estates Property Owners Association

Twitter: @PennEstatesPOA

Email: Harmony Editor > pepoaharmony@gmail.com

Board of Directors > board@pepoa.org

Community Manager > Phyllisaase@pepoa.org

Treasurer's Report

Proposed 2018 Budget

by Ron Gatti, Treasurer

The proposed annual budget provides the financial plan to support the levels of service projected for the coming year. It is comprised of two major categories:

- 1) The annual operating fund
- 2) The capital improvement fund

Over the past several years, members have told us that the services they most care about are road repair and maintenance, effectiveness of our security operation and increased recreational activities particularly for our young people.

In preparing the 2018 budget, the Board analyzed the community's needs in these areas and identified the most efficient methods for responding to them. As a result, the Board is proposing an increase of \$100 per property in annual dues from the current base rate of \$1190 to \$1290 for improved properties and from \$985 to \$1085 for unimproved lots.

With this enhanced revenue, we will be able to develop an ongoing road maintenance plan, to provide more recreational activities and to enhanced security coverage to provide services such as increased staffing at peak hours, increased weekend and holiday coverage and added patrol time to identify speeding.

Operating Budget

Revenues for 2018 are anticipated in the amount of \$2,344,265, an increase of \$232,390 over 2017. Similarly, the expenditures for 2018 are also anticipated to total \$2,344,265 creating a balanced budget. During the course of 2017 the Board of Directors received many comments requesting improvements in road repairs, security, recreational services and mail delivery among others.

Road repairs and mail delivery improvements are Capital Fund expenditures discussed below. Security and recreational services are financed through the Operating Fund. Security services has increased from the initial contract of 400 hours per week to 480 hours per week during the balance of 2017 and throughout 2018. The increased security will cost an additional \$98,741 for a total security expenditure of \$516,866. Recreational services will be increased by \$11,191 to provide more activities and events for all our residents.

Capital Budget

The Capital Fund priority expenditures for 2018 will include major road and drainage improvement, mailbox expansion, community center building and other amenity improvements. We have projected 2018 Capital expenditure of \$832,338. These expenditures will reduce the projected 2018 year end Capital Fund balance to approximately \$420,500.

The Board of Directors believes the Capital Fund balance should not be less than \$500,000 in order to meet our capital fund needs. In order to meet our Capital Fund needs the Board of Directors has proposed an increase of \$278,755 which will enable us to accomplish our 2018 and long term goals while not falling below the threshold \$500,000 balance.

Budget Development

The 2018 proposed budget is the outcome of many hours of work by our Community Manager and staff, the volunteers of the Finance Committee and the Board of Directors. The initial budget submitted by the staff and Finance Committee proposed a zero increase for another year. While the Board of Directors would have liked to extend our zero increase for 2018, it was determined that we would not be able to respond to the residents requests for improvements. In order to implement improved levels of service in security, recreation, road improvements, etc., the increase of \$100 per property would be needed. We could not raise the levels of service without raising the budget to pay for the improvements.

Budget Forum

There will be a Budget Forum on November 1st at which the Board of Directors will receive your comments and questions. We hope you will participate but if you cannot attend, we welcome your questions via email at board@pepoa.org.

We thank everyone who helped prepare this 2018 proposed budget and look forward to delivering the improvements and high standards of service our residents deserve.

2018 Preliminary Operating Budget

Dues: Developed = \$1,290.00
Undeveloped = \$1,185.00

Dues Income	\$1,898,525.00
Prior Dues	\$50,000.00
Deferred Dues	\$156,667.98
Interest on late payments	\$55,000.00
Collection Fees	\$6,500.00
Delinquency Fees	\$39,000.00
Payment Plan Application Fee	\$16,000.00
SUBTOTAL DUES REVENUE	\$2,221,692.98

Security Citations	\$50,000.00
Interest Income	\$780.00
Rental Registration	\$19,200.00
Gate Cards	\$15,500.00
Private Event Rental	\$3,000.00
Resale Certificate Fee	\$14,100.00
Codes Enforcement Violations	\$10,500.00
Miscellaneous Income	\$2,400.00
Carnival Income	\$0.00
Country Store Lease	\$7,092.00
SUBTOTAL OPERATING REVENUE	\$122,572.00
TOTAL REVENUE	\$2,344,264.98

Maintenance Payroll	\$206,990.06
Maint P/R Taxes	\$26,908.70
Maint Benefits	\$66,177.22
Janitorial Supplies	\$6,000.00
Buildings & Grounds	\$15,000.00
Landscape Maintenance	\$2,500.00
Amenity Repairs	\$13,000.00
Refuse Collection	\$16,000.00
Tools/Equip Purchase/Repair	\$7,000.00
Road Repair Materials (in-house)	\$3,000.00
Snow Removal	\$25,000.00
Vehicle Fuel	\$23,200.00
Vehicle Maintenance & Repair	\$14,000.00
TOTAL MAINTENANCE	\$424,775.98

Monthly Contract Charges	\$444,163.20
Overtime Charges	\$8,883.26
Monthly Vehicle Charges	\$22,200.00
Security Supplies	\$4,200.00
ACA Surcharge	\$37,440.00
Radar Unit Purchase	\$0.00
TOTAL CONTRACT SECURITY	\$516,886.46

Rec Payroll-Lifeguard	\$73,135.00
Recreation Payroll Taxes	\$9,507.55
Lifeguard Expenses	\$1,500.00
Seasonal Activities	\$10,000.00
Lake/Pool Maintenance	\$11,252.00
Lake/Pool Testing	\$3,440.00
Equipment Purchase	\$10,500.00
Amenity Badges	\$1,700.00
TOTAL RECREATION DEPT	\$121,034.55

Community Safety	\$1,000.00
Community Day	\$6,500.00
Carnival	\$0.00
Communications Committee	\$300.00
Nominating Committee	\$500.00
Recreation Activities	\$10,000.00
Environmental Education Committee	\$300.00
Board Expense	\$1,000.00
Youth Group	\$1,400.00
Food Pantry	\$500.00
TOTAL COMMITTEES	\$21,500.00

Management Payroll	\$111,650.28
Management P/R Taxes	\$14,545.54
Management Benefits	\$30,489.31

Admin Payroll	\$130,975.68
Admin P/R Taxes	\$17,026.84
Admin Benefits	\$40,680.06
Codes Enforcement Payroll	\$30,084.60
Codes Enforcement Payroll Taxes	\$3,911.00
Codes Enforcement Benefits	\$26,749.68
TOTAL OFFICE	\$406,112.99

Accounting Services	\$15,000.00
General Legal Services	\$51,000.00
Computer Expense	\$14,000.00
Operating Supplies	\$13,000.00
Leased Equipment	\$11,000.00
Collection Filing Charges	\$13,500.00
Annual/Special Meetings	\$1,200.00
Bank Fees & Interest	\$400.00
Payroll Processing Fee	\$3,000.00
Credit Card/Bank Fees	\$16,500.00
Refunds	\$1,000.00
Alarm System Fees	\$2,900.00
Gatehouse Support Fees	\$23,700.00
Membership Mailings Postage	\$11,000.00
Webhosting Fees	\$1,200.00
Dues/Subscriber/Staff Training	\$6,000.00
Advertising	\$1,100.00
Volunteer Dinner	\$3,500.00
Community Relations	\$2,500.00
TOTAL GENERAL & ADMIN	\$191,500.00

Insurance Directors & Officer	\$9,500.00
Insurance - Umbrella	\$13,500.00
Insurance - Package (QBE)	\$76,000.00
Insurance - Worker's Comp	\$20,000.00
Insurance Volunteer	\$1,700.00
TOTAL INSURANCE	\$120,700.00

Util, Pool Lake, Store, Bldgs.	\$58,000.00
Telephone & Communications	\$19,000.00
Fiber Optic Cable Expense	\$21,000.00
TOTAL TELE/UTIL & COMM	\$98,000.00

Loan Interest Expense	\$0.00
Loan - Principal	\$0.00
TOTAL DEBT SERVICE	\$0.00

Capital Reserve Contribution	\$443,755.00
Contingency Fund	\$0.00
TOTAL INTERFUND TRANSFERS	\$443,755.00

GRAND TOTAL OPERATING EXPENSE \$2,344,264.98

2018 Capital Budget

2018 Dues Income designated to Capital Reserve Fund	\$ 443,755
CIF Funds designated to Capital Reserve Fund	\$ 111,860
Total Capital Reserve Contribution	\$ 555,615
Funds from Capital Reserve Balance	\$ 276,723
TOTAL	\$ 832,338

Roadway Asphalt Overlay	\$ 535,358
Pipe Replacement	\$ 48,280
Community Building Crawl Space	\$ 90,000
Entry - Meeting Room Renovation	\$ 6,500
Computers	\$ 2,200

<i>2017 Reserve Projects Carried Over</i>	
Rear Mailbox Cover	\$50,000
<i>2016 Reserve Project Carried Over</i>	
Penn Estates Drive	\$100,000
Total Capital Reserve Expenses	\$ 832,338

Out & About

Things to Do and See in the Poconos

By Sharon Kennedy, Communications Committee

Once again, summer disappeared when I wasn't looking. Autumn is upon us, with events both within and outside the community. The spectacular fall foliage event is something that outsiders come to see. We see it up close and personal with rakes in hand. Despite my aching muscles, I do so love the seasons. Community Day is fast approaching. Outside the gates of our community, zombie and haunted events seem to reign supreme. I hope to do at least one corn maze this year, in between leaf collecting hours.

Here are some of the upcoming events around the area. As always, I take my information from Internet sites. Please call to confirm dates and times and costs or check the websites. If you are interested in some of the more active events, you might want to check early. The early registration fees are often lower the sooner you register. 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.

Quite Valley Living Historical Farm is an interesting day out any time and they have special events throughout the year. They host the Annual Harvest Festival on October 7th and 8th. On October 27 to 29 is Spooky Days on the Farm. Their 27th Annual Old Time Christmas is on 12/2 through 12/10 from 3-7.

The Pocono Food Truck Festival and Art on the Mountain will be at Shawnee on October 14th and 15th. The Black Bear Film Festival will be on October 20 through October 22 in Milford. Jim Thorpe will host their Fall Foliage weekends from 11-5 from October 7 through October 22, with live music, ghost tours, etc. On 11/18 and 11/19 is the Annual Great Brews Beer Festival at Split Rock Lodge in Lake Harmony. The Autumn Timber Festival is at Shawnee on 10/7 and 10/8. The Great Pumpkin Fest is at Country Junction in Lehighton from September 30 to October 29, with hayrides, corn mazes and a haunted house. Their Waldorf

Estate of Fear has numerous options including a zombie escape room and Zombie Apocalypse.

Now, on to the many, many other Halloween events! Kartrite's Not So Scary Haunted House (and other attractions) is at Camelback in Tannersville from 9/29 through 10/31. The Haunted Trail of Screams with 70 acres of zombies and witches is at Alvin's Off Road Playground in Long Pond. The Hotel of Horrors is at the Lake House Hotel in Saylorsburg from 9/23 to 11/4. Sorrenti Cherry Valley Vineyards has Topsy Tractor Hayrides from 10/14 to 10/22. Summit Lodge Courtyard in Palmerton hosts Boos and Brews on 10/26.

Do you want something more active? How about the Delaware Lehigh Heritage half marathon on 11/5, or the River Ramble Fall Classic 5K or 10K run on 11/12? Or you can do the Zombie Run or Rot 5K Challenge at Country Junction on 10/28. How about something tamer? PEEC always has special events and hikes that celebrate the seasons. For example, on 10/22 is the Signs of Fall Hike, and learn about the Fungus Among Us on 10/22. Check their website for more events or call 570-828-2319.

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

Important Phone Numbers



- EMERGENCY (Fire/Medical/Police)..... 9-1-1**
- Security..... 570-424-7042**
- Welcome Center (Guest Registry)..... 570-424-7047**
- Administration Building..... 570-421-4265**
- Penn Estate Utilities (Sewer/Water)..... 800-860-4512**

2017 FALL/WINTER SELLING & RENTING SEASON IS HERE. CALL JAMES TODAY!

IF YOU WANT TO LIST, SELL OR RENT YOUR PENN ESTATES HOME...

"I promise to sell or rent your home in the shortest amount of time for the highest price." — James



James J. Martin, Realtor
Award winning Realtor - Top Five 2011-16
570.421.8950 ext 321
570.856.6482 Direct
jamesm@wilkins1.com

"If you want true dedication, ambition, a real professional, to List, Sell or Rent your Penn Estates home, Jimmy is your kind of Realtor. If you're a Buyer or Tenant needing real estate services, Jimmy gets the job done. As a proud Realtor with the Wilkins organization for the past 10 years - you have my word on it, James is your answer for sure." — Thomas R. Wilkins, Broker



EVENING & WEEKEND APPOINTMENTS ALWAYS WELCOME



Things To Do in the Burgs

by Robin Nicholson, Communications Committee Member

Nestled in Courthouse Square in Downtown Stroudsburg is a truly wonderful small town farmers market. The Monroe Farmers Market has been in Stroudsburg since 1979. The market offers quality produce, plants, flowers, eggs, dairy products, raw natural honey, fresh baked breads and pastries, jams, jellies, syrups, hand roasted gourmet coffee, homemade pasta, sauces, fine wines, handmade soaps, candles, and even freshly made pet treats!



You can relax and stroll beautiful downtown Stroudsburg while browsing and chat with vendors, local farmers and artisans. The market also hosts live music by local musicians. The Monroe Market can be enjoyed all year round. From May through October the market is open every Saturday from 8:00 am to noon; from November through March the market moves indoors at the rear entrance to the Stroudsburg Methodist Church off Ann Street every Saturday 9:00am till noon.

After visiting the Monroe Farmers Market in Courthouse Square if you want even more farmers market fun you can head right over to 925 Ann Street to the Stroudsburg Old Time Farmers Market for even more vendors with local farm fresh fruits and vegetables, and local artisans offering their goods.

As you can see, every Saturday morning downtown Stroudsburg is home to truly great farmers market experiences and opportunity to fill your life with the richness and health of fresh locally grown fruits, vegetables and hand crafted products and foods! Make sure to hit the farmer's market this Saturday and enjoy something wonderful!

If you need a little inspiration as far as preparing some of the seasonal produce the market offers, try these easy recipes:

Roasted Fingerling Potatoes with Curried Ketchup

Stir together 1/2 cup ketchup, 1 chopped scallion and 1/2 teaspoon curry powder; refrigerate.

Place 2 pounds fingerling potatoes on a rimmed baking sheet; toss with 1 tablespoon olive oil and roast at 450 degrees F. for 20 minutes, turning once.

Sprinkle with sea salt and serve with curried ketchup.

Fennel Slaw

In a large bowl, whisk together 3 tablespoons light mayonnaise, 2 tablespoons cider vinegar, 1 teaspoon sugar, 1/8 teaspoon each salt and pepper.

Trim and thinly slice 1 large fennel bulb and fold into dressing. Chill.

Turnip Puree

Cut 2 pounds yellow turnip into 1-inch pieces; simmer in lightly salted water 12 to 15 minutes or until tender.

Drain and mash with 2 tablespoons maple syrup and 1/4 teaspoon each salt and pepper.

SNOWPLOWING

Anthony DiBello Driveways
570-484-5622
— FULLY INSURED —
Call now to get on our plow list!



LOW AUTO & HOMEOWNERS RATES

**Seasonal & Short-Term
Rental Home Coverage**



Robert A. Laubscher
INSURANCE AGENCY

Call Today! **570-839-2600**

MONDAY THRU WEDNESDAY

CARRY OUT SPECIAL!



VOCELLI
PIZZA

Delivering Classic Italian Quality

LARGE
1 TOPPING
PIZZA

\$7.99

EACH
USE CODE 797

RT. 611, MT. POCONO
570.839.7437

RT. 611, TANNERSVILLE
570.620.9055

University of Pets

Dog Walking, Training
and Pet Sitting

David J. Henon
Certified Dog Trainer
570-664-3902
www.universityofpets.org

Contact us for availability and to
schedule a FREE meet and greet!



Fungus Among Us

by Jennifer Nicholson, Communications Committee Member

I was pleasantly surprised recently to discover an astonishing variety of fungi around Penn Estates. While finding fungi in this area is not anything new, what surprised me was the number of different kinds in such a small area.

My love of fungi developed as a graduate student at ESU. I took a mycology class as a schedule-filler and had no particular interest in the subject. After learning about fungi and doing many collections and identifications, I developed a liking for their uniqueness and yes - sometimes beauty.

I took the photographs around the playground and tennis court areas. Here are some interesting facts about fungi:

- Fungi are NOT plants. In terms of evolution and physiology, fungi are more closely related to humans than plants.
- What we refer to as a mushroom is not the main body of the fungus but just the reproductive structures. Most of the fungus is underground in the form of mycelium (a mat of threadlike structures).
- Types of fungi other than mushrooms include mold and yeast.
- Lichen are actually the mutualistic symbiotic (they live together and both benefit from their living arrangement) relationship of fungal cells and algal cells. Most lichen around here look like that hard flat green stuff on rocks and trees but lichen come in a variety of colors and textures.
- Because some fungi are poisonous or hallucinogenic, it is unwise to eat any that you collect on your own unless you are an expert.
- Medicines derived from fungi include penicillin (antibiotic), lovastatin (cholesterol lowering) and cyclosporin (immunosuppressant for organ transplant recipients)

- More than 70 species of fungi display bioluminescence (emit light and glow in the dark)



Mazzetti Landscaping

Lawn Care • Fall Cleaning

No job too small!

570-730-7773



CRAWL SPACE REPAIR

(570) 476-5866 www.crawlspacerrepair.net

"Saving Homes Since 1987" FREE ESTIMATES

Crawl Repairs - Encapsulation - Waterproofing - Mold Issues Conquered

Call now!! Over 2200 homes already repaired.

Budget plans available.

The Sound of Silence

by Jane Harris, Communications Committee Member

We are all desperately in need of mind clearing time - devoid of news and noise. The perfect space for this might not always be our home or neighborhood. We in PE are blessed, surrounded by nature to the nth degree. Surrounded by a dense forest, scampering critters and sometimes pleasant sounds and stirrings; PE provides a very pleasant living environment.

But still, there are neighbors and sometimes noise...cars and sometimes motorcycles...breaking the blessed silence.

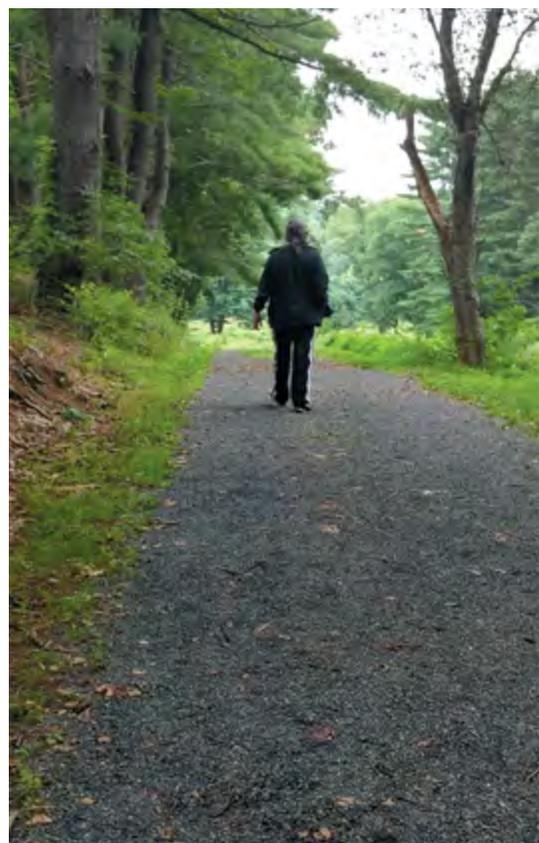
Outside our gates this green world continues, interrupted occasionally by homes or small structures, until we hit downtown. Not a bad deal. Sometimes we need or want more. A connection to what remains untouched, at least seemingly so! We can turn to parks or preserves that offer respite - a change of scene. We in the Poconos (and PE) are fortunate with easy access to many such locations. A quick Google search will amaze you!

Exit on Hallet Road to 191 south and we can enter Pine Brook Park on the left. Verdant patches of green offering grills and picnic tables and pavilions for dining al fresco are strategically placed for some degree of privacy depending on the day of the week. Add a walk in the woods or toss a ball around with your kids or dogs on the green space and it's a win-win change of scene. One can hike ad infinitum as far south and just east of Big Wheel Skating on well maintained flat trails for three miles round trip - with your dog (leashed) if you like.

Maybe this is perfect. Maybe.

Sometimes our spirit craves more...or less, actually. A place where solitude and serenity rule. A place where you can hear the silence. There is such a place very near but almost a secret. Sounds even better...a secret place. The history and future are tied together.

ForEvergreen Nature Preserve, a plethora of native and invasive plants and wildlife supported by ponds and wetlands. Vistas of grassy meadowlands that



reach out to distant forested hills, nooks and crannies teeming with life, butterflies, bugs and bees. I came upon a number of old apple trees and what was left of a fallen tree...perfect to sit upon and reflect. Friendly fungi, in particular a tiny delicate "ghost" specimen was particularly intriguing.

There is a singular graveled walking path moving through the preserve; it takes you to the "light" descending into a valley like area. All other accesses throughout the grounds are explorations into the unknown. So be careful!

Near to the old clubhouse is a rain garden that utilizes storm water runoff to nourish plantings - a great DIY project. Close by an eagle's nest provides a rarely seen splendor beyond backyard birding! I was happy to see bees buzzing throughout sprawling wildflowers.



Going back from 1971 until 2010 it was Penn Hills Resort and Golf Course owned by Charles Poalillo whom interestingly is the builder and developer of our Penn Estates.

Collaboration between Stroud Township and the Brodhead Watershed Association with the purchase of this specific parcel including the former clubhouse, soon to be a museum with the help of the Pocono Heritage Land Trust, as an educational component of this gift to the community - splendid spaces that clear our heads and sing to our souls.

Note: Be grateful. Clean up after yourself and your dogs.



Handy Man

HOME RENOVATIONS
FULLY INSURED • NO JOB TOO SMALL

Painting, Wood Work, Tile, Hardwood & Laminate Floors, Windows, Doors, Electrical, Cable, Phone Lines, Networks, Home Theatre, Plasma Installation, Central Vacuums, Decks, Plumbing, Tree Removal, Power Washing, Drywall, Trim Work, Minor Roof Repair... Almost everything!

The guy who actually shows up!

Charles Green
(570) 504-7476
PENN ESTATES RESIDENT

JACK OF ALL TRADES

10% OFF EXTERIOR PAINTING & POWERWASHING

> Call Today For Your Free Quote!



Young Voices in Harmony

A Day at the Stream

by Ariana Hernandez, Contributor

It was a beautiful day: warm, sunny, and perfect for Pinebrook Park where we (mom and I) would sit by the amazing, ice cold, and relaxing stream. This would remind me of all the times that we came here in our past. We still have a picture in the living room from about four years ago, of me in that very stream holding up a rock that was shaped so perfectly, it looked like a dinosaur egg. I recall my mother saying it looked like one, too.

When we got to the stream on this perfect day, I was captivated by its beauty. There was a little enclosed space that looked almost like a pool and I was drawn to it. I sat on a long, straight, and smooth rock just about a foot above the water. I let my feet linger, and then I started to splash!

The splashes made abstract, amazing, and even crazy shapes in the air. It was very mesmerizing as I watched the water fly up into the air and fall back down again.

Sometimes, I would look into the crystal clear water, and see little fish and bugs. Whenever I put my hands, or feet into the water, critters would scatter for their lives.

While I was doing all this thinking, splashing, and lingering, my mom was about six feet away, sitting on a small rock, where the water was moving faster than it was where I was sitting, and she had her foot in a little waterfall, where the water was both going over her foot, and under her foot. She just sat there calmly, and quietly, occasionally speaking to me.

It was a beautiful day. Everything went well, and my mom and I had a wonderful time at our beautiful local park.

Bingo/Tricky Tray Benefit

by Bettyanne Nevil, PE Board Member

When I read the story in the Pocono Record with the headline 'A Time to Love' on April 15th I knew I had to do something for this family. But I'm only one person. Thankfully I live in a wonderful community. On June 24th a tricky tray and cash bingo benefit was held in the community center to help out the family.

The good-hearted and very generous residents of Penn Estates rallied and before we knew it, 80 baskets were donated. The Tricky Tray opened early in the afternoon and many Penn Estaters stopped by to just participate in the Tricky Tray. There were some higher valued items included such as a tool set with a gazillion tools and a brand spanking new sleek desk. Ticket sales were brisk.

The turn out was strong for bingo. The cost for one set of regular bingo games and one set of special games was \$15, with \$5 going to the family and the balance for the cash prizes. One of the best moments of the night was when Kevin Alpaugh won one of the special games making the letter J, chosen to stand for his late wife, Judith. I was at the table with him. He said as soon as it started he knew he was gonna win that game. That was a good 80 bucks in his pocket. Not including the win, approximately \$1600 was raised for the Alpaugh Family.

The Stroud area police department holds fundraisers every year to benefit The Jeff Olson Memorial Fund. They choose a number of families every year to receive gifts. They're allowing me to give a hint that there will be someone special visiting the Alpaugh family in December - ho ho ho!

I just want to give a big thank you to the residents of Penn Estates for opening up their hearts and their wallets by going the extra mile.

Kindness Rocks

by Jennifer Nicholson, Communications Committee Member

Kindness Rocks are the low key, all fun and no business version of geocaching. What it entails is painting, finding and re-hiding colorful little rocks. When I say "hiding" I mean more of just leaving in a public area kind of just out in the open. Kindness Rocks don't go crazy and use coordinates and GPS to get their locations. You are supposed to just stumble upon them without having to search too hard.

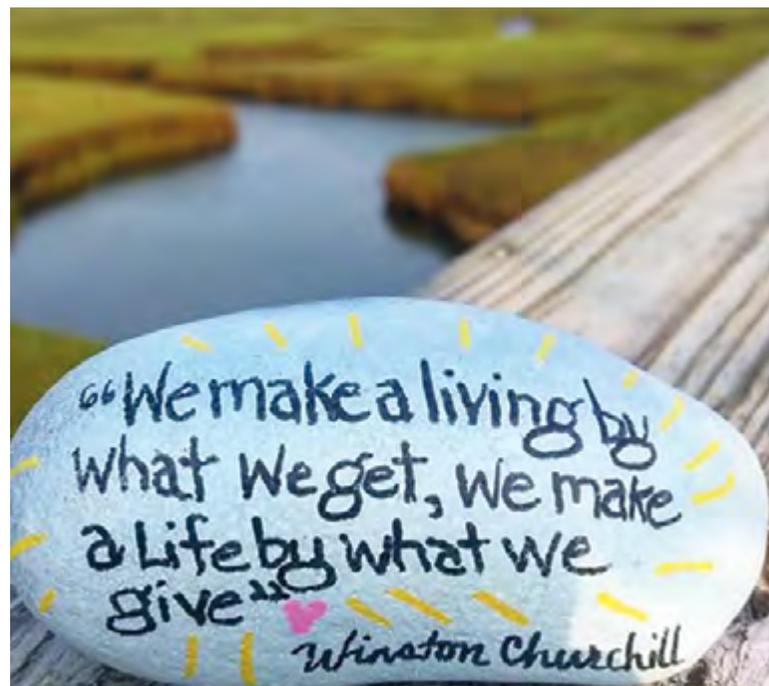
What's the point? To spread messages of kindness, art and just the fun of finding and re-hiding a colorful little rock. Adults and kids LOVE painting them and everyone loves finding one.

When you find one, it's fun to notify the page of

the Kindness Rocks for that area and also the area in which you re-hide it. Some Kindness Rocks have traveled quite a bit. I found one in Massachusetts and re-hid it in the ForEvergreen Nature Preserve down the road from Penn Estates. I found the Facebook page for the area from which I took it and notified them and also posted on our area's Facebook page called Pocono Kindness Rocks.

But your rocks don't have to travel far in order to be fun. You can find and re-hide a rock in the same town. Just make sure that you identify where the rock was created on the back. I write "Pocono Kindness Rocks" on the back of mine.

For the very touching story of the woman who started it all visit thekindness-rocksproject.com. Her motto is "One message at just the right moment can change someone's entire day/life/outlook..."



**Specializing in
Panamanian
Homemade Delites**

Alexis' Kitchen

Empanadas, Tortillas,
Tamales, Hojaldre, Hol-
iday Fruit Cake, and

917-882-5282
alerei@msn.com

Real Estate Update

by Maureen P. Shindle, Contributor

Penn Estates continues to attract buyers with 80 closings and 25 pending transactions as of August 18, 2017. The community's proximity to the major highways as well as shopping, dining and attractions such as Kalahari, Camelback and Mount Airy are drawing buyers here.

There are currently 45 active listings of which three are foreclosures and no short sales. This is a significant turnaround from two years ago when as many as half, if not more, of the listings were foreclosures. This is also good news for home values which are negatively impacted by foreclosures. Of the current pending deals 10 are foreclosures. Foreclosures (28) represent 35% of sales to date in 2017. The average sale price for these foreclosures is \$68,955, up \$1,632 from my July report. With the current close rate, we have 3.4 months inventory, indicative of a seller's market.

Information gathered from the Pocono Mountains Association of REALTORS' Multiple Listing Service for the period January 1, 2017 to August 18, 2017.

Category	Active Listings	Pending Sales	Total Sales
Total	45	25	80
Foreclosures	3	10	28
Short Sales	0	1	1
Low List/Sold Price	\$55,000	\$39,900	\$25,000
High List/Sold Price	\$339,000	\$144,900	\$230,000
Avg. List/Sold Price	\$155,774	\$92,060	\$103,846
Avg. Days on Market	128	110	136

Total Sales include sales from 1/2/2017 to 8/18//2017. Average sale price is \$103,846, which is 86.98% of the average list price. Foreclosures represent 35% of the sales for Penn Estates to date.

Pending Sales reflects only list prices as sold information is not available until the sale is final. **DISTRESS SALES:** Defined as sales of properties that are bank-owned (foreclosure), or short sales (where sellers sell for less than what they owe their mortgage lenders), distress sales made up **35%** of the transactions for 2017 year to date. This number has an impact on our market because of the considerably reduced prices they allow.

Maureen Shindle is a 16 year resident of Penn Estates and Past President of PEPOA Board of Directors and a REALTOR® with Keller Williams Real Estate in Stroudsburg. Comments and questions welcome at mpshindle@kw.com.



Providing the best home improvement to our clients at the lowest price.

Additions & Decks	Installation of Tile & Hardwood Flooring
Roofing & Siding	Painting
Bathroom & Kitchen Remodeling	Powerwashing Decks, Houses, Concrete
Garage Doors/Openers	Plumbing & Electrical
Doors, Locks, Windows	Masonry Work, Block Laying & Building Retaining Walls
Attics & Basements	
Framing/Sheetrocking	

VISIT US ONLINE:
www.JandGHomeImprovement.com

or CALL GARNET at
(570) 495-1185 or (718) 916-4910

Lic# PA100342

A Visit to "Tree Ventures"

by Matthew Jacobsen, Communications Committee Member

Have you ever dreamed about climbing trees? Have you ever had the urge to do an obstacle course while suspended in mid air? Do you love zip lining? Well there is a place where all of these can be fulfilled, Tree Ventures of the Poconos located at Fernwood Resorts, 2157 River Road, East Stroudsburg, PA. This is a fun treat for people of all ages.

Tree Ventures feature many fun activities for its guests to enjoy. For instance, they have TruClimb. This features two trees that have been "transformed" to be more like a rock climbing wall. You have one tree that goes as high as 24 ft high and if you're interested in a real test and pushing yourself the other tree goes up to 40 ft high. The best part is you can attempt these climbs as many times as you like within a 30 minute time frame. Don't worry parents, Tree Ventures has something for the smaller kids as well.

Pocono Kid Ventures has two kid friendly courses for children ranging from 4 to 7 years old. These obstacle courses are a lot lower to the ground as compared to the bigger Tree Venture obstacle course. The bigger, much harder Tree Venture obstacles have five different courses all color coded. If you have ever been skiing they have the obstacle courses marked off the same way. Yellow and Green are more for your beginners, Blue is intermediate and Black is expert. When my brothers and I went, we managed all the way up to Blue, but did not complete the "Black Diamond" course. Next we have Pocono Zip Quest which is a newer addition to Tree Ventures. This features 9 zip lines that are all connected. Basically you get to zip from one platform to another. This activity is available to ages seven and up.

This is truly an exciting and exhilarating activity for you and the family to enjoy and the best part; it's open all year round. I will tell you now, Tree Ventures is not only fun, it is a challenge. You are strapped to a harness and suspended in the air on a wired tight rope. It requires a little muscle and a whole lot of guts, but trust me it will be one of the most exciting activities you will do. For pricing and times available for Tree Ventures go to <http://www.poconotreeventures.com/index.cfm>.

"A" SWEEPING BEAUTY CHIMNEY PROFESSIONALS

"A" Full Service CHIMNEY COMPANY!

*Owner-operated, 15+ years of experience
and continuing education!*

Top-notch service to keep you feeling safe and comfortable.

Some of the services we provide are:

- SWEEPS • EVALUATIONS • RELINING
- CHIMNEY & MASONRY REPAIR
- WOOD, COAL, GAS & PELLET STOVES SOLD & INSTALLED
- CAPS & DAMPERS INSTALLED • WATERPROOFING
- ROOF & SIDING INSTALLATION & REPAIR
- DRYER VENT CLEANING & REPLACEMENT
- AND MUCH MORE!

**"Flexible Scheduling and
Weekend Appointments Available"**

570-422-6975
East Stroudsburg, PA



IRA ROSENBLUM
CSIA #3540 - Insured



DETRICK'S CHIMNEY SERVICE



Experience To Serve You Better
Cleanings - Caps - Liners
Evaluations & Inspections
Estimates

Steve Detrick
Ph. 570-402-0945

RD 6 Box 6216A
Stroudsburg, PA 18360
Email: detrick@ptd.net

Penn Estates First Job Fair

by Bettyanne Nevil, PE Board Member

Did you know that you can easily upload your resume to indeed.com? I found that out at the job fair recently held at the Community Center on July 29th, right here in Penn Estates, sponsored by the Penn Estates Board of Directors. The event was a drop-in format held from 1pm to 4pm with light refreshments provided.

There were some great tables set up by a variety of employers. All were looking forward to having face-to-face meetings with potential employees. Participants this year were Manpower (represented by Penn Estates homeowner Nitza Desire), H and K, Walmart Distribution Center, Weis supermarket, Student Transportation of America, and the Meadows at Stroud. Career link left brochures and information but could not attend due to scheduling conflicts.



Most of the employers were taking applications on the spot. Applicants came in waves and were dressed to impress. I was so impressed by the turn out, that we plan to hold another one sometime in the fall.

By talking to the employers, it was obvious to see they had some very helpful hints on ways to job search effectively. So

even if you did not get a job offer, it was worth attending just to get the knowledge these employers readily shared. Please consider attending the next scheduled Job Fair event. Even if you are not actively looking for work, you may come away with some possible inspiration as far as your career.



Board Meetings Demystified

by Sandy Bonet, Communications Committee Board Liaison

If you are a bit confused about the recent flurry of Board meeting, you are not alone. Since many members have expressed their bewilderment about the nature of all these meetings, below is a description of the various types of Board meetings that take place frequently here in Penn Estates.

Open Board Meetings

Most meetings of the board of directors are required to be open to attendance by the association's members. There are several types of open meetings.

1. Regular Monthly Meetings

- Frequency: First Friday of the month in the Community Center Oak Room at 7:30PM.
- Notification to Members:
 - Posted on the event marquees at the front and back gate
 - Posted on the PEPOA website
 - Announced to members via email
- Member Involvement: These meetings include an Open Member Forum for members to provide input to the Board or ask questions. Speaking time is limited depending on the number of members attending and the volume of items on the agenda.
- Standing Agenda items include requests and recommendations from the various POA Committees, old and new business, the Treasurer's report, Community Manager's updates and the Member Forum.

2. Special Board Meetings

- Frequency: These meetings are called by the Board President when there are urgent or time-limited issues that must be brought before the Board and cannot wait until the next regular meeting.
- Notification to Members:
 - Posted on the PEPOA website and announced to members via email as soon as the Administrative Staff is made aware of the meeting. Although the Board makes every effort to notify members as soon as possible, the notification may not happen until the day of the meeting.
- Member Involvement: These meetings include an Open Member Forum, with speaking time limited based on the number of members present and the volume of business to be discussed by the Board.
- Standing Agenda items include only the issues that generated the need for the Special Meeting. The usually monthly reports are deferred until the next Regular Meeting.

3. Board Work Sessions

- Frequency: These meetings are called by the Board President when the Board must review a particular issue in detail. Examples include review of the annual budget proposed by the Finance Committee and Community Manager and development or revision of various policies and procedures.
- Notification to Members:
 - Posted on the PEPOA website and announced to members via email as soon as the Administrative Staff is made aware of the meeting. Although the Board makes every effort to notify members as soon as possible, the notification may not happen until the day of the meeting.
- Member Involvement: These meetings include an Open Member Forum, with speaking time limited based on the number of members present and the volume of business to be discussed by the Board
- The purpose of these meetings is for an in-depth study and discussion of the issue at hand. Votes are not taken at these work sessions.

Executive Sessions

The Board conducts certain items of business in "executive sessions" which deal with confidential matters. These subjects include but are not limited to:

- Litigation
 - Matters relating to the formation of contracts with third parties
 - Personnel matters
 - Decisions to foreclose a lien
 - Matters relating to disciplinary action against a member
 - Investigations of potential misconduct of Committees or Board Members
 - Plans for payment of delinquent assessments (upon request of the member).
- Frequency: Following an open meeting (regularly scheduled, special or work session), the Board usually retires into Executive Session.
 - Member Involvement: These sessions are not open to members due to the sensitivity of the subject matter.

Preferred Painting Co.

Full Service Professional Painter - Inside and Out

25 years experience

Reasonable Prices • References Available
Power Washing • Window Recalced and Glazed
Jobs Done On Time • Fully Insured • Free Estimates

(570) 828-6686

"I put the needs of the customer first"



Fall Weather Safety Preparedness

by John Baraniuk, Board Member, Community Safety Committee

Summer is winding down, the crickets are out, and nights are getting cooler. Now's the time to get your fireplace ready for fall! Here are some maintenance and safety tips to keep your family safe and toasty this year.

Keeping your fireplace safe is the top priority—especially if you have pets or young children in your home. Did you know that 42% of all home-heating fires are caused by fireplaces and chimneys? So before you spark up the logs remember to install smoke and carbon monoxide detectors – and check the batteries every 6 months!

Ventilation is also really important. You want to prevent carbon monoxide from seeping into your home along with harmful smoke particles. A clean fireplace is free of creosote in the chimney and flue. This will prevent chimney fires. It's important to get your fireplace and chimney inspected every year by a professional chimney sweep. They will check for damage and inspect the fireplace and chimney for cracks and loose bricks. They will also remove soot and debris.

When you use your fireplace, keep these safety tips in mind:

- All furniture, fabric, carpeting, and anything flammable should be at least 3 feet away from the fireplace.
- Don't touch, or let your clothing touch the hot surface of the fireplace.
- Clean up ashes a few days after the fire, when you are sure they are cold – vacuuming warm ashes is a fire hazard.
- Use a fire screen or fire-safe glass to prevent sparks from flying into the room.
- Practice good fire safety: keep a fire extinguisher close-by at all times.
- Don't use gasoline or starter fluids to ignite your fire (kindling and small pieces of wood are safest).
- Supervise children and pets at all times if you are using the fireplace.
- Keep fires small (they create less smoke) – the heat generated from large fires can crack your chimney.

Practice good fireplace-cleaning habits

Check your chimney:

- Get your chimney cleaned/serviced every year. You can do it yourself with the same brushes and rods the professionals use. However, to be safe you might want to watch a chimney sweep and learn the “tricks of the trade”.
- Make sure to cap the chimney with wire-mesh sides. This will prevent birds, bats, raccoons or squirrels from creating a nest in your chimney.
- Your chimney should be straight, level, free of cracks, or any damaged bricks.

Sweep and clean your fireplace:

- Wait a day or two after your last fire to ensure the ashes are cold, then sweep them up.
- Clean your fireplace with soap and water to get rid of soot stains.
- Get a good look at your fireplace for any cracks or damage to bricks and mortar.

Test out your flue and damper:

- Try opening and closing your damper to see if it seals properly. It should be clean and move easily.
- You might need a flashlight, a mirror and a stiff bristle brush to make sure you've gotten your damper in top shape.
- Keep the risk of creosote in your flue to a minimum: only burn dry clean wood.

Whether a fireplace is your primary way to stay warm or you're using it to supplement your main heating system, enjoy the warmth the safe way!

Smoke Alarms, Carbon Monoxide Alarms and Fire Escape Planning

Smoke Alarms

On average, 8 people die in a home fire each day in the U.S.—almost 3,000 people every year. While working smoke alarms cut the chance of dying in a fire nearly in half, roughly two-thirds of all home fire deaths occur in homes without working smoke alarms, according to statistics from the National Fire Protection Association (NFPA).

Newer smoke alarm recommendations and technologies now provide greater levels of home fire protection than ever before. Unfortunately, many people are unaware of these advances and lack the recommended level of residential smoke alarm protection as a result. Their homes may not be equipped with the appropriate number of alarms, or they may be relying on outdated or nonfunctional devices.

ESFI offers the following tips for making sure smoke alarms are installed and working properly:

Installation Tips

- Smoke alarms should be installed in every bedroom, outside each sleeping area,

and on every level of the home.

- For the best protection, smoke alarms should be interconnected, so that they all sound if one sounds. Manufacturers are now producing battery operated alarms that are interconnected by wireless technology.
- Combination smoke alarms that include both ionization and photoelectric alarms offer the most comprehensive protection. An ionization alarm is more responsive to flames, while a photoelectric alarm is more responsive to a smoldering fire.
- Hardwired smoke alarms with battery backups are considered to be more reliable than those operated solely by batteries.
- Purchase smoke alarms from a reputable retailer that you trust.
- Choose alarms that bear the label of a nationally-recognized testing laboratory.
- Install smoke alarms at least 10 feet from cooking appliances to reduce the possibility of nuisance alarms.
- Alarms installed between 10-20 feet of a cooking appliance must have a hush feature to temporarily reduce the alarm sensitivity or must be a photoelectric alarm.
- If possible, alarms should be mounted in the center of a ceiling. If mounted on a wall, they should be located 6 to 12 inches below the ceiling.
- Avoid locating alarms near bathrooms, heating appliances, windows or ceiling fans.

Maintenance Tips

- Smoke alarms should be tested once a month by pressing the TEST button.
- Smoke alarm batteries should be replaced in accordance with the manufacturer's instructions, at least once a year. If an alarm “chirps” or “beeps” to indicate low batteries, they should be replaced immediately.
- Occasionally dust or lightly vacuum the exterior of the alarm to remove dust and cobwebs.
- Smoke alarms should be replaced in accordance with the manufacturer's instructions, at least every ten years.
- Never paint over a smoke alarm.

Smoke Alarm Safety Tips

Visit www.electrical-safety.org to learn more about ESFI and electrical safety.

Carbon Monoxide Alarms

Every year, over 200 people in the United States die from carbon monoxide (CO) poisoning. Several thousand more are treated in hospital emergency rooms for treatment for CO poisoning. Many carbon monoxide poisonings are associated with the use of portable generators.

Carbon monoxide (CO) is a poisonous gas that is created when common fuels such as natural gas, oil, wood or coal burn incompletely. This odorless, colorless, tasteless gas is often called the “silent killer” because it is virtually undetectable without the use of detection technology like a CO alarm.

Fire Escape Planning

Working smoke alarms can mean the difference between life and death in the event of a home fire, but there is more you need to do to ensure your family is prepared to safely escape from a fire emergency. Once the smoke alarm sounds, you may have only a few minutes to get out. Prepare a fire escape plan for your family before an emergency happens.

The following tips will help you develop a safe and effective family fire escape plan:

- Everyone in your family, including children, should be involved in creating your fire escape plan.
- Make sure everyone in your home knows what the fire alarm sounds like and what it means.
- Walk through your home and note any possible exits, including windows. Draw a floor plan of your house and mark two ways to escape from each room. Make sure that doors and windows leading to the outside can be opened easily by everyone in the family.
- Establish a meeting place a safe distance outside your home where your family will gather after escaping. The meeting place should be something permanent and easy to identify, such as a tree, light pole, or mailbox, and should be a place where firefighters will easily see you.
- Teach everyone in the family to call 911 from a neighbor's home or cellular phone once they have safely gotten outside.
- Practice your escape plan by having at least two fire drills every year. One of your drills should occur during the night when your family members are sleeping.

Michael's Kitchen

by Michael J. Tyrrell, Communications Committee

This is the time of the year when farmers markets are overflowing with irresistible looking offerings. Here are some recipes that hopefully will inspire you to stock up on all the bounty the season has to offer. All of these recipes are less than 500 calories, 16 grams of fat and 800 mg of sodium per serving.

Easy Roasted Vegetables

If you can't control yourself and overbuy, no worries! Peel any mixture of root vegetables and cut into a uniform size. Place on a rimmed baking dish and lightly toss with a tbsp or two of olive oil. Season lightly with salt and pepper and roast in a preheated 450° oven for 30 to 40 minutes until tender, turning once.

If you add softer veggies (peppers or green beans or broccoli) wait 15 minutes into the cooking time before adding them or roast them separately for less time.

5 Way Veggie Cincinnati Chili (makes 8 servings)

2 onions, chopped
 3 medium zucchini, diced
 3 carrots, peeled and diced
 1 red sweet pepper, seeded and diced
 1 green pepper, seeded and diced
 4 cloves garlic, chopped
 1 can (28 oz) peeled tomatoes in puree
 1 can (8 oz) tomato sauce
 ¼ cup hot Mexican chili powder
 2 tsp sugar
 1 ½ tsp ground cinnamon
 1 tsp salt
 ¾ tsp ground allspice
 1 can (15 ½ oz) kidney beans, drained
 1 pkg (12 oz) spaghetti, cooked following package directions
 8 tbsp shredded sharp cheddar cheese
 48 oyster crackers
 4 scallions, trimmed and sliced

1. In a large nonstick pot, cook onion over medium-high heat, stirring occasionally for 5 minutes. Add ¼ cup water as needed to prevent sticking. Add zucchini, carrots, peppers, and garlic. Cook 5 more minutes, stirring occasionally.
2. Add tomatoes and puree, breaking up with a spoon. Add tomato sauce, chili powder, sugar, cinnamon, salt and allspice. Stir to combine. Bring to a boil over high heat. Reduce heat to medium-low and simmer, covered, for 30 minutes. Stir occasionally. Add beans and cook 15 more minutes.
3. Serve chili over cooked pasta. Garnish each serving with 1 tbsp shredded cheese, oyster crackers and scallions.

Chicken, Sweet Potato and Cauliflower Vindaloo (makes 4 servings)

2 tbsp vegetable oil
 1 lb boneless, skinless chicken thighs, cut into 2-inch pieces
 ½ tsp salt
 1 lb sweet potatoes, peeled and cut into ½ -inch cubes
 1 large onion, chopped
 1 medium cauliflower, cut into florets
 2 tsp curry powder
 ½ tsp cayenne pepper
 1 can (14½ oz) chicken broth
 1 can (14½ oz) diced tomatoes
 ½ cup mint, chopped
 2 cups cooked quinoa

1. Heat 1 tbsp oil in a large nonstick skillet over medium-high heat. Season chicken with ¼ tsp of the salt. Cook for 8 minutes. Remove to a plate.
2. Add remaining tbsp of oil, sweet potatoes, and onion to skillet; stir-fry 5 minutes. Add cauliflower and cook 3 minutes. Stir in curry powder, cayenne and the remaining ¼ tsp salt; cook 1 minute. Add broth and tomatoes; cook 5 minutes, covered, stirring occasionally.

3. Add chicken and heat through. Stir in mint and serve over cooked quinoa.

Tip: Kid Tweak - For a less spicy version, cut cayenne down to a pinch.
 Meatless Variation: Eliminate chicken and replace with diced, broiled tofu.
 Swap out chicken broth with vegetable broth.

Not-Stuffed Cabbage (makes 4 servings)

Meatballs

1 lb ground beef
 2 tbsp dried onion flakes
 2 tbsp chopped parsley
 ½ tsp ground allspice
 ¼ tsp salt
 1/8 tsp black pepper

Sauce

1 lb cabbage, thinly sliced
 ½ tsp salt
 ¼ tsp black pepper
 1 can (28 oz) crushed tomatoes
 1/3 cup raisins
 2 tbsp sugar
 1 tbsp dried onion flakes

3 cups cooked brown rice

1. Heat oven to 350°. Coat a rimmed baking pan with nonstick cooking spray.
2. Meatballs: In a bowl, combine ground beef, onion flakes, parsley, allspice, salt and pepper. Form into 28 meatballs, using about 1 tbsp of mixture for each. Place on prepared baking sheet and bake at 350° for 15 minutes.
3. Sauce: Coat a large nonstick skillet with cooking spray. Add cabbage, salt and pepper; simmer over medium-high heat 8 minutes, stirring often. Stir in tomatoes, raisins, sugar and onion flakes. Bring to boil; reduce heat and simmer, covered, 10 minutes. Add meatballs and simmer 5 minutes.
4. Serve meatballs and sauce over cooked rice.

Slow Cooker Farmer's Market Fall Minestrone (makes 6 servings)

1 chopped onion
 2 cloves chopped garlic
 3 cups cubed (¾-inch) butternut squash
 1 ½ cups small peeled baby carrots, halved on the bias
 1 cup peeled and diced white turnip
 3 cups shredded cabbage
 ¼ tsp salt
 ½ tsp black pepper
 4 cups low-sodium vegetable broth
 1 can (14 ½ oz) stewed tomatoes
 2 cups water
 1 can(15 oz) drained kidney beans
 ½ cup orzo

1. Coat a slow cooker with nonstick cooking spray. Add onion, garlic, butternut squash, baby carrots, white turnip, shredded cabbage, ½ tsp of the salt and black pepper. Pour in vegetable broth, stewed tomatoes and water. Cover and cook on HIGH for 6 hours. During the last 20 minutes, add the beans, orzo and the remaining ¼ tsp salt.
2. If desired, add fresh shredded basil and serve with grated Parmesan, crusty bread and salad.

Tip: For added punch and a hit of meat, cut 3 oz Genoa salami or prosciutto into thin strips and stir in when you add the beans.

Eats Around Town

by Julie Harter, Communications Committee Member

If you are looking for a nice casual, relaxed atmosphere to get a bite to eat, Trackside Station Grill & Bar is a good place to go. If you really want to get out for a bite but he wants to watch the game, Trackside Station Grill & Bar, on Crystal Street in East Stroudsburg, is a good place to go.



I recently went with my hubby and a friend. The décor is very trendy and sporty with TV's all around with different sports on to satisfy all. We sat near the window and first shared an appetizer of two soft old fashioned pretzels salted and baked to perfection served with their Yuengling beer cheese and honey mustard. We all enjoyed that with the five dollar cocktails of the day, which were a Bloody Mary or a Mimosa. They were delicious. My husband enjoyed a local IPA on draft.



For dinner, I ordered their Brodhead Bleu Burger. It was a grilled 8 oz. steak burger smothered in melted Bleu cheese, dressed in their house made buffalo BBQ sauce with lettuce, tomato and onion on a pretzel roll. They give you a choice of sides so I got onion rings with a spicy dipping sauce. It really satisfied my craving.

My friend ordered the "Box Car" which is a seared veggie burger with fresh Mozzarella, balsamic reduction, lettuce, tomato and onion, served on a wheat bun with pesto aioli. She chose the side of sweet potato fries. It must have been really good because she is a light eater but ate the whole thing.

My hubby ordered the Downtown Burger which is a grilled 8 oz. steak burger topped with Cheddar cheese, sautéed mushrooms, frizzled onions and their original bourbon BBQ sauce, served on a toasted brioche bun. He also chose the sweet potato fries. I turned my head and when looked back his food was gone. It must have been good!

We will definitely go back to enjoy what else they have on their menu. Maybe we will see you there. Cheers!

mixtura hair studio



beauty for a diverse world

www.mixturahairstudio.com

Voted one of the best hair salons in the Poconos.

Penn Estates Residents...
 MENTION THIS AD FOR:
WASH, CUT & STYLE
 only **\$35!**

620 Phillips Street
Stroudsburg, PA 18360
(570) 730-4949

We offer customized facials for all skin types

SPECIALS (by appointment only):

- ✓ Tuesday & Wednesday - **30% off facials**
- ✓ Saturday and Sunday - **\$45 mini facial**

We also offer...

Full body waxing
 Hair restoration (free consultation)

"The Company You Need. The Team You Can Trust."

— The Cristina Primrose Team —



Cristina Primrose
 Listing & Marketing Specialist

RE/MAX® Results

705 Glen Lane, Sciota PA 18354
(570) 992-2700 Office
(570) 402-8508 Direct



Each Office Independently Owned & Operated



Cheryl Linares



Jessica Keller

Did you know...

- 41 homes are presently for sale in Penn Estates.
- 92 homes sold in Penn Estates year to date.
- The highest-priced home sold for \$235,000 year to date.
(Information provided through Pocono Mountain Assoc. of Realtors MLS Service)
- 92% of buyers start their search on the Internet.
- The median age of today's first-time home buyer is 32 years old.



Linda Miller



Michelle Clark

For up-to-date information from your Penn Estates Specialists, call today!



For all your Plumbing
& Electrical needs

24 Hour
Emergency
Service

Fully
Licensed
& Insured

www.KMBplumbing.com

Well Pump Service

Sewer/Grinder Pump Service

**Complete Bathroom
Remodeling**

**Boiler/Heating Systems
Installed & Repaired (oil/gas)**

Water Conditioning

Loader/Backhoe Service

**Air Conditioning/Heat Pump
Service & Installation**

**Commercial/Residential
Electrical Service**

P.O. Box 664, Stroudsburg PA 18360