

Out About

Things to Do and See in the Poconos

by Sharon Kennedy, Communications Committee

We have had a lovely summer, in my opinion. And September has been even better, with warm days and cool nights. Hopefully, we will have a nice fall as well. There are a ton of upcoming events in our geographic area. (I am sure that it will be just as event-filled within our gates.) Most of the upcoming events are either about fall foliage or Halloween.

On October 24th, Lehighton will host their Annual Witches Midnight Market, with music and food trucks and 125 vendors. Also on 10/24, Milford will have their Halloween Pooch Parade, and Blue Mountain Resort in Palmerton will host their Paws and Prints from 10am to 4pm. They will have music and food and vendors with lots of pet themed items. On 10/9 and 10/10, Milford hosts their annual Black Bear Film Festival.

There are plenty of ways to enjoy fall foliage in this area. Check out the Pocono Foliage Express out of Honesdale, or the Autumn Leaf Excursions out of Jim Thorpe.

Downtown Stroudsburg is often the place for celebration. Spooky Stroudsburg will be downtown from 1-6 on 10/31. The Veteran's Day Parade will go from Stroudsburg to Dansbury Park in East Stroudsburg on 11/1.

On 10/23 and 10/24, the Quiet Valley Living Historical Farm will host their annual Spooky Days on the Farm. The hours are 6-8:30 on Friday and 5 to 8:30 on Saturday. They say that it isn't appropriate for children under age 7.

Walker's Tree Farm in Lehighton will host their Fall Festival and Car Show on 10/4. The Pocono Food Truck Festival will be at Shawnee on October 10 and 11. Blue Mountain Resort in Palmerton will have their Foliage Festival on Saturdays and Sundays from 11-4 through October 25th. The Great Pumpkin Festival will be at Country Junction in Lehighton from 10-6 through 10/25.

Mazezilla in Saylorsburg will be happening through November 8th. There will be pumpkin picking, hay forts, corn pits, mountain slides. Call 570-402-7378 for details.

Yenser's Tree Farm has a number of special nights. You can buy tickets online. If you adults get an evening for "date night," you might take your flashlights to do the corn maze on October 2nd and 16th. Families might enjoy the Kid's Glow Night on October 10th. Through October on Saturdays and Sundays, you can buy an activity ticket to include a bunch of stuff, like a corn maze, corn canon, fun zone, or hay ride.

Now, on to the spooky stuff. Jim Thorpe will present Ghosts and Graveyard Tours on Fridays and Saturdays through 11/7. It is advertised as a "75-minute spine chilling adventure" with stories about the folks in the graveyard, spooky mansions, and the old Jail museum.

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CARIBBEAN NIGHT

by Mildred Rivera, Board Member and Contributor

Caribbean Night was a truly fun and enjoyable evening. Our neighbors enjoyed delicious food - the kind only the Caribbean can offer. They danced until they were worn out to their favorite Caribbean tunes, not forgetting the reggae limbo, which gets everyone moving as they dance.

The décor was spectacular, thanks to our Recreation Committee, who always put so much effort into pleasing us.

If you missed out this time, don't let the next one pass you by. I can guarantee right now that you'll have a wonderful time.



More photos
on page 11...

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

Burgers with the Board

by Sharon Kennedy, Communications Committee

Our hard-working board members deserve our thanks for all the time, energy, and thought they contribute to this community. On top of all their other contributions, they participate in events to be available to community members.

One of those annual traditions is a cook out at the lake. Board members make themselves available to talk while they grill burgers and serve up sides. The Burgers with the Board event this year was on September 16th. The weather was absolutely perfect, the lake was lovely and the company was congenial.

If you haven't attended any events or board meetings, please do so. You might feel a bit out of place at first as a new attendee. But, introduce yourself. When others learn that you are new to socializing at Penn Estates events, you will soon be included and will feel the sense of community waiting for you.



Out&About

(continued from page 1)

The Hotel of Horrors at the Lake House Hotel in Saylorsburg offers a menu of scary experiences, such as live actors, cinematic sets, five floors of horrors. The Waldorf Estate of Fear in Lehighton will also have live actors on Friday and Saturday nights in the Haunting at the Waldorf Hotel or Terror in the Corn.

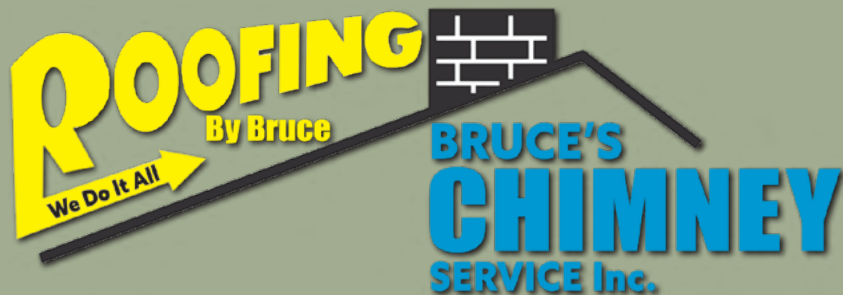
The Curse of Camelback Halloween has the theme of a chemical spill and emergency response gone wrong. That is on Thursdays and Sundays from 6-10 and Fridays and Saturdays from 6-12, through November 8th. Or you could do the Electrifying Jack-O-Lantern Walk through the West End Fairgrounds in Gilbert. Buy your tickets online before you go.

On to less horrifying events. The Pocono Mountain Race Festival will be on 10/10 at Promised Land State Park in Greentown. There are races for all levels and the marathon is a qualifier race for the Boston Marathon.

The Monroe County Historical Association will present a talk on the Historical Storms and the Role of Climate Change in Pennsylvania. That will be on 10/7 at 7 pm at the Stroud Mansion.

The Chateau Resort and Conference Center in Tannersville will present a book signing event with 35 authors, as well as a tricky tray and raffle to benefit Camp Papillon Animal Rescue. That is on 11/14 from noon to 4.

The Hughes Public Library often shows films for free. On 10/4, they will be showing Project Hail Mary at 2 pm.



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Did You Know?

by Phyllis Haase, Community Manager

Understanding Operating and Reserve Funds

As the Board and Finance Committee prepare the annual budget, members often ask about the difference between the Association's Operating Fund and Reserve Fund. Both are important components of Penn Estates' long-term financial planning.

Operating Fund - Pays the Association's regular, day-to-day expenses necessary to provide services and maintain the community. These expenses include employee wages, utilities, insurance, landscaping, snow removal, pool operations, Public Safety, administrative costs, and routine maintenance.

Reserve Fund - Used for major repairs, replacements, and capital improvements that occur over time. Examples include road paving projects, major building repairs, pool renovations, replacement of vehicles and equipment, and other significant infrastructure projects.

A simple way to think about the difference is:

Operating Funds maintain the community today.

Reserve Funds protect the community's future.

Reserve funds are not simply excess money left over at the end of the year. They are planned contributions that are set aside over time to prepare for future capital needs and help avoid having to take on significant debt or impose a large special assessment when major projects become necessary.

A good example is the 2026 Sport Complex renovations. Because of careful financial planning and responsible spending by the Board and Management, the Association was able to fund the renovations without having to obtain a loan. Maintaining adequate reserves allowed Penn Estates to make this significant investment in the community while avoiding additional debt.

Penn Estates is responsible for maintaining significant infrastructure and amenities, including private roads, recreational facilities, pools, lakes, buildings, equipment, and other common assets. Proper funding of both the Operating Fund and Reserve Fund helps ensure that the Association can continue providing services today while preserving these community assets for the future.

Responsible financial planning means balancing current operating needs with long-term capital obligations and making thoughtful decisions today to protect Penn Estates for tomorrow.

Winter Road Plowing: What You Should Know

Winter weather brings unique challenges to maintaining Penn Estates' private roads. Our Maintenance and Public Safety teams work to keep roads as safe and passable as possible during snow and ice events, but weather conditions can affect how quickly roads can be cleared.

One common misconception is that road salt will melt snow and ice regardless of the temperature. In reality, traditional rock salt becomes much less effective as temperatures drop. Its effectiveness decreases significantly below approximately 15°F, and at very low temperatures, it may provide little to no melting action.

When temperatures are extremely low, plowing becomes the primary method of snow removal. However, plowing does not necessarily mean that pavement will be completely bare.

Cold temperatures can cause snow and moisture to bond tightly to the pavement, creating a packed or icy surface that is difficult to remove completely.

During severe winter storms, residents are encouraged to allow the snow-removal crews adequate time to complete their routes. Penn Estates has a large network of private roads, and crews must make multiple passes as snowfall continues. Roads may be plowed several times during a storm before the event is over.

Residents can also help by keeping vehicles, trash cans, and other objects off the roadway whenever possible during a snow event. This allows plow operators to work safely and efficiently. Vehicles parked on the road or within the easement will be towed.

Most importantly, please adjust your driving to the conditions. Even when roads have been plowed and treated, snow and ice can remain, particularly on hills, curves, shaded areas, and secondary roads.

Our goal is to provide safe and effective snow removal throughout Penn Estates while recognizing that Mother Nature sometimes presents conditions that even the best equipment and materials cannot completely overcome.

Thank you for your patience and cooperation during winter weather events.



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Volunteers: An Important Part of Penn Estates

by PEPOA Board of Directors

Penn Estates would not be the community it is today without the many residents who volunteer their time, knowledge, and experience. Volunteers are an important part of our community and play a valuable role in helping the Association provide programs, activities, and services to our members.

Our committees depend on residents who are willing to attend meetings, review information, provide recommendations, and share their expertise. Whether serving on a committee, helping with a community event, or assisting with a special project, every volunteer contribution makes a difference.

Volunteers give their time because they care about Penn Estates and want to see the community succeed. Their work is especially valuable because they serve without compensation. Volunteers and committees work within the authority established by the Board and provide valuable information, ideas, and recommendations to assist the Board in making informed decisions.

It is important to remember that the appointment and dismissal of volunteers and committee members are at the sole discretion of the Board of Directors. Volunteers serve at the pleasure of the Board. This allows the Board to ensure that committees remain effective and that members serving in these positions are able to work cooperatively toward the best interests of the Association and its membership.

Volunteering is also a great way to become more involved in the community, meet your neighbors, and better understand how Penn Estates operates.

If you have an interest, skill, or simply a desire to give back to your community, we encourage you to consider volunteering. Your time may seem small, but collectively, the contributions of our volunteers have a significant impact on Penn Estates.

We thank all of our current volunteers for their continued dedication and encourage more members to become involved. A strong community depends on the people who are willing to give their time to make it better.

REMINDER: The speed limit on ALL Penn Estates roads is 25 MPH, except where otherwise posted. Thank you!



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From Phyllis's Desk

by Phyllis Haase, Community Manager

Investing in Our Common Grounds: Protecting Property Values

When we think about what makes a home valuable, we often think about the house itself—its size, condition, location, and improvements. But there is another important factor that can influence how desirable a community is: the condition and quality of its common grounds.

In Penn Estates, our common grounds are shared by all members and include our roads, lakes, beaches, parks, pools, Sports Complex, recreational areas, landscaping, and other community facilities. Maintaining and improving these areas is an important part of protecting the overall appeal of our community.

Well-maintained common areas create a positive first impression for residents, prospective buyers, and visitors. Clean and attractive recreational facilities, properly maintained roads, landscaped areas, and improvements to amenities demonstrate that the community is cared for and that its infrastructure is being responsibly maintained.

These improvements can also make Penn Estates a more desirable place to live. When homeowners are considering purchasing a property, they are not only looking at the house—they are also looking at what the community has to offer. Access to recreational facilities, lakes, pools, parks, beaches, and other amenities can be an important part of a buyer's decision.

Investing in common grounds is also about looking toward the future. Regular maintenance and timely improvements can help prevent facilities and infrastructure from deteriorating to the point where major repairs become necessary. Responsible planning and the use of reserve funds allow the Association to make significant improvements while managing costs and protecting the financial health of the community.

A well-maintained community benefits everyone. Even if a homeowner is not using a particular pool, park, lake, or recreational facility, those amenities contribute to the overall desirability and reputation of Penn Estates.

It is important to remember that the value of a property is influenced by more than the four walls of a home. The neighborhood and community surrounding that home matter, too.

Every time Penn Estates invests in improving and maintaining our common grounds, we are investing not only in today's quality of life, but also in the future of our community. These efforts help preserve the character of Penn Estates, enhance the experience of living here, and contribute to making our community a place where people want to live.

Maintaining our community is more than keeping things looking good—it is an investment in Penn Estates and in the value of the homes within it.

The Dog Park: Where the Dogs Make the Friends

If you have ever wondered where some of the most important social networking in Penn Estates takes place, look no further than our dog parks!

For our four-legged residents, a trip to the dog park is serious business. There are squirrels to investigate, smells to analyze, balls to chase, and—most importantly—other dogs to meet. Within minutes, dogs that have never met before are running, playing, and acting as though they have been best friends forever.

Meanwhile, their owners are standing around saying, “What’s your dog’s name?”—and before they know it, they have made a new friend, too!

The dog parks provide a wonderful opportunity for residents to get outside, meet their neighbors, and enjoy some time with their pets. It is not unusual for a quick trip to the dog park to turn into a much longer visit because the humans have become just as interested in socializing as the dogs.

Of course, the dogs seem to have their own rules of friendship. Size, age, breed, and personality don’t seem to matter much. A little sniffing, a quick game of chase, and suddenly they are ready to play.

For residents with dogs, the dog park is more than just a place to exercise—it is a place to meet your neighbors, make new friends, and let your dog have a great time doing what dogs do best: play!

So, the next time your dog brings you the leash, remember that you may not just be taking your dog for a walk. You may be heading to your next neighborhood social event!

Understanding the Path of a Social Security Disability Case Without an Attorney

Part 2 of 3

DDS development, claimant forms, medical records, and reconsideration

by Stephanie Joy, Contributor

Note: This article is for general information only and is not legal or tax advice to any reader or individual. For legal or tax advice, you must specifically retain a lawyer or tax professional who evaluates your specific situation. For Free Social Security Disability, Retirement and SSI Daily Tips and News, visit the YouTube Channel, "All Things Social Security" at <https://www.youtube.com/@AllThingsSocialSecurity>.



Part 1 covered filing, gathering records, saving proof, and the local field office's intake role. This second installment follows the claim into DDS, where the medical evidence is developed and the claimant's forms can help or hurt the case. For full original video version: <https://youtu.be/YIQ-gMX-Spqw?si=W1IRkRCtVaMPVIlf>

Forms required: DDS will usually send forms. The most important are commonly the Adult Function Report (SSA-3373), Work History Report (SSA-3369), and Third-Party Function Report (SSA-3380). These forms matter greatly. Many people unintentionally hurt their cases by rushing, giving vague answers, exaggerating, minimizing, or failing to explain how symptoms actually affect daily activities.

For video explanations on important questions and how to provide responsive, accurate and claim-helpful responses, see the Function Report Qs playlist at https://www.youtube.com/playlist?list=PL11Mj0cEjrWo4JF8Q1q6w8uI_TaB-K7iQi and the Work History Report Qs playlist at <https://www.youtube.com/playlist?list=PL11Mj0cEjrWrgCRZMerl3rXKMLHimjih1>.

- **The Function Report:** This form asks about daily life: cooking, cleaning, shopping, driving, hobbies, personal care, social activity, concentration, pain, fatigue, and other limits. A person may not win a disability case on the Function Report alone, but a careless Function Report can damage the case. Be accurate, specific, and consistent. Explain what you do, how often you do it, how long it takes, whether you need help, whether you need breaks, and what happens afterward.
- **The Work History Report:** This form is also important, especially for claimants over age 50. Social Security evaluates past relevant work and whether a person can return to it. Job titles do not always tell the full story. The form should describe what the person actually did: lifting, standing, walking, sitting, supervising, writing, using tools, carrying materials, interacting with the public, and other real duties. A vague or inaccurate description may create problems later.
- **Other forms:** Other forms for certain claimants who worked, part time, or not, after their alleged onset date of disability, will likely be asked for. These include SSA-820 for self-employed or "gigger" workers, available at <https://www.ssa.gov/forms/ssa-820.pdf>, and SSA-821 for W2 employees, available at <https://www.ssa.gov/forms/ssa-821.pdf>.
- **Medical Records Ordering:** DDS will request medical records from the providers listed. If you later remember another provider, have a new appointment, receive a new diagnosis, go to the hospital, start therapy, or have new testing, tell DDS in writing. If the examiner provides a barcode or fax cover sheet, use it. Written notice creates a record that the information was provided.
- **Claimant's Responsibility:** As a pro se, you are responsible for reaching out to your DDS adjudicator when one is assigned. You will generally know one is assigned because you received an introductory letter or a request for Function Report or Work History Report. Be diligent!

- **Partial Records:** Be careful about sending partial medical records. A few pages from a doctor may make it look as though the full record was submitted when it was not. This is particularly so if an adjudicator is on the less diligent side. If submitting records yourself, try to make sure they are complete and clearly identified. Otherwise, make sure DDS has the provider's full information so records can be requested directly. Make it clear there are more and you are not sending the whole set, current to today.
- **SSA Consultative Examinations:** DDS may schedule a consultative examination with a doctor or psychologist chosen by Social Security. This often happens when DDS believes more information is needed. The exam may be physical, psychological, or focused on a specific issue such as hearing, vision, or musculoskeletal problems. Attend the exam. Be honest. Do not overstate or understate symptoms. The doctor is not your treating doctor, but the report may become part of the evidence.
- **SSA Medical Expert:** After DDS reviews the medical records, forms, and any consultative exam, the data may go to an internal SSA Medical Expert to determine what your Residual Functional Capacity (RFC) is. A video playlist on RFCs is available at https://www.youtube.com/playlist?list=PL11Mj0cEjrWqaxnKaV1PDU3_5_e52QSo0. Once that assessment is made and sent to the DDS Adjudicator, a decision by that Adjudicator is issued. If approved, the case moves toward payment processing. If denied, the claimant generally has 60 days to appeal. Read the denial notice carefully. You will likely choose to appeal. The next step as of 2026 is Reconsideration. So, you appeal for reconsideration of the initial denial.
- **Reconsideration:** At reconsideration, the claimant must update Social Security about changes. This is most easily done online at <https://www.ssa.gov/apply/appeal-decision-we-made/request-reconsideration>. The paper form is at <https://www.ssa.gov/forms/ssa-561-u2.pdf>. Do only one, not both.
The needed information includes worsened conditions, new diagnoses, new body parts or symptoms, new treatment, new hospitals, new specialists, new tests, and new medications. Report all providers seen since the application or since the last official update to the SSA. If you are not sure of exact dates, give a reasonable estimate and say it is approximate. When estimating treatment dates, it is usually better to give a broad but truthful date range so important records are not excluded. It is often best to err on the side of caution: go wider in time frame versus narrower when unsure.
- **Continue treating:** This is the single best thing you can do to strengthen your case you were already denied on, to change the result on reconsideration. Treat while the case is pending. Social Security disability cases are evidence cases. Your statements matter, but medical records are essential. Your case cannot be won without them. Follow up with doctors, specialists, therapists, and mental health providers when appropriate. Tell providers what symptoms you are having and how those symptoms limit functioning. If your records do not document the problem, Social Security may not fully understand it. Use of your medical provider portal messaging system can be helpful to ensure your complaints are documented regularly.

Next installment: Part 3 continues from reconsideration to the hearing level, including how to review the hearing file, prepare for ALJ testimony, understand the vocational expert's role, and evaluate what to do after an award or denial.

Stephanie O. Joy is a Social Security Disability Lawyer and founder of Monroe County based SSD Practice, Joy Disability Law, 2005-2025. 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

Eats Around Town

Triplets Diner

by Sharon Kennedy, Communications Committee

Prices are way up, whether buying ingredients to cook at home or to buy a burger at a local chain. There are a few gems in this area for a good meal at a reasonable price. I wrote before about the lunch specials at Longhorn Steakhouse and the Senior Lunch Program at St. Lukes Hospital. The food is good but the selections for the best prices are limited and the available times are limited as well.

There is another option. The Poconos seems to be the home of the diner. There is Arlington Diner, Besecker's Diner, Billy's Pocono Diner, Chestnut Hill Diner and Mt Bethel Diner, just to name a few. There is one diner that all the locals I have met go to: Triplets Diner (or Triplets Family Restaurant) on West Main Street in Stroudsburg.

Triplets is a retro type of diner with booths and counter seating as well as tables. The décor is "retro" as well. The menu is amazingly long. Do you want a full breakfast at 5am or 9pm? Triplets is there for you. Do you want eggs or waffles or pancakes or just a great cup of coffee? Triplets is there for you. Do you want to have a full stomach for \$10 to \$20 dollars? Triplets is there for you. Do you want a pastrami sandwich or a full course meal? They have you. Do you want to be served promptly? For sure. Do you want a full course senior meal at an amazing price? You got it.

Triplets was established in 2006, replacing what had been the Key City Diner. According to an old newspaper article, Triplets was named after the triplets (then 10 years old) of the owner. I am sure that there are plenty more stories that have taken place over the past 20 years. Go try it out!

Citera Meat Market

by Paul Quillin, Contributor

Have you shopped at Citera yet? It's on Chipperfield, not far from the Penn Estates back gate. We had gone to that location many times when it was Gary's Meat Market. We liked Gary's and were sorry to see it change hands. Well, we think the Citera Meat Market is actually better. When it was Gary's, their hours were somewhat spotty; but now that it's Citera's they are open 7 days a week: Monday through Wednesday 9 to 5, Thursday through Saturday 9 to 6 and Sunday 9 to 3.



They've somehow enlarged the sales space and have expanded the range of products available. The associates, which include the owner-family are very friendly and helpful. I asked one of them how they pronounce their name. Yes, I'm that nerdy. They pronounce say See-terra, not Chee.

Now back to the important stuff. They have a full deli counter so we tried both their macaroni and potato salads, both made in-house. Delicious! The mac-salad was great! Now to be honest I'm not much of a fan of potato salad, but theirs is delicious and reminds me of my grandmother's. By the way, they use red potatoes.

As to the meat, the selection is phenomenal. We bought a couple of New York strip steaks. They were so large that one is enough for two servings. We prefer to do this cut in an air fryer and serve it sliced. We also tried their bone-in, large (Fred Flintstone sized) pork chops. These we roast for a really great caramelization. They also sell their own store-made bratwurst, one of my faves. With their extended space they now offer fresh produce, grocery items and dairy.

If you give Citera's a try you will be supporting one of our local privately owned vendors, a worthy move. Yes, I'm giving them really high marks and hope you love them too.



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Great Movies to Watch on Halloween Night

by Sandy Black, Contributor

Here we are again – Halloween. Asked to write an article and just sat in front of the computer thinking, “What can I write about celebrating Halloween that I have not thought of before?” Well, here it is.

Set up first the mood for the suggestions indicated below... mood lighting, spooky sounds and of course that great bucket of popcorn.

For a perfect Halloween night, how about the classic “Hocus Pocus.” It is a family-oriented fun movie. So how about joining the “Sanderson Sisters in Salem” for a mixture of comedy, magic and nostalgia. This movie is for one and all.



Then there’s “The Nightmare Before Christmas” by Tim Burton. This movie combines both the theme of Halloween and Christmas with such whimsical visuals and the most memorable songs. It is a perfect movie that has a lighter and festive mood to it.

Of course, there are the classic horror movies such as “Halloween” featuring Michael Myers as the main character. This movie is the iconic slasher movie. It follows Myers as he terrorizes a suburban town on Halloween. The movie is very suspenseful and it most definitely is a must watch for the horror enthusiast.

How about “The Exorcist.” This film is a supernatural horror masterpiece which most definitely delivers intense scares and chilling atmosphere and is ideal for a late-night fright.

“Carrie” is about a very shy high school young lady that is tormented by her peers and worst yet, is controlled by her frantically religious mother. What’s special about Carrie - she has telekinetic power.

“Poltergeist” is a film about a suburban family whose home becomes a place of supernatural disturbances. The disturbances escalate when the youngest daughter mysteriously is taken by mysterious forces. The family then hires expert help to confront the malevolent presence.

“The Sixth Sense” is another great scary movie. This film is about a Philadelphia child psychologist who attempts to help a troubled young man who claims to be able to not only see but also communicate with the dead.

Just a few suggestions for a great Halloween night.



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Community Day

by Lenny Chamorro, Contributor

Greetings neighbors.

As summer is coming to an end, we would like to thank all the Penn Estates staff and volunteers and Phyllis Haase for all their help and contribution for making our community day an absolute SUCCESS. We had sunshine (for a little while), kids laughing and playing games along with parents/adults on the many colorful bouncies, face painting, "tractor train" ride and dancing.

Tents with plenty of tables and chairs made the rain less of a problem. The smell of barbeque was in the air and along with the sound of live music by our special DJ Dennis who never fails to entertain us and keep the party hopping.

Everyone had a fantastic time! Not even heavy rain at times throughout the event could stop us from enjoying the day playing, dancing and celebrating our wonderful community. God bless our beautiful neighbors and staff.

P.S. Thank you to Michael Tyrrel for your special and informative contribution.



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Taking a Cruise

by **Sandy Black, Contributor**

For those who know me personally, I love traveling. I have been blessed to not only travel the good ole USA using my "Minnie Winnie Winnebago RV" but by also taking several cruises with my husband, John Black and family members.

So, why a cruise?

Cruising provides you with - first and foremost - the advantage of 24-hours of food! And you don't have to get in the kitchen to cook it. Then there is the fact that your stateroom, with either a balcony or a porthole or an interior stateroom, you do not have to "clean-up" every day because you have a "room steward" who takes care of it for you.

Constant on-board activities, including a multitude of different themed bars such as a Jazz Bar, a Salsa Bar and others. If you want to just spend the day by the pool, there is constant entertainment by the pools among all the different contests that the staff provide. There is a casino; and for those who love bingo, yes, there is bingo. You can take a tour of the inner workings of the cruise ship such as the kitchen. There are "how-to" classes such as making towel animals.

Also, the shows featured on the cruise ships are outstanding. We got to see Saturday Night Fever on "Liberty of the Seas" and it was just as good as seeing a Broadway play. Yes, always make it a point of seeing all of the shows which are featured on cruise ships, they are outstanding.



Best of all, for those not traveling with children, and who want to enjoy the pool, there is the solarium - no children allowed. If you are traveling with children, on board there is a day club for the children to spend their day at while you rest and it features a lot of activities for them. There is also the arcade for them.

The different ports which the cruise ship docks at have different excursions for your entertainment, such as a day at the beach, snorkeling, visiting historic areas of that particular island and of course, most of all - SHOPPING.

Cruising is a "all-in-one" vacation. You have your entertainment, your food and most of all, all the comforts from home and you don't have to dust, cook or clean for whatever number of days you decide to purchase.

If you frighten because of the fact that you are traveling on a huge ocean, don't be. Why? Because you are having so much fun that you forget all about all that water that the cruise ship is riding on. But, always travel with seasick pills just in case. Rarely the weather decides to "act up" and rock the ship a little bit and you will have need of those pills.

Cruising is such a great vacation both with family and just as a couple. You will

never get bored because you make it a point of when you receive your "Event Schedule" to take advantage of everything provided for your entertainment.

There are quite a few different cruising companies out there. Royal Caribbean is one of the "top of the line" cruise companies but I have also traveled on Carnival and Norwegian and I have totally enjoyed my trips on those cruise lines too.

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A Thank You to our Lifeguards

by Phyllis Haase, Community Manager

As another pool season comes to an end, Penn Estates would like to take a moment to recognize and thank our lifeguards for the important work they do throughout the summer.

Our lifeguards have a responsibility that goes far beyond watching the pool. They are there to protect our members, respond when assistance is needed, enforce pool safety rules, and help ensure that everyone can enjoy our pools in a safe environment.

Being a lifeguard requires focus, responsibility, training, and dedication. For hours at a time, our lifeguards remain attentive to the water and the people around them. They must be prepared to react quickly in an emergency, while also helping prevent accidents before they happen.

We appreciate the professionalism and commitment our lifeguards demonstrate each day. Whether they are reminding a child of the pool rules, assisting a member, or simply keeping a watchful eye on the water, their presence provides an important layer of safety for our community.

Most importantly, we thank them for dedicating their summer to serving Penn Estates. Their work allows our members and their families to enjoy our pools with greater confidence and peace of mind.

The 2026 pool season has officially come to an end, and we want to extend our sincere appreciation to every one of our lifeguards for helping make it a safe and enjoyable summer. Your hard work, dedication, and commitment to protecting our members are truly appreciated.

Thank you for a great season, and we look forward to welcoming our lifeguards back for another successful pool season in 2027!

To all of our Penn Estates lifeguards: Thank you for your hard work, your dedication, and for helping protect our members. We really appreciate everything you do!

HEALTH & FITNESS

by Yolanda Sarrabo, CPT, BCS NASM, Contributor

Steps in Exercising for Mental Health

The idea of trying to mellow out can become a trial when there's life components that stay busy; whether it's your job, school, family, friends, bills or health. They can begin to present itself as a lot of noise, and too much noise can burn anyone out after some time.

When necessary, it's okay to choose tools that help improve your confidence, mood, and resiliency that is missing, or necessary in that moment. When we speak of fitness or wellness, it encompasses a variety of possibilities, as not everyone is geared to just one thing when trying to regroup.

Group/Team Sports - Sometimes the idea of being around people who share the idea of throwing a ball or running, is enough to form social bonding, that is needed in that moment. Exercises: Tennis, Basketball, or even Zumba provides a place of community motivation. Group/Team Sports can help with structure, when trying to reduce isolation.

Cardio - The drive to stay active and boosting heart rate by releasing endorphins which help with depression and anxiety. Cardio related exercises can help ease anxiety regulating the mood: Brisk walking and cycling. What better way than to easily move joints while calming the mood, while spiking the heart rate.

Yoga - The combination of breath, movement, and mindfulness is enough for some to calm down the nervous system that may be spiked for whatever the reason. Yoga related exercises can help calm the mind while lowering stress. Exercises: Yin Yoga and Sun Salutations combine deep stretches while loosening up the body with breath and engagement.

Strength - Many people consider the benefits of physical body confidence as well as building mental resiliency. Exercises: Push-ups, resistance training, and dumb bells help with gaining confidence as well as strength gains.

Cheers!

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



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Michael's Kitchen

by Michael J. Tyrrell, Communications Committee Member

Eat Your Veggies! Not because your mom said so - but because they're hearty and satisfying. Here are four fresh suppers that are naturally nutritious and everyone will love. All under 500 calories per serving!

Grilled Pork Medallions with Roasted Cabbage Slaw

(makes 4 servings)

1 small head green cabbage (about 2 pounds), core removed, cut into 8 wedges
1 large red onion, peeled and cut into 8 wedges
1 bag (1 pound) baby carrots
3 tablespoons olive oil
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper
2 tablespoons apple cider vinegar
 $1\frac{1}{4}$ pounds thin-sliced boneless pork chops
Juice of 1 lemon

1. Heat oven to 450°. Coat two baking sheets with nonstick cooking spray.
2. Place cabbage on one prepared baking sheet and onions and carrots on the second baking sheet. Brush with olive oil and season with $\frac{1}{2}$ teaspoon of the salt and $\frac{1}{8}$ teaspoon of the pepper. Roast vegetables at 450° for 20 minutes; rotate pans and roast for an additional 15 minutes. Drizzle with vinegar during last minute of cooking.
3. Meanwhile, heat a grill pan over medium-high heat. Season the pork with the remaining $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper. Grill for a minute per side or until cooked through.
4. To serve, place pork on individual plates and arrange vegetables over the top. Squeeze lemon over the top.

Indian-Spiced Cauliflower, Potato and Chickpeas

(makes 6 servings)

2 tablespoons vegetable oil
2 large onions, peeled and thinly sliced
4 teaspoons garam masala
2 cans (14 $\frac{1}{2}$ ounces each) diced tomatoes
 $\frac{3}{4}$ pounds small red-skinned potatoes, cut into 1-inch pieces
1 medium cauliflower, about 2 pounds, core removed, cut into florets
 $\frac{1}{2}$ cup golden raisins
 $\frac{3}{4}$ teaspoon salt
2 cans (15 $\frac{1}{2}$ ounces each) chickpeas, drained and rinsed
1 bag (6 ounces) baby spinach
 $\frac{2}{3}$ cups brown basmati rice, cooked following package directions
 $\frac{1}{3}$ cup unsalted cashews, chopped
1 lemon, cut into wedges

1. Heat oil in a large, lidded nonstick 8-quart pot over medium-high heat. Add onions and cook, stirring occasionally, for 6 minutes, until nicely browned.
2. Stir in garam masala and cook for 30 seconds. Add tomatoes with their juice, and potatoes; simmer, covered, 7 minutes. Stir in cauliflower, raisins, salt and chick peas; simmer, covered, 12 to 15 minutes, stirring occasionally, or until potatoes and cauliflower are tender.
3. Gradually stir in spinach until wilted. Serve over rice and top with nuts. Squeeze lemon over each serving.

Grilled Scallops & Green Veggies

(makes 4 servings)

1 can (14 $\frac{1}{2}$ ounces) chicken broth
6 cloves garlic, coarsely chopped
1 pound sugar snap peas, strings removed
2 pounds asparagus, cut into 2-inch pieces, woody ends removed
1 large leek, rinsed and sliced
2 red sweet peppers, diced
1 teaspoon fresh thyme
2 teaspoons garlic-pepper seasoning, plus more for serving
 $\frac{1}{2}$ teaspoon salt
1 pound sea scallops
2 tablespoons olive oil
 $\frac{3}{4}$ cup orzo, cooked

1. In a large 8-quart pot, bring broth to a simmer; add garlic and simmer 1 minute. Add snap peas, asparagus and leek. Cook on medium-high heat for 5 minutes, covered, stirring occasionally. Stir in red pepper, thyme, 1 teaspoon of the Garlic-pepper seasoning and $\frac{1}{4}$ teaspoon of the salt. Cook, covered, 1 minute. Remove from heat.
2. Heat a large non-stick grill pan over medium-high heat. Brush both sides of the scallops with olive oil and season with 1 teaspoon of garlic-pepper and $\frac{1}{4}$ teaspoon salt. Grill 2 minutes per side or until cooked through. Remove from heat.
3. Serve scallops with orzo and vegetables. Spoon some of the cooking liquid over the orzo. Sprinkle each serving with additional; garlic-pepper if desired.

Chicken Veggie Noodle Bowl

(makes 4 servings)

1 cup chicken broth
2 tablespoons soy sauce
2 tablespoons cornstarch
1 tablespoon hoisin sauce
1 tablespoon rice vinegar
1 teaspoon sriracha (chili-garlic sauce)
2 tablespoons vegetable oil
 $\frac{3}{4}$ pound chicken tenders
 $1\frac{1}{4}$ pounds bok choy, trimmed and rinsed, cut into 1-inch pieces
1 large onion, peeled and sliced
3 cloves garlic, peeled and sliced
1 pound snow peas, strings removed
3 sweet peppers, cored, seeds removed and cut into $\frac{1}{2}$ -inch strips
6 ounces soba noodles, cooked following package directions
2 teaspoons sesame oil
 $\frac{1}{4}$ cup sliced scallions

1. In a medium bowl, whisk together broth, soy sauce, cornstarch, hoisin, vinegar and sriracha sauce. Set aside.
2. Heat a large nonstick skillet or wok over medium-high heat. Add 1 tablespoon oil and stir-fry chicken for 3 minutes or until no longer pink inside. Remove to a plate and reserve.
3. Add remaining 1 tablespoon oil to skillet along with bok choy, onion and garlic; stir fry for 3 minutes. Add snow peas and peppers and stir-fry 4 minutes or until vegetables are crisp-tender.
4. Stir in reserved sauce and chicken. Bring to a simmer and cook until sauce starts to thicken, about 2 minutes. Turn off heat.
5. Transfer to a large serving bowl and stir in the cooked noodles and sesame oil. To serve, spoon into individual bowls and garnish with scallions.

WHAT WE'RE STREAMING

Guilty Pleasures or Hidden Treasures?

The Librarians (PBS)

by Sharon Kennedy, Communications Committee

It took me quite a while to decide on which series or movie to include in this issue. So many of my favorite shows have recently released new seasons, such as Ted Lasso, Slow Horses, and The Marlow Murder Club, among others. Then the Emmys were announced.

Ooooo, I could write about The Pitt (which I enjoyed) winner of the Outstanding Drama Series. Or I could try to write about the “horror comedy” series Widow’s Bay which won Outstanding Comedy series. (I am still not sure if I would recommend it. My opinion changed repeatedly over the episodes.) Or I could attempt to present something not too political about the Outstanding Variety Series: The Late Night Show with Stephen Colbert. I settled on The Librarians.

I was confused about Kim Snyder, director/producer for The Librarians, winning an Emmy for Exceptional Merit. The only “The Librarians” series that I knew of was one about librarians who travel through time protecting the world from powerful and magical artifacts, supernatural threats, and solving mysteries. Ah, but, this film is not that. The Librarians is a documentary about librarians and their fight to protect the First Amendment in this age of banned books.

This documentary featured unlikely heroes who tried to protect the freedom to read. Much of the film focused on Texas, and secondarily on Florida, but covered other states as well. Examples of frequently banned books (deemed pornographic and inappropriate for school libraries) include ones about history (such as “Night” and “The Diary of Anne Frank”) or about race (“Stamped” or “The Bluest Eye”), or sexual orientation (a book about two male Penguins who took care of an orphan baby penguin).

The Librarians followed individuals who tried to work with the system but questioned why those particular books were banned and then were fired. They filmed public meetings where Moms for Liberty testified for banning books. They filmed librarians standing up for the First Amendment. Some of those started the FReadom Fighters. They filmed the controversy, the various opinions, the threats to the librarians and their families, and the courage.

When Kim Snyder went on stage to accept the awards, she asked for the librarians to join her. They did. Each held up a favorite book that had been banned.

Nine to Five

submitted by Paul Quillin

We recently lost another great performer with the passing of Dolly Parton who I have since learned was so much more than her “image” portrayed. Most people, myself included, thought of her as a talented country singer with a traffic stopping appearance, albeit on the trashy side.

Turns out she was well aware of her “look.” She once even said: “It costs a lot of money to look this cheap.” Dolly understood the difference between image and substance better than almost anyone. She could make herself the joke while quietly being the smartest person in the room.

So, my first pick for one of her movies to review was “9 to 5.” She starred in this along with Jane Fonda, Lily Tomlin and Dabney Coleman. Dolly Parton actually wrote the title song, which became a massive chart-topping hit and



earned an Academy Award nomination.

Jane Fonda plays Judy Bernly, a newly hired secretary adjusting to corporate life after her husband leaves her. Lily Tomlin shines as Violet Newstead, a seasoned senior office manager repeatedly passed over for promotion. I love how Lily can say so much without speaking a word.

Dolly Parton stars as Doralee Rhodes, the boss’s personal secretary who faces constant sexual harassment and rumors. Dabney Coleman plays Franklin M. Hart Jr, their autocratic, sexist boss.

Once the stage has been set, this movie pushes down the pedal and we are off on a hilarious ride when these three female secretaries decide to get revenge on their tyrannical, sexist boss by abducting him and running the business themselves. One of my favorite scenes is when the trio spend a night together having drug-induced fantasies of killing the slave-driving chauvinist. Panic sets in the following day when one of our girls suspects she really has poisoned the tyrant.

Not to give away too much, I’ll refrain from saying what actually happens, but things work out hilariously well. This feel-good flick is terrific. Enjoy!



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| • Newspaper, magazines, catalogs, and office paper | • Detergent bottles |
| • All paper – unless contaminated with food, grease, etc. | • Corrugated cardboard |
| • Books – hard & soft cover | • Juice cartons |
| • Cereal boxes | • Glass – all colors |
| • Junk mail | • Plastic bottles, containers, milk jugs, and juice jugs |
| • Plastics – all numbers | • Aerosol cans, bi-metal cans, tin cans, and aluminum cans |

Not Accepted Items

- | | |
|---|------------------|
| • Trash of any kind | • Tires |
| • Electronics | • Furniture |
| • Waste oil | • Styrofoam |
| • Wood, lumber, & pallets | • Car batteries |
| • Propane tanks | • Restaurant oil |
| • Road kill | • Scrap metal |
| • White goods (ie. refrigerators, stoves, air conditioners, etc.) | |
| • Yard waste & construction debris | |
| • CFL & fluorescent light bulbs | |
| • Ceramics, plate glass, dishes, or light bulbs | |

Summer of 2026 Highlights

by Chuck Fariello, PEPOA Vice President

As I am typing this article, the amount of daylight has grown shorter and the temperatures are becoming cooler. Where has the summer gone so soon? It's post Labor Day and James and I are packing for our "summer" vacation visiting some of our southern states. I thought I would share some of the things we did get to do this summer within an hour of Penn Estates.

(continued on next page)



Poetry Corner

submitted by James Ruffini, Communications Committee

Colour

by Adeline White

The world is full of colour!
'Tis Autumn once again
And leaves of gold and crimson

Are lying in the lane.
There are brown and yellow acorns,
Berries and scarlet haws,
Amber gorse and heather

Purple across the moors!
Green apples in the orchard,
Flushed by a glowing sun;
Mellow pears and brambles
Where coloured pheasants run!

Yellow, blue, and orange,
Russet, rose and red –
A gaily-coloured pageant –
An Autumn flower bed.
Beauty of light and shadow,

Glory of wheat and rye,
Colour of shining water
Under a sunset sky

Spooky House

by James Ruffini

The house on the hill is dark and shabby.
They say there's ghosts, black cats, and an old hag who's batty.
No one goes up there – not ever all year,
But certainly not on Halloween! No, no my dear!
No amount of candy, the neighbors say
Is worth the horrors that will come your way.
But here's a little secret, please understand,
There's nothing to fear --
Nothing to fear all these long years!
Just a quiet old lady lives in the house,
And her hundred cats, and maybe a little mouse.
Because no one will speak to her, not even "Hello",
People's imagination fed with their fears did grow.
Until they've seen and heard the most horrible things:
Like ghosts in the windows, and ghouls that sing.
Alas, alas, it's what people think and say
That keeps all the fun Halloween kids away.



Summer of 2026 Highlights

(continued from page 14)

Wind Creek Event Center in Bethlehem

The center less than an hour away features concerts and other performances throughout the year. On August 22nd, we saw the legendary Diana Ross. This is the second time we saw her at this venue within the past two years and she did not disappoint. At 82 years of age, she can still sing flawlessly. She went through many of her hits from the Supremes on to her most current material. Her performance was energetic and captivating. I am hoping she comes back to the area again.

Penn's Peak in Jim Thorpe

This hidden venue has become a new hot spot for concerts. It sits up on a hill overlooking a beautiful view from the restaurant dining deck. On August 28th, we went to see my favorite band The Mavericks. Sadly, their lead singer passed away in December. I was apprehensive in going, but the band has incorporated some talented vocalists to help keep the music going and they did not disappoint. Their shows are high energy and you leave in the best mood.

Wheels of Time Car Show

The 47th Annual Wheels of Time Car Show took place in Macungie Memorial Park on August 28th thru August 30th. We attended on Saturday the 29th. The show featured over 1,000 classic cars. I can't say for sure how many cars were there over the entire weekend; but on the day we went, there was a steady stream of classics vying for a place to park and display their prized automobile.

There were so many cars from every decade. I can appreciate how simple they were back then, before the advent of technology. These cars were made to actually be driven by someone - not a computer. The aroma of gas fumes was a

reminder of how fuel inefficient these machines were. But, it brought back a lot of memories seeing many of the cars that were popular in my teens.

La Festa Italiana in Scranton

On Labor Day weekend in Scranton was the 50th annual Italian Festival in Scranton. We went on Sunday, September 6th. It was a beautiful, sunny day and the festival featured dozens of food vendors offering a variety of Italian specialties. The festival was very well attended since it was a beautiful weather weekend. There was also live entertainment featuring local bands and singers that had the visitors up on their feet dancing away!





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