



Living in Harmony with Nature

Harmony

Penn Estates Property Owners Association

August/September 2019

President's Message

by José Padilla, President

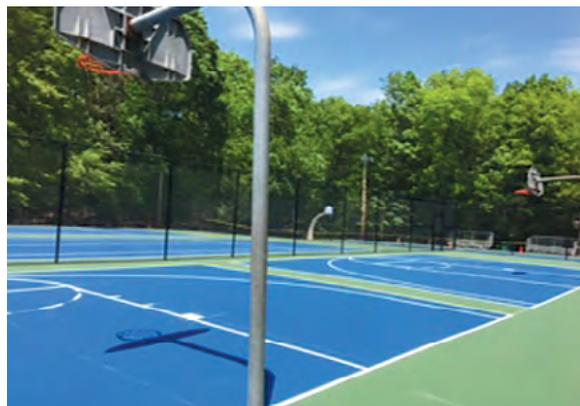


Hello Neighbors!

I trust that everybody had a wonderful Memorial Day and Fourth of July holiday - the summer is truly upon us! The pools and lake are open and the aquatic staff is ready for what appears to be a very hot summer. I urge everyone to be safe and please remember that there are children playing in the neighborhood.

This season's paving has been completed early and I must advise everybody that over the last two years we have changed our road maintenance and paving strategy, from yearly patching to long term full length and width paving of our secondary roads. We understand that some of the residents are not happy with their current roadway situation, but I ask that we exercise a bit of patience as that roads will be addressed on a case by case basis.

I am happy to report that the tennis and basketball courts have been repainted and they look great! The Administration Office has received many positive comments on how they turned out.



Community Manager, Ms. Phyllis Haase, has the maintenance crew hard at work improving the "curb-appeal" at the back gate. Phyllis continues with the major project of improving our amenities. She has other projects up her sleeves and with the support of her staff and the Board of Directors, I personally cannot wait to see them come into being.

At a recent Board Workshop, the Board of Directors diligently completed the draft copy of the revised covenants and now have them ready for legal review by the association's attorney. Once we (BoD) get the attorney's comments and come to a decision on the contents, we will schedule public forums for our members.

Phyllis and I have discussed a plan of addressing the drainage swales in the community in an effort to improve the flow of storm water run-off.

I would especially like to thank Clarice and Dennis Wilkens for their countless years of volunteer service to the community, especially to the community's children, since they will be moving out of the community they so dearly love. And I would like to personally thank every volunteer for their hard work, their dedication to our residents and the long hours of involved in volunteering for OUR COMMUNITY.

In closing, to the "new" volunteers thank you for stepping up and taking an interest to serve OUR COMMUNITY.



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Financial Obligations to the Association

by Phyllis Haase, Community Manager

Countless Americans face foreclosure when their lending institutions are unable to collect mortgage payments. In an ideal world, no one would ever face foreclosure—for any reason. But that world does not exist. Banks and other lenders foreclose on homes when owners default on their loans.

Although relatively rare, association-initiated foreclosures are occasionally required to recover delinquent assessments.

It's important to remember that homeowners choose where to live, and by choosing to live in a community like ours, they accept a legal responsibility to abide by established policies and meet their financial obligations to the association and their neighbors.

Association Budgets

Penn Estates Property Owners Association relies exclusively on homeowner assessments to pay their bills. You trust our board to develop realistic annual budgets. We base our assumptions on careful cost projections and anticipated income from assessments. Our budgetary obligations do not change when some owners don't pay their fair share. Common grounds still must be maintained. Utilities and insurance premiums must be paid.

When homeowners are delinquent, their neighbors must make up the difference or services, and amenities must be curtailed. The former is an issue of fairness; the latter can lessen the appeal of the community and erode property values.

Liens and Foreclosures

When an owner fails to respond to repeated attempts to collect the debt, the association can be left with little choice but to place a lien on the property. The magnitude of this decision requires an approach that is fair, reasonable, and consistent and that complies with applicable laws, practices, and procedures set forth in



the governing documents that guide our decision-making.

Knowing that people occasionally face financial hardship—a lost job, for instance—the Community Relations Manager and I will try to work with homeowners to bring their accounts up to date.

Nobody wants to foreclose on a home—not a mortgage banker and certainly not our association. However, the threat of foreclosure is often the only tangible leverage an association has to ensure fairness and shared responsibility. Without this option, many residents would simply choose to default on their obligation to their association and neighbors. How many Americans would pay their taxes if government had no means of enforcement?

Placing a lien on property, with the ability to foreclose, is typically enough to get delinquent residents to meet their financial obligations to the community—without removing the owner from his or her home. When that fails, associations turn to personal property sales, garnishment of bank accounts, and the final—and unfortunate—option of foreclosure.

We want you to know that we understand the magnitude of this decision and why it may occasionally be necessary.

Above all else, as the Community Manager, I am responsible for sustaining the financial viability and stability of the association. As noted earlier, our budgetary obligations do not change when assessments aren't paid. Services residents expect must be provided; the community must be maintained; bills must be paid, and our investments and property values must be protected.

2019 Payment Agreements

As a reminder, those that have entered into 2019 payment agreements - your final installment was due July 15. Accounts that have failed to complete the agreement will be assessed a late fee of \$100, and the automated gate access cards assigned to the unit will be revoked on July 17.

If you are unable to meet your commitment, please contact Susan Strunk, Community Relations Manager, or myself to discuss possible options.

Jason W. Possinger

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ACT Tricky Tray & Bingo Benefit

by Michael J. Tyrrell, Communications Committee Member

The Penn Estates community came together, yet again, for a good cause in our Oak Room on Saturday July 6, 2019. A Tricky Tray and Cash Bingo was held to benefit Animals Can't Talk (ACT). The tricky tray opened at 4:30 PM and ticket sales were brisk. Bingo commenced at 7:00 PM. The basic bingo fee was \$15 instead of the usual \$10 - the extra five bucks going directly to ACT. There was a 50/50 raffle and soda, chips and brownies were available for 50¢ each.

The tricky tray offerings were abundant (about 65 baskets to choose from), but the highlight was a hand-made cat-themed quilt donated by one of Penn Estates' very talented craftsmen who is very modest and likes to stay out of the spotlight. We had about 35 bingo players. A total of \$800 was raised at this event, which will be sent directly to ACT's veterinarian to cover costs already incurred.

Bettyanne Nevil, who orchestrated this event, wants to send out a heartfelt thanks to all those who helped out, donated baskets, bought tricky tray tickets and played bingo, as well as those who stopped by to make a cash donation.

I have said this before but will repeat that we live in a wonderful, caring community which I am proud to be part of.



Little Free Library

by Bettyanne Nevil, Communications Committee Board Liaison

I like to read, a lot. And I like to read books. Not e-readers, tablets or lap tops. I read near water, like our lake and pool or in the jetted tub. Love stories that keep me guessing. Who did what, detective stories or murder mysteries? Fantasizing about Danielle Steele characters, makes me happy. I have read every single book in the Stephanie Plum series by Janet Evanovich including the bonus one. These are no brainers. You can be lying on a beach, reading and it does not take much to follow the story line. Summer reads that are finished front to back in a day or two.

We are so lucky to have the two free sharing library book exchange boxes right here in Penn Estates; the original at the entrance to the recreation center building, across from the Chill Grill is the one I have recently frequented. One could go broke trying to keep up this habit. I enjoy reading the book jackets to find something of interest. Someone was kind enough to leave a few Alex Rider books by Anthony Horowitz in the box near the Community Center. If it wasn't for these boxes I would never have been swept up into the life of Alex, a 14-year-old British M16 agent working for special operations as a spy.

Alex finds himself getting caught up in unusual disasters, either by assignment, or just being in the wrong place at the wrong time. With the help of another agent, Mr. Smithers, the story gets a little James bond or Maxwell Smart twist. Crazy gadgets are introduced, that get him out of impossible situations. Apparently, this series has eight books. I have read two.

I can't wait to get to the beach and check out the other box, near the willow tree! Maybe I will discover more.



Harmony

The official publication of the Penn Estates Property Owners Association
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Relaxation is just a few miles away!

by Debra Celentano, Communications Committee Member

About two years ago I had some extremely high stress in my life and it settled in my shoulder and neck and I literally couldn't turn left and had constant migraines. Even though the stress that caused my shoulder issue is long gone the pain is still around. At the time I went to the doctor, including the chiropractor and although I found some relief - no migraines - I never got better.

The only real relief I've found is from monthly massages. There are several local places that offer massage services but I settled happily on the Massage Academy of the Poconos. They are located right in Stroudsburg (753 Phillips Street) and their prices are, in my opinion, reasonable.

Last month I started getting tingles in my hand and arm (you know that feeling you feel when your foot falls asleep) nearly all day long and was quite upset. That's the last thing I need right now. Up until then I would get a monthly Stress Buster massage. It concentrates on the neck and shoulders so I always thought that that's the perfect massage for me. However, after some chatting with my masseuse she recommended a Hot Stone massage.

Let me tell you it was 75 minutes of pure relaxation. The heat totally helped the tingling and I also found that the permanent knots I have in my neck and shoulder were so much better and not just for a couple of hours or a day. This month has been the best month I've had in a really long time. I'm nearing my next appointment and I've not had the tingles and the knot in my neck/shoulder and the pain that goes with them has lessened about 85%.

I'm telling you all this for several reasons. First, the service you get is amazing. I've had several masseuses and they've all listened to my issues and tried their best to help. The person I have now though is the one I'll be sticking with. She totally gets my issues and she will spend extra time stretching and massaging my left shoulder. It's really made a difference.

Second, they have a ton of massages you can choose from (and don't be afraid to ask them their opinion if you aren't sure what to try) and on top of massages they have lots of other services including facials, yoga and this cool salt therapy called halotherapy.

Third, the prices are reasonable. You can get a quick 30-minute Swedish massage for just \$35. My fourth and final reason to give them a try is that it's relaxing and it's something to do for you.

For the last six months I've been consistent with my appointments and I've noticed a big difference. I don't have migraines anymore, I can have better range of motion and those tingles up my arm have stopped about 95% of the time. Can't say if you go massages will help you like it's helped me but it could be worth a try. Of course, if you have health issues you should probably check with your doctor to make sure it is okay for you to get one.

If you'd like more information you should check out their website: <https://www.massageacademyllc.com/>



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with Penn Estates

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Resident Group: Living in Penn Estates

Other: Penn Estates Online Yard Sale

Instagram: penn_estates_wildlife

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Out&About

Things to Do and See in the Poconos

by Sharon Kennedy, Communications Committee Member

Summer is truly here. Did you get to watch fireworks on the 4th? Are you enjoying the pool and lake? I have enjoyed the cool nights and warm days thus far, but the searing heat is on the way. This is one more reason to take full advantage of the outdoor amenities, especially the pool and lake.

Here are some of the other upcoming events around the area. As always, I take my information from internet sites. Please call to confirm dates and times and costs. Of course, there is a delay between writing this article and the publication of the Harmony. You may want to check the newspapers, and internet for other events.

This is a great season for outdoor festivals. A Wing and Sangria Fest will be at Sorrenti's in Saylorsburg on 8/11 from 2 to 6 pm. Part of the proceeds go to the West End food pantry. Take along some nonperishable items. The Wildflower Music Festival in Honesdale is on Saturdays through August 17th. Bring a blanket or lawn chair to enjoy the outdoor concerts.

The 15th Festival of Wood will be at Grey Towers in Milford on August 3 and 4. That event is hosted by the Pocono Arts Council. If you have never toured Grey Towers, it is worth the drive. They have a free day (no fee for the guided tour) with free ice cream and children's program on 9/28.

Quiet Valley Living Historical Farm is an interesting day any time and they have special events throughout the year. They host the Heritage Craft Fest on August 10th and the Annual Pocono Craft Fair with crafts, demonstrations and music on 8/24 and 8/25.

On 8/23 and 8/24 is the Blue Mountain Resort's Beer Fest. The Pocono Garlic Fest is on 8/31 to 9/1 at Shawnee Mountain. The Celtic Festival is at Shawnee on 9/21 and 9/22. Stroudfest in downtown Stroudsburg is on 8/31. The Annual COTA Jazz and Arts Festival is at the Delaware Water Gap on September 6, 7 and 8th.

Downtown Milford hosts another music festival on September 14th. I hear that the Bethlehem Music Fest is amazing but congested. That runs from 8/1 through 8/11.

This is also the season for fairs. The West End Fair is at Gilbert from 8/18 to 8/24. Wayne county fair is August 2 -10. Carbon county fair is August 5-10. The Allentown fair is 8/27 to 9/2. Funnel cake anyone?

Are you a runner? There is a Warrior Dash at Pocono Raceway in Long Pond on 9/28. Or you could participate in Master the Mountain Trail Run at Shawnee Mountain on 8/10. That event benefits the Bushkill Ambulance organization.

Do you just want to be outside? You could attend the ABC Supply 500 race at Pocono Raceway in Long Pond on August 17 and 18. Or you could go to the same raceway to watch the Great Pocono Raceway Air Show on August 24 and 25.

Or you could go to that same location to participate in a lantern release. It is now called "Night Lights" and it is on 9/7. Or you could go to Pocono Whitewater in Jim Thorpe for Moonlight Rafting.

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



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Real Estate Update

by Lisa M. Sanderson, Contributor

A Very Brisk Market!

Overall, the Monroe County real estate market is still experiencing low inventory levels and high buyer demand. Penn Estates is following this trend with pending sales right now averaging 22 days on the market. Sellers are getting, on average, 99% of their asking price, and the average price per square foot (above grade) is up to \$93.27. All good news!

Monroe County Tax Re-Assessment

Final tax assessment notices were mailed out July 1 so you should have received yours by now. IF YOU DID NOT RECEIVE YOURS, CONTACT THE COUNTY ASSESSMENT OFFICE ASAP as they likely have your old Penn Estates address on file. You can find the Change of Address form, as well as information about the appeal process, homestead exemption, etc. online at monroecountypa.gov.

Short Term Rental Regulations

A recent case decided by the PA Supreme Court has created a lot of uncertainty in the short-term rental realm of our marketplace. While better regulation and oversight is something many of us advocate for, this new wrinkle in the game threatens home values. Our real estate market has always depended on the vacation sector to bolster our prices, and this case threatens the ability for owners to be able to rent their houses out to vacationers.

If you do already rent your home through Airbnb or other sites, you will want to be especially careful to follow the rules of the State, the Township, and the Homeowners' Association, and *be cognizant of your tenants' impact on the surrounding neighborhood* so as not to attract unwanted attention and risk having your business shut down.

Have a very happy and safe summer, Penn Estates!

Information has been gathered from the Pocono Mountains Association of REALTORS' Multiple Listing Service on July 2, 2019.

Active Listings	Pending Sales	Closed YTD	Closed 2018	
Total	35	13	49	102
Foreclosures	0	1	5	13
Short Sales	0	0	0	2
Low List/Sold	\$99,900	\$60,000	\$85,000	\$46,000
High List/Sold	\$285,000	\$249,900	\$260,000	\$293,000
Avg. List/Sold	\$165,711	\$168,115	\$149,755	\$134,814

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

*About the Author: Lisa Sanderson is a Past President of the PEPOA Board of Directors, founder of the *unofficial* Living in Penn Estates Facebook Group, and a 27-year veteran of the real estate industry. She is a full-time Associate Broker with Keller Williams Real Estate in Stroudsburg. Comments and questions are welcome at poconolisa@gmail.com*

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EVENING & WEEKEND APPOINTMENTS ALWAYS WELCOME

Eats Around Town

by Julie Harter, Communications Committee Member

The Stone Bar Inn

Wow, this was another one of those restaurants that I would keep saying that I want to go to but never did. Well, I am going to go back again and again and again. My husband surprised me spectacularly on this one, taking me to Andrew



Moore's Stone Bar Inn, on Business 209 in Snyder'sville. If they offer for you to sit outside in their veranda dining, take them up on it because it is one of the cutest outdoor eating spots we have been in.

I ordered their night's special Mango cocktail that was so refreshing and perfectly sweet for a night on a veranda. Dan enjoyed a nicely selected IPA.

Both of our entrees came with your choice of Romaine salad or their signature house salad. We both chose the signature salad

because it sounded delightful. It was a spring mix full of dried cranberries, crumbled blue cheese, and candied pumpkin seeds with their house balsamic vinaigrette.

Dan chose the eight-ounce espresso crusted sirloin steak topped with gorgonzola fondue and onion jam. This masterpiece was served with Yukon smashed potatoes and fresh roasted vegetables which included sweet beets in the mélange. All I can say is it is a good thing I have short arms because I would have kept stealing from his plate. The steak was cooked perfectly to medium rare as he ordered.

NOW MINE!! I ordered the crab stuffed Grouper with lemon Beurre Blanc sauce, which came with the same sides as the steak. Firstly, they did not skimp on the lump crabmeat and the fillet was so generous that I took half of it home.

There were so many other menu items that I want to try. We will be back, but I just might have to get that Grouper again.

The Gem and the Keystone

Are you looking for a great date night idea with a tasty meal? My hubby and I were trying to come up with a nice night out for a Saturday, so we decided to head over to The Gem and Keystone Brewpub, in Shawnee of the Delaware.

We started with an appetizer of a Deconstructed Meatball Sub. It is made with delicious homemade meatballs in a rich marinara sauce and mozzarella accompanied by a crispy garlic bread. We devoured this delightful appy.

For our entrees, I ordered their open-faced roast beef sandwich on sourdough bread. The roast beef was slow



cooked and served with mashed potatoes and gravy from scratch. My date ordered the Cheddar Ale Cheesesteak, but since he is cutting out carbs, they were more than gracious in fulfilling his request for the cheesesteak to be served on greens instead of a roll.

Afterwards, we moseyed on over to the Shawnee Craft Brewery to check out the atmosphere and live band playing in their bar. They were two gentlemen that played folk versions of everything from the Beatles to Pearl Jam. It was relaxing and there were nice people to talk to, a great way to end the night.

Debra's Bookshelf

by Debra Cellentano, Communications Committee Member

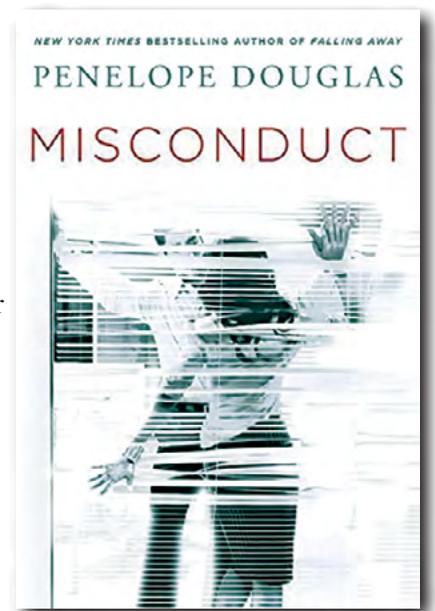
Misconduct by Penelope Douglas

Can I just say I LOVE Misconduct by Penelope Douglas?

I was sucked in right away with this one and I just couldn't stop reading it. Easton Bradley is a first-year teacher with a new job at a private school in New Orleans. She's excited about her new job and in her youth understands that in order to grab your student's attention you must reach them on their level so she incorporates social media into her teaching. In a former life, I was a teacher and I say I was impressed by Penelope's ideas.

Tyler Marek is a parent of one of her students but he's also a very successful business man. He's super hot and he has this "thing" about him that just draws you to him. I was totally head over heels for him. Now, like I said he's super successful but managing a teenage boy isn't as easy as ruling an empire. They have a difficult relationship and when you throw Easton into the mix...well, things get way complicated.

Penelope's writing is superb. She knows just how to keep you guessing. There is a bit of suspense in here that will have you wondering and guessing. I was surprised and that takes a lot. I was messaging a fellow blogger that had reviewed the book as well with all my guesses. It's an excellent read and I highly recommend you pick it up. You won't be disappointed.



Unsticky by Sarra Manning

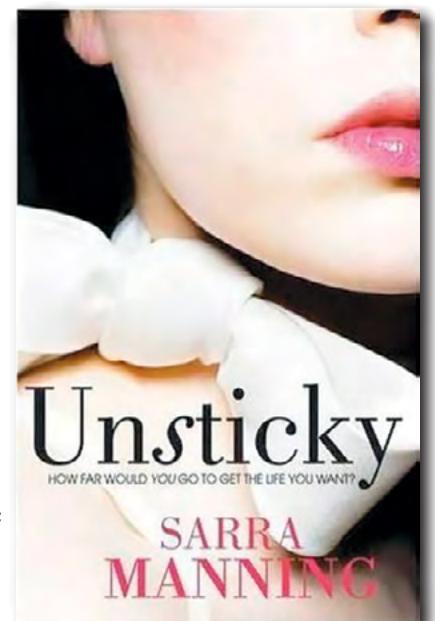
I read this book in less than 24 hours. This book has been on a few WTRAFSOG lists but they are so different. In this book we meet Grace and Vaughn. Grace is an assistant in a fashion company and Vaughn is an art dealer. They are both flawed and I love them for it.

Grace was raised by her grandparents and grew up thinking no one really wanted her and she gave up easily – on relationships, schooling, and on herself. She is very good at watching life pass her by and never doing anything to improve her life. She meets Vaughn after being dumped in public on her birthday! How horrible is that?!? But it made me fall quick for Vaughn.

However, that love I had faded quickly when he starts to show his true colors. Then I just started to get really pissed and wanted to really give him a good slap. But then they get passed their little rough patch and he is just so swoon worthy! He also really helps Grace. She begins to transform herself and I found myself so proud of her.

Vaughn tries his best to keep his hard shell intact but Grace begins to chip away at them and then I loved him again! What started as an "agreement" starts to turn into something more. They begin to really care for each other but they are both so broken that neither can admit it. Then it happens...you know the thing that has you yelling at your e-reader.

Now, here is what I really loved about this book though...it doesn't follow the typical format. I was biting my nails up to the end. I really didn't know how it was going to end. I wanted the HEA and I am not one to give away the ending so you'll have to read to see if they get it but I wanted more!!! The ending is a bit abrupt but not enough for me to lower my rating. I wish there was a second book but from what I found on Goodreads this is a stand-alone. You won't be disappointed.



In Memory of Jane Harris

by Sharon Kennedy, Communications Committee Member

I was asked to write an article in memory of Jane Harris to accompany the beautiful words of the board in a proclamation. I am afraid that I cannot do justice to this quirky and dear woman, but I will try. What I do know for sure is that I miss her bunches, far more than I even expected.

When I think of Jane, I immediately recall her incredible kindness and thoughtfulness to all. She valued each person for who they were, without judgment or hesitation. She listened deeply and then would reach out with what would speak specifically to that person.

She would travel all the way from Florida and then invite me to her home for tapas, wine, laughter and stories. (She knew that I don't cook and so she hosted without a second thought.) She kept fresh ice cream for a friend who much preferred ice cream to any other food or drink.

Jane loved shopping at the Salvation Army and most always found some trinket, toy or unusual object for someone. She loved her companion animals and all of the wildlife outside her door. Above all she loved her husband, Kenton, and her family.

She certainly loved all those she took into her heart and considered family. She laughingly called herself "Auntie Jane" in a sing song voice, as she spoke of anyone that she took into her heart. (And the numbers in her heart were legion.)

Jane certainly loved this community. She saw beauty in most everything. I remember calling her about a deer carcass on her property. I thought she would be distraught or repulsed. Nope. After her initial sorrow and sympathy for the deer, she asked for some pictures. "An art project!" Georgia O'Keefe would have understood completely.

Her husband honored her memory with several services and events. The following is from a card at her Pennsylvania service: "Artist, Educator, Wife, Sister, Aunt and Friend. Jane left the world more beautiful than she found it. She did the same with the people she came into contact with as well. She saw and



revealed the value of the refuse of others. She treasured the discarded. The stone the builders rejected became for her the cornerstone time and time again. She will be deeply missed but her work and legacy will go on and on."

Resolution Honoring Jane Marie Daley Harris

Whereas, the Penn Estates Property Owners Association and the Art Community lost a valued member on March 11, 2019, with the death of Jane Marie Daley Harris and;

Whereas, Jane Marie Daley Harris dedicated valuable time as a member of the Communication Committee and;

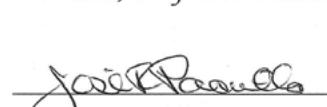
Whereas, she served her community for over twenty years and;

Whereas, her kindness, energy, and graciousness has enriched those fortunate enough to know and work with her;

Whereas, Jane Marie Daley Harris has served as a good friend and colleague to many Association members;

Now therefore, be it resolved, the Penn Estates Property Owners Association on behalf of its members recognizes the remarkable achievements of Jane Marie Daley Harris and gratefully acknowledges her many contributions to the Association and Art Community

And Directs on this seventh day of June, twenty nineteen, a copy of this Resolution be provided to her devoted and loving husband, Professor Kenton Harris


Jose Padilla
President


Sandra Bonet
Secretary

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Things to do in the Burgs

by Jennifer Nicholson, Communications Committee Member and Candy Lover

Like a Kid in a Candy Store!

Candy stores are my thing. I LOVE them. Candy makes me happy. Whenever I visit a new city/town one of the first things I do is Google search for candy stores. The weirder the candy selection the better. So, I was very excited to learn that Stroudsburg was getting its very own candy store.

I was out of town when Grandpa Joe's Candy Shop on Main Street opened, but I rushed home to be able to get there before they closed so I didn't have to wait until the next day. Grandpa Joe's did not disappoint.

For me, qualities of a really good candy store include, novelty candies, nostalgic candies and foreign candies. Grandpa Joe's has all of these. You can get can get pickle flavored cotton candy, candy cigarettes, Canadian candy bars and Japanese gummies. Grandpa Joe's has some candies that I have never seen before. Me, being the queen of candy stores, it's hard to find new candies that I have never tried.

When you enter, in the front section of the store is a jelly bean station, novelty gifts, some foreign candies and the case at the register with their homemade chocolates. In the middle section of the store is the \$5 candy buffet of loose candies. You fill up a box with any of the candies from the candy buffet and as long as the lid can shut, it's \$5.

The back section of the store has an astounding variety of sodas. Over 200 different types of soda. Soda from Japan, old fashioned sodas and bizarre flavors like ranch dressing and peanut butter and jelly soda! The back section also contains more candies and novelty gifts.

Grandpa Joe's has nine different locations between Pennsylvania and Ohio. I was happy to hear that so far, the Stroudsburg location is doing better business than expected. I am a regular there and I hope it stays in business forever. If you haven't stopped in yet, I highly recommend you check it out.



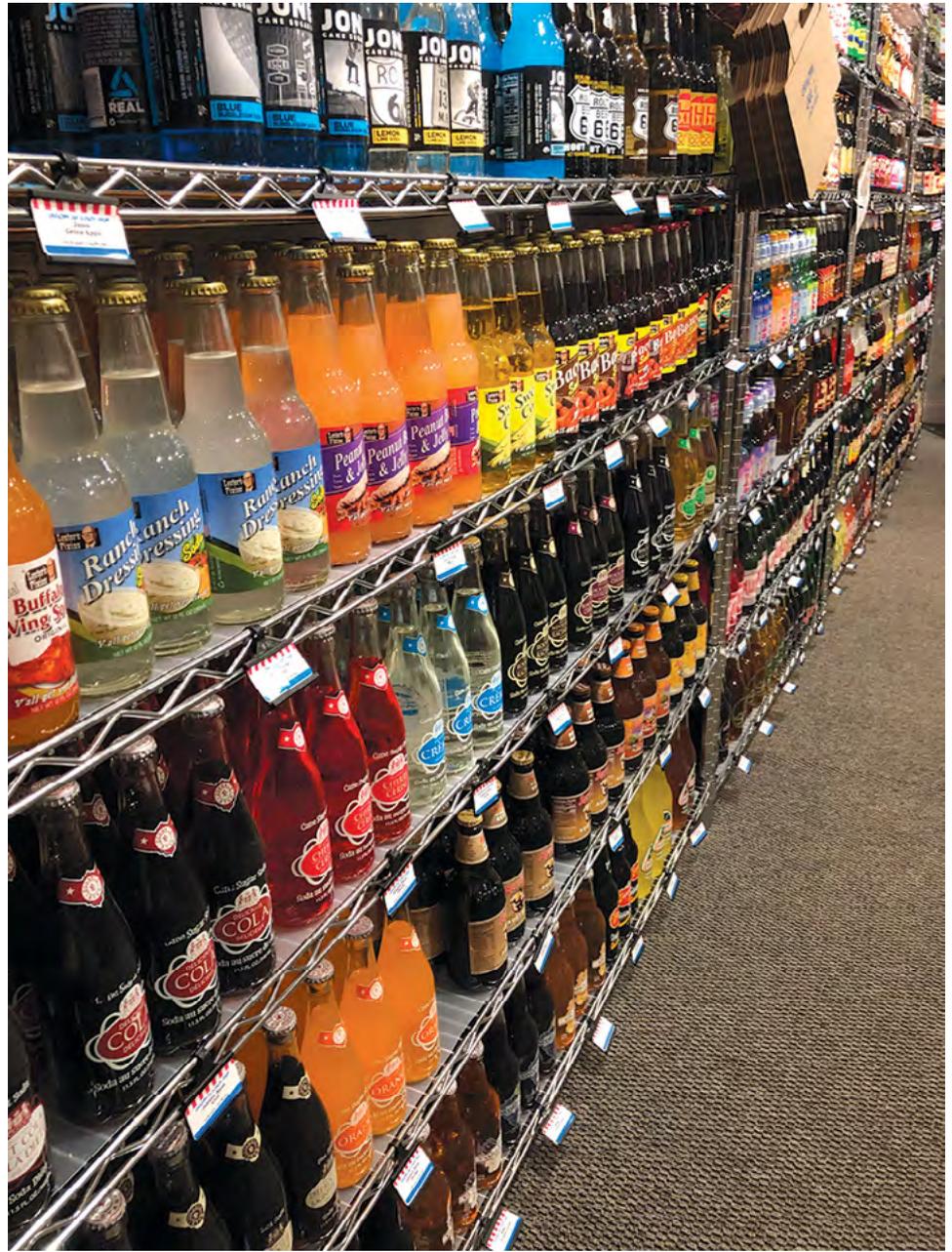
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Chill Grill Update

by Robin Nicholson, Communication Committee Member

If Penn Estates' very own premier take out restaurant and bakery is not a regular stop for you, it should be! The Chill Grill! In February 2017 the Chill Grill opened in the Community Building and the community has come to love it. The Chill Grill is a Penn Estates family owned and operated business which features a diverse menu with breakfast, lunch and dinner items as well as pastries and custom-made cakes.

Owner and chef Jennifer Penna, and her son Justin along with their friendly staff work tirelessly to bring us delicious new creations. Some popular and trendy new menu items are The Boricua Wrap, Gyro Fries, and Loaded Nachos.

The Boricua Wrap is a traditional Latin meal with roast pork, rice, beans and sweet plantain, lettuce, tomato and Chill Grill wrapped in a burrito. The level of savory and delicious of this menu item cannot be put into words, it can only be experienced (ask anyone that has had to pleasure and they will moan approval).

The Chill Grill Loaded Nachos are so loaded with deliciousness it will make your taste buds dance and is plenty for the family to enjoy. These are no ordinary Nachos; the Chill Grill hits this item out of the park and takes Loaded Nachos to a new level.

Most recently the Gyro Fries have become a popular item. Again, these are no ordinary fries and trust me, Chill Grill's classic cheese fries are amazing, but



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just imagine the mouth-watering combo of fries topped with all the ingredients of a gyro. Thank you Chill Grill for dreaming up that little slice of heaven!

These new creations are on par with a favorite Chill Grill staple, the Platano Sandwich, which is saying a lot, because there is nothing better than a Chill Grill Platano Sandwich.

If you are seeking lighter fare as you hit the pool, the Grilled Chicken Salad maintains the Chill Grill's legacy of savory deliciousness. As with the other popular menu items, the Chill Grill takes "salad" to the next level. Trust me on this one, I have eaten my fair share of salads, and Chill Grill's Grilled Chicken Salad is the best, hands down.

There's something special about how the grilled chicken is marinated, and the Chill Grill sauce mixes with the avocado – it's like nothing else. Even if you are not typically a salad eater, try it and you will be! You can top your Grilled Chicken Salad off with a fruit salad for dessert for a great health conscious summer meal!



Speaking of desserts, stop in and check out the new cake case filled with Chill Grill's in-house baked desserts. The tres leche, flan, carrot and chocolate ganache cake are incredible. No need to drive to town for a bakery when we have the best one right down the road at the Chill Grill.

One staple of the Chill Grill is the vast variety of empanadas. The empanadas are hand made with over 10 different flavors including desert varieties! There is also something new and exciting in the works from Jennifer Penna as she is working on a "Jenpanadas" brand and website where anyone can order her empanadas frozen in bulk online.

A big thank you to Jennifer Penna and family, for providing our community with such one of kind deliciousness! Follow the Chill Grill's daily specials and get updates by following them on Facebook at "The chill grill" (@chillingand-grilling) and on Instagram @grillthechill and call to place your order at 570-664-2929 (cash, debit and credit accepted and gift certificates available). Delivery is also available for your convenience!

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Parents are the Leaders of School Bus Safety

by **Stephanie Joy Lewis, Contributor**

It seems like summer just started and our community is abundant with children and adults enjoying nice-weather days and the many amenities to enjoy. Yet, the start of school is right around the corner! Soon, the early morning and mid-afternoon hours will include children at bus stops, waiting for or getting off of the bus, and crossing the roadways on foot. My child is one of them, as are my neighbors' and friends' children.

According to the National Safety Council, the "most dangerous part of the school bus ride is getting on and off the school bus." The National Highway Traffic Safety Administration advises there is an average 33 school-age children that lose their lives in school bus-related crashes each year. Two-thirds of them are killed outside of the bus, (not as a passenger in a vehicular crash). Furthermore, the majority of those children are killed by the school bus itself.² But how does this happen? And is it avoidable?

Thankfully, our community has not suffered a bus stop fatality and with our improving parental due diligence, hopefully never will. However, I have noticed over the past seven years of being a bus stop parent in Penn Estates, a few areas where safety seems to be an issue. Indeed, it has to do with children at the bus stops and our parental decisions.

The most striking to me from a school bus-consumer perspective, and what we as parents can personally do to increase safety, involves our children's activity before boarding the bus (or after disembarking). While not running around or playing in the roadway during "rush hour" (if at all) is a given, many of us have seen it occur far too often. However, there are less obvious areas parents may want to consider when they make their safety decisions.

Form the bus boarding line several feet back from side of roadway

Often when the bus is heading in our direction, I see the children line up perpendicular to the road, as is appropriate. However, generally the first child in line is, literally, touching the white line on the side of Penn Estates Drive or is an inch from it. The several other children are closely in line behind, often fidgeting or moving about as children do. One little bump and the front child (or two) could fall into the roadway in front of a bus pulling up (or a passing car).

I also saw this when our bus stop was not on Penn Estates Drive, where there was no white line, but clearly an area where the roadway generally starts. The proximity to the road is concerning, because this line-up formation also fails to recognize that an errant driver passing by may easily operate his vehicle flush with the right side of his driving lane, if he is distracted. That front child could easily be hit by the vehicle.

According to PennDOT, Pub.741 (6-13), while, of course, children should be supervised at the bus stop, they should also line up at least five giant steps away from the roadway to wait for the bus. This eliminates the danger of a somewhat negligent or inexperienced driver as well as that natural fidgety behavior of our kids.

Never cross the street behind the bus

PennDOT also advises that when a child needs to cross the road, passing an end of the bus, he should never cross behind the bus but only in front of the bus. The danger of crossing behind the bus is because a delinquent driver that illegally passes the bus may also not see the child step out (run out?) from behind the bus into the driver's line of travel. After all, that driver didn't even notice the bus, much less a smaller, moving child that may run out from his unseen location concealed by the bus.

Moreover, says PennDOT, to cross in the front of the bus, the child should walk at least 10 feet in front of the bus so that the bus driver can see him, preventing the child from being run over. This would evidently be advisable even if accompanied properly by an adult.³

(continued on next page...)

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School Bus Safety cont.

Do not allow your child to “catch” the bus

I also see children who arrive late for the morning loading bus, hopping out of a parent’s vehicle and running alongside the bus attempting to get to the front door, be noticed, and be permitted to climb onboard. My heart stops when I see this, in all kinds of weather and road conditions, and I have intervened quickly to alert the bus driver, on multiple occasions. Some parents even allow their child out of their own vehicle to “catch” the bus when the bus is already moving forward.

The risk of a running child slipping under a massive bus tire is obvious. PennDOT advises that parents should have their children at the bus stop five minutes before scheduled pick up time, so there is never a “need” for the child to catch the bus.³

Another frightening view is that of the parent who speeds excessively to get to the soon-to-depart bus, because they did not leave for the bus stop on time with their charges. I know of at least one recent occasion where a driver was unable to stop in time to avoid hitting the rear of the vehicle of the last properly parked parent on the side of the road. While the damage was thankfully negligible that time, imagine if a parent or child was retrieving a project or book bag from the back of the car?

Parents may want to better ensure that they arrive timely to the bus stop. Perhaps plan for leaving the house 10 minutes earlier, and use that wait time once arrived at the bus stop for some quality talk time with the kiddo(s).

We are all human, life happens, and at times do get out of the house late, despite our best-laid plans. Perhaps we can make it our personal requirement or challenge to drive our child to school, should we realize we are not going to be in reasonably safe time to meet the bus. While this can be tough if a work schedule seems to be an impediment, it may also cause a natural incentive to ensure better timeliness in the morning so driving to school is not necessary and work attendance not delayed.

Patience, patience, patience may be our greatest ally

It may be risky behavior for those parents who pull out and depart the bus stop area when the bus is still loading or unloading children. I routinely see some parents park directly behind the back of the bus, (either in a parking spot, perpendicular to the road, or parallel-parked on the side of the road). Typically, the child has already entered the line of children boarding the bus or is already on the bus, and the parent then pulls out to get on with his busy day. Note that

the parent may not be illegally passing the school bus in any way, but is merely traversing the side and roadway surrounding the backside of the bus (to make a left) or the front side (to make a right).

Might this be dangerous in light of the problem noted above involving a late-arriving child running along the roadway to catch the bus? It may be a disaster waiting to happen. Exercising patience here may be wisest, by waiting an extra minute or so for the bus to complete its business and drive fully away.

Avoid blocking stop signs when parking at bus stop

Lastly, you may have noticed that at bus stops that are at a corner with a stop sign, the parking area for bus waiting is on one side of the road, not both. You may also have noted that on the side that allows parking for bus-waiting, several feet before the stop sign is another sign that directs one to not park from here to corner/sign (or similar language). I see people ignore this all the time. I also understand it to be a citable violation.

Perhaps they ignore because they have not figured out the reason for this directive. Some may believe they are excused from following a traffic rule they do not understand the need for. If this is the case for some, here may be the reason you need to understand: If cars snuggle up to the stop sign, they often block the stop sign from the view of other traveling drivers. Another vehicle traveling down the road from behind them, particularly heading toward a four-way intersection, will not see the stop sign at all. As a result, he has no reason to stop and is more likely to blow through that intersection into the pathway of a vehicle (or children) coming through the intersection properly.

We may not know what we do not know, but let’s not allow that to be a reason to ignore traffic rules, which are usually designed to enhance safety in meaningful ways.

According to the National Safety Council remarks concerning *School Bus Loading and Unloading*, one state’s DOT report noted 13 fatalities in one year in the “Danger Zone” of loading and unloading. The number of fatalities from the Danger Zone activity tripled those resulting from school bus occupant fatalities.¹ In other words, it is not the bus ride that is more dangerous, but the time period when our children are still under our supervision. It would seem then, that we caretakers, be we the parent, other family member or friend, have the power to make them safer.

¹<https://www2.safetyserve.com/articles/school-bus-loading-and-unloading/>

²<https://www.nhtsa.gov/document/loading-and-unloading-school-bus-drivers>

³https://www.penn.dot.gov/TravelInPA/Safety/TrafficSafetyAndDriverTopics/Documents/PUB-741_6-13_1Up_schoolbus.pdf

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Michael's Kitchen

by Michael J. Tyrrell, Communications Committee

Salads for dinner in the dog days of August are a win all around. Firstly, they are relatively easy to prepare. Second, much can be prepped ahead and the components tossed together just before serving. Here are some main dish salad recipes that I have developed over the years that we never get tired of serving. All are easily doubled or even tripled. Most make light but very satisfying dishes to serve guests. Oh and an added bonus- all are under 500 calories per serving. I hope you will give one a try!

Scallop Frisee Salad (makes 4 servings)

Dressing

- ½ cup buttermilk
- ¼ cup reduced-fat sour cream
- ¼ cup reduced-fat mayonnaise
- ¼ cup snipped chives
- 1 tsp lemon juice
- ¼ tsp salt
- ¼ tsp black pepper
- ½ cup finely chopped peeled seedless cucumber

Scallops and Salad

- 3 tbsp canola oil
- 1 ¼ lbs large sea scallops, halved horizontally
- 1/3 cup all-purpose flour
- ¼ tsp salt
- ¼ tsp black pepper
- kernal from 3 ears of corn
- 8 cups spring salad greens
- ½ large bunch frisee
- ½ fennel bulb, trimmed and thinly sliced
- Lemon wedges, optional

1. **Make Dressing.** In a medium bowl, whisk buttermilk, sour cream, mayonnaise, chives, lemon juice, salt and pepper. Stir in cucumber. Refrigerate.
2. **Make Scallops and Salad.** Heat 2 tbsp oil in a large nonstick skillet over medium-high heat. Coat scallops in flour and add half to skillet. Cook 2 minutes per side. Remove to a plate. Add remaining oil and cook remaining scallops. Remove to plate and season all scallops with salt and pepper.
3. In same skillet add corn and cook until charred, about 3 minutes. Stir occasionally.
4. In a large bowl, toss greens, frisee, and fennel with half the dressing. Add scallops and corn. Serve with remaining dressing.

Escarole, Bean and Pork Salad (makes 4 servings)

- 1 pork tenderloin (about 1 ¼ lbs)
- 1 tsp dried Italian seasoning
- ¾ tsp salt
- ½ tsp black pepper
- 1 large bunch escarole, washed and cut into bite-size pieces (about 10 cups)
- 1 can (15 oz) cannellini beans, drained and rinsed
- 1 sweet yellow pepper, seeded and diced
- 2 ribs celery, thinly sliced
- ¼ cup pitted Kalamata olives, sliced
- 1 shallot, sliced
- 3 tbsp Champagne vinegar (or red wine vinegar)
- 2 tbsp olive oil

1. Heat grill to medium-high. Season pork tenderloin with Italian seasoning and ¼ tsp each of the salt and pepper. Grill about 6 minutes per side, turning as needed, until internal temperature reaches 140°. Place on a platter and tent with foil.
2. In a large bowl, combine escarole, beans, yellow pepper, celery, olives and shallot. Combine vinegar, olive oil, and 1/8 tsp each of salt and

pepper. Toss dressing with escarole and bean mixture.

3. Thinly slice tenderloin. Serve with salad. Season pork and salad with remaining salt and pepper.



Buffalo Turkey Chopped Salad (makes 4 servings)

- 1 lb fresh turkey cutlets
- 3 tbsp Frank's Original Hot Sauce
- 2 tbsp red wine vinegar
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1 tsp Dijon mustard
- 3 tbsp olive oil
- 1 head red leafy lettuce, torn into bite-size pieces
- 2 large carrots, diced
- 1 large zucchini, diced
- 1 cup diced radishes
- ½ seedless cucumber, diced
- 2 ribs celery, diced
- 1 avocado, pitted and sliced into 16 thin wedges
- ¼ cup blue cheese crumbles

1. Place cutlets in a lidded skillet and add water to cover by at least 1 inch. Cover and bring to a simmer. Gently simmer 2 minutes, or until cooked through. Remove to a cutting board and slice into pieces. Place turkey in a medium bowl and toss with hot sauce. Set aside.
2. In a large bowl, whisk vinegar, salt, pepper and mustard. Gradually whisk in olive oil. Add red leafy lettuce, carrots, celery, zucchini, cucumber and celery. Toss to combine and coat all ingredients with dressing.
3. Divide salad among 4 plates. Top each with avocado wedges, turkey and blue cheese crumbles.

Mexican Grilled Chicken Salad (makes 8 servings)

- 6 tbsp olive oil
- ¼ cup lime juice
- ¼ cup chopped cilantro
- 2 chopped garlic cloves
- 1 chopped shallot
- ¾ tsp sugar
- ½ tsp ground cumin
- 1 lb thinly sliced chicken cutlets
- 3 hearts of romaine, chopped (10 cups)
- 3 plum tomatoes, seeded and chopped
- 1 can (15 ½ oz) black beans, drained and rinsed
- 1 cup shredded pepper Jack cheese
- 1 cup frozen corn, thawed

1. In a small bowl, whisk together olive oil, lime juice, cilantro, garlic, shallot, sugar and cumin. Place 4 tbsp in a large resealable bag; set remaining dressing aside. Add chicken to bag; seal and shake to coat chicken. Refrigerate at least 1 hour.
2. In a very large serving bowl, combine romaine, tomatoes, black beans, Jack cheese and corn.
3. Heat grill to medium-high and grill chicken 3 to 4 minutes per side or until cooked through. Discard marinade. Chop chicken into 1-inch pieces and add to serving bowl. Drizzle with reserved dressing and toss well to combine.

Exercise on the Go

by Yolanda Sarrabo, Contributor and Personal Trainer

Okay, so we're all busy throughout the day and week, and many truly find it too difficult to put time in to exercise. Whether we use excuses, it's too hot or too busy, when can we make an effort to do better? Well how about at work, as many of us spend 8-12 hours at work 5 and sometimes 6 days a week. It's a handful to add a healthy lifestyle into an already hectic lifestyle. Here are a few tips to consider when you run your life on the go:

At the Office - For the many who spend their day at the office and mainly sitting throughout the day, well it can actually be bad for your health. It's important to get up and move around. We are not built to just sit at a computer for so many hours and not get some stretch or movement for the full body. For the many whose job only allows them to focus on a computer screen and stationed at a desk - consider:

- Basic Stretches from your desk with overhead arm stretches. Try these for 2 minutes for every hour you're at your desk
- Leg Flexes - To help avoid blood clots and other types of poor circulation, proper leg movement is imperative. Do 10-20 plantar flexion and dorsiflexion - flexing your foot flat and low movement down or toes flexed upwards.
- Squat Stretches - Use that chair you occupy for simple squats. Use your chair as an anchor as you complete 5-10 up and down squats. It should allow for great range of motion for your legs, core, and lower back

Outdoors - For those whose work consists of being outdoors all day:

- Jumping jacks - Do a mix up for a full body cardio with simple jumping jacks as you move from point A to point B. When you get a break put in 10-12 jumping jacks for every short break you get.
- Toe Touches - This is a great stretch when your body is beat and that back is breaking. Try a slow straight bend and touching toe (or as low as you can go) and hold for a count of 10.

Standing - Being on your feet all day can hold many challenges as well, as your body weight falls to your lower body.

- Rotations - Try slow rotations from left to right for 2 min.
- Seated Leg Holds - When you get a break sit in chair and bring both legs to your chest and hold for 2 second- continue the process for a count of 12
- High Marches - Try long up and down march steps like a soldier, with arms up and down with each upward leg.

A little goes a long way when time is limited but applying some form of exercise is important. Get it in!

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Ross and Ross Nursery

by Jennifer Nicholson, Communication Committee Member

Recently a friend introduced me to Ross and Ross Nursery and I discovered that it is so much more than just a nursery. Just 8.5 miles from the front gate in Paradise Valley, Ross and Ross has been a family owned business since 1932. The Ross family has gardening in their blood and possess extensive knowledge of plants and landscaping design. Any question you have, they have the answer.

The outdoor garden center offers a wide variety of plants and bushes for landscaping as well as mulch, stone, soil etc. Inside is a lovely lavender section. In 2017, one of

the Ross clan, Linda Ross-Besecker, started Paradise Lavender Farm across the street from Ross and Ross. You can find a variety of lavender themed items in the nursery and the lavender farm hosts a Lavender festival at Ross and Ross every summer. I enjoyed the selection of house plants and especially succulents in the indoor area. There is also a little nook with delicious jams, syrups and honey. In the back you will find a "farmhouse thrift" gift section with rustic themed gifts and house décor.

One of the coolest things about Ross and Ross is their classes. There is a workshop area where Ross and Ross hosts weekly classes like children's fairy/gnome gardening class, Wine Sip and Succulents, cupcake decorating, Tea parties, Mommy and Me gardening, Daddy and Me Gardening and Enchanted Fairy Walks at the Lavender farm. Of course, there are holiday themed workshops as well for making things like Halloween and Christmas themed projects. You can



see the schedule and buy tickets for any of these events right from their Facebook page.

A nursery is not the type of place that I would normally discover on my own, I have lived in this area forever and I had never been there so I am very glad that my friend introduced me to Ross and Ross. It is truly a hidden gem right in our area. When you get a chance, take a drive over to Ross and Ross and I guarantee you will love it.



Bloody Mary Time!

by Michael J. Tyrrell, Communication Committee Member and Bloody Mary Enthusiast

Who doesn't love a good Bloody Mary? Show of hands please. I thought so! Just about everyone I know loves a well-made bloody, whether hot or mild, boozy or virgin.

One of the biggest debates, which I often initiate, is when is the appropriate time to enjoy them. I personally vote for brunch or lunch. Some chose evening cocktail time.

We have loads of places in and around town where your Bloody Mary cravings can be satisfied. Here are my thoughts. My

partners in crime, Paul and Julie agree with my assessments.

Cinder Inn - Our favorite joint around these parts for bloodies and good bar chow. We often do an early lunch on Sundays. Their special on Saturday and Sundays is a three buck bloody in a frosted mug hand crafted to order. No short cuts here. As an added bonus they have 40¢ wings on Sunday.

Pub 447 - Again, a made to order drink, perfectly balanced. Garnished with a shrimp and bacon. Good food at very fair prices too.



Cinder Inn



Trackside

Trackside - Very generous sized libations that feature fresh garnishes make this place bloody super! They have different food bar specials every night such as wings, tacos, rib eye and shrimp boil. The bloody is on their two buck happy hour list. The food here is excellent IMHO.

Tannersville Inn - This has always been a favorite lunch spot for us. Their version is garnished with olives, citrus and a slice of dill pickle.

Spice Route - Happens to be our favorite restaurant in Stroudsburg. Their version of the drink has a really nice twist- the rim of the glass is coated with an Indian Spice mix that

has quite a "kick." The flavors really explode in your mouth.

Siamsa - Well, there is a Bloody Mary bar here where you can customize your drink. Nuff said...

Pocono Pub - Freshly crafted, garnished nicely with celery, citrus and olives. Good balance of heat and Worcestershire.

Red Robin - Very reliable food and drink. I am sure they use a Bloody Mary mix but it's a very good drink for \$5.00. Its nicely executed and rather generous.



Tannersville Inn



Pub 447



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