

Festival of Good Harvest (with a boost of luck) to End Summer

by James Ruffini, Communications Committee Member

The summer flew by so fast this year, especially with all of us getting back to a “normal” life routine. The end of summer in August can also be a time to “harvest” a much-needed connection to each other and life in general.

August 1st is the Gaelic celebration of the beginning of the harvest season, with a yearly harvest festival celebrating an abundance in life, and good times for the future. What is this festival you ask? It is the Irish festival of harvest and abundance called Lughnasadh (pronounced: Loo na sah).



One of the many structures at Columcille in Bangor PA.

Lughnasadh is named after the Irish god Lugh, and people in ancient times and up to this very day, celebrate the beginning of the harvest season this time of year, and celebrate the abundance of life in general. Dancing, art fairs, athletic competitions, and hill climbs and pilgrimages are participated in all around the world for this celebration.

The god Lugh was a warrior god of Ireland, and one of the many versions of the tales about Lughnasadh is that he who fought a selfish god whose name is Crom Dubh. Crom Dubh wanted to keep the abundant harvests of grains to himself year after year. Lugh wanted the grains to be returned to the people. So, he fought Crom Dubh in battle and defeated him, thus restoring the healthy and bountiful grains to the people of Ireland.

(continued on page 9)

President's Message

by Ken Nevil, PEPOA Board President

I would like to begin by wishing everyone a safe and happy summer. Our association amenities are now fully open, including our pools, lakes, recreation center, and dog park.

In December 2021, the Community Manager began a cost analysis study of our security costs associated with Black Knight, which has its corporate offices in Pittsburgh, Pennsylvania. It should be noted that Penn Estates current contract with Black Knight expires at the end of this year. Thus, our research began by obtaining preliminary cost figures from Black Knight for the year 2023.

Along with Black Knight, cost data was received from several other security vendors. The other security vendors were much higher than the 2023 figures received from Black Knight. Additionally, we explored the idea of bringing security back in house to Penn Estates.

We soon realized that starting our own Penn Estates Public Safety Department would save our association almost \$100,000 for the 2023 Fiscal year. Other advantages include complete control of the security department, such as the staff would be employees of Penn Estates.

On May 18, 2022, the Board of Directors met in an executive session to discuss potential contract negotiations and additional options. The board, armed with all the financial data obtained and the projected cost for expanding a security department to a safety department, unanimously voted to have our Community Manager initiate our new in-house Public Safety Department. Within a week of that meeting, the Black Knight corporate office in Pittsburgh informed our association that they would not be renewing the contract with us due to financial reasons.

We began immediately with the structure and startup of the new Penn Estates Public Safety Department. First, a chief was selected to mold the department into one that reflects the needs of our members. Mr. Anton Toryaks was selected as the new chief. Mr. Toryaks came to us highly qualified in the area of public safety as well as having a masters degree in criminal justice. Since Mr. Toryaks hiring, most aspects of the startup plan have been completed. Vehicles, uniforms, badges, and patches have been selected. Operating manuals and code of conduct guidelines have been written. We are in the process of interviewing and hiring employees for the new Public Safety department.

A presentation of the Public Safety Department to the members is scheduled for July 11 to answer any questions.

Unlike security, Public Safety will do more than just enforce the Rules and Regulations of PEPOA. Our Public Safety department will be trained under state guidelines to respond to and assist with emergencies. Chief Toryaks holds instructional certificates in this area.

Ambulance Response Time (ART) is the time between the call for the ambulance and the ambulance reaching the scene in emergency situations. It is realized that having a safety officer trained in first aid, cardiopulmonary resuscitation (CPR), and Automatic external defibrillator (AED) operation will greatly aid in the survivability rate of our stricken members. It is the goal of the department in the upcoming year to begin training officers to hold Emergency Medical Response (EMR) certification.

Please do not hesitate to contact us anytime with questions or comments. As always, the decision to switch to our safety department was based on the safety and welfare of our members and, secondly, our financial obligations to you as well.



An Introduction to Penn Estates' New Public Safety Department

by Chief Anton Toryaks

There are exciting new times ahead at Penn Estates. I am honored to hold the position of Chief within the Penn Estates Public Safety Department. Some of you longer tenured residents may remember a time when Penn Estates had its own Public Safety. That department was disbanded, and third party contracted services were brought in. The day has come for Penn Estates to once again have its own department.

As your new Chief, I would like to tell you all a little about myself. I have spent my whole life working in various facets of the Public Safety world. I have dedicated my life to Public Safety and Emergency Services in both paid and

volunteer positions. I have an undergraduate degree in Criminology from Indiana University of Pennsylvania and a Graduate Degree in Criminology from Indiana University of Pennsylvania. I have rounded myself to not only have an academic background, but also real-world practical experience.

I will strive to create a Public Safety



Department that the membership can be proud of. I will build a foundation of fairness, consistency, and equality with my staff. This department is here first and foremost for the membership. I look forward to having my department build relationships with you all and creating a harmony between the necessary enforcement of the rules and regulations and a sense of community.

I am excited to work closely with all the exceptional staff members in each of the Penn Estates Departments. I look forward to what the future is going to bring, and I promise you all it is a bright future indeed. I have visions for this department that will allow it to provide the best service possible to each member of this community. Whether it's a simple wave when on patrol or comforting someone during a time of need, this department will be here for you.

As time goes on and we all get settled in, I want to focus on bolstering the medical response capabilities of the Public Safety Department. I am going to work towards training and equipping Patrol Officers to aid the membership when called upon. I want this department to be able to provide a bridge of service until Emergency Medical Services arrive. We will not provide transport to a medical facility, but we can work to stabilize an individual and provide basic treatment. This will come in time, and I will be sure to announce this and all other pertinent information to the membership.

I am very excited for this opportunity, and I look forward to serving you all.

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From Phyllis's Desk

by Phyllis Haase, Community Manager

Curb Appeal

The curb appeal of our community depends on each resident maintaining their property as thoroughly as possible. The association thanks you for your efforts and good examples for those who keep their homes and yards well maintained. We encourage all residents to pay particular attention to the following maintenance items.

- Exterior paint. Paint is a quick and easy way to keep your property looking fresh, new, and clean. It will also protect against corrosion, weathering, and insects.
- Landscaping. Landscaping is extremely important to our community's curb appeal. Please remove dead plants and branches. Keep shrubs properly pruned and flowers well-tended. Keep yards free of leaves and remove grass clippings.
- Roofs. Please ensure your roofs are properly maintained and cleaned.
- Driveways and sidewalks. Please repair cracks, pitted or flaking surfaces, and other concrete problems. Remove weeds from sidewalk joints and debris from driveways and sidewalks. Do not use driveways for storage or auto repairs.
- Gutters and downspouts. Please keep them cleaned out to prevent overflowing and flooding.
- Easement. The property owner has the duty to maintain the easement. Property owners are responsible for maintaining drainage easements located on their property and cutting grass along the roadside.

Thanks for keeping our community looking sharp.

See Something Say Something

Everyone wants a safe place to call home, and our association strives to make all residents feel secure. While we're diligent in our efforts to reduce pos-

sible dangers in our community, we can't do it alone. It's up to everyone to pitch in to keep crime rates down. Thankfully, taking a few simple steps can go a long way in keeping incidents out of the association.

Know Your Neighbors. And not just the neighbors on your street but also the neighbors from all parts of the association. At the very least, you'll get a better idea of who actually lives (and who belongs) here. Talking with your neighbors will also allow you to find out if there has been any recent suspicious activity in the association so that you can be on the lookout. Consider creating and distributing a list with everyone's contact information so that you and your neighbors can alert each other of any problems that arise. Of course, be sure to get your neighbors' permission first to put their information on the list.

Put on Your Walking Shoes. Taking a stroll around the association isn't just good exercise. You can casually patrol the community for anything suspicious or usual, as well as swap notes about activity in the area with other neighbors who are out and about. Also, when more residents regularly walk around the association, it can help scare off those that are afraid of getting caught in the act.

Clean It Up. Picking up litter and keeping trees, bushes, and lawns trimmed not only makes the association look better but also sends the message that our residents are diligent about keeping the neighborhood a respectable place to live. This can help discourage troublemakers from hanging around our community and encourage responsible and involved people to move to the association.

See Something, Say Something. If you notice a crime or a suspicious activity, regardless of how small the incident may seem, notify public safety and the police immediately. Of course, only call 911 if it is an emergency; otherwise, contact the police on their non-emergency line. Public Safety may be reached by calling 570.424.7042, and Stroud Regional and Pocono Township Police's non-emergency number is 570-992.9911.

We all have a responsibility to our community to help keep it safe, and incorporating even a few of these tips can go a long way.



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Navigating Your Finances

by **Bettyanne Nevil, Communications Committee**

20 Tips to save you money.:

1. Get the "getupside" app for gas. You will get money back and find the cheapest gas.
2. Download the "Ibotta" app - money back on items you're already buying.
3. Buy bulk or stock up during sales. Sales usually go in 6-week cycles.
4. Combine errands and carpool when you can.
5. Try to sell things you do not need. Facebook and EBay are great ways to find what something is worth.
6. Buy reusable menstrual products. I hear good things about the cup. They also sell reusable pads and underwear.
7. Check off peak vs. off-peak usage for electric. And unplug everything.
8. Consider trading in your car for a more efficient vehicle.
9. Bake bread. It seriously only costs change.
10. Make your own cleaning products. Look on Pinterest or Google.
11. Start an herb garden. You can grow them indoors.
12. Learn to sew. Repair what you have. You can recover pillows for much less than buying new.
13. Use less water. No reason to run water needlessly.
14. Pay cash. It's harder to go over budget and sometimes there's a discount.
15. DIY gifts. There are ideas galore available online.
16. Use natural remedies, from bug spray to headache relief.
17. Eliminate paper products and use reusable products. I use all my old towels, socks, and tee shirts instead of paper towels.
18. Watch YouTube to learn how to maintain the things you have. It's amazing the things you can learn to do.
19. Save scraps. No waste, use up everything. Freeze what you can't use right away.
20. Sell Plasma. A quick way to get extra money.

Did you Know?

by **Phyllis Haase, Community Manager**

Registering Guests

As a reminder, please register your guests at the Welcome Center via phone or by email. The guest's first and last name must be provided to allow for access to the community. Failure to provide the proper information creates traffic congestion at our gates.

Please do your part to allow for a better experience for your guests.
Thank you!

Bingo and Small Games of Chance License

On June 30, 2022, Penn Estates was notified by Monroe County Treasurer Theresa Johnson, that the Bingo and Small Games of Chance licenses issued to Property Owners Associations are being revoked. The Liquor Control Board has determined we do not meet the definition(s) of a proper licensee.

Therefore, we will no longer be able to hold raffles, tricky trays, or bingo under the direction of Monroe County.



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HIKING SAFETY

by **Kathy Borie, Contributor and avid hiker**

As a nature lover and hiker, staying on trail is key in any excursion. I always bring at least two big bottles of water in a backpack with another stainless steel bottle of water with ice in the car and always pack healthy, energizing snacks. You never know when a one-hour hike turns into 3-4 hours and on a hot day, staying hydrated is a matter of life or death.

I have a fully charged phone and always take pictures of the trail we're on and any starting landmarks, blaze color, trail changes and landmarks. Anything identifiable so I can get back out to my car. Even audio or video record if you have to make any confusing turns or choose a fork in the trail.

It's easy to get dis-oriented surrounded by woods and if panic sets in, you're screwed. It's why having visual markers or audio recordings help.

I also like taking a photo of what we're wearing in case you need to describe someone. I always carry a hiking stick too.



Pictured are some markers I photographed on a recent hike.



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Volunteer Dinner

by Michael J. Tyrrell, Communications Committee Member

Many groups, organizations and communities like to honor their own. Penn Estates is no exception. So, every year we have a dinner party to honor our volunteers. These are people who live here, your friends and neighbors, who are willing to commit their time to help us all and make Penn Estates the beautiful and vibrant community we are all proud of. This year's dinner was especially looked forward to due to its absence for a couple of years thanks to Covid.

This year the event was held on May 21. Appetizers, followed by dinner were deliciously served up. For this we need to give credit to our Community Manager, Phyllis Haase who did a great job



putting the evening together, including preparing most of the food. We enjoyed some really nice hors d'oeuvres including Mussels, Tomatoes and Mozzarella, Deviled Eggs and a Cheese and Cold Cut Antipasto. The main course included Pernil and Rice, Salmon, Sliced Turkey and Gravy and mixed vegetables. Assorted pastry and cookies and a beautiful occasion cake rounded out the meal. Dancing followed along with music provided by Chosen Few which really got people up on their feet.

The event was well attended and as usual everyone enjoyed themselves. For me, the best part was seeing lots of people that I hadn't been able to see in a while thanks to you know what.

Each year a Volunteer of the Year is honored. This year we had two winners. Maria Montalvo received an award for her work on the Recreation Committee and Bettyanne Nevil for her work both on the Recreation Committee and the Appeals Committee. Each winner received a commemorative plaque. Congratulations to Maria and Bettyanne!

There are many reasons to volunteer, giving back to the community, meeting and working with really nice people and making new friends. I am not sure people think of this aspect but by volunteering we are actually saving our association money in the long run. Without volunteers more paid administration staff would be needed to be hired to pick up the duties they perform. So please look into our committees and get involved. You won't regret it.



Festival of Good Harvest

(continued from page 1)

One other meaning I've been told about the god Lugh is that he is the god of good luck. Though this is not an official trait of Lugh, this probably may have arisen with the association of luck to the nature of "Irish" -- "the luck o' the Irish" as the saying goes.

Being that he is a god of Irish folklore, it is easy to understand how this association to luck came about. So, if you need a little boost of luck in your life, it would be worthwhile to keep Lugh in your thoughts the week of Lughnasadh. You may also want to keep a coin with a wheat, or some other grain pictured on it -- the old wheat penny comes to mind, or the Wisconsin US quarter with a picture of a corn stalk and cow on the back of it -- both representing harvest.

Keep the coin in your wallet or purse the first week of August, and it may bring



More images from Columcille

that little spark of luck you need if you play the Lottery, have fun at a Bingo game, or visit your local casino. It certainly cannot hurt.

If you're looking for somewhere special to celebrate the holiday, there is a magical place called Columcille on the outskirts of Bangor,



PA. For more information, and date and time for the gathering and celebration go online and visit www.columcille.org

Enjoy the end of summer everyone, and remember the harvesting of good times ahead. I of course send you all a hearty wish of "Good Luck" this Lughnasadh holiday, and may it be abundant and fruitful at the end of this summer season.

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What We're Streaming

Guilty Pleasures or Hidden Treasures?

by Sharon Kennedy, Communications Committee Member
with contributions from Sandy Bonet and Paul Quillin

We have enjoyed the recommendations by others for streaming choices so the committee as a whole voted to continue this column for now. We hope that you find and enjoy a gem that you might have otherwise missed experiencing.

It is summer and activities are open, so you may not want to spend time watching television. However, you can save these suggestions for a rainy day or for another season.

This Is US - NBC App or Hulu recommended by Sharon Kennedy

When I was working more than full time and commuting long hours, I never had the chance to engage in social talk about the latest shows. (I am sure that many Penn Estates residents totally understand this!) There were many times that the talk was about the most recent Downton Abbey episode, with folks actually quoting lines and interactions, sometimes acting them out. I have since streamed the entire series and I GET IT!

The other show most often mentioned was This Is Us on NBC. No one quoted from that show. I would hear over and over again the following interaction: "Did you see the most recent episode?" "NO, and don't tell me! I worked last night but I recorded it and do not spoil it for me!" I have since streamed every episode of this series and I GET IT!

It, too, is a phenomenal experience, but one that is difficult to describe. There are six seasons, ranging from 16 to 18 episodes each, and I was sad when it ended. That is a lot of television watching! The series starts in the 1980's and follows the Pearson family across several generations. There are many flash-backs and flash forwards to deepen the audience's understanding of the dynamics involved.

There are so many current issues addressed in the show including adoption, gender, race, family values, disability, dementia, aging and death. However, it never really felt like a political statement. Rather, it is a heartfelt depiction of a family coping with life, conflict and love, with some delightful laughs included.

I highly recommend this series. It originally was aired on NBC. There are a number of ways to watch it, some involving purchasing episodes or having only some of the seasons free (like Peacock free version). If you have the very basic HULU subscription (\$6.99 per month), it is free; or if your cable service includes the NBC app, it may be free to you.

Dopesick - Hulu recommended by Paul Quillin

Dopesick is a one season mini-series based on actual events. It tells the story of America's struggle with opioid addiction, from the boardrooms of Purdue Pharma, to a distressed Virginia mining community, to the hallways of the DEA.

Most of the characters in the series are fictional and composite characters; Mountcastle, Ramseyer, and the members of the Sackler family are the only main characters based directly on real people. We learn that the Sackler family was worth an estimated \$13 billion and they had created a philanthropic reputation by making enormous donations to charity.

The action begins in Finch Creek, a small West VA coal mining town where the local Doctor, admirably played by Michael Keaton, starts to prescribe a new wonder pain-killer called Oxycontin. Remember that one? Oxy for short.

How addictive this drug is and how quickly it took over so many people's lives while Purdue Pharma was able to keep the truth about its addictiveness hidden is the main storyline for the beginning episodes. A new aspect develops when we are introduced to the investigators who decide to look into all this. Once they are involved and the owners of Purdue Pharma, the Sacklers, get wind of it we are shown how they react by having some scenes take place in the boardroom where all the major decisions were made. The family members have split into two groups that their advisers dub the "A side" and "B side." Why they are divided is part of the story so I won't go into that here. I will say that those meetings in the opulent Sackler mansion make great watching.

Dopesick has good actors who are lucky to have a script that is entertaining, informative and most of all gives the characters lines to say that sound "real." The intriguing thing for me was trying to figure out why the Sackler family did what they did, or more importantly did not do, Robert Sackler in particular.

You will have to decide for yourself. What was behind his decisions? Was it all about money, power and greed or was there a deeper need on his part? A need to prove himself to his family, finally becoming comfortable with himself? At any rate, I think you may find watching Dopesick time well spent.

The Money Heist - Netflix contributed by Sandu Bonet

It is a binge watcher's jackpot! I can't remember what first prompted me to watch is because it is not one of my beloved period pieces. But watch it I did and I was immediately hooked. It is a Spanish production but the English dubbing is quite good and it never gets in the way.

The plot involves a complex scheme to take over the national mint in Madrid and print lots and lots of money. Think of it as "Ocean's Eleven" if it was written and directed by Quentin Tarantino. The characters are colorful and the plot twists would give Sherlock Homes a run for his money. And the best part is that there are tons and tons of episodes so you can binge your heart out.

If you have a perhaps little known series that you would like to recommend, please send a paragraph describing the program, how to access it, and why it is one of your favorites. You can forward it to pepoharmony@gmail.com.

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Out & About

Things to Do and See in the Poconos

by Sharon Kennedy, Communications Committee Member

What a change from the last two summers! Covid may be here to stay but events are back as if no pandemic ever happened. I am certain that I won't be able to list all the upcoming activities in our area. There are so very many concert and train rides and festivals. Please check newspapers and websites for up to date information. I am not including places that frequently have events, like Penn's Peak, Sherman Theater, White Water Challenges, or train rides

Here are some of the other upcoming events around the area. As always, I get my information online from various internet sites. Please call to confirm dates and times and costs.

The first Saturday of each month from April until October you can enjoy art at various galleries as part of the First Saturday Art Walk in downtown Stroudsburg. Another recurring event during this season is the Hayride tours offered every two weeks at Mountain View Vineyard. The ride is about an hour long and costs \$12 per ticket. The farmer's market is on Monroe Street in Stroudsburg every Saturday morning from 8 to noon through October.

This is the season for outdoor music and festivals. Many of the outdoor concerts are free and you can bring your lawn chairs or blankets to sit on. Some have a nominal charge and some can be quite pricey. Josie Porter Farms on Cherry Valley Road in Stroudsburg has open mic on Wednesday nights from 6-9. They include artists and vendors.

The Wildflower Music Festival is on Saturdays in White Mills (between Hawley and Honesdale) through August 13th. During inclement weather they move to the Wallenpaupack High School. When happening outdoors, Follow the Smoke has BBQ for purchase.

There is an outdoor concert series on Wednesdays at the Blue Ridge Flea Market on Main Street in Stroudsburg. The cost is \$15 and there will be food trucks

and wine and beer for purchase. The Elements Music and Art Festival, an immersive car camping festival with electronic music, yoga, art, games and crafts will be in Long Pond from August 19-22. Purchase tickets online. Prices vary.

The Pocono Mountains Music Festival will be at Skytop on July 21 to July 30. Prices vary and tickets can be purchased online. Stroudfest is on September 3rd in downtown Stroudsburg. The Irish American Festival will be at downtown Stroudsburg on September 10th from 11:30 to 8.

The annual Delaware Water Gap Celebration of the Arts is on September 10th. Tickets are \$30 adults, \$20 seniors, and \$15 students. Would you rather participate in trivia than listen to music? Supporting the local greenway is Trivia for the Trails on various dates at Miller Park. Bring a chair and buy food from vendors. You can call 570-426-1512 for dates and information.

Quiet Valley Historical Farm hosts summer season farm tours on Tuesdays, Wednesdays, Fridays and Saturdays through September 17th. Their Heritage Craft day is on August 13th and the Pocono Craft Festival is on August 27th and 28th.

The Stourbridge Line and the Lehigh Gorge Scenic Railway typically do special runs for each season.

There are special rafting events coordinated with water releases.

Pocono Environmental Education Center and Kettle Creek Environmental Center host many events throughout the year, especially in the summer. For example, PEEC hosts Bridge the Gap Pond Paddle on July 23rd, and August 7th and 28th. Beginners are welcome and it is free.

There are bog walks on Wednesdays at Tannersville Cranberry Bog. The guided walks last 2.5 hours and cost \$5. If you want to be very active, you can try the Tough Mudders events on September 10th and 11th at Pocono Raceway in Long Pond. Or you can do various trail races at Blue Mountain Resorts in Palmerton.

It is the season for county fairs. Wayne County Fair is in Honesdale on August 5-13 and admission is \$12. The Carbon County Fair is August 8-13th and costs \$5. The West End Fair in Gilbert is on August 21-27.

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



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Did you know:

- 19 homes are presently for sale in Penn Estates.
- 121 homes have been sold in the last 12 months.
- The highest sold price is \$604,500 in the last 12 months.
(Information provided through Pocono Mountain Assoc. of Realtors MLS Service)
- 95% of buyers start their search on the Internet.
- The average age of today's buyer is 34 years old.

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HEALTH & FITNESS

For the Young at Heart

Yolanda Sarrabo CPT. BCS NASM, Contributor

Yes, this is a targeted piece, though many outside of this group can still feel free to adhere. So, as you may have gathered by now as you reach a certain age, well the body does things. You may feel free as a bird to do as you like, but as you age the body taps in to remind what and how to sustain. What you may have done at 18 may be a stretch now at 30, and what you did at 30 may be a stretch at 40. The engine of fitness is unfortunately an ongoing process, but it's all in the way you incorporate things that makes the difference. Though the range of physical activities can vary, let's look at some form of exercises that are age specific.



30 and in charge

The number 30 is just that, it all depends on how the individual has maintained a sustainable healthy lifestyle. The body does what the body does, so if we can help it along by being mindful in treating it right it can be an advantage as we age. So, what happens typically when you hit 30 and up? Well, some people may lose lean tissue or muscle loss known as atrophy. Here are some exercises to consider in rebuilding muscle:

*HIIT (High Intensity Interval Training)

- Mountain Climbers - Rep 15
- Jump Rope - Rep 20
- Dumbbell Squat and Punch - Rep 20

*Running/Treadmill

40 Next Up

40 is considered the beginning of middle age, so what does that mean? It can be a turning point to secure a healthier lifestyle as hormonal decline becomes evident as well as fatigue, weight gain, and brain fog show out. At this age there definitely should include some form of 30-40 minutes a day of some form of physical activity, since metabolism slows down and calories unburnt results in weight gain. Here are some exercises to consider in balancing this all out between recovery and aches:

*Balancing Training

Your balance may be slightly affected and balance-based routines help strengthen muscles and improve stability

- Yoga
- Heel Toe Balance Beam
- Resistance Band Triplanar Toe Taps - Rep 15

*Weight Training

- Dumbbell/ Barbell Curls - Rep 15
- Triceps Rows - Rep 15
- Sumo Squats - Rep 15

Cheers!

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

The Poconos - A Brief History

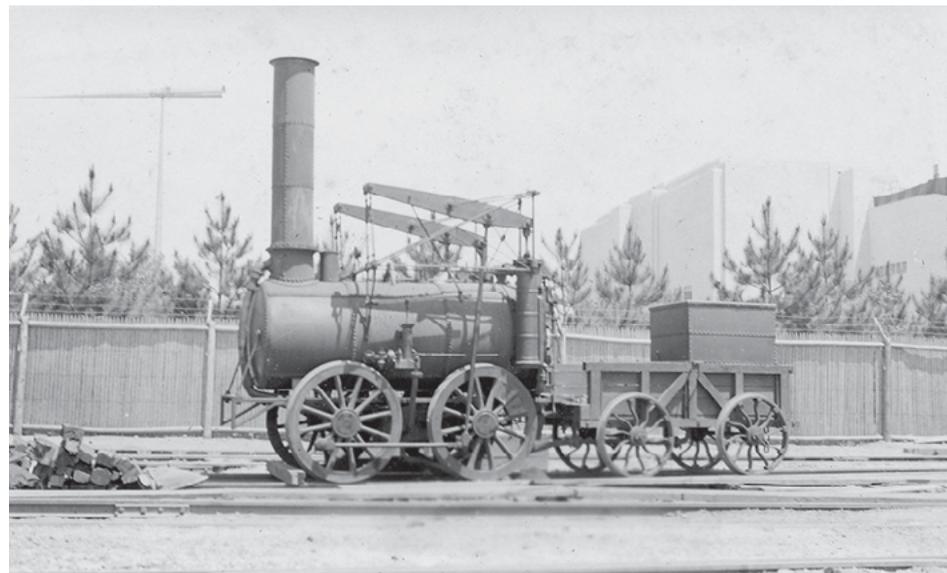
by **Sandy Black, Contributor**

After having resided in the "The Poconos" for more than 25 years, I realized that there is just so much to explore here especially now with gas prices being what they are, a "staycation" is looking real good. So, I decided to research the history of "the Poconos."

Pocono Mountains properties have continued to invest millions of dollars in improvements and renovations which have included resorts (such as Mount Airy) bed and breakfasts, rental properties and of course, timeshares. They also have invested in new conference and meeting facilities which serve the needs of corporations, associations and other groups during midweek to hold their business-related events, meetings, and team-building experiences.

For almost two centuries, the Pocono Mountains has continued to be so close yet feel so far removed from the everyday hassles of life. It is a region filled with relaxing and scenic beauty which encompasses a calm, carefree style which engages guests in leisure pursuits and a connection with nature, friends and loved ones.

The Delaware Water Gap was the site of the first boarding house hotel which was established in 1829 by Anthony Dutot. By 1900 thousands of visitors from both Philadelphia and New York escaped to the Pocono Mountains. The town of "Jim Thorpe" which was originally named "Mauch Chunk" and founded in 1818 by Josiah White, was promoted as the "Switzerland of America." Honesdale welcomed the first steam locomotive which ran on US commercial tracks in 1829. The train was called the "Stourbridge Lion" (pictured below).



Pennsylvania Power and Light Company constructed in 1926 the third-largest man-made lake in the Commonwealth of Pennsylvania, "Lake Wallenpaupack" as a new form of energy. The Lake stretches 5,600 acres with 52 miles of uninterrupted shoreline and to this day remains a top destination for water sports and recreation.

During World War II many of our GI's took their leaves with their families here in the Pocono Mountains. The area's romantic appeal attracted many young people. In 1945 Rudolf Von Hoevenberg built the first honeymoon resort which consisted of some cabins and a main lodge which was named "The Farm on the Hill." Between the 1940's and the 1950's the growth of the resort business here in the Poconos flourished.

The 1960's throughout the 1980's brought on the heart-shaped tubs and the racing stripes. Pocono Raceway in Long Pond opened their doors in 1971. In 1963 Caesars Cove Haven in Lakeville introduced the heart-shaped tubs which attracted the honeymooners. In the 1980's the growth of whitewater rafting, golfing outlet shopping and other attractions further broadened the appeal of the Pocono Mountains. Finally, 2000's welcomed Great Wolf Lodge, the first northeast water park resort and family-oriented resort. In October, 2007 we saw the opening of Mount Airy Casino Resort, the region's first resort which featured slot machine gaming.

The Pocono Mountain region continues to grow as a tourist and conference destination. In 2015 two additional indoor waterpark resorts were opened, Camelback Lodge and Aquatopia Indoor Waterpark and Kalahari Resorts and Conventions. The Poconos have become a tourist mecca which encompasses culture, art and history and continues to be so close and yet feel so far removed from the everyday hassles of life. It is a region filled with relaxing and scenic beauty.

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Michael's Kitchen

by Michael J. Tyrrell, Communications Committee Member

Barbecue season officially kicks off on the July Fourth weekend IMHO. Here are some of my favorite side dishes to accompany grilled food. These also are great dishes to bring along to summer get togethers. The Hot Dog Casserole is my fave although I have trouble resisting my own famous potato salad. Don't let the dessert name fool you. The "Better Than Robert Redford Dessert" is a real crowd pleaser. Here's to a happy, healthy summer!

Hot Dog Casserole with Cornbread Topping (serves 12)

2 pkgs (12 oz each) all-meat franks
4 cans (16 oz each) vegetarian beans
¼ ketchup
2 tbsp Dijon mustard
2 tbsp dark brown sugar
2 tbsp dark molasses
2 tsp hot sauce
2 scallions, trimmed and chopped
2 tbsp vegetable oil
1 1/3 cup yellow cornmeal
2/3 cup all-purpose flour
2 tbsp sugar
2 tsp baking powder
1 tsp salt
2 eggs
1 cup milk

1. Heat oven to 350 degrees.
2. Brown hot dogs in large skillet, about 3 minutes per side. Cut into 1-inch pieces.
3. Mix beans, ketchup, mustard, sugar, molasses and pepper sauce in 13 x 9 x 2-inch baking dish. Stir in sliced hot dogs.
4. Bake in 350 degree oven 30 minutes.
5. Meanwhile, sauté scallion in oil over medium heat 3 to 5 minutes until softened.
6. Whisk cornmeal, flour, sugar, baking powder and salt in a bowl. Stir in scallions with cooking oil.
7. Mix eggs and milk in small bowl; stir into cornmeal mixture until smooth.
8. Spoon over casserole and bake an additional 30 minutes or until top is nicely browned. Cool 15 minutes before serving.

Ham and Jarlsberg Bow Tie Salad (serves 18)

1 lb. bow tie pasta
½ cup cherry tomatoes, quartered
½ sweet red pepper, seeded and thinly sliced
½ green bell pepper, seeded and thinly sliced
¼ cup shredded carrot
3 tbsp lemon juice
1 tbsp olive oil
2 tsp sugar
¾ tsp salt
½ tsp celery seed
¼ tsp black pepper
1 cup mayonnaise
½ lb. smoked ham, cut into bite-size cubes
½ lb. Jarlsberg cheese, cut into bite-size cubes

1. Cook pasta according to pkg directions. Drain and cool.
2. Mix pasta with tomatoes, sweet peppers and carrot in large bowl.
3. Mix together lemon juice, olive oil, sugar, salt, celery seed and pepper in small bowl. Whisk in mayonnaise until smooth.
4. Fold ham, cheese and mayonnaise dressing into pasta and vegetables until evenly coated.
5. Refrigerate, covered, at least 3 hours, preferably overnight. Can be prepared up to 3 days ahead.

Homestyle Potato Salad (serves 12)

3 lbs. red potatoes with skins
1 medium yellow onion (about 6 oz) peeled and thinly sliced
2 tbsp red-wine vinegar
½ tsp garlic powder
½ tsp salt
¼ tsp black pepper
¼ tsp ground nutmeg
1 cup reduced-fat mayonnaise
6 eggs, hard cooked, peeled and chopped
1 cup pitted black olives, sliced
3 tbsp finely chopped flat leaf parsley

1. Boil potatoes in lightly salted water in large pot for 35 to 40 minutes or until just tender, being careful to not overcook. Drain.
2. Peel potatoes while still hot. Cut into 1/3-inch thick slices. Place sliced onion in a large bowl and place hot potato slices on top. Cover with plastic wrap and set aside for at least 1 hour.
3. Mix together vinegar, garlic powder, salt, pepper and nutmeg in small bowl. Whisk vinegar mixture into mayonnaise until smooth.
4. Add chopped egg to potato mixture and gently stir to combine. Gently fold in mayonnaise mixture, olives and parsley. Cover with plastic wrap. Refrigerate for at least 4 hours, preferably overnight, before serving. Can be prepared up to 3 days ahead.

Better Than Robert Redford Dessert (serves 16)

1 cup all-purpose flour
1 cup coarsely chopped walnuts
½ cup (1 stick) unsalted butter
1 pkg (8 oz) cream cheese, softened
1 cup confectioners' sugar
1 container (8 oz) frozen whipped topping, thawed
4 cups milk
2 boxes (3.4 oz each) instant vanilla pudding
2 boxes (3.4 oz each) instant chocolate pudding
extra chopped nuts and mini chocolate chips, optional

1. Heat oven to 350*. Coat 13 x 9 x 2-inch baking dish with nonstick cooking spray.
2. In a medium bowl, mix flour, walnuts and butter until combined. Pat into prepared dish and bake 15 minutes. Cool completely.
3. In a bowl, beat cream cheese and sugar until smooth. Fold in half of the whipped topping. Spread over cooled crust.
4. Prepare vanilla pudding using 2 cups of the milk. Spread over cream cheese layer. Prepare chocolate pudding with remaining 2 cups milk. Spread over vanilla pudding layer. Spread remaining whipped topping over pudding. Refrigerate at least 2 hours or overnight. Sprinkle with nuts and chocolate chips, if desired.

Pea Salad (8 servings)

1 bag (16 oz) frozen peas
½ cup mayonnaise
½ cup plain Greek yogurt
1 small red onion, finely chopped
1 tsp black pepper
2 cups shredded cheddar cheese
½ cup grated Parmesan cheese

1. Place peas in a colander and run under cold water until thawed. Place in a large bowl and stir in the mayonnaise and yogurt.
2. Add onion, pepper and cheeses. Stir until combined.
3. Refrigerate at least 4 hours

THE JOYS OF THE DOG PARK

by Sharon Kennedy, Communications Committee member

Since moving to Penn Estates some 20 years ago, I have loved the amenities. The pool is a delight. The lake is lovely. I enjoy watching kids play at the playground and teens at the basketball park. From the beginning, I have wished for two more additions: a dog park and an indoor heated swimming pool.

I know, the indoor pool remains a pipe dream that will probably not be built in my lifetime. But, then, I thought that the dog park would never happen. One wish granted! There are two side-by-side dog parks - one for small dogs and one for large dogs.

I take my two canine companions there whenever I have the chance. The two enclosures are well maintained. I have found no surprises. Either dog owners are cleaning up after their dogs or maintenance checks up on violations frequently. There are picnic tables outside the fences and benches inside the fences, with relief giving shade over the parks.

In my experience, other dog owners have been friendly and courteous. If I have been there first, the newcomers check before bringing their dogs in to greet mine. I love watching the younger dogs (especially the larger breeds) bounding freely and chasing their owners or their tennis balls.

My two older little mutts enjoyed meeting a young puppy last week. The owners wanted to socialize their puppy and my older guy was just slow enough and calm enough to let the puppy gain confidence in approaching him. I wasn't 100% sure of my other dog so she stayed on a leash and we carefully observed her when near the puppy.

I hope other dog owners take advantage of this wonderful addition to Penn Estates. Well, I *mostly* hope that other dog owners enjoy it. But not too often, so that I can have it all to myself and my dogs once in a while!



Eats Around Town

by Michael J. Tyrrell, Communications Committee

Spice Kitchen

Sometimes a restaurant serves such wonderful food that it deserves to be written about again. Spice Kitchen is one of those cases. The food never disappoints. They offer Indian, Thai and Chinese cuisine. The service is impeccable and the atmosphere is very warm and welcoming. This originally was Spice Route which moved a few years ago to Bartonsville.

Recently we visited for a celebration birthday lunch with friends. The appetizers we ordered with our drinks were very generous and perfectly executed; Samosas, Spicy Crispy Cauliflower and Chicken Dumplings. For our main courses we enjoyed Lamb Rogan Josh and Chicken Kadhai (my favorite), both very spicy.



We also ordered two milder dishes, Chicken Korma and Chicken Broccoli (from the Chinese section of the menu) along with naan. Everything was just perfectly prepared. The portions are generous so we always have leftovers to take home.

Interestingly, we went back for dinner on the following Saturday which happened to be Memorial Day Weekend. We discovered that on holiday weekends they serve a buffet. We chose that option and would do that again as it was very fresh and they offered a terrific selection of dishes.

We don't have many restaurants in the area that serve Asian food of this caliber. I highly recommend a visit or a return visit if you haven't been in a while.



Poetry Corner

by James Ruffini, Communications Committee Member

Moon Song, On A Porch in Absecon New Jersey

The moon song, bewitching
Like Leo Wright's alto
In "Soul Talk"; one can resist
This serenade, remain under the chaperone
Of the intellect
For so long.

When we talk, we argue
Where choices finally take wing:
Mind or emotions.
You say, decisions feed
In the nest of reason,
And I say, it is when
"They begin to test
The misty fields" with their hunger
That brings the life of a choice,
The need that sets it in air.

We cannot help ourselves,
Dinner turning cold
From too much talking,
But we love these love letters
Of the intellect -- emotions braiding
With thoughts, before we get involved
In the fluted tones of lighter things,
And the alto of the moon's sound,
And the tenor flight
Of dreams.

Driftwood

The curve of your abdomen
Is the Caribbean Sea.
Drifting, weathered,
I rise –
Have come from the turbulent waters
In the north –
And am lowered at this Kingston shore,
Cleansed with smoothness
And your calm.

A Look at Voting Rights in the United States

by Sandy Black, Contributor

Voting rights in the United States have not always been equally accessible. African Americans and women of all ethnicities have fought, and continue to fight, especially hard to have their voices heard. The right to vote and who may exercise it, has changed continuously over the course of the United States' history. While states have traditionally determined requirements for voting, the federal government has taken several actions which have altered those requirements in an attempt to create more equity and equality in the process.

Today, in order to vote in federal elections, one must be a United States citizen, at least 18 years old by the date of the general election, and a resident of the state in which one votes. However, these requirements used to be more restrictive.

Voting After the American Revolution

Following the American Revolution, the new country transitioned from a period of being under British rule to developing its own government. After the failure of the Articles of Confederation, the country adopted the United States Constitution in 1787. Article 1 of the Constitution empowers state legislatures to oversee federal elections. The right to vote was granted exclusively to white, land-owning men. Since they were at such an early stage of the republic, the founders believed these men's economic ties to the country were valuable.

However, a growing number of men began to champion an expansion of voting rights during the early 1800s. Following a period which lacked political parties or choices for voters, the 1820s saw the return of a two-party political system.

White men continued to move west in search of available land, but many did not feel that ownership should be a requirement for voting. Many states removed that requirement, opening the door for complete white male suffrage.

Voting After the Civil War

While the country celebrated the expansion of voting rights for white men of all economic levels, the electorate still lacked diversity. Gender and race exclusions still restricted the ability of many citizens living within the United States to exercise the right to vote.

Following the conclusion of the American Civil War in the 1860s, the Radical Republicans controlled Congress. These men were primarily white Northerners who wanted to restrict the political power of the South following its rebellion against the U.S. federal government.

As a result of the 13th Amendment, a large number of African Americans living in the South were freed from slavery, in addition to the many living in the north. Radical Republicans saw this as an opportunity not only to help their own cause, but also to extend suffrage to African American men.

In 1870, the 15th Amendment to the U.S. Constitution was ratified, declaring that the "right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of race, color, or previous condition of servitude."

The ratification of the 15th Amendment, which affirmed the right of African American men to vote, followed that of the 14th Amendment, which classified anyone born in the United States a citizen. The 14th Amendment also granted "the equal protection of the laws" to all citizens.

While this amendment became the basis for citizenship, along with the Indian Citizen Act of 1924 (this allowed for Native Americans to vote but did not enforce the right; it would take 40 more years until all U.S. states granted full voting rights to Native Americans), it would also be cited more than any other in litigation. The 14th Amendment would also be at the center of the civil rights movement, which attempted to combat discrimination African Americans faced for nearly a century after its passage.

African Americans faced Supreme Court challeng-

es (*Plessy v. Ferguson*, 1896) that condoned separation of the races, as well as challenges at the polls. Having to pay a poll tax and pass a literacy test were just some examples of legalized state discrimination which African Americans faced in their attempts to exercise their right to vote. Many also faced threats of violence, lynching, and other scare tactics.

It was not until the 1960s that the federal government more effectively protected their right to vote. After a series of speeches, sit-ins, and marches in Selma, Alabama, and other cities in the South, the 24th Amendment—which abolished poll taxes—and the Voting Rights Act of 1965 protected the right to vote for African Americans and others.

In the 2013 case *Shelby County v. Holder*, the Supreme Court weakened the Voting Rights Act. Specifically, the court struck down a section of the law that required states with a history of race-based voter discrimination to gain federal approval before changing their election rules.

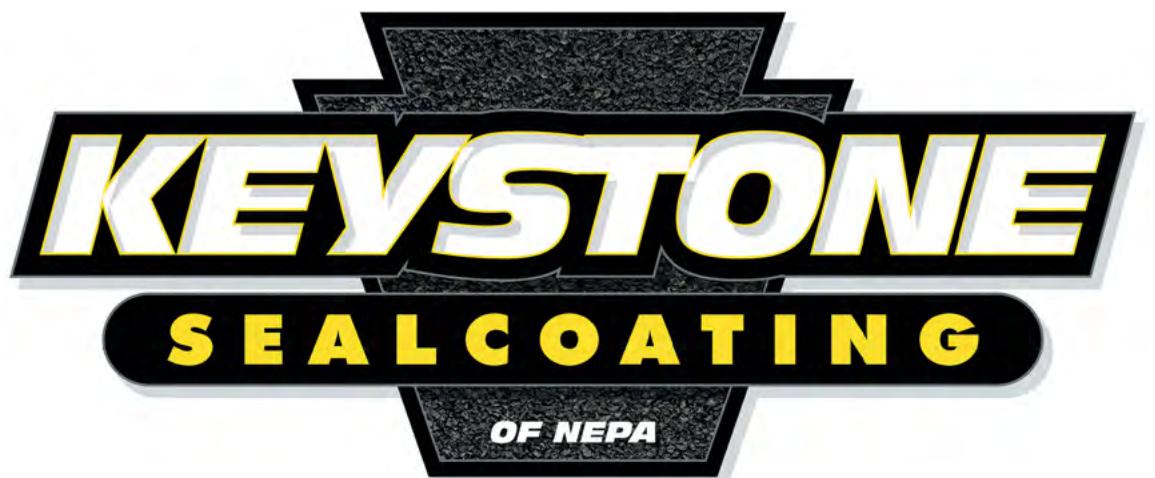
The Fight for Women's Suffrage

Women were important supporters of the abolition movement in the mid-19th century, as they saw parallels with their own inequality during the period. A women's rights movement developed around the 1840s under the leadership of women such as Elizabeth Cady Stanton and Lucretia Mott.

At the Seneca Falls Convention in 1848 they introduced the "Declaration of Sentiments," which included a revision to the Declaration of Independence, that "all men and women are created equal." While their attempts to achieve women's suffrage were unsuccessful at the time, they inspired future campaigners.

Wyoming was the first state to give women the right to vote in 1869, but it was not until 1920 that white women were granted the ability to vote nationwide. African American women continued to face obstacles to vote for many years following the 19th Amendment. The Progressive movement's reforms and women's work in industry during World War I helped drive support.

The National American Woman Suffrage Association's protests, campaigning, and marches finally gained support from prominent politicians, such as President Woodrow Wilson, following the war. It was a catalyst that led more women to become involved in politics. The ratification of the 26th Amendment in 1971 lowered the voting age to 18, extending suffrage to more young adults.



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