

President's Message

by **Sandy Bonet, PEPOA President**

In recognition of Black History Month, I want to highlight just a handful of the thousands of famous but little known African American inventors whose creations changed our world.

I think this is important because our school curriculum talks about the "melting pot" that is the United States. However, insidious racism has resulted in the exclusion of African Americans whose intelligence and creativity have had lasting impact on the way we live. As a result, we have missed an incredible opportunity to show our young people how the melting pot of cultures results in a rainbow of experiences, ideas and innovations that have fueled our nation's progress over the years.

Let's celebrate the amazing achievements of these and the long list of other African Americans who fought racism and discrimination as they pursued their passion for invention and excellence.

Granville T. Woods

Woods accumulated nearly 60 patents during his lifetime (1856-1910) many of which improved the functioning of railroads. His most notable are the induction telegraph system, which allowed traveling trains to communicate with one another while also allowing dispatchers to locate them, and the first electricity powered railway.



Lewis Latimer

Lewis Latimer was born in Chelsea, Massachusetts, on September 4, 1848. He collaborated with science greats Hiram Maxim and Thomas Edison. One of Latimer's greatest inventions was the carbon filament, a vital component of the light bulb. His inventions didn't stop there, working with Alexander Graham Bell, Latimer helped draft the patent for Bell's design of the telephone. This genius also designed an improved railroad car bathroom and an early air conditioning unit. So, the next time you're escaping a hot day inside your cool house, thank Lewis Latimer.

Garret Morgan

It's safe to say that Garret Morgan's most prominent original designs have saved thousands of lives since their invention. Take his traffic signal, which he patented in 1922. It was the first to offer a third "caution" signal, which we now know as the yellow light. And in 1912, Morgan received a patent for his "Breathing Device," which was one of the earliest versions of a gas mask.

(continued on page 4)



Halloween in Penn Estates



More photos on page 10

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NOT AFFILIATED WITH ANY OTHER FLOORING COMPANY IN THE POCONOS**ENTER THE CONTEST***Celebrating Black History Month*

by Sharon Kennedy, member, Communications committee

So, here we are in the middle (yes, middle unfortunately) of the pandemic. The Communications Committee members racked our mutual brains about how to celebrate Black History Month in the upcoming February issue. (Yes, we have to plan this far ahead!) At this time, we cannot have in-person celebrations and probably won't be able to in February either.

We did come up with several ideas, one of which is a writing contest. There are so many topics that could be relevant for an article or a poem or an essay. You can choose whatever topic or form that is relevant to honoring Black History Month.

Who is the person from history that has inspired you? Who is a current figure that gives you hope and inspiration? What person or event has touched you deeply? What inventor or scientist has been mostly ignored in our history books but deserves recognition?

What poem would capture what is in your heart about our culture today? What song lyrics give you hope or validate your experiences? What grandmother or grandfather or teacher changed your life? What does "Black Lives Matter" mean to you in your life? What would you like to tell our community about black history?

We will be accepting any essay or poem or any related type of article from children, teens and adults. We ask that you keep the writing to under 400 words. It can be much shorter; for example, a poem or haiku. Prizes will be awarded as follows: a \$5 gift card to the Chill Grill for the first ten entries. A first prize of a \$50 gift card, and a \$25 gift card each to the two runners up.

Please submit your writing to pepoaharmony@gmail.com by January 1, 2021. The winning submissions will be printed in the February issue of *Harmony*. If you have any questions, email Michael Tyrrell at pepoaharmony@gmail.com.

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From Phyllis's Desk

by Phyllis Haase, Community Manager

Welcome, First-Time Buyers!

Monroe County, along with Penn Estates, has experienced an increase in the resale of properties in 2020. Few events in life are more exciting than buying your first home. We're glad you've chosen us! You're now a member of our community association. We're proud of our association and trust it will contribute to the quality of your experience in our community. Here are a few tips and bits of information to help you make the most of community association living.

Your Own Space – There's one important difference between renting and owning a home that you need to keep in mind. Unlike renting, your unit and its upkeep belong entirely to you. You're responsible for all maintenance for any part of your home that is used only by you or your family. So, when the faucet leaks, the first person to call is your favorite plumber.

Common Elements and Assessments – The community has a number of common areas and services—like the grounds and the maintenance to keep them attractive and enjoyable. We share these areas and their expenses when we pay our assessments.

Community Rules – Because many residents share the common areas, it's necessary to have basic rules so everyone can enjoy the community. If you don't have a copy of the community rules, please call the Administration Office or visit our website at www.pepoa.org.

Membership – When you bought your new home, you became a member of our community association. Membership entitles you to attend and observe board meetings and vote in board elections.

Please contact the manager for more information or if you have questions about the association.

Halloween Celebrations

Due to COVID, we were not able to have any large community events like Trunk or Treat or our Halloween Costume Party. We were, however, able to have a virtual House Decorating Contest and a Costume Contest.

See the photos here for the winners...

Thanks to all who participated and congratulations to the winners!



Virtual House Decorating Contest: MocarSKI Family



Virtual Costume Contest winner: the Chang family

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Website: www.pepoa.org

Facebook

Official Page: Penn Estates Property Owners Association

Resident Group: Living in Penn Estates

Other: Penn Estates Online Yard Sale

Instagram: [penn_estates_wildlife](https://www.instagram.com/penn_estates_wildlife)

Twitter: @PennEstatesPOA

Email: **Harmony Editor:** pepoaharmony@gmail.com

Board of Directors: board@pepoa.org

Community Manager: phyllishaase@pepoa.org

President's Message

(continued from page 1)

Patricia Bath

In 1986, Bath, an ophthalmologist and laser scientist, invented the laserphaco—a device and technique used to remove cataracts and revive patients' eyesight. It improves the sight of people with cataracts and gives people who may have been blind for as long as 30 years a chance to see again. It is now used internationally.



Charles Richard Drew

Dubbed the "Father of the Blood Bank" by the American Chemical Society, Drew pioneered the research used to discover the effective long-term preservation of blood plasma. He also streamlined the country's blood banks, establishing methods that were used by the Red Cross. Drew's contributions saved countless of lives during World War II.

Marie Van Brittan Brown

Brown filed a patent in 1966 for the first-ever home security system after wanting to increase her own house's security in Queens, NY. Her original design contained a camera, two-way microphone, peepholes, and monitors, all serving as the foundations for today's modern systems.

Shirley Jackson

Jackson, the first African American woman to earn a doctorate at MIT, is responsible for monumental telecommunications research that led to the invention of products such as the touch-tone phone, portable fax, fiber optic cables, and caller ID. In 2014 President Barack Obama named her the co-chair of the President's Intelligence Advisory.

Mark Dean

Dean, who earned a doctorate at Stanford University, is a co-inventor of IBM's original personal computer and the PC color monitor, literally changing how we all interact with the internet. And the technology that enables printers, keyboards, and mice to communicate with your computer? That's him, too.

Elijah McCoy

In an effort to improve efficiency and eliminate the frequent stopping necessary for lubrication of trains, McCoy devised a method of automating the task. In 1872 he developed a "lubricating cup" that could automatically drip oil when and where needed — vital in avoiding sticking to the track.



The lubricating cup met with enormous success and orders for it came in from railroad companies all over the country. It was so popular that when other inventors attempted to steal his idea and sell their own versions of the device, companies were not fooled. They insisted on the authentic device, calling it "the Real McCoy."

Rebecca Lee Crumpler

A graduate of the New England Female Medical College, in 1864 she became the first African-American woman to become a doctor of medicine in the United States. Crumpler was the only female physician author in the nineteenth century. In 1883, she published *A Book of Medical Discourses*. Dedicated to nurses and mothers, it focused on maternal and pediatric medical care and it was among the first publications written by an African American about medicine.

A pre-health club named The Rebecca Lee Pre-Health Society at Syracuse University and the Rebecca Lee Society, one of the first medical societies for African-American women, were named after her. Her Joy Street House is a stop on the Boston Women's Heritage Trail.

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2021 Assessment Payment due January 15, 2021

by Phyllis Haase, Community Manager

The Board of Directors approved the budget for 2021. Assessments are \$1,340 for Improved Lots and \$1,135 for Unimproved Lots.

As an incentive for early payment, discounts apply for dues paid by cash or check on or before December 31, 2020: \$50 for Improved Lots; \$30 for Unimproved Lots. There is no discount applied to dues paid by debit or credit cards due to the Association's service fees for credit card use.

Our bylaws allow residents to take advantage of a payment plan option. For anyone wishing to take advantage, please read the following carefully:

All applications for a payment plan must be completed by December 15, 2020; a one-time \$40 application fee must be paid at the time the application is submitted. In addition, to offset the administrative costs of collections, a late/delinquency fee will be applied as follows to both Improved and Unimproved Lots:

If full payment is not received by January 15, the Member's account will be declared delinquent. The following steps will be taken starting on January 16:

- The member will be classified as "not in good standing," resulting in loss of privileges as defined in the Bylaws.
- A fee of \$ 150 will be charged to the member's account if they have not paid in full or entered into and remain current with their payment arrangement.
- A service charge of 15% per year (1.25% per month) will be applied to the account and will continue until all fees are paid in full.
- All gate access cards linked to the member's property or properties will be deactivated.
- No amenity badges will be issued to anyone associated with the property or properties.

A balance remaining on the account after July 15 will result in a fee of \$100 being added to the account. The Association may bring suit to collect any delinquent account and also may enforce the Association's right to foreclose on its statutory lien on the lot or unit in question.



The Association shall also be entitled to collect all service charges, late charges, costs of collection, attorney's fees, and other amounts permitted by statute.

A Member who is participating in an approved Payment Plan will be considered in Good Standing; their gate access cards will not be deactivated, and their amenity badges will be issued and honored as long as the Member keeps current with the Payment Plan schedule. As a convenience to our members, we now offer direct debit.

Those homeowners who are not current with their obligations to the Association and not up to date with their payment plan are not eligible to vote in the Annual Election; nor allowed to use the community amenities. These homeowners are considered "not in good standing" and are not afforded the same privileges as members "in good standing."

If you are having difficulty meeting your obligations to the Association, **we will work with you.** Please contact the Administration Office at 570-421-4265. Ultimately, members have a legal obligation to pay their dues the same as their obligation to pay their taxes, mortgage, utilities, and other bills. It is essential that all meet their financial obligation to the community.

We wish you and your family a great holiday and happy new year.

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Nature is Calling...

Beautiful Tobyhanna Lake

photos and story by Ting Qian, Contributor



“In every walk with nature, one receives far more than he seeks.”

—John Muir

Looking for a nearby place for a short getaway during the pandemic? Tobyhanna Lake could be your next destination.

To explore nature without having to travel far, I recently drove to the scenic Tobyhanna State Park lake area with our corgi Chubby. Tobyhanna park is in Monroe and Wayne counties. It takes just 30 minutes driving to get there from Penn Estates. It was such a picturesque lake area to easily leave worries behind while enjoying the vibrant colors of the season.

It's very interesting to know that the 170-acre Tobyhanna Lake was once the site of active ice industries from 1900 to 1936. During wintertime, ice was cut from the lakes and stored away to be used for the rest of the year in the railroad boxcars hauling fresh produce and meats for East Coast cities. Before refrigerators were invented, family iceboxes also used these boxcar loads of ice. At peak of ice usage in the summer, up to 150 boxcar loads per day were shipped out of the Tobyhanna, Gouldsboro, and Klondike plants. Some ice was even shipped to Florida for use in hospitals.

Tobyhanna State Park now has parking areas, swimming beach, boat rental, boat launching site and campgrounds.

We took the easiest trail for a walk - the “Lakeside Trail” all along the lake. It's 5.1 miles long, and has a well-maintained hardened base for hiking and mountain biking. It takes at least 2.5 hours to complete the entire trail around Tobyhanna Lake. We met many friendly dog walkers on this trail at sunset time. Dogs need to be leashed. Social distancing of course is a must.



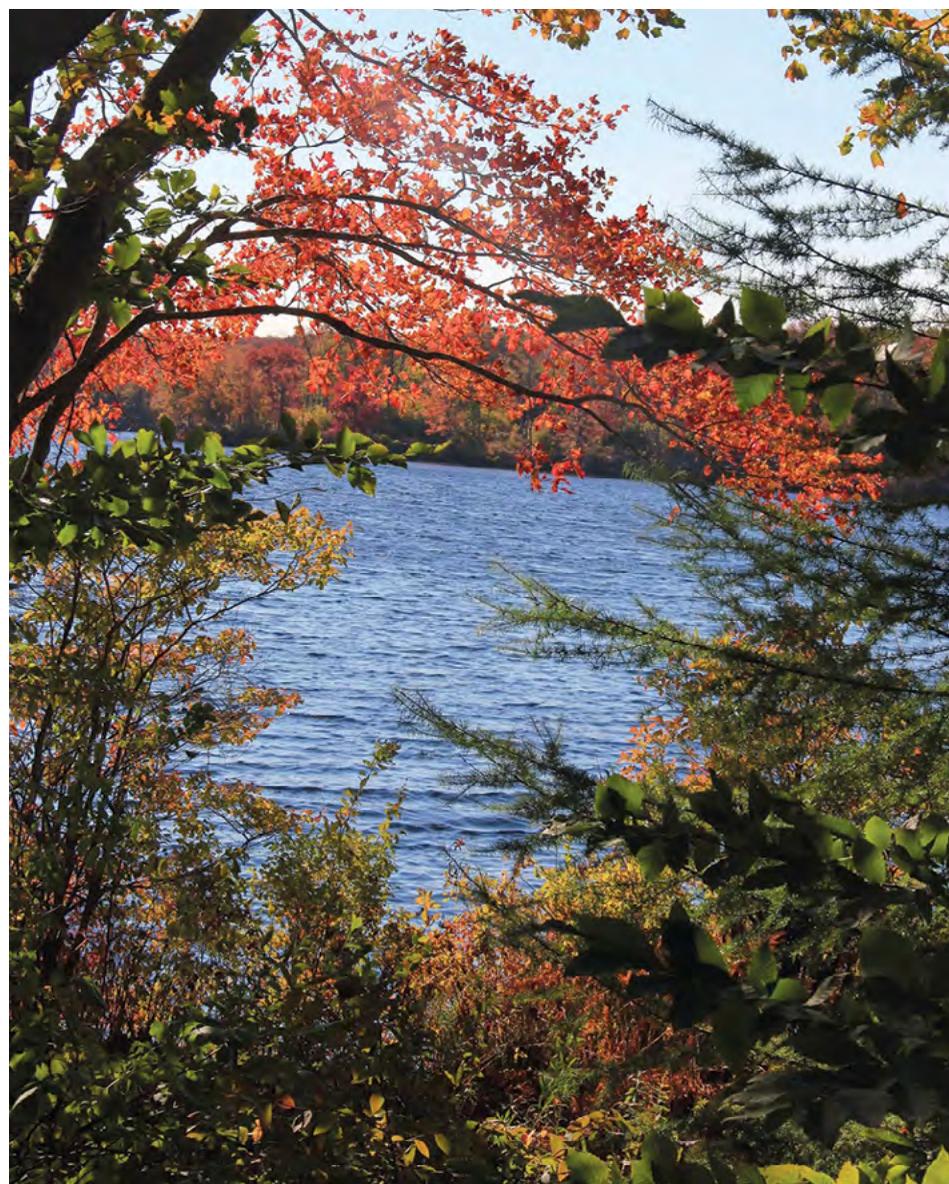
Winter Activities around the Lake

Fall foliage is over. It's time to think about outdoor activities for winter. You might like to consider ice fishing, ice skating, or even snowmobiling there.

If you like to go fishing, there are variety of species in Tobyhanna lake including Bass, Pickerel, Yellow Perch, Catfish, Sunfish, Brook and brown trout. Ice fishing is permitted on the natural ice of this lake. Ice skating is available as natural conditions permit, always a treat. Tobyhanna State Park has a 1.2-acre area near Parking Area #3.

Tobyhanna State Park provides a one-way snowmobile trail 5.1 miles in length that runs counterclockwise on Lakeside Trail. The trail begins at Lot #1, which has restrooms, parking, and unloading space. Conditions permitting, snowmobiles may be operated only on the designated, one-way trail from the day after the last deer season in December until April 1.

Tobyhanna Lake, with its unique ice industry history and natural beauty, is a perfect place for some fun winter activities. You can check all the details on the Tobyhanna State Park website at <https://www.dcnr.pa.gov/StateParks/FindAPark/TobyhannaStatePark>. Enjoy the nature all around us this winter!



Did You Know?

by Phyllis Haase, Community Manager

Rental Policy Requirements - Township and Penn Estates

Unit owners who lease their property: Please review the Rental Registration Policy and Municipal Ordinances on our website at www.pepoa.org.

1. Long-term and short-term rentals must be registered with the Association by completing the annual owner certification form submitted with the applicable fee upon initial rental and renewed annually no later than the first business day of January.
2. Any Property Owner not paid in full with their dues and maintenance or on an approved payment schedule and/or levies shall not rent or lease his property to others. Only members in good standing shall have the right to lease or rent their property. If, at any time during the operation of a lease, the Owner(s) fails to be a member in good standing, the Association shall refuse entry to and/or use of the amenities to any respective tenant.
3. Any owner renting out his unit shall be deemed to have exclusively assigned to his tenant(s) the appurtenant rights relating to the use of amenities, common areas, and Community Recreational facilities, including, but not limited to, use of the pools and lake, during the term of the rental. Therefore, the owner may not exercise these rights during the term of the rental. The owner shall, however, retain all voting rights related to the unit.
4. Owners who designate an agent, broker or other individual or firm (Agent) to perform tenant acquisition, screening, approval or processing services must first cause to be filed with the Association's Welcome Center a signed agreement authorizing the Agent to perform such services on behalf of the Owner. Authorization agreements must be updated annually.
5. Property Owner must provide proof of registration/license with Stroud/Pocono Township prior to being registered as a rental property with the Association.
6. All tenants must be registered with the Association at the Administration Office. Long Term tenants are required to register no less than seven (7) days in advance of occupying any unit within the community. Short Term tenants are required to register no less than three (3) days in advance of occupying any unit within the community. Registration shall include completing and submitting Association approved forms and providing the Association with a copy of the fully executed written lease agreement to include the Crime Free Lease Addendum between the owner(s) (Lessor) and tenant(s) (Lessee) The Association's applicable forms shall be required to be completed in their entirety.
7. Required minimum lease agreement language must be included in all leases.
8. A non-refundable tenant processing fee shall be paid prior to the beginning of the lease term for each and every tenant agreement.
9. Failure to abide by this policy, including but not limited to any failure to register any tenant, shall be a violation of the Rules and Regulations and result in fines as per the Association's Rules and Regulations.
10. Should an owner fail to register any tenant and/or fail to pay the required fees; the account will then be considered to be in default, and any and all gate access privileges associated to the property will be suspended.
11. Subletting by tenants is strictly prohibited, and fines will be levied as per the Associations Rules and Regulations.
12. Owner's membership status and voting rights are nontransferable. Tenants and their guests shall have the privilege of using community facilities and amenities, subject to all rules, regulations, and limitations governing the use thereof, provided the Owner remains a member in good standing with current amenity badges.
13. Property owners, tenants, and guests are not permitted at any time to transfer a gate access card or temporary pass to anyone other than the person to whom it was originally issued. Transferring a gate access card or temporary pass to another person and use of such passes by a person other than the one to whom the pass was originally issued constitutes a violation of the Rules and Regulations and shall result in seizure of said gate access card or temporary pass.
14. The Property Owner shall be responsible for all attorney's fees and costs incurred by the Association as a result of any violation by any occupant or

guest of the residences of the Association's Bylaws, Rules or Regulations by the tenant, irrespective of whether a suit is instituted.

15. Any violation of this Rental Policy will subject the unit owner(s) to a fine as established by the Association's Board of Directors. Additionally, the Association may, without notice, institute a suit in equity for an injunction to restrain any violation or threatened violation of any right, rule, regulation, restriction, Bylaw provision, Covenant or condition. The exercise by the Association of any right, power or remedy provided for herein or in any other rule or regulation, the Bylaws, the Covenants or the Articles of Incorporation, or now or hereafter existing at law or in equity, shall not preclude the simultaneous or later exercise by the Association of any or all other rights, powers or remedies.
16. In no event shall it be determined that a landlord/tenant relationship exists between the Association and a renter. Fee schedule for tenant registrations to be set by annual resolution of the Board of Directors.
17. Any home that is rented must be rented in its entirety and may not be occupied in any part by the Property Owner during the rental period.
18. Owners must report, collect and remit all applicable local, state and federal taxes as required by law. Any unit owner renting the unit for thirty days or less at a time shall provide the Association with a copy of their (a) Sales, Use and Hotel Occupancy Tax License from the Pennsylvania Department of Revenue and (b) certificate of authorization to collect Hotel Excise tax issued by the Monroe County Treasurer's office or Exemption Certificate(s).

What the Architectural Review Board Does for You

Are you getting ready to make an addition to your house or erect a fence in your back yard? Before you break out the miter saw, make sure you submit your plans to the Code Enforcement Officer for review.

The project will be reviewed to make sure it meets the requirements outlined in our governing documents. If a variance is required, the unit owner may submit their request for relief from the Rules and Regulations requirements. The Architectural Review Board will review the submittal and decide if the request's approval meets the provision for the issuance of relief. Some permits require approval by the municipality and the association.

While it may seem arbitrary from an individual homeowner's standpoint, the Architectural Review Board looks out for the entire community. The Architectural Review Board assists in keeping the community looking cohesive; it also helps to keep property values up by preventing individual structures from standing out.

Of course, it's also important to note that unapproved structures might legally have to be removed at the owner's expense. Save yourself money and headaches by getting approval *before* building or making changes to your property.

When you're ready to start your new project, or if the design of your project changes midway, send your plans to the Code Enforcement Officer first so that we can make sure they're in compliance with the association's standards. If we do find any issues, we'll let you know what they are and try to help you come up with other options.

We appreciate all the hard work residents have done to make their homes and this community beautiful. Help us keep this association looking great by keeping us in the loop of all your projects. Thank you!

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Draft 2021 Operating Budget

INCOME

DUES REVENUE

04000	Dues Income	1,993,576.20
04001	Prior Dues	68,000.00
04004	Deferred Dues	180,000.00
04020	Interest on late payments	55,000.00
04021	Collection Fees	4,000.00
04050	Late Fees	58,000.00
04051	Payment Plan Fee	18,500.00
Subtotal Dues Revenue		2,377,076.20

OPERATING REVENUE

04030	Public Safety Citations	75,000.00
04070	Interest Income	9,000.00
04071	Rental Registration	43,000.00
04075	Gate Cards	26,000.00
04085	Private Event Rental	2,500.00
04080	Resale Certificate Fee	13,950.00
04090	Codes Enforcement Permit - Violations	9,000.00
04099	Miscellaneous Income	450.00
04081	Country Store Lease	7,200.00
04079	Beach and Pool Income	5,500.00
04073	Amenity Badges	11,500.00
04006	Bingo	750.00
04070	Procurement Card Rebate	1,500.00
Subtotal Operating Revenue		205,350.00

Total Income 2,582,426.20

OPERATING EXPENSES

SCHEDULE A – Maintenance

06000	Maintenance Payroll	248,458.14
06001	Maintenance Payroll Taxes	32,299.56
06002	Maintenance Benefits	80,499.67
06020	Janitorial Supplies	6,000.00
06030	Buildings & Grounds	20,000.00
06040	Landscape Maintenance	10,000.00
06050	Amenity Repairs	13,000.00
06060	Refuse Collection	18,500.00
06061	Tools/Equip Purchase/Repair	7,000.00
06062	Road Repair Materials (in-house)	5,000.00
06070	Snow Removal	22,000.00
06080	Vehicle Fuel	20,000.00
06090	Vehicle Maintenance & Repair	8,000.00
06092	Personal Protective Equipment	3,000.00
06093	Crack Sealing	5,978.62
06094	Line Painting	880.00
Total Maintenance		500,615.99

SCHEDULE B – Public Safety

07055	Monthly Contract Charges	499,699.20
07056	Overtime Charges	9,500.00
07057	Monthly Vehicle Charges	23,400.00
07059	Security Supplies	5,500.00
07060	ACA Surcharge	33,696.00
07060	Radar Gun Calibration	500.00
Total Contract Security		572,295.20

SCHEDULE C – Recreation (including Pool and Lakes)

08000	Recreation Payroll	98,000.00
08001	Recreation Payroll Taxes	13,837.20
08002	Recreation Benefits	0.00
08020	Lifeguard Expenses	3,500.00
08090-000	Events	10,000.00
08090-001	Activities	10,000.00
08090-002	Community Day	6,500.00

08090-003	Youth Group	1,400.00
08030	Lake/Pool Maintenance	17,530.00
08031	Lake/Pool Testing	1,900.00
08032	Equipment Purchase	10,000.00
08040	Amenity Badges	1,500.00
08023	Bingo	750.00
Total Recreation		174,917.20

SCHEDULE D – Committees

07042	Community Safety	1,250.00
05084	Trap Neuter Release (TNR)	400.00
08064	Communications Committee	415.00
08065	Election Committee	200.00
05081	Board Expense	1,600.00
Total Committees		3,865.00

SCHEDULE E – Administration Wages/Salaries

05002	Management Payroll	134,872.25
05003	Management Payroll Taxes	17,208.40
05006	Management Benefits	48,621.54
05000	Administration Payroll	166,911.93
05001	Administration Payroll Taxes	21,698.55
05007	Administration Benefits	13,930.87
Total Administration Wages/Salaries		403,243.54

SCHEDULE F – Administration Expenses

05020	Accounting Services	15,000.00
05030	General Legal Services	51,000.00
05040	Computer - Camera Expense	27,500.00
05050	Operating Supplies	16,000.00
05060	Leased Equipment	10,000.00
05070	Collection Filing Charges	6,500.00
05080	Annual/Special Meetings	3,000.00
05090	Bank Fees	1,600.00
05091	Payroll Processing Fee	4,000.00
05100	Credit Card/Bank Fees	19,000.00
05110	Refunds	1,000.00
07041	Alarm System Fees	4,000.00
07043	Gatehouse Support Fees	26,000.00
05051	Membership Mailings Postage	10,000.00
05052	Webhosting Fees	1,900.00
05057	Dues/Subscript/Licenses Training	9,000.00
05053	Advertising	1,500.00
05054	Volunteer Dinner	3,500.00
05066	Community Relations	2,500.00
Total Administration Expenses		213,000.00

SCHEDULE G – Community Insurance

08201	Insurance - Directors & Officers	6,580.33
08202	Insurance - Umbrella	14,634.89
08203	Insurance - Package (QBE)	74,712.96
08204	Insurance - Worker's Comp	14,879.59
08205	Insurance - Volunteers	381.50
Total Insurance		111,189.27

SCHEDULE H – Utilities

08263-000	Fiber Optic Cable Expense	21,000.00
08250-001	Water and Waste Removal	12,000.00
08250-002	Electric Utilities	27,500.00
08250-003	Propane Gas	15,000.00
08250-004	Internet	5,500.00
08250-005	Cable	2,700.00
08250-006	Phone Landline	15,000.00
08280-007	Phone Mobile	4,600.00
Total Utilities		103,300.00

SCHEDULE J – Interfund Transfers

08264	Capital Reserve Contribution	500,000.00
Total Interfund Transfers		500,000.00
Total Operating Expenses		2,582,426.20

Amazon: 25 Gifts under \$25

by Debra Celentano, Communications Committee Member

Here are some great gift ideas for you this holiday season. Please note at the time I picked the items they were all priced at \$25 or below. I hope they still are, but we all know Amazon pricing changes often. I used custom bit.ly links so you can easily type them into your browser and check out the item. Hope you find this list helpful and maybe take a bit of stress off your shoulders. I tried to pick items I thought were unique and/or fun and would love to get myself.

Happy shopping!



- Keyboard Cleaner (<http://bit.ly/KeyboardCleaner>)
- < Echo Dot (<http://bit.ly/echodot3rdgen1>)*
- Ontel Pillow Pad Soft Tablet Stand (<http://bit.ly/pillowtabletstand>)

- Cellphone Stand (<http://bit.ly/cellphonestand1>)
- Baby Yoda Airpod Charging Case (<http://bit.ly/babyyodaairpods>)
- Philips Sonicare Electric Toothbrush (<http://bit.ly/toothbrushphilips>)
- Waterproof Bluetooth Shower Speaker (<http://bit.ly/waterproofspeaker1>)



- Mini Table Vacuum Cleaner (<http://bit.ly/minivacuum1>)
- < Amazon Smart Plug (<http://bit.ly/smartplugs1>)*
- Car Diffuser (<http://bit.ly/cardiffuser1>)
- Link Shaver (<http://bit.ly/lintshaver>)
- Coffee Grinder (<http://bit.ly/coffeegrinderbeans>)



- Glass Teapot Kettle (<http://bit.ly/glassteakettle>)
- Desk Pad (<http://bit.ly/deskpads1>)*
- < Travel Make-Up Case (<http://bit.ly/makeuptravel1>)*
- Electronic Bag Organizer (<http://bit.ly/electronicorganizer>)
- Key Finder (<http://bit.ly/keyfindera>)
- Portable Charger (<http://bit.ly/portablecharger1>)*

Make-Up Brush Set (<http://bit.ly/makeupbrushes1>)*

- Amazon Fire Stick Lite (<http://bit.ly/firesticklite1>)
- Art Pens (<http://bit.ly/artpens1>)
- Milk Frother (<http://bit.ly/milkfrother1>)
- Gallon Water Bottle (<http://bit.ly/gallonwaterbottle>)



*Anything with a * next to it means I have it and love it!*



Rocket Book > (<http://bit.ly/rocketbook1>)*

Rocket Book Pens (<http://bit.ly/rocketbookpens>)*



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HAPPY
Holidays!

Wishing you every happiness this holiday season and throughout the coming year.

Halloween in Penn Estates



Poetry Corner

by James Ruffini, Communications Committee Member

Early November

These trees
In yellow, scarlet,
And amber clothes
Blend in the Impressionist's soul.
His canvas,
A mirror in autumn.

Icicles

Icicles so clear –
The lonely breath of winter –
A roof's tears in air.

Winter Branches

Branches of a tree,
Skinny, reaching in winter –
Lightning split in air.

Editors Note: Communications Committee member James Ruffini writes poetry in his spare time. Besides showcasing James's poetry, we would like to include the work of other Penn Estates poets as well. Submit your poems to James at the Harmony email:pepoaharmony@gmail.com

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WHEREVER IT IS, WE'LL HAUL IT AWAY...

Top 12 Books That Any Romance Reader Would Love to Get This Holiday Season!

by Debra Presley, Communications Committee

If you know someone that loves a good romance book, then any book on the list below would be an amazing gift. The best part of this list is that most of the books are the start of an amazing

book series so if your book enthusiast loves the first, they will totally want to read the rest.

Here are some of my all-time favorite books from the past several years – there’s even one on the list by yours truly. All of these are available in paperbacks but also as an ebook so maybe load up a Kindle for your book enthusiast this holiday season.



This Man
by Jodi Ellen Malpas

Machiavellian
by Bella Di Corte

Rock Chicks
by Kristen Ashley

Thoughtless
by SC Stephans

Crow's Row by Julie Hockley

Gabriel's Inferno
by Sylvain Reynard

Finding Us by Debra Presley

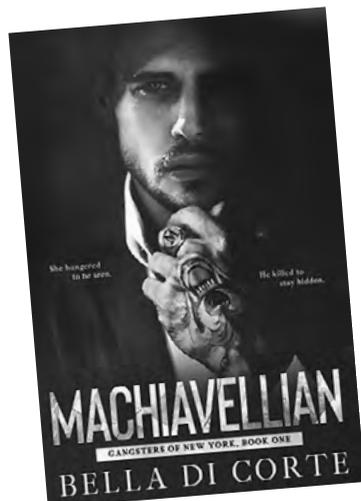
Bared to You by Sylvia Day

Sempre by JM Darhower

Taking Chances by Molly McAdams

The Opportunist by Tarryn Fisher

The Edge of Never by JA Redmerski



Warm home. Safe home. Fireplace safety tips.

Chimney cleaning and other fireplace safety tips to help you avoid a home fire.

Is your fireplace causing you more worry than enjoyment this winter? Here are some tips to avoid fireplace mishaps so you and your family can safely enjoy the comfort of a crackling fire this winter.

Chimney

Install a mesh screen cap over the top of the chimney.

Call a certified chimney specialist to inspect and clean your chimney or wood stove annually.

Cut away any branches hanging above the chimney vent.

Flue

Use a stovepipe thermometer to monitor flue temperature.

Air inlets

Air inlets should always be kept open.

Mesh gates

When the glass doors are open, close the mesh screen. It will help keep embers from escaping.

Ashes

- ✓ Let ashes cool completely before removing them.
- ✓ If your fireplace doesn't have an ash pit connected to the hearth, keep ashes in a metal container a safe distance from your home—at least 10 feet.
- ✓ Pour water over the ashes before throwing them away.

Hearth

The hearth should be completely clear of any debris, decorations or clutter.

Doors

Open or closed? Depends.

Starting fire



OPEN – air helps start the fire

During fire



CLOSED – keeps fire contained and allows fan to heat your home

Finishing fire



OPEN – you can better enjoy the fireplace experience, but it requires more supervision

Finishing fire



CLOSED – helps keep air in the chimney from entering your home



1 in 3 homeowners use a fireplace as their primary heat source

Other tips

- ✓ Never leave a fire in the fireplace unattended.
- ✓ Always have a smoke alarm on every level of your home and a fire extinguisher nearby.
- ✓ Never burn trash or use accelerants in your fireplace.

✓ Always keep firewood at least 30 feet from your home.

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December and January Observances

by Sharon Kennedy, Communications Committee member

As I write this three days before the election, I am hoping that we will have official election results by the time this issue is published. The pandemic may be continuing but at least one source of daily stress will not be bombarding us every moment. We may actually have time for annual traditions and aspects of life beyond politics! May it be so!

I began writing this column when the pandemic cancelled so many of our annual events. I will continue until we begin to open up once again. When he was about ten years old, my nephew was constantly entertaining me with “Hey, Aunt Sharon, here’s an interesting fact.” Then he would regale me with some obscure (at least obscure to me) fact that would make me laugh or wonder. May you find one or two interesting facts in this article.

DECEMBER

National Impaired Driving Prevention Month, Spiritual Literacy Month

- DEC 1 World AIDS Awareness Day: This pandemic brings back memories of the early days of the HIV pandemic. That was a terrifying time, with so very many deaths, decimating whole communities. We did not know what HIV was or how it was transmitted or how to treat it in the beginning. There was so much misinformation circulating, not unlike COVID-19 today. We still do not have a cure for HIV; however, there are antiviral drugs that mean that an HIV diagnosis is no longer a death sentence. Approximately 1.2 million people in the United States are estimated to be living with HIV. Approximately 15,800 people diagnosed with HIV died in 2018, though they may have died from causes other than HIV. As I write this, over 231,000 people have died of COVID-19 in the United States.
- DEC 1 Giving Tuesday: Begun in 2012 and now a global movement, this day encourages people to share, give, collaborate and be generous.
- DEC 1 On this day in 1955, Rosa Parks refused to vacate her seat on a bus in Montgomery. The official Rosa Parks Day (also called the Day of Courage) is on February 4th.
- DEC 5 Repeal Day: This commemorates the repeal of the 18th Amendment; thus ending Prohibition. The 18th Amendment banning the production, sale and transportation of alcoholic beverages was ratified in 1919. The 21st Amendment repealing the 18th Amendment was ratified on DEC 5, 1933.
- DEC 7 Pearl Harbor Day
- DEC 10 The first day of Hanukkah. The eight-day Festival of Lights ends on DEC 18 this year.
- DEC 10 Human Rights Day: This commemorates the day the United Nations General Assembly adopted the Universal Declaration of Human Rights in 1948.
- DEC 10 Nobel Prize Day
- DEC 15 Bill of Rights Day: The 10 amendments that form the Bill of Rights were added to the Constitution on this day in 1791.
- DEC 21 Winter Solstice: The shortest day of the year.
- DEC 25 Christmas Day
- DEC 26 Kwansaa is week-long African-American celebration of life, created by Dr. Karenga in 1966. The celebration centers on the seven principles of unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith.
- DEC 27 National Fruitcake day
- DEC 31 New Year’s Eve

Happy New Year 2021

JANUARY

National Mentoring Month, Slavery and Human Trafficking Prevention Month, National Bath Safety Month and Hot Tea Month

- JAN 1 New Year’s Day, and (appropriately) National Hangover Day
- JAN 3 Festival of Sleep Day: Ahhh, to sleep! The value of sleep cannot be overestimated! Lack of sleep can impair attention, alertness, reasoning, problem solving and the ability to learn and retain information. It can affect our moods as well as our cognitive functions, and contribute to severe physical health problems. So, go ahead and curl up for a long winter’s sleep! No guilt for sleeping in today.
- JAN 6 Eastern Christian Orthodox Christmas: Due to using the Julian calendar and not the Gregorian calendar, most orthodox churches celebrate Christmas 13 days later than other Christian churches
- JAN 17 World Religion Day: Initially started by followers of the Baha’i faith, this day is to promote peace and understanding among all religions. Learn about other religions by talking with and listening to people of faiths other than your own.
- JAN 18 Martin Luther King Jr. Day: Dr. Martin Luther King Jr. was born on JAN 15, but his birthday is celebrated on the third Monday in JAN.
- JAN 18-22 No Name Calling Week: This is a week for educational activities aimed at ending all forms of bullying.
- JAN 21 National Hugging Day: Observed in a number of countries from the USA to Poland and Australia, National Hugging Day was founded in 1986 in Clio, Michigan by Kevin Zaborney. It is recognized as an official day by the US Copyright Office but isn’t an official public holiday. Virginia Satir (renowned family therapist) said that we need 4 hugs a day for survival, 8 hugs a day for maintenance and 12 for growth. According to Guinness, the largest group hug consisted of 10,554 people and the longest marathon hug was 32 hours, 32 minutes and 32 seconds. Just 20 seconds of hugging a person you like can increase your oxytocin (the “feel good” hormone). What a great way to lower your stress! I am looking forward to the end of the pandemic when we can decrease our stress with a good hug and get rid of elbow bumps!
- JAN 27 International Holocaust Remembrance Day: This is an international day in memory of Holocaust victims. Auschwitz concentration camp was liberated by the Red Army on this date in 1945. Over a million people were murdered at Auschwitz.
- JAN 28 Mahayana New Year (Buddhist)
- JAN 28 Tu B’shvat (New Year’s Day for Trees) Jewish: This day marks the beginning of trees in Israel awakening from winter. It is a time to be aware of the environment and to care for our environment through action, such as planting trees. The day is also celebrated by eating from the bounty of the earth, such as figs, dates and pomegranates.

In the previous article, I asked for submissions from anyone to write about their special holidays. I have not had any takers. Please, if you have something special you would like to write about, submit it to pepoaharmony@gmail.com. *Harmony* comes out every other month and the deadline for submission is a month earlier. For example, the deadline for February/March is January 1.

Enjoy your days, every day. The pandemic makes every day a special day.

Eats Around Town

by Michael J. Tyrrell, Communication Committee Member

Happy Hour Bar and Grill

Just when I think that I've heard about all the great places to grab a quick lunch or drink in our area, someplace else pops up on my radar. Recently, someone on social media mentioned "Happy Hour Bar and Grill" on Clermont Avenue in downtown Stroudsburg.

This street is tucked in between Park Avenue and Broad Street and I



burgers are made with freshly-ground beef from Gary's Meat Market. I had one of their special cheeseburgers garnished with bacon jam. Best burger I have had in quite a while.

have never driven down that street in all my time living here.

This place apparently has been around for years but recently changed hands and got a face lift. They built a beautiful outdoor deck and feature music in the evening. Check restaurant for details.

We have gone a few times for lunch and always start with the hand-crafted Bloody Marys, which are served in Mason jars. All their

We have also tried their Rachel Sandwich which is a Reuben but they switch out the sauerkraut with coleslaw. I also recommend one of their Cheese Steak Sandwiches. Everything comes with really well-cooked crispy fries.

Now for the money shot. Their wings are the things dreams are made of! Very plump and moist. Perfectly seasoned. We have tried the basic hot buffalo and their boneless Garlic Parmesan. Going out on a limb here, but they are currently my favorite wing in the area.

The staff is really friendly and accommodating. Give Happy Hour a try. I can't speak to how crowded it gets in the evening. We have only gone for lunch.



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Real Estate Pulse

by Lisa M. Sanderson, Contributor

10 Simple Home Repair Jobs to Lift You Out of Winter's Funk

by Jeanne Huber, Houselogic.com

Accomplishments - even little ones - go a long way toward a sunny outlook. Fortunately, there are plenty of easy, quick home repair chores you can do when you're mired in the thick of winter.

For max efficiency, make a to-do list ahead of time and shop for all the tools and supplies in one trip. On your work days, put the basics in a caddy and carry it from room to room, checking off completed tasks as you speed through them.

#1 Sagging Towel Rack or Wobbly TP Holder

Unscrew the fixture and look for the culprit. It's probably a wimpy, push-in type plastic drywall anchor. Pull that out (or just poke it through the wall) and replace it with something more substantial. Toggle bolts are strongest, and threaded types such as E-Z Ancor are easy to install.

#2 Silence Squeaky Door Hinges

Eliminate squeaks by squirting a puff of powdered graphite (\$2.50 for a 3-gram tube) alongside the pin where the hinge turns. If the door sticks, plane off a bit of the wood, then touch up the paint so the surgery isn't noticeable.

#3 Remove Rust on Shutoff Valves

Check under sinks and behind toilets for the shutoff valves on your water supply lines. These little-used valves may slowly rust in place over time, and might not work when you need them most. Keep them operating by putting a little machine oil or WD-40 on the handle shafts. Twist the handles back and forth to work the oil into the threads. If they won't budge, give the oil a couple of hours to penetrate, and try again.

#4 Repair Blistered Paint on Shower Ceilings

This area gets a lot of heat and moisture that stresses paint finishes. Scrape off old paint and recoat, using a high-quality exterior-grade paint. Also, be sure everyone uses the bathroom vent when showering to help get rid of excess moisture.

#5 Fix Loose Handles and Hinges

You can probably fix these with a few quick turns of a screwdriver. But if a screw just spins in place, try making the hole fit the screw better by stuffing in a toothpick coated with glue, or switching to a larger screw.

#6 Replace Batteries on Carbon Monoxide and Smoke Detectors

If you don't like waking up to the annoying chirp of smoke detector batteries as they wear down, do what many fire departments recommend and simply replace all of them at the same time once a year.

#7 Test GFCI Outlets

You're supposed to test ground-fault circuit interrupters them once a month, but who does? Now's a great time. You'll find them around potentially wet areas - building codes specify GFCI outlets in bathrooms, kitchens, and for outdoor receptacles. Make sure the device trips and resets correctly. If you find a faulty outlet, replace it or get an electrician to do it for \$75 to \$100.

Another good project is to replace your GFCIs with the latest generation of protected outlets that test themselves, such as Levitron's SmartlockPro Self-Test GFCI (\$28). You won't have to manually test ever again!

#8 Clean Exhaust Filter for the Stove

Wash to remove grease. You'll increase the efficiency of your exhaust vent; plus, if a kitchen stovetop fire breaks out, this will help keep the flames from spreading.

#9 Clean Out Clothes Dryer Vent

Pull the dryer out from the wall, disconnect the vent pipe, and vacuum lint out of the pipe and the place where it connects to the machine. Also, wipe lint off your exterior dryer vent so the flap opens and closes easily. (You'll need to go outside for that, but it's quick.) Remember that vents clogged with old dryer lint are a leading cause of house fires.

#10 Drain Hoses

Inspect your clothes washer, dishwasher, and icemaker. If you see any cracks or drips, replace the hose so you don't come home to a flood one day.

Penn Estates Home Sale Data

Information has been gathered from the Pocono Mountains Association of REALTORS' Multiple Listing Service on November 12, 2020.

	Active Listings	Pending Sales	Closed YTD	Closed 2019
Total	16	26	102	97
Foreclosures	0	2	9	9
Short Sales	0	1	0	0
Low List/Sold \$	98,900	100,000	55,801	50,000
High List/Sold \$	359,000	375,000	395,000	260,000
Avg. List/Sold \$	234,156	184,158	164,762	149,315

Pending Sales information reflects only list prices as sold information is not available until the sale is final.

About the Author: Lisa Sanderson is a Past President of the PEPOA Board of Directors, founder of the *unofficial* Living in Penn Estates Facebook Group, and a 28-year veteran of the real estate industry. She is a full-time Associate Broker with Keller Williams Real Estate in Stroudsburg. Comments and questions are welcome at poconolisa@gmail.com

Holiday Cheer for our Local Animal Organizations

by James Ruffini, Communications Committee Member

The holidays are approaching, and the year is coming to a close. Many of us are focused on preparing for this, and many of us are also thinking about helping those in need. How can we help, and where do we give? Maybe even saving a dog or cat from a shelter is on the list.

This last desire may be a little daunting if it's not something we can do. Adopting an animal is a lot of responsibility and having the time and means to take care of one properly needs to be considered carefully.

This doesn't mean it's the end of the story if you can't adopt, and "that's it, nothing I can do." There are other ways to help and support your local animal shelter.

Money donations is a starting point, this is an easy direct way to support our local non-profits. Other ways of support can be in the form of donating pet food (dog or cat). AWSOM Animal Shelter, right here in Stroudsburg, is seeking grain free dog wet food, Fancy Feast kitten food, but any brand dog or cat food is accepted.

Also, the dogs and cats usually sleep in a pen or cage on a bare floor, so donating old clean pillows, blankets, towels, t-shirts, pillowcases, comforters or sheets for the animals to comfortably sleep on is accepted at the shelter too.

AWSOM "provides shelter and medical care for companion animals where they are free from abuse, hunger, fear and loneliness, until placing them in responsible forever homes.", as stated on their website. You can contact them on their Facebook page, or their website: www.awsomanimals.org

Another great animal non-profit right here in Stroudsburg would be the Pocono Wildlife Refuge and Rehabilitation Center. They accept monetary and material donations to help give medical attention to injured wildlife.

Their goal is to heal and rehabilitate injured wildlife for eventual release back into the wild - all ranges of animals from birds to bear cubs and everything in between.

They are the only wildlife center service in a nine-county area of northeastern PA. They receive no state funding, so they rely solely on the community for support. You can visit their website: www.poconowildlife.org for more information on how to donate, or visit their Facebook page as well.

Just like humans, animals are in need this holiday season too. So, if you want to help, but can't adopt, there are plenty of other ways to support our furry friends. The shelters and rescue centers will be grateful, and so will the animals. Your donation can brighten their lives, and even in the smallest ways make a huge difference this holiday season.

Michael's Kitchen

by Michael J. Tyrrell, Communications Committee Member

Instapot Magic

One of my most nifty purchases in recent years has been my Instapot. I have the original Instapot brand but all brands pretty much operate the same and the results should be consistent. Normally I use mine to pressure cook but they also can be utilized for slow cooking, steaming and sautéing. Some have other features such as a yogurt making setting. They can often be found on sale at Kohls or Target.

Here are some recipes I developed that are family pleasing and easy. The Rigatoni is particularly clever if I say so myself. The macaroni goes into the instapot uncooked. Talk about no fuss!

If you try any of these recipes and are pleased with the results, take a picture and email to the Harmony and we'll include in the next issue of Harmony. pepoa-harmony@gmail.com

Southern Italian-Style Sweet Sausage and Rigatoni

Serves 4

1 tbsp olive oil
 ¾ lb sweet Italian sausage
 1 small onion, chopped
 2 cloves garlic, chopped
 1 can (28 oz) plum tomatoes, broken up
 4 tbsp unsalted butter
 ½ tsp salt
 ¼ tsp black pepper
 ½ lb uncooked rigatoni
 1/3 cup grated ricotta salate (hard ricotta cheese)
 fresh basil, cut into ribbons, if desired

1. Remove lid from 6-quart multi cooker and add olive oil. Set to Sauté. When hot, crumble in sausage and add onion and garlic. Cook 5 minutes. Stir in tomatoes butter, salt and pepper. Add pasta evenly over top and 1½ cups water. Be sure pasta is covered with liquid.
2. Close lid and turn pressure release valve to Sealing position. Pressure cook on HIGH Pressure for 10 minutes. Do a Quick Pressure Release.
3. Sprinkle with the ricotta salate and stir in ribbons of fresh basil if desired.

Black Bean & Sweet Potato Chipotle Chili

Serves 8, yields 8 cups

2 tbsp vegetable oil
 1 onion, thinly sliced
 3 cloves garlic, thinly sliced
 1 green pepper, seeded, cored and cut into ½-inch dice
 2 cans (14½ oz) diced tomatoes
 1 can (15 oz) black beans, drained
 6 medium-size sweet potatoes, about 2 lbs, peeled, quartered and cut into 1/4-inch thick slices (about 6 cups)
 1 tbsp chipotle chile powder
 1 tbsp ground cumin
 2 tbsp peanut butter
 1 tsp salt
 1 cup water
 sour cream and cilantro leaves for garnish, if desired

1. Remove lid from 6-quart multi cooker and add vegetable oil. Set to Sauté. When hot, add onion, garlic and green pepper; cook 5 minutes, stirring occasionally. Add tomatoes, beans, sweet potatoes, chili powder, cumin, peanut butter, salt and water. Stir to combine.
2. Close lid and turn pressure release valve to Sealing position. Pressure cook on HIGH for 8 minutes. Do a Quick Pressure Release.
3. Serve with sour cream and cilantro leaves, if desired

Easy Shrimp Paella

Serves 4

2 tbsp vegetable oil
 1 onion, sliced
 4 cloves garlic, sliced
 ½ sweet red pepper, cored, seeded and sliced
 ½ green bell pepper, cored, seeded and sliced
 1 tsp smoked paprika
 1 tsp dried oregano
 ½ tsp turmeric
 ½ tsp dried red pepper flakes
 ½ tsp salt
 ¼ tsp black pepper
 1 cup uncooked rice
 1 cup vegetable broth
 ¼ cup dry white wine
 1 lb large frozen shrimp, cleaned, shells removed, tails left intact (do not thaw)
 cilantro leaves and lemon wedges for garnish, if desired

1. Remove lid from 6-quart multi cooker and set to Sauté. When hot, add oil; sauté onion, garlic and peppers 6 minutes, stirring occasionally. Turn off and stir in paprika, oregano, turmeric, red pepper, salt and pepper.
2. Sprinkle rice over the top and pour in broth and wine. Add frozen shrimp and press down gently.
3. Close lid and turn pressure valve to Sealing position. Pressure cook on HIGH 5 minutes. Do a Quick Pressure Release.
4. Spoon onto a large serving platter and garnish with cilantro and lemon wedges, if desired.

Mom's Roast Turkey and Savory Gravy

Serves 4, yields 2 cups gravy

½ tsp salt
 ¼ tsp black pepper
 ½ tsp paprika
 ½ tsp poultry seasoning
 ½ tsp garlic powder
 1 small boneless, turkey breast half, about 2 lbs, skin on
 1 tbsp olive oil
 1 can (14½ oz) chicken or turkey broth
 ½ onion, cut into chunks
 1 rib celery, cut into chunks
 2 tbsp butter
 3 tbsp all-purpose flour

1. Combine salt, pepper, paprika, poultry seasoning and garlic powder. Rub both sides of turkey breast with oil; rub seasoning mix onto both sides. Place on the Steaming Rack and lower into pot; add the broth and place the onion and celery around the turkey.
2. Close lid and turn pressure valve to Sealing position. Pressure cook on HIGH 12 minutes. Allow a Natural Pressure Release. Remove turkey, tent with foil and allow to rest.
3. Strain liquid into a large measuring cup. Set to Sauté and melt butter. Stir in flour and cook 1 minute. Gradually whisk in the reserved cooking liquid. Cook 3 minutes, until thickened.
4. Slice turkey against the grain and serve with the gravy.



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Things to do in the 'Burgs

by Robin Nicholson, Communications Committee Member

New Places to Try

Despite the unprecedented times with the pandemic, there are great new things blooming in the Burgs. From ice cream to coffee shops, to historic hotels, Main Street Stroudsburg has some great new places to hit!

If you are a coffee lover like me, you must get over to the new coffee shop in town. Sparks Coffee Company at 20 N 7th Street (right by Courthouse Square) is open 7am-4pm daily. Sparks offers a wide range of coffee, tea, desserts and sandwiches and even great gift items for the coffee aficionado in your life. The shop has sweets that range from decadent chocolate and coffee cake muffins and to great “keto/low carb” options. You can also enjoy a sandwich such as sausage egg and cheese croissant while you sit back and relax in the



welcoming and comfortable dining area or order and grab and go on the run. So many specialty coffee blends and flavors to try, you can't go wrong!

Sparks is right across the street from another new opening in Stroudsburg that has been many years in the making. Sparks is the official coffee for the historic Penn Stroud Hotel. You can't miss the Penn Stroud Hotel as it is right in the heart of downtown Stroudsburg on Main Street. The Hotel has been a staple on Main Street for over a century. It was originally opened in 1833! A multi-million-dollar renovation was just completed, making it better than ever.

The Penn Stroud took effort to maintain the historic elegance of the Hotel. If you have friends or family visiting, the Penn Stroud is a great recommendation and offers endless things to do and see and all the great restaurants of downtown Stroudsburg, just steps away. Guests are immersed in the comfort of a newly renovated hotel with a modern twist on historic quality and class.

Guests of the Penn Stroud Hotel can not only savor Spark's Coffee shops just a few steps away, they can take a short stroll down main street and enjoy a delicious treat from the NEW Thai Ice cream shop at 766 Main Street. 8 Degrees Thai Ice Cream features hand rolled ice cream with your choice of fresh fruits and toppings as well as bubble tea! Something that makes hand rolled ice cream so fun and different is that you can watch it being made after you chose your



exact ingredients and flavors! It definitely has a fresher taste without the fillers and artificial sweeteners.

So, make sure to get downtown and hit the new places right in your town in the Burgs! No reason to venture elsewhere, we have it all right down the road! This highlights just a few of the new businesses in the twin boroughs so get out and check it out.

Outdoor Exercise...Indoors

by Yolanda Sarrabo, CPT NASM, BCS

Now that the season has opened its door; it's brought us a few weeks of some bitter cold weather. As many people are home longer than usual during the day; what outlet should be considered in keeping active indoors? I can't stress enough the importance of exercise as well as getting some circulated air while homebound. Though walking is the straight go to in getting some circulation and activity going; I thought I'd give a few other ideas to consider from the comfort of your home.

Novice

For the newbies and those perhaps plagued with chronic situations, let's try using a chair as your anchor and a medium sized ball. Though playing ball in the house is usually a no go, this concept is a bit different.

The first on the mark are "Circle Hails." Find a spot where you can center a chair (with or without backing), and use your top torso range of motion. Sit up straight and hold ball to the center, up (overhead), and then return all the way to the bottom center of your feet. Repeat in a moderate motion (you may want to stretch well before starting). Try a count of 12 and 2 Reps.

Next let's try "Seated Ball Dribbles." Dribble or roll the ball side to side and back to back without having the ball roll away from you, all while bending and seated. Both exercises help stretch back, arms and shoulders. Make sure your head is upwards while attempting.

Advanced

For those that are more advanced in working out, let's try "Power Punching." Whether you have an indoor weight bag or boxing gloves, get in a boxer stance and push arms forward with left and right jabs, throw in a few undercuts rapid speed (try adding 2-5 lb weights if the latter are not available). Try a count of 20 simultaneously 3 reps.

Next look into jumping rope, you can try this attempt in your garage if you have enough space to do so, or perhaps outdoors close to your home on stable ground, and away from any loose pebbles. You can attempt this motion with an actual jump rope, or imaginary rope motion, with up and down moderate jumps, while turning wrist slightly to imitate the move. If you're able to do so get a moderate heart rate going for 10 minutes non-stop, or for as long as you can continue. Be well!

Yolanda Sarrabo is principal at Chronic Fitness Personal Training Boutique Service and a regular contributor. www.chronicfitnessinc.com

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