

Live Music is Back at Penn's Peak

by Ting Qian & Ning Wang, Contributors

Life is finally coming back after the pandemic. Business has started to reopen all around the Pocono region— that includes business in the entertainment industry. After getting fully vaccinated from Covid19, we started to look for life's usual treats, and were glad to find out that live concerts in the Pocono Mountains are also gradually coming back!

We tried our first in-person concert at Penn's Peak this June. Located near Jim Thorpe on a beautiful mountaintop, Penn's Peak is a venue known for its road-house-style performances. Before the pandemic, the place usually hosted around 80 headline shows a year, as well as weddings, public events and more.



The theater has a spacious dance floor, lofty ceilings, and a concert bar/concession area. Right by the theater is a full-service country style restaurant called Roadies. Concert-goers can casually enjoy a breathtaking mountain view out on the patio while savoring a dinner right before the concert starts.

"Alt Rock Experience" was the theatre's long-awaited rescheduled first indoor concert. We purchased our ticket in advance over the phone. The ticket price was \$40 for a table [up to four people]. Tickets were also available at the box office. It was the first time that face-coverings were no longer required during the concert, but social distancing was encouraged.

The usual seating layout was replaced by table sets. A waiter or waitress provided service to each table. Patrons chose tables on a first-come-first-served basis and were able to order food and drinks before and throughout the concert.

"Alt Rock Experience" was a three-man band performing the Best 90's Alternative Rock. Rick Horvath - guitars, vocals; Dave Figura - bass, vocals; and Harrison Balthaser - drums, vocals. It was a great performance! And what a nice feeling to experience the dramatic shift from a depressing pandemic era to a relaxing, return-to-normalcy night in life!

(continued on page 3)

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DRIVE-BY JUDGING WILL TAKE PLACE ON FRIDAY, OCTOBER 29TH BETWEEN 7PM-8PM. THE WINNER WILL BE ANNOUNCED ON HALLOWEEN. GOOD LUCK!

For members in good standing



Did You Know?

by Phyllis Haase, Community Manager

Flooding: Protect Your Family and Finances

In many areas, flooding is the most common and costly natural disaster. The June 8 storm event is a perfect example which caused significant damage in some areas of our community. Unfortunately, insurance carriers will not provide insurance for infrastructure, but our buildings are protected; is yours?

Just one inch of water in your home or office can cost thousands of dollars in cleanup and replacement costs, including drywall, baseboards, floor coverings and furniture. You may think you're covered, but many homeowners' insurance policies do not cover flooding.

Talk to an insurance agent now about flood insurance:

- There is usually a 30-day waiting period before coverage begins.
- Coverage is relatively inexpensive.
- Renters can buy flood insurance.
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- Receive payments for flood-related losses even if no disaster was declared.
- Learn more about flood insurance at www.floodsmart.gov.

Prepare your home and family now for flash floods:

- **Make a family emergency plan.** Emergency preparedness is everyone's responsibility. Write down your plan. Decide ahead of time where you will go if you have to leave and where family members will meet up. Identify an out-of-town emergency contact.
- **Get supplies for an emergency kit.** Start with three days' water and three days packaged and canned food. Add a battery-powered radio and extra batteries. Store in waterproof containers with wheels or that you can lift so you can take them with you. For details visit www.ready.gov/america/beinformed/floods.html
- **Stay informed about what could happen.** During storm season, listen to local media for up-to-date reports on weather watches and warnings. Keep a battery-powered portable radio—with a NOAA weather band—handy in case the power goes out.

Learn more about preparedness: www.ready.gov/america/beinformed/floods.html.



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President's Message

by Ken Nevil, PEPOA President



Hello to all the Penn Estates Property Owners Association members. The Board of Directors has been moving forward to what is being described as the "Post Pandemic Era." The ultimate goal is to lift the restrictions that are in place and get back to our pre-pandemic life. The beaches, swimming pool and such things as the Oak Room, recreation center and the gym have been open since approximately Memorial Day.

Now I would like to talk a little bit concerning the opening of school and bus safety. Pennsylvania Traffic Law specifically states that all traffic behind a school bus and traffic approaching from the opposite direction must stop when the school bus is displaying flashing red lights and a side stop sign. The offense for violating this school bus law is a \$250 fine and a 60-day driver's license suspension.

Remember the safety of our members and their children are the top priority of the Board of Directors. Please be aware of all children and pedestrians walking along roadways and at school bus stops in the morning and afternoon each day.

The Board of Directors monthly meeting is the first Friday of the month unless otherwise specified. We urge all members to attend and have their voices heard.

Father's Day Outing

by Evelyn Infante, Contributor

My husband had been working six days a week without a break running *Hungry? We Deliver*. This Father's Day I bought tickets to the 2021 Split Rock Wine and Food Festival so he could get away from the job. This is a yearly two-day event attended by hundreds of people.

We looked forward to buying from our local wineries, but this year they were not there. Most vineyards came from central and western Pennsylvania. More than one vendor told us he had sold out of their best sellers on Saturday. We were excited to see how they compared with our local wineries.

On that beautiful day we wandered from one tent to another savoring wines we've never tasted before, discarding the ones we did not like, and collecting wine menus of the ones we liked. After visiting all the tents, my husband pulled out the many wine lists out of his pocket.

We decided on the wines we liked the best. From Juniata Valley Winery we bought a white wine labeled Made in the Shade, a chambourcin named War Horse Red, and after tasting a chilled blackberry merlot (who knew you could chill merlot?) we had to buy a bottle. From Bee Kind Winery, we bought a bottle of Bone Dry Red and two bottles of Bone Dry Rosé.

Our wine was boxed, labeled with our name, and delivered to a central location where we picked up our boxes on our way out. This was a well-organized event.

A wine festival is an excellent way to discover the many flavors and varieties of wine. It's a great way to spend an afternoon, and you don't have to be a wine connoisseur. It's not how expensive a bottle is or how popular the wine. It's what you like. If you missed the festival, check with local wineries. They sometimes have wine tastings.

Although the festival wasn't as big as in previous years, there was a lot to enjoy besides wine tasting. Food and craft vendors surrounded the many tents where people sampled wine. Live music kept crowds singing along to old tunes, some dancing.

We ate a tasty barbecue lunch, listening to the music. We then stopped at the Shagbark Hickory table and sampled the bourbon syrup, aged in bourbon barrels. Of course, we bought a bottle. The taste is amazing.

Although the drive from East Stroudsburg to Split Rock Resort takes about 35 minutes, and because Monday is the only day off for my husband, I wanted this outing to feel like a mini-vacation. It's not often he gets two days off.

We stayed at the resort and had a leisurely dinner two and a half miles away at the Boulder Tavern overlooking Lake Harmony. The food was excellent and the view even better. In the morning we stopped at Piggies for breakfast before heading home, happy and refreshed. You don't have to travel far for a vacation. The Poconos has a lot to offer.

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Live Music is Back at Penn's Peak

(continued from page 1)

During intermission, you could go out to the large patio to enjoy the panoramic mountain views and fresh air. The experience of this concert was truly liberating. Penn's Peak can comfortably host 1,800 concertgoers. For its first concert of the year, there were about a hundred people. We see it as a great beginning.

We learned from Penn's Peak website that there is live music on the deck this summer on Thursday evenings 6:30pm to 9pm with no cover charge - rain or shine.



Penn's Peak is about a 50-minute drive from Penn Estates.

<https://www.pennspeak.com>

Phone: 866-605-7325

325 Maury Road, Jim Thorpe, PA

We hope everyone enjoys a very relaxing, liberating but safe summer! Take care of your health and your hearts.



Penn's Peak Events for the Month of August 2021

- August 5** 6:00pm | Deck Party [no cover charge]
South Penn Dixie - Bethlehem based band performing modern country music with a rock edge
- August 12** 6:00pm | Deck Party [no cover charge]
Flaxy Morgan - Wyoming Valley band performing top 40 dance hits and the best in 80's music
- August 19** 6:00pm | Deck Party [no cover charge]
Toolshed Jack - Schuylkill County's favorite party band
- August 20** 7:00pm | KIX with Special Guest Autograph
- August 26** 6:00pm | Deck Party [no cover charge]
Craig Thatcher Trio - Lehigh Valley favorite playing their exciting brand of blues/rock
- August 27** 7:00pm | The Artimus Pyle Band
- August 28** 7:00pm | VOYAGE - The Ultimate Journey Tribute Ft. Hugo
- August 29** 6:00pm | Rodney Atkins

REMINDER:

The speed limit on ALL Penn Estates roads is **25 MPH** except where otherwise posted.

Thank you!

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Poetry Corner

by James Ruffini, Communications Committee Member

The Earth Hunches

The Earth hunches, rolls itself over,
Like an old lady still young.
We must keep our hands in earth,
Play there, until we become earth,
And learn what its learned;
Understand its nourishment
Of what is new, what is to come.
The Earth hunches, rolls itself over,
Continually turning and young.

Crickets Sound

Sunlight is as bright
As water. Trees flow,
Crickets sound
Like the pulse of a sprinkler
Springing from lawn.
Under window,
I woke from the trickle
Of dreams
On weathered futon.

My Mother's Gift

by Evelyn Infante, Contributor

4:10 read the soft light of the digital clock. I'd been sleeping on and off all night. What kept me from having a good night's sleep was a telephone call I'd had with my mother the day before. It was my occasional taking-time-out-of-my-busy-life-call. I dutifully asked about her diet and exercise routine. She wanted to know if I'd be bringing her grandkids around soon. "Yes, soon," I said, without a specific day in mind. Oh, and mom mentioned the new plant she'd picked up at Walmart—our usual chatter. But what I couldn't get out of my head was what she said next.

"Soil, rife with nutrients, take hold. Clouds open and make their contribution. Rays of sunshine penetrate its skin. Nature's tender care." She hung up.

Mom has always been a poet, so I instinctively knew she hadn't come up with this bit of prose because she had bought a plant. She was never one to voice how

she really felt. My mother was trying to tell me something.

Poetry had been my mother's way of steering me in the right direction. She had a line for everything. As a little girl, I loved the way she rhymed her words, and I tried to mimic her. As I got older and thought I knew everything, her constant poetic lines really annoyed me. I thought her words were corny. I once had a problem and asked her for advice. She listened without interruption, thought for a few minutes, and in her usual way, began spouting verse. Exasperated, I interrupted her with a snotty remark. She never again annoyed me with her beautiful way of speaking. I had wounded her artistic spirit.

Sorry for the hurt I saw in her eyes that day I waited a few weeks and again went to her for advice. She listened, but instead of responding in her predictable way, she told me to do what I thought was best; that I was capable of solving my problems without her advice. The special bond we had shared had suffered a break neither one of us knew how to mend.

So here I am in my bed, going down the rabbit hole of memories when my mother had tried to softly teach me the beauty of words. I am consumed with guilt for crushing her spirit and taking for granted the gift she had once given me.

Mother's Day is coming up and I know my family will have something special planned for me. There will be cards, presents, a meal at a restaurant. What I most desire is to hear my mother's voice as she easily plucks words out of ether and strings them together to make poetry.

Like a seed, I will nourish our love and give my mother what she most desires, what she deserves—my gratitude, my praise, and most important, my presence. As soon as I heard her poem on the phone, I knew what it meant.

Editors Note: Evelyn Infante is a frequent contributor to Harmony. In her "spare" time she writes books and short stories. We thought this short story would be an interesting addition to our poetry column.

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Bingo is Back

by Paul Quillin, Contributor

Social activities here at Penn Estates are once again available, so if you haven't yet joined in and are wondering what to try, Bingo might be a good starting point. I was there for our first game in June which had a decent turnout. Once we all settled in, the mood was relaxed and friendly.

Bear in mind that most of us Bingo players know each other, but each person had a first time. If you are ready for your first time – here's some of the basics.

The game is played on a "Bingo Board", a five by five grid of numbered squares, with the letters: "B I N G O" at the top of each column. The square in the center, (third column, third row) is marked: "Free", and is just that, free to mark if that square is a required one.

When the answer to "Is everybody ready to play Bingo?" gets a collective: "Yeah!" the software-generated announcer begins to call each number. There's a built-in delay between calls. This gives you time to see if your board has the number. If it does, you mark it.

We all use "dabbers" which are made for this. After each game you can then tear off the game page and toss it. Surprisingly, the dabbed markings don't bleed onto the next page! At our Bingo we play three kinds of games:

- A "Regular" game (played on the 1-column pad) requires that you have any of the following: 5 squares in a row (horizontal, vertical or diagonal), 4 squares in any corner (like a postage stamp) or all 4 corners of the board.
- A "Special" game (played on the 2-column pad) requires a unique pattern, like a cross, a big square (all the outside squares), a large "T", etc. which is shown on the big video screens that show the called numbers. You can also refer to this as the game proceeds to check on numbers you may have missed.
- The "Coverall" is just that. Every number on your board covered to win.

Sometimes a game has two (or more) winners so the prize is shared. Now might be a good time to mention how the payoffs are determined. Once all the players have purchased their cards, the total amount of money taken in is put into a formula which determines the amount paid out for each game. You can see from this that the more participants, the higher the payouts!

The boards (both single and double) are \$5 each. You can buy as many as you want, but one of each type (for a total of \$10) is your required admission purchase.

Sound good? Maybe it's your time to join? Please give it a try. You know you will be well received and we will be happy to give you all the help and confidence you need. Bingo is scheduled every Tuesday at 6:00 PM (formerly 7pm) in The Oak Room at The Clubhouse. Games usually last about two hours.

What is Juneteenth?

by Sandy Black, Contributor

"Juneteenth" is the "longest-running African-American holiday." It recognizes June 19, 1865, as the date that news of slavery's end reached slaves in Texas and other states in the southwest. In 1979 Texas became the first to make Juneteenth an official holiday with others following suit over the years.

Juneteenth is the oldest known celebration commemorating the ending of slavery in the United States. Dating back to 1865 it was on June 19 that the union soldiers led by Major General Gordon Ganger landed in Galveston Texas with news that the war had ended and that the enslaved had been freed. This was two and half years after President Lincoln's Emancipation Proclamation which became official on January 1, 1863.

Originating in Galveston, Texas in 1866, Juneteenth has been celebrated annually on June 19. In June 2021, Congress passed a resolution establishing Juneteenth as a national holiday. Now as of June 19, 2021 it is an official federal holiday throughout the United States of America because President Joe Biden signed the Juneteenth National Independence Day Act making it official on June 17, 2021.

The new federal holiday named Juneteenth is also referred to as Emancipation Day or Juneteenth Independence Day. The name "Juneteenth" references the date of the holiday combining the words "June" and "nineteenth."



Harmony

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The Hidden Dangers of Storm Water Runoff in Penn Estates

by Sandy Bonet, PEPOA Board of Directors, Secretary



After the unusually heavy rainstorm on June 8, residents driving by the front gate could plainly see that the torrential downpour had washed away the soil covering one of our main drainage pipes and left it uncovered. But there was a great deal more damage that was not so easy to spot but requires even more repairs.

Board members who took a tour of the damage with Community Manager Phyllis Haas got a lesson in the hidden dangers of storm

water runoff. Here's a brief summary of what they learned.

When land is in its natural state without roads or houses, the water from rain and melting snow evaporates, gets absorbed into the ground, or flows into nearby streams. In built-up areas, however, pavement and buildings prevent normal ground absorption, so we use man-made drainage systems to capture and safely direct the water to streams, ponds or lakes. The water flowing into these systems is called runoff.

In Penn Estates, our drainage system begins with swales (or shallow ditches) at the front of each lot. In a perfect world, water that runs off hard structures like your roof and driveway goes into the swale, through the pipe under the entrance to your driveway and makes its way down the hills to lower ground. Once there, it flows into larger pipes that direct it out of the community and into nearby streams.

But as we know, the world is not perfect. Two major issues come into play.

Over the years, many of our swales have become clogged with leaves, silt and rocks that were brought there by past storms. Also, many of the pipes that move water under our driveways from one swale to the next are rotted or clogged. As a result, when a lot of water falls very quickly, the water must find its way around the swales and pipes and rushes downward as it cuts its own deep pathways.

These new pathways wash away the crushed rock uprooting our roads causing chunks of asphalt to fall away. As the road freezes and thaws through the seasons, the asphalt buckles and causes major road damage. In some



cases, the newly created streams undermine the asphalt on members' driveways making them impassible. In addition, some of the water finds its way into flat areas



and forms new wetlands on members' property and on community common areas. Most of this type of damage, however, is not as dramatically visible as exposed pipes.

The cost of repairs now underway for all the damage from the June 8 storm is about \$225,000 and may go higher. These repairs are not covered by insurance. But repair of existing damage, although important, is a short-term solution.

A long-range storm water runoff management plan is a necessary strategy. This becomes more critical in light of the fact that Pennsylvania has seen a 10 percent increase in precipitation since the 1970s. By 2050, estimates

are that precipitation will increase another 8 percent. This increase in short duration, high intensity rainfall threatens to overwhelm existing storm water systems.

Homeowners are important players in dealing with the problem. The community's Declaration of Covenants charges the POA with responsibility for repair of runoff damage to roads and major drain pipes. However, it makes homeowners responsible for keeping their swales clear of leaves, silt, rocks and other debris and checking the condition of the drainpipe under their driveway (Article 28 below).

So, we work as a team. If you have questions about your swales and how to repair them, please contact the Community Manager for more information.

Article 28. Grantee shall keep water and sewer services, drainage ditches and swales located on his premises free and unobstructed and in good repair and shall provide and install in and on his premises such culverts for driveways as may be reasonably required by the Grantor. If Grantee violates this covenant, he shall, after five (5) days written notice to do so, correct the offending condition and upon failure to comply with such direction from Grantor, Grantor has the unrestricted right to enter onto the premises and effect the correction and to do so repeatedly as often as any violation occurs. Grantee hereby releases Grantor and any agent, servant or employee of Grantor from any and all liability for any such entry and correction.

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Not Your Mom's Pressure Cooker

by **Sandy Bonet, Contributor**

One of the first Covid reopening events in the Oak Room was an Instant Pot cooking class conducted by chef Michael Tyrrell on June 2, 2021.

If you haven't heard about it, the Instant Pot and other cookers like it, are modern day versions of your mother's dreaded pressure cooker. Although they cooked food quickly, they were known to occasionally explode or spit scalding steam from their pressure spout. Well, the Instant Pot has done away with all those nightmares and it cooks a delicious one-pot meal in as little as 10 minutes.

Each attendee received an Instant Pot Cookbook with 1000 quick and easy recipes as well as four special receipts from Michael's personal stash. Starting with an empty pot, Michael went step by step through preparing Napoli-Style Sweet Sausage and Rigatoni while he carefully explained how to use the Instant Pot.

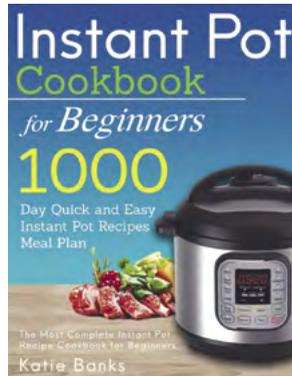
Once the sausage, spices, tomatoes and pasta were in the pot, it took only 10 minutes to create a delicious meal. During that time, participants were treated to dishes of the finished product that waited in a second Instant Pot. Yum!!!

Here is the receipt from the class if you have one of these "wonder cookers."

Napoli-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) or shredded Parmesan
- fresh basil, cut into ribbons, if desired



- 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.
- Close lid and turn pressure release valve to Sealing position. Pressure cook on HIGH Pressure for 10 minutes. Do a Quick Pressure Release.
- Sprinkle with the ricotta salate and stir in ribbons of fresh basil if desired.

Navigating Your Finances

by **Bettyanne Nevil, Communications Committee**

Today I want to tell you about the free cash back rebate app called Ibotta. I have it downloaded on my phone from the App Store. It is also available as a tool bar for your PC and at Google play for your non-Apple phone. Rebates are available for groceries you normally buy and may combine with store or manufacturers coupons. Rebates are also offered for things you do and places you go.



Locally I use it at Aldi, BJ's, Dollar General, Dollar Tree, Family Dollar, Giant, ShopRite, Target, WalMart, Wegman's, and Weis. In fact, when you link your store loyalty card to Ibotta they can automatically apply the rebates you have qualified for. Or if you don't, they can be loaded manually.

You must claim the offer for an item before you shop. Once you set up the account and link your card you can scroll through the store's current offers. Don't forget to add the premium any brand offers under the special deals button for earnings on generic brands. Also look for the new member bonus. The app is totally free. However, if you have not entered any offers in 180 days, yet you have money in the app, they will deduct \$3.99 a month from your rebates.

Claiming rebates is easy too. Once you have accumulated \$20, you may request to have it paid through PayPal immediately. Or, it can be deposited into your bank which takes 1-3 business days. They also offer gift cards.

If you want a rebate from an online purchase, they probably offer it. If you do not have a loyalty card you may scan the store receipt directly in the app. Ibotta offers bonuses too. Just click the earn more tab.

Don't forget to prepare your shopping list then search the app. They have gas stations, restaurants, specialty stores, liquor rebates, home and auto, etc. The list goes on and on. Once you start seeing how easy it is to get money back on items you already buy, you will be hooked. I know I am!

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Real Estate Pulse

by Lisa M. Sanderson, Contributor

Considering a HELOC for Home Renovations? Plan Wisely with these Six Tips

A home equity line of credit, or HELOC, is a helpful financial tool when you need cash to make a big purchase or renovate your home. Plan wisely in order to protect your home, assets, and credit. These six tips can help:

- **Shop around.** Don't let the convenience of a lender be the only reason you use it. A lender you've worked with previously may not have the best rate or terms when it comes to taking out a HELOC. Most HELOCs are based on the prime rate, so it's relatively easy to comparison shop for the best price—you might not need a mortgage broker for this one.
- **Ask for the margin.** If you're offered a rate significantly lower than the competition, it's probably an introductory rate, or just an index rate, which isn't connected to the lender's margin—yet. An introductory rate will last only a short time before rising and possibly catching you off guard. For example, if the index (or introductory) rate is 3.5% and your lender's margin is 2%, your final interest rate is 5.5%. Ask for the margin and do the math.
- **Consider a conversion clause.** Some HELOCs allow you to convert a variable interest rate to a fixed rate, usually during the draw period. The draw period is most commonly the first five to 10 years of the loan, during which a borrower pays only interest on the HELOC. This can be nice if you see interest rates rising and want to lock in a low rate.
- **Be wary of balloon payments.** Some HELOCs have a balloon payment requirement at the end of the draw period. When your draw period is up, you must pay the outstanding balance in full. This can be extremely dangerous if

you don't have a solid financial plan. Use a balloon payment option only if you have more than enough cash reserves to pay off the balance.

- **Create family financial policies.** It's smart to have a financial plan in place before you have the money. If you have a family, determine who can and cannot have access to the funds. Determine exactly what the money is designated for (such as college or home repairs) and how and when it must be paid back. Keep in mind that a HELOC has to be paid back or you can lose your house—it will keep any minor money quibbles in perspective.
- **Determine a payback plan.** Finally, plan out how to make this new monthly payment. Set a budget and stick to it. Keep cash reserves on hand for emergencies—about six months' worth of living expenses.

Penn Estates Home Sale Data

Information has been gathered from the Pocono Mountains Association of REALTORS' Multiple Listing Service on July 8, 2021.

	Active Listings	Pending Sales*	Closed YTD	Closed 2020
Total.....	11	16	49	127
Foreclosures.....	0	1	1	10
Short Sales	0	1	0	0
Low List/Sold \$.....	219,900	100,000	148,000	55,801
High List/Sold \$	550,000	550,000	415,000	395,000
Avg. List/Sold \$.....	300,436	277,152	250,744	170,260

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

Lisa Sanderson is a past president of the PEPOA Board of Directors, founder of the *unofficial* Living in Penn Estates Facebook Group, and a 29-year veteran of the real estate industry. She is the Broker of Record of Keller Williams Real Estate Pocono, with offices in Stroudsburg, Milford, Sciota, Palmerton, and Pocono Pines. Comments and questions are welcome at poconolisa@gmail.com



You are invited to Penn Estates adult

HALLOWEEN PARTY

SAT | OCT 23RD | 8PM

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TOP 3 COSTUMES WIN A PRIZE!

Please register with the admin. office by October 11th.
Tickets are \$5
Must be a member in good standing.



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You are invited to Penn Estates Kids

HAUNTED HALLOWEEN COSTUME PARTY

OCTOBER 24TH 1-4PM

Admission: \$3 per child, adults free. Please Register with the admin. office by Monday the 18th. You must be a member in good standing to attend.

Costume Contest:

- 1st Prize \$15
- 2nd place \$10
- 3rd place \$5

Penn Estates' Budding Artists Enjoy Paint & Sip Event

by Sandy Bonet, Contributor

Starting with a blank canvas and guided by an art instructor from the Creative Canvass Studio on Ann Street, each attendee at the Paint & Sip event on June 19 in the Oak Room created their own masterpiece. The lesson covered some of the basics of painting including how to prepare the canvass, consider perspective, paint night and sunrise landscapes, and the science of mixing colors.

The model for the session was a divided canvass showing a mountain lake scene at different times of day. One side was in the moonlight and the other at sun-



rise. Although everyone was working from the same model, each painting was the artist's own creation and no two were alike. The interpretation is always in the eye of the artist.

As they worked and enjoyed each other's company, attendees were treated to delicious snacks made by Recreation Committee member Bettyanne Nevil and served by her and fellow committee member Debbie Weatherford. Thanks to all for a great afternoon.



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Madly in Love with My Moka Pot!

by Jennifer Nicholson, Communications Committee Member

I wouldn't call myself a "coffee connoisseur," but I do thoroughly enjoy my morning cup of Joe. I have mostly used either traditional drip coffee makers or Keurigs. At one time I owned an espresso machine and while I have not owned a French press, I have had coffee made in a French press. However, now that I have discovered it, nothing will ever take me away from my moka pot.

Last year my Keurig broke. While trying to decide what to replace it with, I saw this moka pot thing made by a company called Bialetti. I decided to buy it.

Moka pot coffee makers originated in Italy in 1933 and their popularity quickly spread throughout Europe. Since their invention (by an Italian engineer named Alfonso Bialetti), moka pots have been a staple in Italy and much of Europe.

Moka pots come in a variety of sizes and are made of aluminum or stainless steel. Regardless of the size and material, they all function the same. They come apart into three pieces. You fill the bottom with water, put your ground coffee into the basket (middle section), screw it together and put it on your stovetop. When the water boils, it gets pushed up through the grounds into the top compartment.

When your moka pot starts to make a gurgling noise, take it off the burner. You

now have a nice strong brew. I have another machine that heats and froths milk. This is not necessary, but I love it! I pour the strong moka brew in a cup and add as much hot, frothy milk as desired after which, I basically have a lovely cappuccino.

From there you can add things like cinnamon, flavored syrups, honey, sugar, whipped cream, chocolate shavings or nothing at all. This has changed my morning coffee from what used to be a standard, kind of boring coffee to a tasty, gourmet creation that I look forward to as soon as I wake up.

The moka pot is as easy to use as any other type of coffee maker. It takes up much less space than a standard Keurig or coffee maker and you don't have to worry about mold growing in those hard to clean tubes that a buried in the drip coffee makers. There is nothing to "break" and the only maintenance you may need is to replace the rubber gasket occasionally. I have been using mine for a year and still have not needed to replace my gasket.

The Bialetti moka pot can be found in Weiss, Target and various other grocery stores. Or, of course, you can order one online. They are different prices depending on which size you get but definitely MUCH cheaper than a Keurig or a quality coffee maker. Generally, they run from about \$10- \$30 depending on what size and where you buy it from. If you want to change up your coffee game, I cannot recommend a moka pot strongly enough. I absolutely love it!



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Did you know:

- 15 homes are presently for sale in Penn Estates.
- 54 homes have been sold year to date.
- The highest-priced home sold for \$550,000 year to date.
(Information provided through Pocono Mountain Assoc. of Realtors MLS Service)
- 93% of buyers start their search on the Internet.
- The average age of today's buyer is 33 years old.

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Mother of All Dogs!

(and cats, and birds, and chinchillas)

by Lisa Ortiz, Contributor

We need more people like Courtney Dinkel in this world! You know, people who don't just talk the talk, but walk the walk.

My first interaction with Courtney was December 2019. Somebody in PE had posted about a little dog being left out on a deck for long periods of time while it was freezing. A neighbor had reached out to me with the address. Courtney reached out and called the dog warden and other organizations. She messaged me the next day "Hey any news? I drove by three different times today and didn't see the doggie outside."

I thanked her for taking the time to do this, and she replied "Of course, I will always look out for the safety of our furry friends." Month after month she has proved that she lives by these words.

After that first exchange, we would occasionally message and it always involved furry creatures needing help. Courtney is a furry creature foster mom. She fosters dogs, kittens and I am sure she would foster racoons if need be.

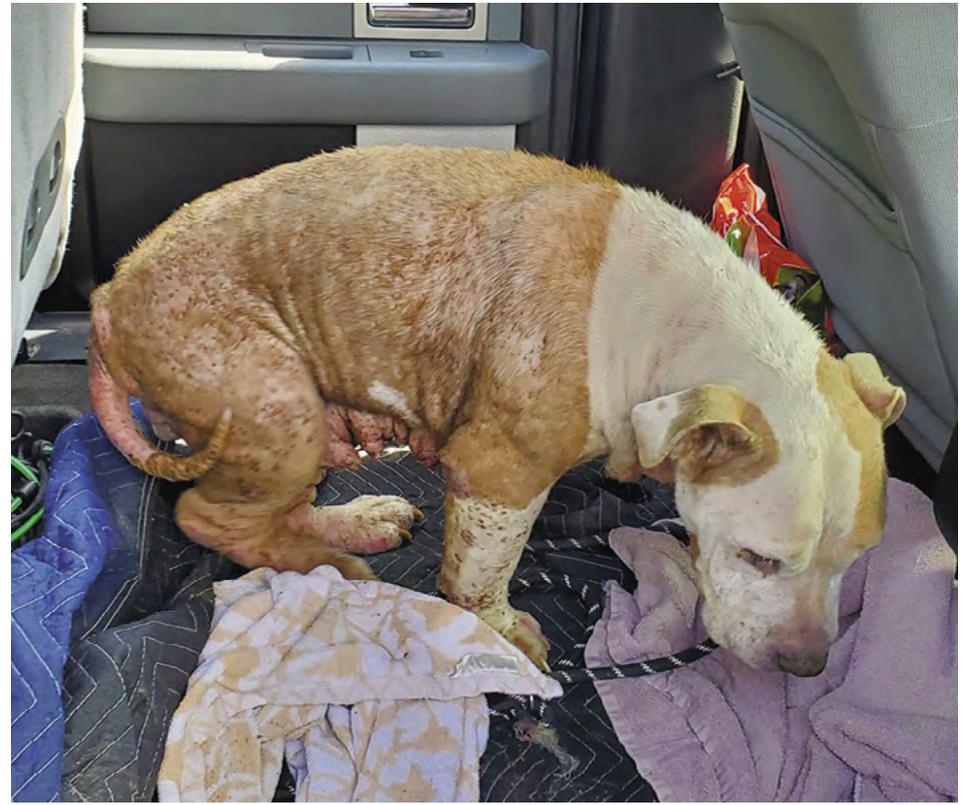


You know how we always say, "Adopt don't shop"? Well, we wouldn't be able to adopt many of these animals if they had not been cared for and loved by their foster families. They take in broken animals and heal them physically and emotionally to a point where they can trust humans again, and then they let them go. Joy and heartbreak all mixed up. That's quite an emotional toll.

That's what Courtney does, she always has a foster or several of them at home. I often wonder how can she do this. She's told me how hard it is to say goodbye and let them go but that it brings such joy to see them go to their FURever families.

It really takes a special person to love these babies in such a way. I can't foster, I would be too busy crying and feeling sorry for myself when it was time to let them go. You have to be able to put their needs above yours and I don't think I can do that.

Courtney has come to the rescue and always willing to help whoever needed help. She's constantly monitoring FB animal groups, for lost dogs and lost cats. Dog lost, dog found, comparing pictures, putting people in touch, all day long.



She helps with Hound Hunters of NEPA which go out in the field to try and find lost dogs, day, night, cold, hot, rain, or snow, they are there to help find these babies so they can be reunited with their families. If a pup gets out here in PE she drives around looking for them. There's a couple of frequent flyers who run up to her car because they know she has the goodies.

If there is a plea for help with an animal, Courtney will respond. She has helped trap lost cats here in PE. She comes with her trap, her bottle of smoked sardines, smelly treats and a camera. Then the wait begins. If they fall in the trap in the middle of the night, she will go fetch them right away, there is no waiting until the morning. She knows they will be scared and stressed.

She recently helped trap a kitten that was stuck in a sewer pipe under a road by a vet office. It was in the middle of a really intense storm. She was concerned the kitten would drown. Soaked to the bones she patiently waited for several hours until the kitten finally came to it's senses and went in the trap. That's like superhero powers in my book.

To top it all off, Courtney brought Ziva, my puppy, into my life. This boundless ball of energy and love that has touched my life in so many ways, I owe it to her. So, Auntie Courtney, you are stuck with us forever.

I have to mention here her hubby Darren, he's a special one, a keeper for sure; and Lisa Florek, who is always there to support animals in need and helps fostering babies as well. Kudos to you!

HEALTH & FITNESS

The New Youth Physicality

by Yolanda Sarrabo, CPT, NASM

It's been a tough year and a half as we moved around differently because of COVID-19; now with the vaccines on the table and recently removing the mask mandates in Pennsylvania, there's some relief. The biggest for many parents is having their children return to an actual classroom. Though normalcy as we once knew it has changed, and quite frankly this new day may be our new normal.

So, what does this newness mean for our children, who clearly need movement and physical activity in their make-up?

Significance of Physical Activity

Children ages 6-20 should take part in some form of physical activity for an hour or more daily. Since many families had to homeschool their children, this amount of activity may not have been met. But now that schools are re-opening for full time attendance, it is of hope that these children get the necessary engagement of activity that they may have missed during this pandemic. As we know there are definite physiologic differences between youth and adult physical tolerances:



- Youth are tolerable when it comes to endurance tasks - they adjust very well. (Running, Jump Rope, Climbing)
- Youth have the energy that can outdo an adult in many cases, but they have a limit, especially when exposed to extreme weather temperatures.

Rebuilding Movement

Lack of exercise for some children has been evident for over a year. Schools will have the important task of making sure children get back to the necessary drive that gets their metabolism working. Rebuilding movement will include back to basics and possibly drills, but doing so in a safe environment, as many institutions will still carry safety and distancing rules. The two takeaways for schools operational strategies from the CDC that still hold significance is:

- Universal and correct use of masks should be required
- Physical distancing should be maximized to the greatest extent possible

The new normalcy that seems to change day to day may be confusing and unbearable but one thing for sure when it comes to children is their need to work off that energy. We wish all the teachers and especially physical education instructors the best of luck in thinking outside of the box in getting our kids back in shape.

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

Out & About

Things to Do and See in the Poconos

by Sharon Kennedy, Communications Committee Member

So much has changed since the last issue! The Poconos in general and Penn Estates specifically have come back to life. After months of nothing happening, everything began to open so fast that the events weren't even announced with enough time to advertise. It seems like emails announcing another event in Penn Estates come out most every day.

Cooking with Instant Pot, Bingo, darts, outdoor movies, popsicles at the pool and paint & sip have been just a few of recent events. The "new normal" seems to be chock full of activities. With the new variants appearing, we still have to be careful and aware of some risk. Regardless, life is expanding beyond our property lines and our pods.

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, check sooner than later - early registration fees are often lower the sooner you register.

Some events still have Covid guidelines. 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. Life is changing day to day as we open up to the new normal.

If you want to be active and social you can join the Shawnee Craft Brewery Running Club on Thursday evenings through September 30. You can walk or run a three-mile circuit on the Shawnee grounds and then return to the brewery for open mic and drinks. Before you go, visit the website to fill out a waiver.

The Community Concert Series is on Tuesday nights from 7pm to 8pm at the Shawnee Inn and Golf Resort through September 28.

On Wednesday evenings through September 1, enjoy "Music at the Moor" at Stroudsmoor Country Inn. If you plan to eat from the buffet under the pavilion, reservations are recommended. You can bring a lawn chair or blanket to enjoy the music from the lawn. They also provide cornhole and Quoits.

Wildflower Music Festival is held at the Dorflinger-Suydam Wildlife Sanctuary in Honesdale on Saturday evenings through August 14. Bring a picnic and a blanket or lawn chair. Call (570) 253-5500 for times and pricing. You might want to call about their requirements regarding Covid precautions.

On August 5 from 5:30pm to 9pm, Pocono Mountain Regional Emergency Medical Services hosts a fundraiser at Skytop Lodge. Enjoy BBQ, music and dancing while supporting emergency medical services. Details are available at PMREMSRegionalRoundup@gmail.com.

The Pocono Irish American Club Salutes America Irish Festival is at Court-house Square in Stroudsburg on September 11. They will be honoring veterans and 9/11 victims and families. There will be entertainment and food vendors from 12pm to 8pm.

There are a number of events for you athletes out there. You can run as an individual or create a team to do an obstacle run (fire, mud, barbed wire) on August 7 at Skirmish Paintball in Albrightsville. Call (407) 796-8414.

Blue Mountain Resort in Palmerton offers night time zip and climbing course at the Summit Aerial Park High Ropes Course on Fridays through October 29. Call (484) 425-0324 for details.

Run trail races and conquer the mountain at Blue Mountain Resort on select dates. Call (610) 826-7700 for information and pricing. If you want to enjoy the mountain from a seated position, for \$10 you can enjoy unlimited rides on the chairlift that day from 10am to 3pm.

Are you looking for a multisport adventure? Pocono Whitewater Adventures in Jim Thorpe is hosting the Lehigh Explorer on August 8, August 22 and September 12. This is a 16-mile adventure. Begin your day with eight miles of whitewater rafting on the Lehigh River. Mid-way on the river, you'll stop for an all-you-can-eat riverside barbecue lunch. After enjoying a few hours on the river, switch gears and pedal eight miles on the Lehigh Gap section of the D&L Rail Trail. Along the way, you'll pass remnants of 18th century locks and canals as you enter in the town of Jim Thorpe. Finish the day back at the adventure center where a bonfire will welcome you as the newest Lehigh Explorer. Cost is \$94.99. <https://www.poconowhitewater.com/multisport-trips/the-lehigh-explorer/>

This is the season for festivals. Stroudfest in downtown Stroudsburg is on September 4 from 10am to 6pm. Carbon County Octoberfest is in Palmerton on September 25 and 26.

Country Junction in Lehighton offers seasonally relevant events throughout the year. Cornfest is August 7 through 15 from 11am to 5pm. Their annual Cornhole Tournament is on August 7. The Peach Celebration runs August 21 through 29. Their Harvest Festival is held September 4 through 12. The Great Pocono Pumpkin Festival runs September 25 to October 24.

Quiet Valley Living Historical Farm in Stroudsburg also hosts various special days each season. Their Heritage Craft Fair is on August 14 and the Pocono State Craft Festival is on August 28 and 29.

This is also the season for fairs in the Poconos. The Wayne County Fair in Honesdale runs from August 6 through 14. The Carbon County Fair is August 9 through 14 in Palmerton. The West End Fair is August 22 through 28 in Gilbert.

Pocono Raceway in Long Pond is the place for a number of fun events beyond just racing. I have attended two of these in the past and would love to go again. The Great Pocono Raceway Airshow is August 21 and 22. Enjoy over two hours of aerobatic performances by the USAF Thunderbirds and the GEICO Skytypers Air Show team. When I attended a couple of years ago, they were offering Vietnam era helicopter rides. Check their website for tickets.

Nightlights will again be hosted at Pocono Raceway on September 11 and 12. Nightlights is an all-day affair with food vendors and entertainment. When I attended a couple of years ago the entertainment included fire dancers. The end of the day is a celebration of life and renewal. You are given a paper lantern to decorate and then all the lanterns are released into the night sky at one time. It is an amazing sight!

You can contribute to your community by joining Pick Up the Poconos Day on September 25. It is organized at various locations. Check out the specifics at poconomountains.com or call (570) 421-5791.

Have fun! Please let me know of your favorite events so that I can include them in the future, especially if they are annual events.

"Pick Up The Poconos" is Improving our Neighborhoods

by James Ruffini, Communications Committee

If we expect the Earth to take care of us, we sometimes have to roll up our sleeves and take care of her. This is what a volunteer group right here in the Poconos called Pick Up The Poconos is doing twice a year, every year.

Maybe you've seen their billboards on Route 80 or 447, or maybe you've seen something in the Pocono Record. They are part of the Pocono Mountains Visitors Bureau, and organize volunteers to canvas specific locations and routes in the Pocono Mountains to pick up litter.

Pick Up The Poconos provides volunteers with the supplies they need like plastic garbage bags, gloves, a green florescent safety vest, a green florescent t-shirt, hand sanitizer, and bottled water.

I volunteered last year, and this past spring. Pick Up The Poconos holds two organized events per year in April and September. I have seen others from Penn Estates at the downtown Stroudsburg cleanup on Main Street. The last event was held in April for Earth Day; over 200 volunteers helped remove more than 540 bags of litter across the Pocono region.

The President/CEO of the Pocono Mountains Visitors Bureau, Chris Barrett says, "Pick Up The Poconos Day launched in 2018, and within four cleanups since then, hundreds of volunteers have removed nearly 2,500 bags of trash from local roads. We all live, work and play in the Pocono Mountains, and it's important to keep our communities clean. We are thankful for the dedicated and enthusiastic volunteers who have helped in this effort."

If you are interested in volunteering, go to www.poconomountains.com/pick-up-the-poconos and sign up. The next event is Saturday, September 25. You can choose which area you wish to work in. It's a few hours of beneficial time, and well worth taking care of the environment, and our neighborhoods. I hope you will join me in September.

The Complicated Origins of Labor Day in the USA

by Stephanie Joy Lewis, Contributor

Ah! Labor Day and the weekend that precedes it! Always falling on a Monday, in fact the first Monday in September, it has long been connected with the unofficial end of summer, beginning of the school year and a tickler to prepare for the upcoming winter. No matter how one chooses to spend their Labor Day, did you ever wonder how it came to be a national holiday?

What does Labor Day signify?

According to the U.S. Department of Labor, it is a “yearly national tribute to the contributions workers have made to the strength, prosperity and well-being of our country.”⁽¹⁾ It stems back to the height of the Industrial Revolution⁽²⁾, in 1885 and 1886 when municipalities passed ordinances recognizing the very people that provided the hard worked-for contributions. Shortly thereafter, the New York state legislature introduced the first state bill, only to be beaten to the punch for actually passing a bill into law by Oregon in 1887. Colorado, Massachusetts, New Jersey and New York followed suit the same year, each enacting the Labor Day holiday at the state level.⁽¹⁾

Our state of Pennsylvania was not long after, creating a state enacted Labor Day before the end of the decade. The federal holiday we know and celebrate today, was passed by Congress and signed into law by President Grover Cleveland on June 28, 1894, set for every first Monday of September, going forward.⁽¹⁾

Historical Context

The years preceding the official creation of Labor Day as a holiday is complicated and gritty, but an important read for another day. Suffice it to say, those years were filled with disputes involving better conditions for workers, protections for working children, hours limits. There were other social and economic changes beyond even that involving the recent abolition of slavery and the end of the civil war, such as more equality for immigrants from Ireland after its famine, and other areas of Europe, to name just one.

The Founding of Labor Day

There is dispute as to who came up with the idea of recognizing workers’ contributions in this way.⁽³⁾ One proposition is that Peter J. McGuire⁽¹⁾, the general secretary of the Brotherhood of Carpenters and Joiners (and co-founder of the American Federation of Labor (AFL)) was first, suggesting that the community should recognize those “who from rude nature have delved and carved all the grandeur we behold.” However, that contention which reportedly has some documentary support⁽¹⁾, has been challenged by those that believe that Matthew Maguire, a machinist, founded the holiday.⁽⁴⁾

According to the U.S. Department of Labor, recent research supports this latter figure. In fact, Matthew allegedly proposed the holiday in 1882 while he was serving as secretary of the Central Labor Union (CLU) in New York and this coincides with the first actual Labor Day holiday being celebrated on Tuesday, September 5, 1882 in New York City in accordance with the CLU’s plans. It was quite a parade.

A Party to Remember!

As often happens with celebrations of magnitude, there was some chaos at that first Labor Day celebration.⁽⁵⁾ People crowded the sidewalks in lower Manhattan on September 5, 1882, along Broadway near city hall, well before the parade was to start. They arrived early to get the best roadside “seats”. One newspaper described, “men on horseback, men wearing regalia, men with society aprons and men with flags, musical instruments, badges and all other paraphernalia of a procession.”⁽⁵⁾ And, if we ever think that our forefathers knew not a thing about human nature and potential for unrest? Not so, according to reports. With history displaying violent parade riots prior to 1882, the police, “wary that a riot would break out”, were out in force that morning, on horseback surrounding city hall.⁽⁵⁾

When the parade was supposed to start, at 10:00 a.m., however, the Grand Marshall, William McCabe realized that very few marchers had shown up and there was no music. (Of note, it appears that those that appeared did so by losing work pay.) Out of the blue, Matthew Maguire of the CLU of NY ran across the lawn and announced that 200 marchers from the Jeweler’s Union of Newark Two had just crossed the ferry, en route, and they had a band with them. As the marchers approached, the band played a piece from *Patience*, an opera by Gilbert and Sullivan,

called “When I First Put This Uniform On.” The New York Tribune later reported that spectators watched from rooftops, windows and “even lamp posts and awning frames.” As the marchers paraded, escorted by police, spectators began to join the march. Final reported numbers of total marchers later ranged from 10,000 to 20,000 men and women.

The parade was to end at Reservoir Park at noon with many leaving to go back to work but most remaining for the ‘after party’ at Wendel’s Elm Park at 92nd Street and 9th Avenue. They reportedly enjoyed speeches, a picnic, many cigars and “Lager beer kegs... mounted in every conceivable location.”⁽⁵⁾ They were joined by union members from unions that had not joined the parade. Until 9 p.m. that night, nearly 25,000 workers and their families celebrated in the park, after that very first Labor Day parade.

The CLU held its second Labor Day holiday on the same day in 1883. Of course, 11 years later, it became a national holiday.

The Observance

The observance of the official holiday was outlined, to include “a street parade to exhibit to the public “the strength and esprit de corps of the trade and labor organizations’ of the community” followed by a festival for the workers and their families. Throughout the years, speeches by prominent people were added as the significance of the economic and civic aspects of the holiday grew.

Changing times but not a changing Labor Day sentiment

The mode of expressions and character for celebrating Labor Day have changed in more recent years, given problems with mass displays and huge parades. However, as noted by the U.S. Department of Labor:

...the vital force of labor added materially to the highest standard of living and the greatest production the world has ever known, and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pays tribute on Labor Day to the creator of so much of the nation’s strength, freedom and leadership – the American Worker.⁽¹⁾

Happy Labor Day to all of our working people and those that support their efforts!

1. <https://www.dol.gov/general/laborday/history>
2. <https://www.history.com/topics/industrial-revolution>
3. As is often the case with properly accrediting those that make things happen, long has been the controversy of who is the Father of Labor Day. <http://www.gompers.umd.edu/gross-man%20labor%20day.pdf>.
4. <https://www.dol.gov/general/laborday/history-maguire>
5. <https://www.dol.gov/general/laborday/history-daze>



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