

A Message From Penn Estates Security

by Anton Toryak, Chief of Security

With the holiday season behind us, the dreaded winter lull is setting in. These colder days are going to bring new challenges.

Taking a few simple initiatives in preparation can make things a little less stressful and challenging.

One thing that cannot be overlooked is vehicle maintenance and having the right equipment in place. Driving with tires that do not have the proper tread can not only put you in danger, but also other motorists. Sudden snow squalls and overnight freezes can make the roads much more difficult to navigate. PEPOA Maintenance works diligently to clear roadways, but storm cleanup takes time. Checking tire tread for adequate traction is the responsibility of every driver and should be at the top of your list.

Also, checking vehicle fluids should be a frequent occurrence. An idling vehicle warming up in the driveway is usually an unattended vehicle. Not having proper coolant and oil levels can lead to serious engine problems. By the time you return to your vehicle, major damage would have already occurred and will create a major expense.

Not having an adequate fuel level can also lead to leaving you stranded in your driveway. Try and plan ahead to ensure you park your vehicle each night with enough fuel so that warming your vehicle up will not change your commute into a mad dash to the gas station.

For those of you that use solid fuel for heating, make sure your chimney is clean and in working order. Creosote buildups in a chimney or piping can lead to a house fire. United States Fire Administration estimates there are 4,000 structure fires each year directly related to improperly cleaned wood stoves. The National Fire Protection Association estimates that in 2013 a structure fire was reported every 85 seconds. Please take the time to ensure your units are properly maintained and in working order, do not be a statistic.

If we all take a little time to plan ahead this season it will not only keep you safe, but also limit unforeseen dangers. Plan your travels based on the road conditions. If you do not need to travel during a storm, stay home. Let maintenance do their part to clear the roadways without the obstruction of having to navigate other vehicles. Come to complete stops at all stop signs, and be aware of the posted speed limit of 25 MPH no matter what the conditions are.



Breakfast with Santa

Penn Estates Oak Room again rang out with Christmas cheer this past December thanks to our recreation committee's annual event "Breakfast with Santa" event. A festive breakfast of pancakes, scrambled eggs, sausage, juice and sweets was served. Santa arrived and each child received a wrapped package. As usual this event was sold out.

Thanks to Maria Montalvo, Mildred and Leo Rivera, Debbie Weatherford and Bettyanne Nevil for all their efforts. And many thanks to David Montalvo who is always on hand to capture the fun on film.



More photos on pages 8-9

PRSR1 STD
U.S. POSTAGE
PAID
Stroudsburg, PA
18360
PERMIT NO. 48

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

RINGING IN THE NEW YEAR

by Mildred Rivera, Recreation Committee Member

Ring in the new year with our neighbors in our Community Center was a blessing. It was a fun atmosphere; we were like a big family. We danced, ate delicious food, talked and introduced ourselves to new people. Some of us already knew each other and seeing each other again was a source of joy.

The menu was salad, roasted turkey, roasted pork, sausage



with peppers and onions, roasted potatoes with rosemary, pasta with pesto cream sauce, green bean almondine, rice and rolls. Phyllis cooked most of the food. I made my rice and vegetables. A fun occasion cake was also served; drinks were BYOB.

My husband Lenny, Angela Manning, Phyllis and I decorated. Mary Ann Rodriguez and Bob Hampp were a big help as well and made sure the party ran smoothly.

Celebrating the New Year together showed that beautiful things happen in our community. We can enjoy our community in harmony and fraternity. It was a spectacular night where we all agreed on one thing, we have great neighbors. We hope to see you soon. Happy new year.



ROOFING
By Bruce
We Do It All

BRUCE'S CHIMNEY SERVICE Inc.

"Enhancing the Poconos One Home at a Time Since 1985"

WE REPAIR & REPLACE ALL TYPES OF ROOFING SYSTEMS

Lifetime Shingles • Metal • Low Slope
Rubber • Slate • Flashing • Ice and Water Shield
Skylights and Windows • Chimney Repairs and Rebuilds
Gutters and Gutter Covers • Siding

Member of Pocono Mountains Chamber of Commerce

VISIT OUR SHOWROOM

POCONO MOUNTAINS
ROOFING & CHIMNEYS

100% FINANCING AVAILABLE

*TO QUALIFIED BUYERS



ON THE SPOT REPAIRS to COMPLETE REPLACEMENTS
ALL WORK GUARANTEED | Locally Owned & Operated



570-424-8891
2070 Milford Road | East Stroudsburg, PA

www.RoofingByBruce.com

From Phyllis's Desk

by Phyllis Haase, Community Manager

2024 Annual Census Registration Form



Have you completed your 2024 annual registration? The registration form is due February 15 to ensure you continue to have automated gate access and amenity privileges. The annual registration form is required as per the Association policy and governing documents.

You may wonder why you must complete a form annually and what the big deal is if we know what you drive or who lives in your house.

We use the information you provide on the form in case of an emergency. Possibly, Fido got loose, and now we can reunite him with you. Possibly, a neighbor calls and identifies

an unknown vehicle in your driveway; we can look at the registered vehicles and check to see if it is or isn't yours. If you suffer a misfortune at your home and the authorities need to know who the occupants are, we can look it up. If you, as the unit owner, are not available, who do we contact in case of an emergency? These are excellent reasons for us to help you.

As a bonus to the Association, completing the forms and tracking the data provide the Association with a clearer picture of our population. This is vital for the Association for planning and developmental purposes for our infrastructure and expansion. Although our efforts will not be exact, they will provide us with a rough estimate.

Information is knowledge, and the Association always wants to be the best it can be for you, your family, and your guests!

Get Involved

All residents—long-time homeowners, new residents, and even renters—can contribute to making our community a great place to live by volunteering a few hours a month on any one of several association committees.

The next time you're looking for an activity or a way to meet your neighbors, consider participating on an association committee. Your ideas, time, and effort will contribute to making a community event successful.

Your neighbors aren't the only ones who'll benefit from your volunteer endeavors. Volunteering can reveal untapped talents, teach new skills, introduce you to new activities, and increase your self-confidence. Participating in a community activity can also provide networking opportunities that can benefit your social life.

Contact the Community Manager at phyllishaase@pepoa.org soon to ask how you can get involved in our community.



Senior Lunch Group - It was a rough month. Our January 2024 luncheon was canceled twice due to weather and illness. It was eventually rescheduled for February 14, 2024.

The Spring Selling and Renting Season is here!

If You Want to List, Sell or Rent Your Home in Penn Estates...

Call James Today!

Ethics – Integrity – Respect – Results



James J. Martin, Realtor

Professional REALTOR since 2006

570.421.8950 Office

570.856.6482 Direct

jamesm@wilkins1.com

**TOP-PRODUCING
AWARD-WINNING
PROFESSIONAL
REALTOR
SINCE 2006**

**Call today for a
FREE Market
Analysis**

EVENING & WEEKEND APPOINTMENTS ALWAYS WELCOME



Did You Know?

by Phyllis Hasse, Community Manager

How Do We Compare?

We think most of our neighbors are happy living in our community—and we certainly hope you are among them. But how do the more than sixty-five million Americans living in homeowners' associations and condominium communities feel about their communities? Are they happy with their elected boards? How do they feel about the rules?

The Foundation for Community Association Research, an affiliate of Community Associations Institute (CAI), sponsored a recent national public opinion survey to answer these and other questions. Here are some the key findings:

- Ninety percent of residents rate their overall community association experience as positive (64%) or neutral (26%).
- Ninety percent of residents say association board members “absolutely” or “for the most part” serve the best interests of their communities.
- Eighty-three percent say they get along well with their immediate neighbors.
- Ninety-two percent say they are on friendly terms with their association board members.
- Eighty-seven percent of residents say their community managers provide value and support to residents and their associations.
- Eighty-eight percent of residents who had direct contact with their community manager say it was a positive experience.
- Seventy percent of residents say their association's rules protect and enhance property value; only 4% say the rules harm property values.

The comparison of annual assessments for large-scale communities in our area proves our association offers membership amenities and a lifestyle for one to enjoy at a minimal cost:

Penn Estates	\$1,466.00
Pocono Farms.....	\$1,520.00
A Pocono Country Place	\$1,677.00
Arrowhead Lakes	\$1,870.00
Big Bass Lakes	\$2,009.00
Saw Creek Estates	\$2,034.00
Hemlock Farms	\$2,360.00

We would like to hear from you and tell us what you think we can do to make our community an even better place to live. We encourage you to get involved, so let us know how you can help. Active and engaged residents are the way to build a true sense of community. If you are especially pleased about our community, share that too! It is always good to know we are on the right track.

You can contact us by sending an e-mail to phyllishaase@pepoa.org. We look forward to hearing from you.

Stay in Touch
with Penn
Estates



Website: www.pepoa.org

Facebook: Penn Estates Property Owners Association

Instagram: penn_estates_wildlife

Twitter: @PennEstatesPOA

Email: Harmony Editor > pepoaharmony@gmail.com

Board of Directors > board@pepoa.org

Community Manager > Phyllishaase@pepoa.org

Book Nook

by Evelyn Infante, Contributor

The Fall of the House of Usher

I typically avoid horror movies and books as I do not want disturbing scenes to linger in my mind. However, if a movie is based on the occasional creepy book I have read and found to be well-written, such as Bram Stoker's *Dracula*, I'll watch the movie.

When the trailer for *The Fall of the House of Usher* on Netflix popped up on my feed, I had to check it out. Bruce Greenwood, one of my favorite actors in *The Resident*, plays the central character, Roderick Usher. Years ago, I read Edgar Allan Poe's short story. I wondered how the director, Mike Flanagan, would tell that tale.

From the first episode, I was intrigued. Borrowing from Poe's other works through his character and chapter names or pieces of dialogue, Flanagan's take on the 1840 short story brought Poe's work into the modern world while keeping the gist and feeling true to his masterpiece.

We first meet Roderick and his sister, Madeline as children, living with their sick and religious mother who believes Jesus is all the medicine she needs. When the mother passes, Madeline immediately takes over, making decisions that will affect them for the rest of their lives.

I gotta tell you, the first episode had the creepy element I avoid, but I was in it and fascinated. In this first episode, we meet Verna (an anagram of raven—Clever!). Poe's *The Raven* is subtly represented, and to my delight, the famous poem is recited at the end of the series. I later heard from a friend that the names of the episodes are borrowed from other Poe works giving you a clue of what that episode will look like. Some of the character names are also borrowed. The whole series is peppered with references to Poe's body of work. In my opinion, this production was skillfully written.

Verna is a supernatural being appearing to the family just before they die, but Roderick sees her more often. Interestingly, after their first meeting before agreeing to Verna's proposition, Verna doesn't appear to Madeline until much later in the series. There are many flashbacks of Roderick and his sister as children and of Roderick's first wife, revealing how the Ushers made a deal with Verna and how they acquired their wealth.

The Usher family is led by Roderick and Madeline, who we later learn are twins. Together, they control the lives of Roderick's spoiled adult children and run a pharmaceutical company. There are mysteries surrounding the Ushers and how they took over Fortunato Pharmaceuticals developing an addictive drug called Ligadone. At times, I found myself feeling sorry for the pitiful Roderick, perhaps because I like the actor so much, despite the revelation that he keeps his wife addicted on purpose. (Oxycodone and the opioid epidemic reference).

When the movie opens, Roderick is at the church for the funeral of his deceased child. There he sees the apparitions of his children who died before. His heirs' ghosts appearing before him is a continuing theme throughout the series. Those secrets are revealed after the heirs begin to die one by one mysteriously, and with every death, Verna has visited. She has come to collect on the contract made with the twins—the whole world for the death of your bloodline.

All alone with his fears, Roderick calls upon C. August Dupin, his childhood friend, who for years has tried to have Roderick convicted, without success. There, in a dimly lit room of the mansion, he confronts Roderick, who sometimes sees and hears things the detective does not.

Impatient for the confession Dupin hopes to hear, Roderick continues to tell the story from the beginning. Without giving away the ending, I will say that the tension builds up and Dupin, who does not believe in the supernatural, finds himself reacting to Roderick's fear.

The title says it all. The Ushers do fall one by one.

Bruce Greenwood's portrayal of Roderick Usher and Carla Gugino's role as Verna is exceptional. They, along with Mary McDonnell as Madeline, and Carl Lumbly as Dupin, deserve awards for their performances.



Professional Juggler

by Phyllis Haase, Community Manager

As the Community Manager, most days, I have learned to become a professional juggler, trying to keep all items in check from staff, vendors, residents, projects, daily workload, and the general public.

Some residents express displeasure with the Association for factors we do not have input or control over. I am sure while you are reading this article, you are thinking of a challenge you have faced with a neighbor, possibly a loud muffler on their car, the leaves they blow onto your yard, or the music playing loudly while you're resting or trying to enjoy a peaceful day. These are just some of the examples that may bring tension to your living experience and your relationship with your neighbor(s).

At one time or another, we all face conflict and must deal with it rather than avoid it. When you see your neighbor, ask them if they have a moment to talk. Stay calm and present your concern in a manner that is not argumentative. Explain how their action affects you and/or your household and how you would like it if they could assist you with rectifying the situation. This will help them, as they may not know that their action is bothering you, and it will help you release the frustration so you don't become the "bad" neighbor.

Sometimes, being a manager means you also have to deal with challenging issues that can cause you to lose sleep. Occasionally, a resident or guest may not be satisfied with the level of service they received from a staff member, their manager, or myself. While these issues are never easy, they mustn't be so hard. As a manager, working hard to set clear performance expectations is a top priority. Rest assured that we take all input received very seriously. If you identify a problem, the sooner you advise us of the situation, the sooner we can rectify the issue. This will ensure that your experiences are positive and that you are active and properly engaged with the Association.

I've received complaints from residents that may be addressed at the Association's level, such as a car without a license plate or a pile of rubbish. The expectation is that the complaint is received and we can immediately rectify the situation, although this is not always the case. Some complaints can be resolved quickly, while others

may involve more lengthy measures, including investigating agencies and morphing into legal matters.

Fortunately, resolving most conflicts often requires little more than providing relevant information, advice, and an opportunity to be heard.

As a Community Manager of a Large-Scale Association, there's nothing like helping an individual, whether a resident, guest, or staff member, accomplish their need or request to obtain satisfaction.

The ultimate goal is to assist a resident through their association living experience to be the best it can be while ensuring proper management of the governing documents.

Together, we can live happy and satisfied lives in our community if we understand the rights, privileges, and obligations of community association living.

We all must understand that management and the Board have a legal responsibility to enforce, apply, and govern fairly, not unilaterally. We must follow the governing documents and the Fair House Act, Fair Debt Collection Act, Non-Profit Corporate Law, and Act 180, to name a few.

We are responsible for balancing the needs and obligations of the community and those of individual members and residents.

If you have a question or concern, please do not hesitate to email me at phyllishaase@pepoa.org. I wish everyone a safe and enjoyable year to come.



 **Harmony**

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

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

Editor.....Michael Tyrrell
Staff.....Sharon Kennedy,
James Ruffini, Bettyanne Nevil
Contributors.....David Montalvo, Paul Quillin,
Ting Qian, Stephanie Joy Lewis,
Yolanda Sarrabo, Sandy Black, Evelyn Infante,
Community Manager.....Phyllis Haase
Board Liaison.....Sandy Bonet

For advertising information:
Community Newspaper Publishers
237 Phyllis Court, Stroudsburg PA 18360
PHONE: (570) 476-3103 E-MAIL: mail@cnpnet.com

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

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

Low Monthly Payments!
to Qualified Buyers
Call Today!

Voted Best Contractor Readers' Choice 9 years running! 2011-2022

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

FREE STORM DOOR with complete siding job

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

2019 Pocono Record Readers' Choice: Best General Contractor Best Roofing Contractor

FREE ESTIMATES
www.Countrywidellc.com
1-866-690-4450
511 Lenox Street, Stroudsburg PA

PA Lic. 000051

Countrywide Enterprises

Let Our Family Serve Your Family

HEALTH & FITNESS

by Yolanda Sarrabo, CPT, BCS NASM, Contributor

Fitness Recovery

Happy New Year! At the start of a new year, many of us look to becoming healthier and fit. We want to do better by giving our bodies the best tools to extend the best quality of life. It's great to see the intention of consistency and the drive to be active; however, we should also take note of why taking breaks is necessary.

A Plan — Some people tend to start the year by doing random exercises and no real plan in place. Many times no plan leads to inconsistency. Five days of working your legs without a plan is not necessarily a benefit. A plan in fitness helps target your goals, and a plan also helps in limiting any signs of overuse of a muscle.

Also, a plan helps limit boredom - which is why a lot of people are off their fitness resolution around the end of January. The thrill is gone when the direction is scattered and the trend has withered away.

Recovery — It's great to push the envelope in what we want to improve about our bodies with exercise; however, we must also remember that rest is necessary. Fitness recovery is not included in the picture for a novice just prepping for their

fitness journey, yet it is indeed an important factor to consider.

You may put in a full week of working a particular area of your body 30-60 minutes a day and be convinced that by doing this you can shed your stomach or lose that underarm flab. The truth is exercise is a balance of all areas of training that reaches the initial intent.

Fitness recovery is just as important because the body needs time to recover from the stress of specific areas being worked. It's not wise to go back-to-back working an area without planning to switch up the routine to rest that muscle.

More importantly muscle recovery helps mend the possibility of micro tears in the muscles, by overusing a tired muscles leads to injury.

Recovery Tips

- Use a foam roller to get those nicks out of tight muscles with long stretches for the hip and calves.
- Use resistance bands for slow extended stretching of the arms and chest.
- Incorporating a cool down after a workout helps with DOMS (Delayed Onset Muscle Soreness).

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

A.N.T. CONSTRUCTION

Your Home Repair Specialist

Renovations | Additions | Roofing | Siding | Drywall | Painting



Fully Insured

"Working hard comes natural"

Anthony DiBello

570-656-1537

RD #1 Box 1575, East Stroudsburg PA 18302

LOW AUTO & HOMEOWNERS RATES

Seasonal & Short-Term
Rental Home Coverage



Robert A. Laubscher
INSURANCE AGENCY

Call Today! 570-839-2600



Cristina Primrose
Associate Broker

kw



THE CRISTINA PRIMROSE
TEAM

KELLERWILLIAMS®

(570) 992-1010 office
(570) 460-7701 direct
cprimrose@kw.com
www.wesellthepoconos.com

Each office independently owned and operated

Meet my Team

In order to provide the best service in the industry, I have assembled a top notch real estate team and network of companies to make sure every step of your transaction is handled by a professional. My team of specialists provides you with the communication and service you deserve throughout your transaction. We love what we do and it shows!

See hundreds of reviews on Zillow.com



Cheryl Linares



Linda Miller



Morgan McMahon



Jeanne Barrett

**For exceptional service,
call the Cristina Primrose Team today!**

Bad Reasons for Not Filing for Social Security Disability

(A multi-part series)

Part 3: I Think My Disability Will Be Temporary

by Stephanie Joy Lewis, contributor

Note: This article is for general information only and is not legal advice to any particular reader or individual. For legal advice, you must specifically retain a lawyer who evaluates your specific situation.

For Video version, please go to: <https://youtu.be/9O319EUoRpM> - found at the YouTube channel, "All Things Social Security."

Recently, I shared in Harmony's last publication, nine reasons¹ why many Penn Estates residents who, literally, cannot work full-time due to medical impairments, fail to file for the Social Security Disability Insurance benefits (SSDI). They don't file despite paying for it their entire working lives. I last went into detail on the second reason, "I do not want a hand-out. I am not poor; I can get by without filing for this benefit thanks to my family and my savings." I explained why this is a terrible reason, generally. I also provided a concise explanation of what Social Security Disability Insurance (SSDI) is, to ward off the many myths. (See here for Bad Reason #2: <https://youtu.be/X4IN1bLvs1E>).

Bad Reason #3: Let's go over a third financially damaging reason some people have, when uninformed, to leave their paid for insurance coverage untaken. "3. It is only temporary, I think I'll be back in the game within a year or two, so what is the point?"

Here is the point; actually, three (3) points:

First: If you are legally disabled (as found by the Social Security Administration after applying) for 12 months or more (or expected to be), you can collect benefits for many of those months, *after the fact* or ongoing. This is true even if you return to work after a minimum of 12 months of being unable to work at any occupation full time (not just the one you had).

If one were out of work for 12 months and proved it was due to disability, they'd receive 7 months of benefits (because the first five months is generally a "waiting period"). If a \$2000 benefit per month, that would be, of course, \$14,000 of found cash that the worker worked and paid for. If one is out for two years before returning, that would be 19 months of benefits, at \$38,000. Three years? That is 31 months of benefits or \$62,000.

Filing without such delay, even if so fortunate as to recover from disability, as many do and return to work, can help pay those bills (or debt) after the fact, if debt is incurred. Alternatively it can go into savings for a rainy day (or any other purpose). Why leave your insurance benefits on the table? (Filing is free and even using an attorney costs you nothing out of pocket, nothing if you don't prevail, and if you do prevail, a very regulated, minute fee that the SSA generally pays directly from back benefits. See here for video explanation of fees: <https://youtu.be/4DylEFyLaQw?si=Jc0xNKfzxoORm7WY>.)

Second: Also, for those that think it temporary and optimistically, but incorrectly gamble on improving enough to return to some sort of full-time work, by not filing at a more appropriate earlier time, they may be burning a bridge. SSD insurance is term insurance. Yes, it expires at some point after we stop working and paying for those premiums through our taxes, just like other term insurances (auto insurance, health insurance, liability insurance, term life insurance).

By not filing for a year or more, you may find you have now limited yourself when you decide you need to file, to only ONE bite of the application apple. All your eggs are now hanging on one basket pulling through for you, and require you

engaged in best legal practices at that past time to build a super strong claim. You cannot reverse the clock, so this can be one of the biggest detractors from a winnable claim.

Social Security is not permanent disability insurance, *per se*. Although it is not short term (less than one year) disability insurance, like some states have (NJ, for instance), it can be for temporary disabling periods of time. When the disability exists under the rules with an end date, where resolution has happened and it is not an ongoing disability period, this is called a "Closed Period" of disability. There is no need to forego a closed period if you think you have or had a temporary disability from all full-time occupations; and if your disability ends up being longer, you will be doubly glad you didn't delay.

Third and lastly: If you wait more than 17 months but then file, the first payable months if disability will scroll off the board and become unpayable, due to lack of retroactivity for that length of time, which hinges on date of application.

So, with regard to Bad Reason #3 – it is not a reason for avoiding applying!

See the next edition of the Harmony for Bad Reason #4 and why you should not let it prevent you from applying for SSDI if the circumstances say otherwise.

1. I am not bedridden or wheel-chair bound, I can walk some, get around, live alone, etc. I am not eligible for SSDI. 2. I do not want a hand-out. I am not poor; I can get by without filing for this benefit thanks to my family and my savings. 3. I can't work right now, but I think I will improve within a year or two at most, so there is no point. 4. I get Long Term Disability insurance payments from employment related policy – why should I file then? 5. I am on Workers Comp (or fighting for Workers Comp) and therefore I cannot file for SSDI until that is over. 6. I am working part time still, so I can't. 7. I can always do it later, down the road... 8. I have no idea how to do it and don't know how to start. 9. I can't afford an SSDI lawyer.

Stephanie O. Joy is a Social Security Disability Lawyer and founder of Monroe County based SSD Practice, Joy Disability Law, 2005-2023. For free consultation to review whether you can and should file for SSDI (or SSI) you are invited to fill out the Free Evaluation form found at <http://joydisability.com>; Other contact: stephaniejoy@joydisability.com; Ph: 201-317-0610



**FINANCING
AVAILABLE**



POM PEACE
OF
MIND
CONTRACTING



**CALL
NOW**

WHERE QUALITY, EXPERIENCE AND
CUSTOMER SERVICE COME TOGETHER.

RESIDENTIAL AND COMMERCIAL REMODELING

SIDING
ROOFING
WINDOWS
DOORS
DECKS



KITCHENS
BATHROOMS
BASEMENTS
REMODELS
ADDITIONS

PA LICENSE
#180768

FREE ESTIMATES
(570)234-4110

ALL MAJOR
CREDIT CARDS
ACCEPTED

INFO@POMCONTRACTINGPA.COM WWW.POMCONTRACTINGPA.COM

Breakfast with Santa

photos by David Montalvo





*Breakfast
with
Santa*



Eats Around Town

by Michael J. Tyrrell, Communication Committee Member

Red Robin

I love a big fat juicy burger and I cannot lie! When the craving strikes, there are number of places that can fulfill my needs. Currently at the top of my list is Red Robin. It's conveniently located in Bartonsville near Lowes. They have a nice menu with burgers being the star attraction.

We do, however, really enjoy the Fish and Chips. Delicious mild cod-like fish fried to a crispy perfection. The fries are bottomless, as in all you can eat. In



fact, all their side are bottomless: regular fries, garlic fries, sweet potato fries, sautéed garlicky broccoli and tossed salad. You can mix and match.

The sweet potato fries are epic, thin and very crunchy. Think McDonalds fries but sweet potato. I believe the lemonade is bottomless as well. They also make a good Bloody Mary.

A new limited time burger is a Bacon, Cheese, Burnt Ends Burger with all the fixings. Moist, delicious and generously-sized. I was there recently and went for



The Monster Burger. Two large patties, cheese of your choosing, tomato, lettuce, onion, pickles and sauce. Took half home. Its huge. One of the best burgers I have ever had. And the messiest!

The staff is top-notch and overall service is better than most chain restaurants. It's a win all around.



Black History Month – Historical Figures

by Sandy Black, Contributor

February is Black History Month and I decided to write about the most historical figures which should always and forever be remembered for their contributions towards black history.

The great “Hank Aaron” – (1934-2021) a baseball legend who broke the racist barriers and became a home run king and an idol for future black youths who aspire to become a baseball player.

Marian Anderson – (1897-1993) a renowned opera singer who had to defied racial segregation just to perform in front of the Lincoln Memorial. She was able to perform because First Lady Eleanor Roosevelt and President Franklin D. Roosevelt stepped in and demanded that she be allowed to perform. Ms. Anderson also became the first African American singer to perform at the Metropolitan Opera. She also worked as a delegate to the United Nations Human Rights Committee.

Maya Angelou – (1928-1993) what can I say about Maya. She was a poet, an author and a civil rights activist whose writings continue to inspire our lives today.

Arthur Ashe – (1943-1993) the first black man to win Wimbledon. Mr. Ashe was a passionate advocate for social justice. He won during his lifetime three Grand Slam titles in singles and two in doubles. He was also the first black player chosen to participate with the United States Davis Cup team and the only black to have ever won a singles title at Wimbledon, the US Open and the Australian Open. Arthur Ashe retired from tennis in 1980 but continued encouraging young blacks to participate in tennis.

Duke Ellington – (1899-1974) a jazz composer, a pianist and a bandleader who helped shape American music. Duke Ellington became a national sensation from the appearances of his orchestra at the famous Cotton Club located in Harlem. Ellington wrote and collaborated on more than one thousand compositions of music during his personal jazz legacy.

Shirley Chisholm – (1924-2005) the first Black woman who was elected to the U. S. Congress as a representative of one of the districts of New York City. She was a trailblazer for women in politics.

Benjamin Banneker – (1731-1806) a brilliant mathematician, an astronomer and a surveyor. He had little to no formal education and was largely self-taught. He assisted Major Andrew Ellicott in establishing the original borders of the District of Columbia.

I could go on and on with detailing the historical black influencers but I would need the entire newspaper to do this. Black history is extremely important and a very important part of american history.

Poetry Corner

by James Ruffini, Communications Committee

Happy new year. For this issue, I selected an Irish poem by Michael Longley to celebrate St. Patrick's Day, and the wonderful James Baldwin poem which covers Black History Month and Valentine's Day. It is a great, great poem, and even though we printed it in the past for Pride Month, it really should be published again.

Paradise

by James Baldwin

Let this be my summertime
Of azure sky and rolling sea,
And smiling clouds, and wind-kissed laughter,
And just myself entranced with thee.
And children playing in the glory
Of a carefree, youthful day,
And sunshine shining from the heavens,
And tears and sighing fled away.
Let this be my happiness
'Midst the earth's swift-flowing woe.
Let this be my only solace—
Just to know you love me so.
Just to know that we'll go winging,
Far above this earthly clime,
Hand in hand through laughing meadows,
Let this be my summertime.

The Strand

by Michael Longley

I discover, remaindered from yesterday,
Cattle's tracks, a sanderling's tiny trail,
The footprints of the children and my own
Linking the dunes to the water's edge,
Reducing to sand the dry shells, and toe-
And fingernail parings of the sea.

License# PA179070

WATER DAMAGE?

24 HOURS
INTEGRA-CLEAN & DRY
1-877-DRY-U-NOW
EMERGENCY WATER & MOLD EXPERTS
7 DAYS

24 Hour Emergency Response
WE BILL YOUR INSURANCE DIRECT!

CERTIFIED MOLD REMEDIATION
BASEMENT & CRAWLSPACE WATERPROOFING & MOISTURE CONTROL

FAMILY OWNED AND OPERATED FULLY INSURED

www.integracleanpa.com integraclean@gmail.com

Call today for a **FREE** evaluation
1-877-DRY-U-NOW
(3 7 9 - 8 6 6 9)

BBB A+ rating

Happy New Year!

FROM

THE Lisa SANDERSON TEAM

KW POCONO
KELLERWILLIAMS.
REAL ESTATE

Call Direct: 570.730.8694

Office: 570.421.2890

Email: Lisa.Sanderson@KW.com

Jhantteil Lopez, Janet Sanderson, Lisa Sanderson, Ali Cabrera, Michael Klein



118 Brewster Way

We look forward to helping you achieve your real estate goals this year!

Michael's Kitchen

by Michael J. Tyrrell, Communications Committee Member

Here are some tried and true pastas we make all the time. The Seven P's Penne and the Mini Rigatoni "Al Modo Mio" are great dishes to serve guests as well as your family on a busy weeknight. All heat up in the microwave just fine for leftover lunches. There's nothing more comforting than a big bowl of pasta on a cold Pocono night. Healthiest and happiest of new year to all!

Seven P's Tuscan-Style Penne

(Penne with Creamy Pancetta Sauce) (serves 6)

This recipe was originally published on my friend Michele Scicolone's blog. The seven P's stand for the ingredients: penne, pancetta, porri (leeks), pomodori (tomatoes), peperoncino (hot pepper), panna (cream) and Parmigiano.

- 1 medium leek
- 2 tbsp olive oil
- 4 ounces pancetta, chopped
- ½ tsp dried red pepper flakes
- 2 cups drained canned Italian plum tomatoes, chopped
- ¼ tsp salt
- 1 pound penne pasta
- ½ cup heavy cream
- ½ cup freshly grated Parmesan cheese

1. Trim leek, cut in half lengthwise and rinse thoroughly under running water. Slice thinly.
2. In a large skillet, heat oil over medium heat; add leek, pancetta and red pepper flakes. Cook, stirring occasionally, 10 minutes or until leek is tender. Stir in tomatoes and salt. Simmer 10 minutes.
3. Cook pasta following package directions and drain, reserving ½ cup pasta water. Add cream to sauce and bring to a simmer. Add pasta to skillet and toss to coat with sauce. Add pasta water as needed to loosen sauce.
4. Toss with cheese and serve immediately.

Paccheri Carbonara

(serves 6)

- 4 egg yolks
- 2 whole eggs
- dash ground nutmeg
- dash cayenne pepper
- 1/8 tsp each salt and black pepper
- 2 tbsp olive oil
- 6 slices thick-cut bacon or 8 slices regular-cut bacon, cut into ½-inch strips
- 1 lb paccheri cooked following package directions (rigatoni, spaghetti or fettuccine also work well)
- ½ to 1 cup frozen peas, thawed
- 2 tbsp unsalted butter
- ½ cup grated Locatelli Romano cheese
- additional salt, pepper, cheese, olive oil to taste

Paccheri Carbonara cont.

1. In a small bowl, whisk together egg yolks, whole eggs, nutmeg, cayenne, salt and pepper. Set aside. Do this a little ahead of time so it's not cold.
2. Cook bacon strips in 2 tbsp of olive oil over medium heat. You want it somewhat crispy but not well done. Set aside and cool a little. If too hot it could scramble the eggs.
3. Cook pasta al dente; add peas last minute. Drain. Return pasta and peas to pot and stir in bacon and any drippings in skillet. Add butter in pieces and stir to melt. Stir in egg mixture and ¼ cup of cheese.
4. Spoon into large serving bowl and sprinkle with remaining ¼ cup cheese.
5. Add salt, pepper and a drizzle of olive oil to taste. Serve immediately.

Mini Rigatoni "Al Modo Mio"

(serves 6)

- ½ cup grated Locatelli Romano cheese
- ¼ cup grated Parmesan cheese
- ½ lb hot Italian sausage, casings removed and coarsely chopped
- 1 tbsp olive oil
- ½ cup brandy
- ½ cup dry white wine
- 2 cups heavy cream
- 1 lb mini rigatoni, cooked following package directions
- ¼ tsp salt
- ¼ tsp black pepper
- 2 tbsp chopped parsley

1. Combine the cheeses in a small bowl. Set aside.
2. Heat oil in large skillet over medium heat; add sausage and cook 3 minutes, stirring occasionally. Remove sausage to a plate. Discard fat from skillet.
3. Hold skillet away from heat and carefully add brandy and wine. If brandy flares up, wait for it to burn away. Reduce over high heat by half, scraping up any browned bits from bottom of pan. Add cream, 1/3 of the cheese mixture, salt and pepper. Cook, stirring occasionally until it thickens and coats the back of a spoon, about 5 minutes.
4. Add sausage back into skillet and stir in the cooked pasta. Stir to coat pasta with sauce and cook for 1 to 2 minutes until heated through. Off heat, stir in remaining cheese and parsley.
5. Season with additional salt and pepper to taste and serve immediately.

Percatelli with Brussels Sprouts and Chili Oil

(serves 4)

- ½ lb thick spaghetti (Bucatini works well)
- 3 tbsp unsalted butter
- 2 tbsp olive oil
- ½ lb Brussels Sprouts, trimmed and quartered
- 4 garlic cloves, finely chopped
- 2 tbsp finely chopped onion
- ½ tsp red pepper flakes
- ½ tsp salt
- 1 cup grated Parmesan cheese
- 2 tbsp lemon juice
- 2 tbsp finely chopped parsley
- Asian chili oil, to taste

1. Cook pasta following package directions; drain and reserve 1 cup of pasta water.
2. Meanwhile, melt the butter in a large skillet over medium-high heat. Add the oil and Brussels Sprouts; cook 5 minutes until tender, stirring occasionally. Add garlic, onion and red pepper flakes and cook 1 minute. Season with salt; stir in the reserved pasta water and bring to a simmer. Add pasta and toss to coat pasta with sauce.
3. Turn off heat. Add cheese, lemon juice and parsley. Toss to combine.
4. Serve immediately. Drizzle each portion with chili oil to taste.

Preferred Painting Co.

Full Service Professional Painter - Inside and Out

25 years experience

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

(570) 828-6686

"I put the needs of the customer first"



Presidents' Day

by Sandy Bonet, Contributor

What You Celebrate on Presidents' Day Depends on Where You Live and When You Lived There

I remember learning in school in Ohio that what we called "Washington-Lincoln Day" celebrated the birthdays of Presidents Washington and Lincoln who were both born in February. But in New York and New Jersey school kids celebrated only Washington's birthday since the holiday was named "Washington's Birthday."

Here in Pennsylvania, people celebrated "Presidents' Day" which, given the plural possessive, meant that they celebrated both Lincoln and Washington. I checked with a friend of mind from California. When she was in grade school, Lincoln's Birthday and Washington's Birthday were two separate holidays and they got two days off school in February.

Going back to the beginning

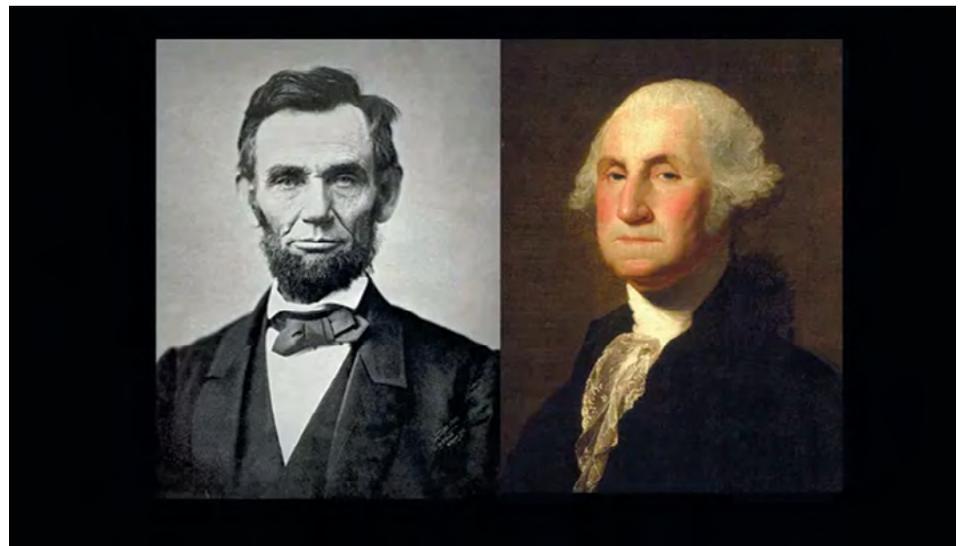
The federal holiday honoring Washington was originally implemented by an act of Congress in 1879. It was for government workers in Washington D.C. and was celebrated on February 22, his actual birthday. Six years later, it was expanded to include all federal offices and eventually to all U.S. workers.

Various states used various titles for the holiday and as explained above, they honored either both Presidents, or only Washington. And so, it became a crazy quilt of holidays and celebrations.

Then it got more confusing

In 1971, the federal holiday was shifted to the third Monday in February by the Uniform Monday Holiday Act. The legislation was based on a desire to create more three-day holidays for U.S. workers. The holiday was still called "Washington's Birthday" and most businesses generally closed on this day as did the schools, post office, banks, etc.

Over time, however, advertisers realized the value of holidays for increasing



sales. Once Washington's Birthday was moved to the third Monday, business began to stay open and conduct sales and promotions. Also, they started using the term Presidents' Day and showing images of both presidents in their marketing materials and commercials. Federal and state governments as well as elementary and secondary schools stayed closed, but universities and colleges varied depending on the school.

Today, the holiday has 15 different names throughout the various states. Depending on the specific state law the holiday may officially celebrate Washington alone, Washington and Lincoln or some other combination of U.S. Presidents such as Washington and Jefferson (Alabama), Washington and Daisy Bates Day (Arkansas), Washington Birthday/President's Day (Maine) and Presidents' Day (Pennsylvania.)

California uses the generic term "The Third Monday in February." Delaware does not observe the Washington's Birthday federal holiday.

Clearly, it remains a crazy quilt of a holiday.



CHURCH

456 Resica Falls Road
East Stroudsburg, PA 18302

570.762-2288

NewLifePoconos.org

"This is the place where God's Word changes lives"



Sunday

9:00 & 10:30 AM

(Nursery and Children's Ministry at 10:30 Service)



Bible Study

& Prayer Meeting

Wednesdays at 6:30 PM



New Life Kids

Wednesdays at 6:30 PM

(Preschool-5th Grade)



New Life Teens

Wednesdays at 6:30 PM

(6th Grade and up)



Watch our services on Facebook at New Life Marshalls Creek



WHAT WE'RE STREAMING

Guilty Pleasures or Hidden Treasures?

You Are What You Eat

(streaming on Netflix)

reviewed by Sharon Kennedy

You Are What You Eat is a four-episode, one season miniseries on Netflix. I usually review fiction shows, but this one was truly interesting, even if unsettling. I recently read a book about the impact of ultra-processed foods on all aspects of our health. That book was so impactful that I changed much of my diet and how I evaluated foods when shopping.

I thought this show would be along the same line. It was but it wasn't. It was in that it made me reconsider what I eat and the ethics and impact of food choices, regarding everything from our health, climate change, and cruelty to our mass-produced protein sources (i.e., meat).

Before I write about this show, I must disclose that there are many criticisms of the show. It is a docuseries that folks have characterized as biased and more propaganda than fact. There is some truth to that. The scenes of cows and pigs and chickens "raised" in an industrial way were more than upsetting. And there were aspects that emphasized positive results supporting a vegan diet while downplaying some of the other findings that suggested some benefits of an omnivore diet.

All that aside, there is a long history of research supporting the benefits of a more plant-based diet on improved health.

The show is based upon research from Stanford University. In that study, they followed identical twins over eight weeks, testing everything from the changes in visceral fat to cholesterol to gut microbiome to cognition. One of each twin set



followed a vegan diet. The other one of each twin set ate an omnivore diet that was still considered a healthy diet. All had an exercise program with a coach.

For four weeks, they ate food prepared for them. For four weeks, they chose their own food, but followed the guidelines of the diet assigned to them. The Stanford study followed 22 sets of twins. The show followed 4 sets of twins that were participants in the study.

I did not expect the study to find any differences, if only because 8 weeks is a ridiculously short period of time to measure health changes from a specified diet. The findings of the Stanford study of the 22 twin sets found greater weight loss, lower "bad" cholesterol, and more improvement in insulin in the vegan subjects than in the omnivore subjects.

Do I recommend watching this program? Yes, but with hesitation. I would not watch it with young children. I think the findings are fascinating. It is equally fascinating reading the various reviews. Be ready to look at your food differently.

Happy Valley and Sarah Lancashire

(Amazon Prime)

reviewed by Paul R. Quillin, Contributor

I'm in love, so when Michael Tyrrell asked me if I wanted to contribute a review for "What Are We Streaming?" in Harmony I said yes, I'll write about "Happy Valley." Am I in love with this show? Well, I am enjoying it having watched two of the three seasons that are currently available, but the love affair is with its star, Sarah Lancashire. Discovered her yet? I kinda hope you haven't so I can take the credit for pointing her out.

Sarah Lancashire is a late '80s drama school graduate who started on the British (Sarah's British, by the way) Stage. TV gigs came next and by 2000, she'd signed a two-year "Golden Handcuffs" contract with the ITV network, making her the UK's highest-paid television actress at that time.

My first exposure to her was in "Last Tango in Halifax" (2012) where she plays the level headed successful sister of Nicola Walker's character, a rather loose misfit. I next watched her take on "Julia" (Child), a multi-season TV series which is currently airing on TV.

At first, I thought why would she want to play such an easily imitated character? I'm guessing she took it on as a challenge, becoming Julia and not a campy imitation. For me, if I can see the "acting" that's NG. I find the epitome of the craft is when an actor actually turns into the character, and that's what Sarah does here as Julia Child.

So, already being a fan, when someone recommended "Happy Valley" and I saw that Sarah was in the cast I decided to give it a shot.

Just to set the scene, the location is Halifax, West Yorkshire where we find Catherine Cawood, who is a divorced police sergeant with two children. She is still trying to recover from the suicide of her daughter, which happened eight years ago. Catherine is raising her grandson, Ryan the result of a violent rape of her daughter by Tommy Lee Royce who is currently in prison for an unrelated crime.

Catherine holds him responsible for her daughter's suicide. So, when he is released from prison, we watch Catherine becoming consumed by the idea of confronting him - unaware that Tommy is involved in a criminal organization and about to commit another crime. Dark stuff indeed, and it gets much worse and even darker.

What makes it work for me is the on target acting, the stark but beautiful outdoor shots of the Yorkshire countryside and the tight script. Note: you have to pay attention to what's being spoken due to the rapid-fire dialogue and North England accents. Also, the script which I called "tight" doesn't contain any clues and hints about what's coming up, just and only just what you'd expect these conversations would contain.

As the series plays out, Catherine and the other officers have their hands full and along with fast paced action we have scenes of quiet, but intense conversation; most compelling are the ones between Catherine and sister Clare, a reformed druggie played by Siobhan Finneran, another favorite of mine. As I said, I haven't finished yet, I'm currently on the third series and if this is your kind of thing, I hope you will join me.

Enjoy!

Rinker Inc.
Generator | Ductless | Electrical

Stay Ahead of the Storms this year!

**Automatic Generator Systems
Ductless Heating & Cooling
Electrical Services**

570.698.9696
GoRinkerInc.com

*"Where comfort and peace of mind
are more affordable than you think."*

BE SMART

when it's time to shovel



-  Warm up your muscles for 10 minutes with light exercise.
-  Protect yourself by lifting a smaller amount on a smaller shovel
-  Take frequent breaks to minimize stress on your heart, and drink plenty of fluids.

EXERCISE

is a great way to beat the Winter Blues.



For your outdoor adventures, protect your extremities to prevent frostbite.

-  Wear a hat to retain up to 90% of your body heat.
-  Mittens are warmer than gloves.
-  Don't forget a scarf and water-resistant boots.

WEAR LAYERS

when you head outside

LAYERS HELP PROTECT YOUR BODY FROM CONDITIONS LIKE HYPOTHERMIA AND FROST BITE.

- Inner layers of wool, silk or polypropylene hold body heat.
- Top off your outfit with a tightly woven, wind-resistant jacket.
- Sweating increases heat loss, so remove extra layers when you're too warm.



Out&About

Things to Do and See in the Poconos

by Sharon Kennedy, Communications Committee

I hope that you had a lovely and loving holiday season. As I write this on January, I am stiff and sore from shoveling for hours! It is worth it, despite the effort. The clean, fresh snow creates such a beautiful winter scene right outside my door. I lived in California for a couple of decades and I missed the deep greens of summer, the colors of autumn and the crisp winter snows. We are lucky to live here.

Here are some of the local activities that you may enjoy. As usual, I take my information from the internet and, due to the lag between writing and publication, many events may not be advertised yet. You may want to check the websites for any changes and any costs and whether pre-registration is required. Of note, there are many snow and ski events throughout this winter (now that we have fresh powder). I do not include them because you will find much more informative details at the websites for each venue, as well as any current discounts.

When I attended the Friendsgiving event, a Penn Estates resident informed me of a local resource: The Older Adult Learning Center (TOALC). For \$45 a semester, an individual can attend any number of classes. Some classes run for several weeks (yoga, sour dough bread making, family genealogy, knitting, etc.) and some are a one-day event. The range of courses is amazing. You can get a list of courses online.

After all the holiday events, this is usually the time when there are fewer activities listed. Jim Thorpe seems to have something for every season. The annual Jim Thorpe Winterfest is scheduled from February 16th through February 18th. There will be ice carvings, entertainment, and (of course) the Lehigh Gorge Scenic Railway train rides.

Winterfest in Downtown Stroudsburg is on February 17th. If we get winter weather, the ice sculptures may last throughout the day.

Pocono Environmental Education Center hosts many events throughout the year, far too many to list here. For example, on February 24th from 9 to noon, they lead a frozen waterfall tour. The cost is \$10 and registration is required due to space limitations. Other examples of upcoming events include Wacky Science Adventures, Recycled Bee Houses Art Workshop, and Winter Survival among others.

Monroe County Conservation District also offers some programs through the year. On March 2nd and 9th, they host the Public Maple Sugaring Days. You can learn about the history of local maple sugaring, learn how to tap a maple tree, and eat pancakes with the maple syrup. Preregistration is required. Call 570-629-3061 for details, directions (GPS will not find them) and to register.

Country Junction seems to have events for each season. On March 23rd, 24th, and 30th, you can bring your young ones for breakfast with the Easter Bunny. Some activities may have a fee but the egg hunts are free. A more expensive option for Breakfast with the Easter Bunny is at Skytop Lodge.

Short term rentals seem to be everywhere these days. Camelback Lodge is hosting a conference on March 7th. There will be panel discussions, educational sessions, networking, etc. This is through a joint partnership of The Poconos Association of Vacation Rental Owners, the Pocono Mountains Visitors Bureau and the Pocono Mountain Associations of Realtors.

Whatever you do, enjoy the season and your loved ones.

3 Questions:

- Do you like to travel?
- Do you like to make money?
- Do you like to save money?

If you answered YES to ANY of these...

WE NEED TO TALK!
It's that simple.



Alexis 917-882-5282 alerei@msn.com



**24 Hour
Emergency
Service**

**Fully
Licensed
& Insured**

For all your **Plumbing and Electrical needs**

- **Well Pump Service**
- **Sewer/Grinder Pump Service**
- **Bathroom Remodeling**
- **Boiler/Heating Systems
Installed & Repaired (oil/gas)**
- **Water Conditioning**
- **Loader/Backhoe Service**
- **Air Conditioning/Heat Pump
Service & Installation**
- **Commercial/Residential
Electrical Service**

Se habla Español

**HELP
WANTED**

Plumbing, Electrical & HVAC Techs
\$\$ based on experience
E-mail: info@kmbplumbing.com
or call (570) 460-0111

570-460-0111

www.KMBplumbing.com

P.O. Box 664, Stroudsburg PA 18360