

## Breakfast with the Easter Bunny

April 13, 2019



## Annual Meeting - May 4, 2019

### 2019-2020 Officers and Board of Directors

Congratulations to the returning directors and new director Sean Reilly.

President .....	Jose Padilla
Vice-President .....	Bettyanne Nevil
Secretary .....	Sandra Bonet
Treasurer .....	Christine Morton
Directors .....	Sean Reilly
	Gary Conforte
	Maryann Rodriguez
	David Montalvo
	Dennis Sira

**Bylaw Amendments:** Passed

### Committee Liaisons

Appeals.....	Sandra Bonet
Finance .....	Christine Morton
TNR Program .....	Bettyanne Nevil
ARB .....	David Montalvo
Recreation .....	Bettyanne Nevil
Community Safety .....	Christine Morton
Communications.....	Bettyanne Nevil
Election Committee .....	Maryann Rodriguez
Building & Grounds .....	Sean Reilly



(more photos on page 11)

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# President's Message

by José Padilla, President

Hello Neighbors!

A big thank you from the Board of Directors to those members who participated in the Annual Meeting either by proxy or by attendance.

This past year truly was a year of years here in Penn Estates. As you know we were named the Community of the Year for 2018 by local chapter of CAI. This is a major milestone for us.

Community Manager, Phyllis Haase's hard work and diligence was the driving force behind the new spirit that was sparked into the community. She advocates customer service to our residents regardless of who they are, applying the rules across the board, constant training and improvement of the staff and overall project management.

Since Phyllis's arrival at the community she undertook the major project of improving our amenities and general appearance; she wanted curb appeal. She has done all these things with the support of her staff and the Board of Directors. Long gone are the days of the carpet on the walls, the two moose heads over the balcony doors and the "that's not how we do it here" attitude.

So how did the Community do this year? Simply put, WONDERFUL!

The exercise and meeting room downstairs was completed on time and under budget! Thank You Phyllis!

The activities room was completed also on time and under budget! Thank you Phyllis!

The Family Recreation Center, open every day and is across the driveway, was completed in time and under budget. Thank You Phyllis!

The tennis and basketball courts have been resurfaced and soon to be repainted prior to Memorial Day, Thank You Phyllis!

What we don't see Phyllis doing is all of the behind the scenes, day to day



operations of the Community to include working with residents, maintenance, office staff, committee members, outside government agencies as well as vendors, salesmen, contractors, Insurance Companies, and lawyers. Yes, and dealing with the Board President!

We are very fortunate to have her. Thank You Phyllis!

I would like to thank John Baraniuk, who is stepping down this year as Vice-President as he completes his three year term. John has come through our farm system, the committees, as a member and former chair. He has served as liaison to the Community Safety and the Appeals Committee. Thank You for your service John.

Gary Conforte who would be completing his three year term has elected to be held over. When Gary completes this term in 2020, he would have sat on the board for ten years. Thank You For your service Gary.

Maryann Rodriguez has also elected to be held over for this term. Maryann was appointed to the Board to fill an interim position. Thank You Maryann.

Our Board Secretary, Sandra Bonet who is the second year of her three year term. She has kept me on the straight and narrow with her super human photographic memory on all items no matter how big or small. If I haven't said before, Thank You.

Our Treasurer, Christine Morton, along with Directors Dave Montalvo and Dennis Sira are completing their first full year on the Board. I know from experience that the first year on the Board is one of the toughest as you adjust from resident to Director. Thank You Chris, David and Dennis.

Bettyanne Nevil, our new Vice-President and myself walked on to the Board five years ago and won reelection two years ago. We will be completing our sixth year of serving together next May, 2020. I truly admire her ability not only to write everything down, but her volunteering efforts both in the community and in town. A self-proclaimed champion of all underdogs and the community's own coupon lady, I looked forward to serving with you this year.

And lastly, Sean Reilly, who was appointed to the Board for a three year term as he ran unopposed, has served on the board more times than I can remember. He was a committee member, Chair, Vice-President, Treasurer and my predecessor as President. The passion he has for the community is unprecedented. If we had three more like you we would run the town! Five more, the County! After that, who knows? Thank You for returning to serve the community.

This year we will look forward to completing updating the covenants to make them more modern than when they were written. And yes it will include the shed question. We will continue with our ongoing roadway program and replacing laterals drainage pipes on our roads. Of course we can only go as far as the money lets us. Phyllis and I have discussed a plan of addressing the drainage swales throughout the community in an effort to improve the flow of storm water run-off.

Also, I have directed all of the volunteers, that as their new mission to recruit additional and new volunteers for our committees. Volunteering is where it's at! You work; you laugh and you cry; you help and you're helped; you serve and are served; you learn and you teach; you meet new neighbors and find old ones. Please volunteer or before you are VOLUN-TOLD!

I want to thank the Board of Directors for re-electing me as President this year. It has been an honor and a pleasure to serve as President this past year. And I would like to personally thank each one of them for their hard work, their dedication to our residents and the long hours of volunteering for OUR COMMUNITY. Thank You!

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# From Phyllis's Desk

by Phyllis Haase, Community Manager

## 2019 Amenity Badges - Get a Jump on the Summer Rush

Members who have paid their 2019 Annual Assessment Fee in full and are in good standing may obtain their 2019 Photo Amenity Badges at the Administration Office, Monday-Saturday from 8:00am to 4:00pm.

Beginning May 16, 2019 stickers will be issued to members who have entered into a payment agreement and are current with their obligations to the Property Owners Association.

Members who received their Amenity Badge in 2018 may bring the badges for the unit to the Administration Office to receive their 2019 sticker, at no cost. Stickers will not be issued unless the badge is present. Those who have missed placed their badge may purchase a replacement for \$5.00.

All persons five years of age and older shall display a current photo or guest ID to access and use any recreational facilities. Members will receive up to six photo amenity badges for those residing within the home.

Members or residents with photo ID badges may purchase a daily pass for their guest at the cost of \$5.00 for adults and \$3.00 for children. They also have the option to buy a seasonal pass (Memorial Day to Labor Day) for \$50.00. The pass grants admission of one guest per day to the amenities. Members or residents must remain with their guest while using the amenities.

The change that occurred in 2018 from a non-identifiable badge to photo badges has allowed for increased security, by verifying that those using the facilities are members of Penn Estates and are in good standing. We also saw a cost savings to the membership as the badges will be used for multiple years by placing a tamper-resistant sticker for 2019 and future years.

Wishing our Penn Estates family a safe and enjoyable summer!

# Eats Around Town

by Julie Harter, Communications Committee Member

## Saen Thai Cuisine

I recently went out on a date night with my wonderful husband. He knew that I've been wanting to try Saen Thai Cuisine restaurant in East Stroudsburg, so he gave me a gift certificate for my last birthday.

The place is very quaint and warmly authentic. The owner even came out a couple of times to schmooze and interact with all the customers. We started with an order of their fried Calamari that was so fresh tasting and crisp, it didn't last very long on the plate.

Another crazy delicious appetizer we ordered was the Mee Krob, crispy rice noodles with shrimp and egg topping mixed with sweet and sour sauce.

It was too much so we bagged the rest for a late-night snack.

For our entrees, we ordered the Ba Mee Raad

Nah, rice noodles topped with light brown gravy, snow peas, broccoli and carrots. This was similar enough to Pad Thai for my husband to like. We licked the plate clean! The other dish we ordered is a favorite of mine, Crispy Duck served with Tamarind and Chili Sauce. Now I know where to go get this more often!

All in all, I loved Saen and can't wait to go back. They are located at Shawnee Square, 1 Buttermilk Falls Rd, East Stroudsburg, PA. Their hours are Tuesday-Friday, Lunch 11:30am-2pm, Dinner 5:30pm-9pm. Saturday and Sunday, Lunch 12pm-2pm, Dinner 5:30pm-9pm.



# Harmony

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# Put Some Spring in Your Diet

by Yolanda Sarrabo, Contributor and Personal Trainer

The weather is finally changing and the cold is almost behind us. Spring and soon summer is in the midst as we continue the discussion of the best eating habits during this season. As we review the best practices in improving body make up, what we put in this engine is key.

This time of year is a joy as we think about the warm weather and the great foods that come into play; however, can we step back and think how we can go about things a bit differently this year? How about not look at how to diet this season, but think of how subtle changes can go a long way as you fine tune your body.

## Changes vs. Dieting

Okay vacations are being planned and you may have a look you're trying to go for that you didn't get off the ground earlier in the year. Hey, it takes time and commitment to figure this out. Don't be too hard on yourself, but know that subtle changes may help you get to where you want to get to this Spring/ Summer.

Start small and then review how your food intake can actually be a fun take on food consumption. Rather than think of dieting, think of how to add on or take out a food that causes you more grief this time of year than anything else. Are you getting the correct amount of liquids, is everything flowing the way it should?

When summer hits many are complacent in eating and not doing much than that. The onset of the warmer weather brings out fatigue and little exercise means extra stored food. So let's think of how we can make as mentioned -subtle changes without making this more difficult than it has to be.

For the month of May/June, swap out your soda and sugary drinks with an added liter of water by the end of the week. If you consume 1 cup of water a day (which is little - average is around 9-13 cups daily), improvise by adding 2 extra cups by the end of the week.

When it comes to fat intake, consider removing a fat with an extra serving of vegetables on your plate. When we think of spring we try to think of lighter meals, so why not fix more salads throughout the week, and then add on a protein you enjoy the end of the week.

When you play around with how to use food without the boring science, you are sure to meet some of the changes that may help you reach some positive changes in preserving your body and a healthier you.

# Out&About

## Things to Do and See in the Poconos

by Sharon Kennedy, Communications Committee Member

Summer is just about here. The trees are budding more and more each day. The forsythia have already passed their peak and the dogwood (my favorite) are in full bloom. What a beautiful season this is! We already had our spring clean-up day. This article is about some of the upcoming events in the area outside of our gates; however, some of the best opportunities for fun are inside our gates.

The pool and lake will be opening in a few weeks. Just look around as you drive to the front gate and you will see all the upgrades to our recreational areas. I hope we all take time to thank the board of directors, the community manager and maintenance for how inviting our community amenities are. (I thank maintenance for helping keep Penn Estates Drive free from litter. It must be an endless task but one which we can all help control.)

This is a great season for outdoor festivals. On June 1<sup>st</sup> and 2<sup>nd</sup>, Blue Mountain resort will host the Wine and Tapas Festival. The Roots and Rhythm Music and Arts Festival will be on June 15<sup>th</sup> at Honesdale Central Park in Honesdale. Skytop resort hosts a Beer Fest with games, crafts brews and entertainment, also on June 15<sup>th</sup>. The Great Tastes Wine and Food Festival will be at Split Rock resort on June 22<sup>nd</sup> and June 23<sup>rd</sup>. The Milford Music Fest is on June 21<sup>st</sup> through the 23<sup>rd</sup>.

Also in Milford, the Festival of Wood will be at Grey Towers on August 3<sup>rd</sup> and 4<sup>th</sup>. I have never been to the Music Fest in Bethlehem but judging on the traffic in the area in prior years, it must be a huge event. It is listed as "the Nation's largest non-gated free music festival" on the internet site. That goes on from August 2<sup>nd</sup> through the 11<sup>th</sup>.

Quite Valley Living Historical Farm in Stroudsburg is an interesting way to spend a day any time (except Mondays) and they have special events throughout the year. They host the Summer Garden Party and Tour on June 15<sup>th</sup>, Music in the Valley on July 20<sup>th</sup>, and a Rooster Run 5k or 1 mile fun run on July 13<sup>th</sup>. Girl's Night Out in Milford is on June 6<sup>th</sup> from 5 to 8 pm offers a range of interesting activities, with product samples, free classes, prize drawings and complementary refreshment. Keep an eye out for free concerts throughout the area in local parks and other venues. Most are not yet advertised. Shawnee offers free music from 7 to 8 on Tuesdays in the main lobby of Shawnee Inn.

If you enjoy the outdoors, check out the many activities and events at the Pocono Environmental Education Center in Dingman's Ferry. For example, they host a free Bridge the Gap pond paddle on June 1, June 29, July 21 and August 3. (Most of their guided activities have a small fee.) In other local areas, you can seek some excitement by rafting class II and III rapids during planned dam releases in the Lehigh Gorge. Rafting trips are offered through Pocono White Water in Jim Thorpe, Whitewater Challenges in Weatherly and other organizations on June 8 & 9, 20 & 21, and July 6&7, 20&21 and 27 & 28 (coinciding with dam releases). Check with them for trips appropriate for younger ages (5 and up).

Have you heard that being in wooded areas is good for your health? You can learn how to "forest bath" at the Lodge At Woodlock in Hawley for \$30 on June 6, July 7, or August 4. Want to be a bit more active when out of doors? How about the Palmerton Spartan Super at Blue Mountain Resort in Palmerton on July 13<sup>th</sup> or the Savage Race Standard Course at Skirmish Paintball in Albrightsville on June 22<sup>nd</sup>. The latter is 5-7 miles with 27 obstacles that can be run as an individual or as a team.

Or you could vicariously learn about hiking the entire Appalachian Trail by listening to Glen Justis describe his 145 days on the trail. His presentation is at Shawnee Inn on July 25<sup>th</sup> at 6:30. Or you could enjoy Cirque d'Oz at Pocono East High School on July 25<sup>th</sup> at 7:30.

Finally, a summertime favorite is July 4<sup>th</sup> fireworks. Fireworks are to be held on July 4<sup>th</sup> at Mt. Airy, July 5<sup>th</sup> at Shawnee and at Skytop, and July 6<sup>th</sup> at Camelback resorts.

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

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# Girls Spa Weekend

by Debra Celentano,  
Communications Committee Member

Recently I went on a long weekend away for a workcation with a couple of friends to a spa that's only a two-hour car ride away from Penn Estates. Let me tell you it was the best hotel stay I've ever had.

La Tourelle is located in Ithaca, New York and it is a spa and hotel that had the best service I've ever experienced and it didn't cost us an arm and a leg. It's an old family run hotel that looks more like a mansion with tons of space to roam and explore—and they encourage you to do so. They have a barn that's been converted into a suite and we were able to tour it and it was beautiful. We've already decided to hold our work retreat there for our clients next year because it was that amazing.

They are also dog-friendly and I brought my medium sized dog with us and they were so accommodating. Dogs are allowed anywhere in the hotel—except the small bistro they have (side note: I had the best burger I've ever eaten there). Bella is a friendly and social dog so she loved being pet by the staff. While on the topic of food, the bistro is open for breakfast and brunch and they have a restaurant that serves dinner (steak and seafood) that was really good. I will say the food was a bit pricy but it was good so I couldn't really complain.

We visited the beginning of April and next time I'd wait until May/June so that we could enjoy the hotel while the flowers were in bloom. We booked four days and had a room that was huge (two double king- sized beds, couch, table and chairs, a porch and two sets of double doors to open and enjoy the breeze). If you are someone that likes camping they have accommodations for you as well.

Let's get to the fun part! They have a free wine hour from 5pm to 6pm every night. They serve only local wine and beer (and other spirits) all night, they have free coffee all day and they put out cookies and other goodies. This was perfect for three women addicted to coffee and fond of free wine.

We really had no need to leave the hotel but we did venture out on Saturday into the town and I was pleasantly surprised how nice it was and how much there was to see and do. It is a college town so I shouldn't have been surprised but it isn't just bars and clubs. There's lots of shopping to do. We ate dinner at a local Italian restaurant, which we enjoyed.

We spent a few hours at the spa getting massages and pampered. Everyone was super nice but I did think the prices for massages were a bit expensive (I go to the Massage Academy here in town and always get a great massage for a fair price) but a really great massage was had.

Check it out for yourself. Here's the website (be sure to visit it, even just to see the grounds, specialty rooms): <https://www.latourelle.com/>



# Debra's Bookshelf

by Debra Cellentano, Communications Committee Member,  
Author and Avid Reader

## From Here to You by Jamie McGuire

This book! I ate it up in a day! I don't know how but before I knew it was 50% done.

Darby is such a strong character. She learned she was pregnant on her wedding day and instead of marrying an abusive man she chose to run and give her and her unborn child the chance at a better life. This decision also made the future scary and unpredictable.

By luck and a personality that seems to draw everyone to her she lands a job at a hotel. This is where everything changes for her. The hotel is buzzing with firefighters and other officials due to a wildfire but in the middle of all that she meets Trex.

Even though she's sworn off men he somehow breaks through in the most laid back, on-your-own-time-and-terms manner that really made me fall for him.

I rooted for them throughout and it was refreshing to see a female character learn how to be independent and strong. Also, while Darby was trying to work through all her issues Trex let her. There was no overly macho-alpha male in this book but Trex is still totally a man's man.

He falls quickly for her but it's not all smooth sailing for him. However, Trex is a guy and we all know guys can make some decisions that make total sense to them and only them. These decision may just come back to bite him in the ass.

The last 20-25% of the book had me in knots. You'll love this book if you like reading a romance that mixes moments of suspense with a touch of steam. It's been awhile since I finished a book in 24 hours so for that and all the amazing moments in this book I've given it 5 stars. I can't wait to hear what you think. Please feel free to leave a comment below.

*\* I received a complimentary copy of this book via the publisher on NetGalley for my honest and unbiased opinions.*

## Sinner's Creed by Kim Jones

This book shredded me!!

I just finished this book and even as I write this I'm still emotional. To prevent giving anything away that would ruin this for someone my review will not touch on the parts that I really want to write about.

This book is about Dirk, a Nomad MC and Saylor, a girl he runs into over many years and they never talk to one another and never had any contact other than looks across rooms. That is until one day when all that changes.

Their story is one I've never read before. Their chemistry is immediate and their love is one that will stay with you. For me, Sinner's Creed is the **BEST MC BOOK I'VE EVER READ** and I think that's because it is so darn different. It's not just a book, it's a journey and an experience that I will not soon forget.

I felt it all.

Kim Jones tells an amazing story and she's quickly moved up to one of my favorite authors. I can't wait to dig into the next book.

I honestly don't know what else to write without adding spoilers so I'll stop but please go get this book. It's AMAZING!!!

*\* I received this book from the publisher and provided my honest review.*



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# Day Trippin'

By Jennifer Nicholson, Communications Committee Member

We live in such an ideal location, enjoying the nature and peacefulness of a woody home, surrounded by greenery all summer long and have wildlife at our fingertips. At the same time, we live within reasonable driving distance to some of the planets most famous cities. We can easily spend the day in arguable the most famous city on Earth- NYC. A little longer car ride will get to historic Philadelphia or even Boston. I know that many PE residents work in "The City" or go there frequently to visit relatives. But, when was the last time you were able to take a leisurely trip to the city for YOU? I frequent each of these cities for day trips or overnight trips at least once per year. I enjoy my quiet house surrounded by nature, but I also enjoy exposing myself and my kids to culture in the big cities that we are fortunate to live so close to.

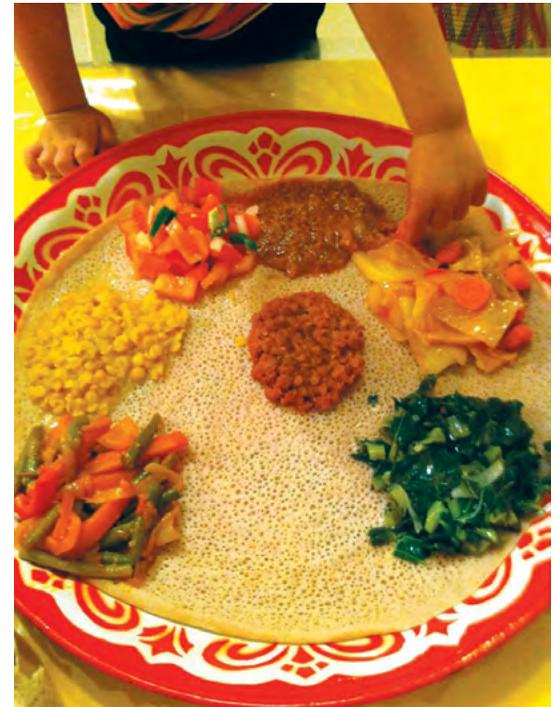


I am a little partial to Philadelphia and make it a point to go to Philly at least once per year but most of the time I go twice per year. Once in the fall and once in the summer. Some of the "Must-See" places in Philadelphia are the Reading Terminal Market. This indoor Market is packed with amazing foods from all different ethnicities. If you are a fan of American History then I highly recommend one of the many Historical and Heritage tours. The bigger museums in Philadelphia (Franklin Institute, Museum of Art, Academy of Natural Sciences) are conveniently located within close vicinity to each other. Some of our favorite spots in Philly include the Magic Gardens, Little Italy and Chinatown. I make it a point to eat a new type of cuisine every time I am in Philly. There are some fantastic Ethiopian restaurants (so good) as well as a great Israeli place (Zahav), a Vietnamese restaurant with the best spring rolls I have ever tasted (its name is literally-Vietnamese Restaurant) and I can't wait to go back to get more of the Russian cuisine at Uzbekistan Restaurant. Those last two may not have very creative names but they are easy to remember and their food is phenomenal. The Magic Gardens is an artist's property right in the city (near little Italy) which has been transformed into a mosaic outdoor courtyard. Every centimeter of the place has hidden little unique ceramics stuck into the walls. It is very relaxing and inviting. You can sit in the outdoor courtyard and just take it all in or wander through the labyrinthine stairways, hallways and hidden nooks and crannies. Philadelphia has some really amazing festivals which I always seem to miss. I still have yet to catch the Cherry Blossom Festival, Pizza Festival, Chinese Lantern Festival, Tech Fest and many others. Philadelphia also has botanical gardens and a beautiful Japanese Tea House and gardens in Fairmount park. Fairmount Park alone could take up an entire day. It's huge. Philadelphia seems a little less compact and congested when compared to NYC. I get an open, spacious feeling in Philadelphia and it gives visitors a more relaxed approach to exploring the city. I can't count how many times I have been there and yet I have barely scratched the surface of places to see.

New York City may be a place that we are all more familiar with. Many of us think of NY as a place to go to work or visit a family member at their house.

But, to take advantage of our proximity, we should make sure we get there for leisure as well. Over the years my trips to NYC have changed. Before I had kids it was to shop in SOHO and Chinatown or visit The MET or MOMA. Just let's not talk about the time I got locked in a stairwell at MOMA for a good hour. Word of advice...take the elevator. After I had my children my art museum days were put on hold. We instead visited places like the Intrepid and the Museum of Natural History. Some of our "spur of the moment" trips have been the best. Like on a recent trip to NYC, we kind of just winged it. We stayed overnight a few blocks from Times Square for a very reasonable price. We spent time wandering around all the fantastic shops in Times Square (the M & M store and Hershey's store are my favorites), watched the ice skaters at Rockefeller Center and checked out the shops at Rockefeller Plaza including the newly relocated FAO Schwarz, Nintendo Store and Lego. Right around the corner from the plaza is a tiny little FDNY shop where the kids can climb in a real firetruck. We also saw Kong the musical on Broadway which was fantastic, and this is coming from someone who HATES musicals. And don't forget, for trips to NYC you do not have to drive if that is a worry. Driving in Manhattan is never enjoyable. I have taken the Marts bus to the city numerous times and when it is not during work/rush hours the bus is mostly empty and very relaxing. Penn Estates actually organized a trip to NYC about a year ago and took a bus load of residents to the city for the day. It would be great to get another trip like that organized in the future.

Sometimes we take our location for granted. We may think "eh...I have been to NY a hundred times. I don't need to go again." But cities like NY and Philadelphia are constantly changing. Museums change exhibits, neighborhoods morph into new ones, stores, street art and festivals are in a constant state of change in the cities. There is always something new to see no matter how many times you visit. I was in Philly for a few days 2 months ago and I am planning my next trip to already. Every time I go to Philadelphia or New York I always come home with a new list of places to go see for next time. We are immersed in nature yet have world famous cities a short drive away. I can have a deer come right up to me and bop me with its nose as I walk to my car and a couple of hours later I can be seeing a Broadway play in New York City.



# Senior Lunch Group - Back to School

by Michael J. Tyrrell, Communications Committee Member

Every second Wednesday of the month our Community Manager, Phyllis Haase, along with our Community Relations Manager, Sue Strunk, organize a senior lunch at the Community Center. There usually is a theme. For the second year in a row we had a field trip and the lunch took place at the Monroe Career and Technical Institute in Bartonsville, right out our back gate on Laurel Lake Road.

The students from the culinary program cook us lunch. This year's menu was a hearty loaded potato soup, salad and a choice of Chicken Parmesan or a Shrimp & Pasta. The finale was a show-stopping chocolate layer cake. As a trained chef, I can tell you I would give the students a A+ for their efforts.

The after lunch escorted tour of the school was the highlight of the day. The culinary students did come out to say hi but I was off powdering my nose so missed this photo op.

We visited many of the Classrooms/ Workshops/Labs that house the various career training offered and were given a brief overview of each, meeting some of the students. Included were the Automotive Collision Repair Shop, the Automotive Technology Shop, Carpentry Shop, Cosmetology Classroom, Criminal Justice Classroom, Horticulture Greenhouses, Health Professional Training Area (set up like a hospital ward), Computer Lab, Electrical and Plumbing Training Areas and the Hotel, Resort and Tourism Management Classroom.

One of the things that really stood out was the Construction/ Carpentry Workshop where a small house is constructed by the students each semester (and then dismantled). The Criminal Justice Classroom was reminiscent of a crime scene on



the TV show Law and Order. There was a hospital type ward set up with dummies for patients as part of Health Professional Program.

As you would expect, the Hotel, Resort and Tourism Management Program is one of the most popular programs. Our local resorts and tourist attractions provide



many job placements for the students that complete this program.

We really enjoyed the outing and suggest if you ever get an opportunity for a tour, don't pass it up! During the school year, lunch is open to the public. The cost is \$7.00.

Check with the school for other services open to the public for a nominal fee such as haircuts and auto detailing.

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# Summer Reading at the Library: A Universe of Stories, Programs & Prizes

by Sue Lyons, Director Eastern Monroe Public Library and Penn Estates Resident

This summer we invite everyone - babies, kids, teens and adults - to join us for summer reading. As this summer marks the 50<sup>th</sup> anniversary of the moon landing, our theme is A Universe of Stories. The season kicks off on Monday, June 10<sup>th</sup>.

A few of the special programs for kids include: Star Wars: A New Hope Interactive Movie, Out of this World Magic Show, A Universe of Kid Rock with Ron Albanese, Sciencetellers presents...Aliens! Escape from Earth, Escape Room for Tweens & Teens; and STEM Chain Reaction Challenge for Tweens & Teens. The full schedule will be available on the library website in a few weeks. Some programs require registration.

The library offers prizes for readers in three categories, kids, teens, and adults. For adults, those prizes are free books. For school age kids, summer reading prevents "summer slide" the tendency for students to lose some of the achievement



gains they made during the previous school year. Research shows that reading just 4-6 books over the summer helps kids preserve their reading skills. If they read even more books, they may have a jump on classmates when they return to school in the fall.

Summer reading is important for babies and toddlers as well. A child begins the process of language acquisition from the moment of birth. Reading stories to babies and toddlers helps them to gain a rich knowledge of language and develop vocabulary. Did you know you can check out 35 books at a time from the library? That is plenty of books to get started on summer reading.

If you can't make it to the library, the library bookmobile comes to Penn Estates every Tuesday afternoon at 4 pm. Check out some great summer books to read by the pool, or maybe a DVD to watch later. If the bookmobile doesn't have the item you want, just ask and they will put it on the bookmobile for pick-up the following week.

Of course, we are always happy to have you visit the main Hughes Library. The library completed major renovations in 2017 and we now have study rooms, additional meeting rooms, and a Library Café! The Library Café is a great place to take a break from shopping and enjoy a cup of coffee or a snack. The Café is operated by Fitzmaurice Community Services, a nonprofit organization that offers employment opportunities to individuals with disabilities.

**SAVE THE DATE!** The Friends of the Library annual booksale will be held from Saturday, June 1<sup>st</sup> through Tuesday, June 4<sup>th</sup>. It's the biggest booksale in Monroe County with something to make every booklover happy.

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# St Patrick's Day - Penn Estates Style

by Michael J.Tyrrell, Communications Committee Member

On Saturday March 16, 2019, the Penn Estates Recreation Committee hosted our annual St Patrick's Day Party. The Community Center was decorated for the occasion and live music was provided. It was a BYOB party and the dinner was traditional St Pats fare - corned beef, cabbage, buttered potatoes, Shepherd's Pie and soda bread. Chicken Fingers and fries were provided for the kids.

As in past years, the meal was expertly prepared by Barbara Madden and her daughter and son in law, Lisa and Thom Hoey. Everything served was really spot-on. There was dancing and just a bit of singing. Coffee and a festive cake brought it all home.

These parties are generally family oriented and you need to get your tickets at the admin office in advance. Keep an eye out for future party announcements.



Thanks to our Recreation Committee for organizing yet another St Pats celebration.



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## Things to do in the Burgs

by Robin Nicholson, Communications Committee Member

### Magical Crystal Street

Just a few miles from Penn Estates is a lovely little Street, called, Crystal Street. Crystal Street is nestled right next to the Historic Dansbury Depot, train tracks and right down the road from East Stroudsburg University. Crystal Street is active with a variety of local business, packed with great food, a park to relax in, art lining the streets, and festivals all year round.

Strolling around, you can take in some beautiful street art, colorful mosaics,



and historic architecture. This pretty street is home to many popular local eateries, cafés, shops and pubs. Track side is a favorite pub to stop in for a drink and wings, or maybe its ice cream you are craving and you want to hit the legendary Jimmy's Ice Cream!

My personal favorite is the Beer House Cafe, a beer garden which boasts fantastic healthy food, live music, and delicious cocktails you can only find there, and the best coffee around. Broadhead Brew also makes its home on Crystal Street and is a favorite cafe for many with its delicious home cooked dishes.

If it's a hot dog and cheese fries you crave you will not want to pass by D.W. Dawgs and savor one of their original creations. Everyone's favorite when craving some jerk chicken, curry or oxtail is The Royal Caribbean Bakery and Restaurant. And don't forget Chinese or Pizza at Tony's Pizzeria.

It's "crystal" clear (pun intended) that Crystal Street has an amazing variety of great food. Keep your eye out for the opening of Derailed Taphouse and Fruit



a Bowls too! You will also find a trendy barber shop called Legacy that combines a modern appeal with an old-time barbershop feel.

East Stroudsburg Hardware also maintains an old-time spirit and is a must see with eclectic finds that belies its name. Surrounding all these wonderful shops, is an artistic atmosphere totally unique to Crystal Street. The colorful and intricate mosaics lining the curbs, benches, and buildings make relaxing outside a unique experience. Beautiful mosaic benches in the tree lined park along the train tracks makes it truly a magical place we are fortunate to have in our town!

So, there you have it; we live in an area with art and culture and you can experience much of it for free! Make sure to get out and ENJOY something wonderful!



# Breakfast with the Easter Bunny



# Dingmans Falls

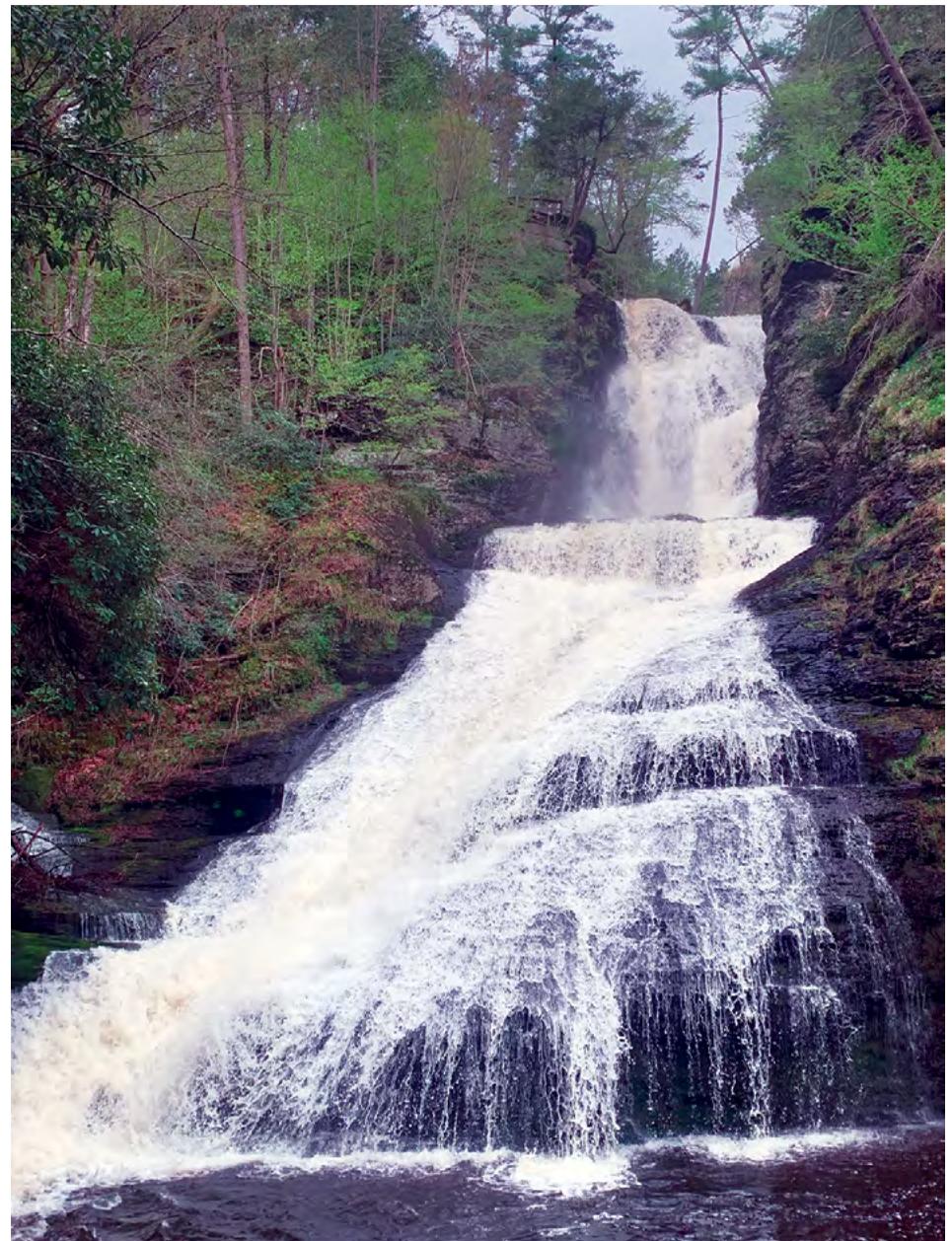
by Michele Valerio, Contributing Writer

Located off Route 209 in Delaware Water Gap National Recreation Area just before Route 739, Dingmans Falls offers a spectacular view of waterfalls without the difficulty of a long hike. The walk to the Falls is really just a short 1/2 half mile stroll on a nice flat boardwalk. This boardwalk trail meanders through a beautiful hemlock ravine.

Almost immediately after starting the trail, Silverthread Falls can be seen on the right. The cascade gracefully drops 80 feet in a thin ribbon through a narrow squared off chute carved into the rock. The boardwalk continues through rhododendron shrubs and past tall hemlock trees on a brief walk to the waterfall.

There are often very small unique wild flowers and other plant life along the side of the boardwalk from all the moisture in the air that the Falls give off. The boardwalk ends at the base of Dingmans Falls, the second highest waterfall in Pennsylvania. You can also view the upper falls via a staircase for a birds-eye view from the upper platform.

Luckily not too much of this boardwalk was damaged by some major storms in 2018 which did cause this trail to be closed for almost a year. Other areas of the park including Adams Falls, Child's Park and Hornsbeck Creek Trails are however still closed due to storm damage and might remain closed for quite some time. Make sure to check the National Park Service web site: <https://www.nps.gov/dewa/index.htm> before visiting.



# 2019 Lake Rules

**Monday-Thursday ..... 11:00am – 7:00pm**

**Fri., Sat., Sun. & Holidays .... 11:00am – 8:00pm**

***After 4 pm the lake may be closed for lack of use***

1. All members and residents five years of age and older must provide photo amenity badge for the use of the amenities.
2. The Grantee is hereby granted the privilege of boating, swimming, fishing, and ice skating in the lakes of the Grantor. None of the foregoing activities are to be engaged in for any commercial purpose whatsoever, and all such privileges are under and subject to payment by Grantee of such fees as are set forth in the covenants and restrictions. [Cross reference Declaration of Protective Covenants #21].
3. Children under 12 years of age are not permitted in the lake or beach area unless accompanied by a responsible person 18 years of age or older who shall be responsible for conformance to all lake and beach rules. The responsible person(s) must remain at the beach facility with any/all children under 12 at all times.
4. Children under 12 years of age are not permitted to use boats at the lake unless accompanied by an adult who shall be responsible for conformance to all lake and beach rules.
5. No china or glassware of any sort is allowed at the beach, consumption of food is limited to designated picnic areas, and all trash should be placed in the provided containers.
6. Only boats, canoes or watercraft propelled by oars, sails or paddles shall be permitted upon the waters of said lakes. No motorboats of any description shall be permitted on the waters of said lakes. [Cross reference Declaration of Protective Covenants #22].
  - a. Boat Registration - All boats used on PEPOA Lakes must be registered with the Association. Boat registration applications are available at the Administration Building. Annual registration fees are \$5. Dated identification stickers are issued for boat registrations; renewal registration and dated identification stickers are required annually. Identification stickers should be affixed to the boat immediately. Lost identification stickers will only be replaced if the owner produces proof of registration (i.e., office receipt) the cost of replacement is \$3.
  - b. Boat Racks - Boat racks will be made available by PEPOA at one location on each of the three lakes; residents may store boats on the boat rack(s) for a \$10 seasonal fee. Rental applications are available at the Administration Building. Rack space will be available on a first come; first served basis. Once all of the boat racks are full, no more boat rack registrations will be issued. Any resident that does not obtain a rack space may not store boats along the shoreline of any lake; dam; levy or spillway. No boats may be left on the water. Residents without a rack space must take their boat(s) back to their property after use. Boat rack storage is a "store at your own risk" policy, and the Association is not responsible for damage or loss of property stored at the boat racks. It is strongly recommended that owners secure their boats to the boat rack with a bike lock or some type of tether and lock.
  - c. Boats must be removed from the racks no later than November 1st of each year. Any boats not removed by November 1st will be removed by PEPOA; locks will be cut and destroyed, and a removal fee of \$50 must be paid to retrieve it. Return of boats to resident's property is the responsibility of the boat owner/resident. PEPOA will not provide transport. Any boat(s) not retrieved by the owner after 90 days and written notice will be disposed of at the discretion of PEPOA.
  - d. Improper Boat Storage - absolutely no boats are to be stored along the shoreline of any lake; dam; levy or spillway. No boats may be left on the water. Both registered and unregistered boats found to be improperly stored will be immediately removed at the owner's expense. A removal fee of \$50 must be paid to retrieve it. Return of boats to resident's property is the responsibility of the boat owner/resident. PEPOA will not provide transport. Any boat(s) not retrieved by the owner after 90 days and written notice will be disposed of at the discretion of PEPOA.
7. Users must ensure that all watercraft is equipped with a U.S.C.G. approved flotation device for each occupant. Questions regarding these regulations should be directed to the lifeguard on duty.
8. No running, pushing or other horseplay is permitted.

# 2019 Pool Rules

**Monday-Thursday ..... 11:00am – 7:00pm**

**Fri., Sat., Sun. & Holidays .... 11:00am – 8:00pm**

1. All members and residents five years of age and older must provide photo amenity badge for admittance and use of facilities.
2. Adult guests with owners in good standing shall pay a guest fee of \$5.00 per day or \$3.00 per child
3. No one is permitted in the pool enclosure except during scheduled hours and only when lifeguards are on duty.
4. The pool staff may close the pool during scheduled hours for reasons of safety, weather or maintenance.
5. No running, dunking, pushing or other horseplay will be permitted. Always enter the pool with caution.
6. No glassware, smoking or beverages (except water in plastic containers) of any kind is permitted in the pool enclosure.
7. Food is permitted in designated areas only, and not to be consumed in the bathing areas. Proper trash receptacles are provided and should be used accordingly.
8. Children under 12 years of age are not permitted in the pools or pool enclosure unless accompanied by a responsible person 18 years of age or older who shall be responsible for the child's behavior and conformance to all pool rules. The responsible person(s) must remain at the pool facility with any/all children under 12 at all times.
9. Children who are not toilet trained must use plastic pants or swim diapers. Children wearing non-swim diapers are not permitted in the pool.
10. No diving will be permitted in the shallow end, or off the sides of the pool. No flips, back dives or other similar types of actions will be allowed.
11. Only appropriate swim attire may be worn in the pool. Street clothes, underwear or cut-offs are not allowed. The pool staff shall enforce compliance with this rule.
12. Deep-water areas of the pool are limited to individuals who can swim the width of the pool in a satisfactory manner. Qualification is at the discretion of the pool staff and verification may be requested at any time.
13. No sitting or hanging on ropes and no swinging on ladders will be permitted.
14. Gum chewing is not permitted in the pool enclosure.
15. Only radios equipped with and used with headphones or earbuds shall be allowed in the enclosed pool area.
16. Flotation devices, scuba and skin diving equipment, are prohibited in the pool and beach areas unless permission has been granted by the pool staff.
17. No articles of any kind may be thrown into the pool unless approved in advance by the pool staff.
18. The primary responsibility of the pool staff is the safety of the swimmers. They have the authority to remove anyone in violation of the rules from the pool for any portion of the day or longer. Chronic pool offenders may be suspended for a day, week, season or any part thereof, and subject to other action or a citation and a fine, depending on the circumstances.
19. Pools and lakes will be cleared for 30 minutes upon hearing thunder. An additional 30 minutes will be added for each thunderclap. In the event of lightning, the pools, pool deck, lakes, and beaches must be vacated and remain empty for 45 minutes after the last lightning strike.
20. Socializing with or distracting the pool staff while they are on duty is prohibited. No loitering or congregating will be allowed around the lifeguard or guard stand.
21. Personal lounges and chairs are permitted in the pool enclosure at the discretion of the pool staff, but may not be stored in the pool area. Association owned lounges and chairs are available on a first come first served basis.

# Michael's Kitchen

by Michael J. Tyrrell, Communications Committee

Some of my favorite recipes that I cook at home are Indian. We have some great Indian restaurants in the Stroudsburg area, such as Spice Route and Tandoori Palace, but it's nice to be able to recreate your own Indian dishes at home, especially when the weather is not being cooperative. Here are some that I have created over the years.

The Lamb Bhuna is actually a recipe I have adapted from a wonderful cookbook, "At Home with Madhur Jaffrey". I cannot recommend this book strongly enough. Very straightforward recipes with ingredients that are not too exotic or hard to find. I suggest going online for certain spices like cardamom pods, cinnamon sticks, mustard seeds. Once you have them in your pantry they last a long time and you are set.

The slow cooker and Instapot are very handy tools for making this type of cuisine. All of these recipes reheat well if you have leftovers. If you don't care for lamb, beef chuck for stew works well in the Lamb Bhuna.

## Murgh Makhani (Butter Chicken)

(Makes 6 servings)

**Chicken:** 1¼ lbs boneless, skinless chicken breast, cut into 1½ inch pieces  
¼ tsp each: salt, pepper and ground turmeric  
1/8 tsp cayenne  
2 tbsp vegetable oil

**Sauce:** 1 tbsp vegetable oil  
½ tsp cumin seeds  
1 onion, thinly sliced  
4 cloves garlic, sliced  
1 can (14½ oz) diced fire-roasted canned tomatoes, drained  
1 cup heavy cream  
1 tsp sugar  
1 tsp garam masala  
1 tsp ground cumin  
½ tsp salt  
½ tsp ground ginger  
1/8 tsp cayenne  
2 tbsp lemon juice  
3 tbsp unsalted butter  
3 tbsp chopped cilantro

1. Place chicken in a ziplock bag and season with the salt, pepper, turmeric and cayenne. Be sure chicken is evenly coated with seasoning. Refrigerate for at least an hour.
2. Heat the 2 tbsp oil over medium-high heat and saute chicken about 2 minutes per side until lightly browned. Remove to a plate.
3. Make Sauce. Add additional 1 tbsp oil to the skillet and cumin seeds. When seeds start to pop, add onion and garlic. Cook 5 minutes, stirring frequently. Stir in tomatoes, cream, sugar, garam masala, cumin, salt, ground ginger, cayenne and lemon juice. Simmer 10 minutes, stirring frequently.
4. Add chicken to skillet and simmer for 10 minutes, turning once. Spoon sauce over chicken a few times.
5. Stir in butter & cilantro. Serve with basmati rice, a green vegetable and naan.

## Delhi-Style Lamb Bhuna

(Makes 4 servings)

¼ cup vegetable oil  
2 cinnamon sticks  
2 bay leaves  
8 cardamom pods  
1 large onion, halved and thinly sliced  
4 clove garlic, thinly sliced  
2-inch piece ginger root, peeled and finely chopped  
2 lbs boneless lamb leg or shoulder, cut into 1½-inch pieces  
¼ tsp cayenne pepper (if you want it hotter bump up cayenne)  
1 tsp salt

1 tsp garam masala  
¼ cup chopped fresh cilantro

1. Heat oil in a heavy bottomed pan over medium-high heat. Add cinnamon, bay leaves and cardamom and let sizzle for 15 seconds, Add onion and stir fry until they start to get brown around edges, about 5 minutes. Add garlic, ginger and lamb. Cook for a few minutes, stirring occasionally until lamb loses raw color. Stir in cayenne, salt and 1¼ cups water.
2. Stir and bring to a boil. Cover tightly and reduce heat to medium low. Simmer for 60 minutes, stirring occasionally, until meat is tender.
3. Remove lid and turn heat to high. Cook, stirring constantly, until liquid has been absorbed and meat has a brownish look. (bhuna means brownish)
4. Add garam masala and cilantro. We serve with basmati rice, naan and a sauteed leafy green. As you would expect, its even better the second day.

## Pressure Cooker Chicken Biryani

(Makes 4 servings, 6½ cups)

2 tbsp ghee or butter (or vegetable oil)  
1 tsp cumin seeds  
2 cinnamon sticks  
8 peppercorns  
1 onion, thinly sliced  
2 tbsp chopped ginger  
4 cloves garlic  
1 ½ lbs boneless, skinless chicken thighs  
½ tsp salt  
¼ cup chopped cilantro, divided  
1 cup basmati rice  
1 cup chicken broth  
¼ cup toasted sliced almonds

1. Remove lid from 6-quart multi cooker and add ghee or butter. Set to Saute. When hot, add cumin seed, cinnamon sticks and peppercorns. Cook briefly until fragrant. Add onion, ginger, garlic, chicken and salt. Cook 5 minutes, stirring frequently.
2. Sprinkle 2 tbsp of the cilantro and rice evenly over the top. Pour in broth and press rice down so it is mostly covered with liquid.
3. Close lid and turn pressure valve to Sealing position. Pressure cook on HIGH Pressure for 5 minutes. Allow a Natural Pressure Release.
4. Garnish with the remaining chopped cilantro and almonds

## Slow Cooker Beef Curry, Indonesian-Style

(Makes 6 servings)

2 tbsp vegetable oil  
2 lbs beef chuck, cut into 2-inch pieces  
½ tsp salt  
¼ tsp black pepper  
1 large onion, thinly sliced  
¾ lb small potatoes, about 2 inches in diameter, quartered  
¼ lb peeled baby carrots  
1 can (13.6 oz) light coconut milk  
2 tbsp curry powder  
1 tbsp reduced-sodium soy sauce  
½ tsp ground ginger  
½ tsp garlic powder  
¼ tsp cayenne pepper  
3 large pitas, cut into wedges  
chopped parsley, low fat plain yogurt and lime wedges

1. Coat slow cooker bowl with nonstick cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Season beef with ¼ tsp of the salt and pepper and add to skillet. Saute 3 minutes per side.
3. Transfer beef to slow cooker. Layer in onion, potatoes and carrots. In a medium-size bowl, whisk together coconut milk, curry, soy sauce, ginger, garlic powder and cayenne. Pour over beef and vegetables in slow cooker.
4. Cover; cook on HIGH for 6 hours or LOW for 8 hours. Gently stir in remaining ¼ tsp salt. Serve over flatbread wedges with parsley, yogurt and lime.

## Nina's Corner

by Nina Hernandez, Style Contributor

### Recycling Candle Floral Arrangements



Who loves candles? And who loves recycling? Flowers arrangement is what I do with candle glass containers. When a candle has burnt out I recycle the glass and use them as vases to make pretty floral arrangement that you can use in bathrooms, on your nightstands, entry table or even gift them.

Candles comes in different color and sizes which is perfect because you



can change them according to the seasons or your mood. I also like adding a little bit of bling to the center of the flower. I like to use rhinestone button for sparkle. You can find a wide selection of sizes, color and styles of at your local craft store.

## Trans What? Middle Grades Book Review

by Katherine Mills Hernandez, Communications Committee Member

This spring, as part of an anti-bullying project in my English Language Arts class for 5th and 6th graders, my students and I read a book that inspired thoughtful, deep discussions, as well as increased mindfulness about empathy and respect throughout the school days and weeks.

My students and I all grew a great deal, thanks to this book, so I thought I'd share it with you. It's *George*, by Alex Gino. The main character, George, is a 4th grader grappling with an increasing frustration. While the world sees George as a boy, she knows she is a girl. Somehow she needs to help everyone around her—including her own mother and brother—see her as the girl she knows she is.

Before reading this book, I didn't fully understand *transgender*. I thought a person was only transgender after having completed a transformation from one gender to another. The research I did for my students' project and around this book helped me better understand the challenge of being "assigned a gender" at birth, but identifying as—or "being"—another.

Because *George* is written from the perspective of a 4th grader, my students and I were able to learn in simple terms of the challenges of being seen by the world as something other than who a person is. We also learned how to speak about transgender people, including the appropriate language to use. For example, rather than saying, "George is a boy who believes he's a girl," we learned to say, "George is a girl who the world sees as a boy."

The language we use matters, if we want to demonstrate respect for all human beings and avoid hurting or alienating—even inadvertently—people in our community. And transgender people *are* in our community. There are transgender children growing alongside cisgender ones (cisgender people identify as the same gender they're assigned at birth); knowingly or not, we may have transgender friends uncertain about whether they'll be accepted if they reveal their big secret. Books like *George* help us navigate our community, our relationships, and our social interactions with grace and respect, so I highly recommend this book for all humans.

If you're a parent, this could be a superb shared read for you and your child(ren)!



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# Thank You for Thanking Us!

by Sharon Kennedy

So much goes on behind the scenes to keep our community running smoothly. Roads have to be plowed of snow, important decisions have to be made, appeals have to be heard, security has to keep us safe, maintenance works wonders to keep us lovely and in working order, the office keeps us running in all the business aspect and fun events are planned and carried out.

There are so many people to thank for all that we mostly take



Volunteers are honored each year for all that they contribute by a special dinner. The dinner this year was lovely and yummy! We were warmly welcomed by Phyllis (the community manager, as you all know) and Sue and Yolanda. A festive buffet was waiting for us, with enough variety to please any palette. Live music warmed the room



for granted on a day to day basis. Some are paid staff. Many others are donating their time for the good of us all. Without the time and efforts of the volunteers, our community would need to hire more staff to accomplish necessary tasks and we would not have as vibrant and active a community life as we do now.



Michael Tyrrell was presented a plaque naming him "Volunteer of the Year" (much deserved, in my opinion). Congratulations, Michael!

Thank you for thanking us with a lovely evening!



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- 33 homes are presently for sale in Penn Estates.
- 38 homes have sold year to date.
- The highest-priced home sold for \$260,000 so far in 2019.  
(Information provided through Pocono Mountain Assoc. of Realtors MLS Service)
- 93% of buyers start their search on the Internet.
- The average age of today's buyer is 33 years old.

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- **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**

**HELP  
WANTED**

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

**570-460-0111**

**[www.KMBplumbing.com](http://www.KMBplumbing.com)**

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