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& MOMS

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# CONNECT

MAY 2022

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A bucket, hose, and towel are all the tools you need to keep your car or truck looking good.

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Check out all the great car shows and cruises planned for this summer. They are sure to be a revving good time.

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Mother's Day is a time to celebrate and treat your mom to a delicious breakfast or brunch. Whether it's a meal in bed or a beautiful spread on the dining room table, make the day special with simple recipes that are sure to impress.

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CLASSIC

# CONNECTIONS Magazine

president • publisher • editor in chief  
**deborah bailey**

production manager  
**meica drake**

---

account representatives  
**barry weiss**

---

editorial correction services  
**kay marks**

contributing writers  
**michael krupa**, *Finance*  
**josh sheard**, *Finance*  
**terri schlichenmeyer**, *Book Review*

**la guzda**, *Pocono Secrets*  
**bill deaton**, *Outdoor Ramblings*  
**pike/wayne conservation partnership**, *Living Green*  
**disaster blaster**, *Home Tips*  
**mrs. dogood**, *Letters*  
**lisa a. dorn**, M.S.N., C.R.N.P., *Health*

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## CONNECTIONS Magazine

**3305 Lake Ariel Highway**  
**Honesdale, PA 18431**  
**570.647.0085 • Fax 570.647.0086**  
**cmag@ptd.net • thinkconnections@yahoo.com**  
**www.connections-magazine.com**

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### WHAT A DILEMMA

To laugh is to risk appearing a fool.  
To weep is to risk appearing sentimental.  
To reach out for another is to risk involvement.

To expose feelings is to risk rejection.  
To place your visions before the  
crowd is to risk ridicule.

To love is to risk not being loved in return.

**\*\*To go forward in the face of  
overwhelming odds is to risk failure.**

But risks must be taken, because the  
greatest hazard in life is to risk nothing.  
The person who risks nothing, does nothing,  
has nothing, is nothing.

We may avoid suffering and sorrow, but we  
cannot learn, feel, change, grow,  
love or know GOD.

Chained by our own self-assurances, we  
are a slave. We have forfeited our freedom.

**Only the person who dares to take risks and  
to trust in their GOD will ever be made FREE.**

---

In 1997, Rev. Edwin E. Bailey, father of the editor, gave this poem to his daughter 8 days before he had a stroke and 3 weeks before he died. The poem was adapted from works by Leo Buscaglia. Edwin hand wrote this on a scrap of paper and gave it to his daughter, Deborah, saying the words, "Someday you'll understand these words and use them. God bless sweetheart." \*\*These words were used in making the decision to purchase Connections Magazine in 2002.

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“ Our flag does not fly  
because the wind moves it.  
It flies with the last breath  
of each soldier who  
died protecting it.”  
– *Unknown*

**M**ay brings warm breezes, bugs and the opportunity to finally get out to some of our favorite events. The long awaited car cruise schedule is here with numerous shows throughout the summer season.

Celebrate mom with a surprise brunch this year. Try the Brunch Fruit Tart on page 10, with a tasty granola crust and colorful fruit topping, to start Mother's Day in style. Be sure to give mom a little extra love in her special month!

We hope our new sleep column series didn't keep you awake. This month learn all about sufficient sleep and the stages of sleep.

Remember, the road is NOT your garbage can! That includes cigarette butts, keep your butts in the car. Don't be a road pig. Be noble. Have respect. Check out Pocono Secrets in this issue... page 24.

Finally, wave your flags proudly this May and remember and honor all those who have sacrificed for freedom. Together, let's be forever grateful for life, liberty, and freedom.



The CM Team  
570.647.0085  
cmag@ptd.net





# Cleaning Up Your *Wheels*

**A bucket, hose,  
and towel are  
all the tools you  
need to keep  
your car or truck  
looking good.**

*By Jim Gorzelany*  
CTW FEATURES

Proper vehicle maintenance goes beyond taking care of your car or truck's mechanical items. Your vehicle's interior and exterior likewise need regular attention to help preserve a like-new look, add longevity inside and out, and boost its resale value at trade-in time.

Looking good doesn't necessarily come cheap, however. A professional detailing job can cost well over \$100, and even a simple automated car wash can cost \$10 or more, and some can mar your vehicle's finish in the bargain.

Fortunately, cost-conscious consumers armed with a bucket and garden hose can do the job themselves for a fraction of the cost. Working our way from the inside out, here's a look at the best ways to keep your car looking new:



## INSIDE:

### 1} Door-to-door carpeting.

Vacuum and spot-shampoo your vehicle's carpeting regularly (household rug-cleaning spray-foam usually will do the trick), especially after extended bouts of bad weather, to avoid permanent stains from ground-in mud and road salt.

### 2} Seat treatments.

For cloth seats, vacuum regularly using an upholstery attachment, and shampoo when necessary (using a spray-foam upholstery-cleaning product). Use a spray-on fabric protector to repel dirt and stains. Treat vinyl upholstery, as well as the dashboard and trim items, with a spray-on product specifically designed for plastic and rubber surfaces. In addition to restoring a like-new gloss, this will keep such surfaces from drying, fading, or cracking. If you have leather seats, apply a leather-restoring cream using a clean terrycloth towel to help add longevity to their luster.

### 3} Working in windows & mirrors.

Common household window cleaners work well for most automotive glass surfaces, but a homemade mixture of white vinegar and water is claimed to be best for tinted windows.

## OUTSIDE:

### 1} Quick-fix chips, nicks.

To prevent rusting, fix small scratches and chips as soon as possible. Most new-car dealers sell small bottles of touch-up paint to match recent models' finishes for a few dollars. Clean the damaged area and apply the paint sparingly with the brush provided. If the chip or scratch has already begun to rust, sand the area lightly and apply a thin coat of primer to any bare metal before painting. Carefully buff out surface rust from chrome and other metal surfaces with a household scouring pad and water.

### 2} Location, location, location.

Always wash and wax your car in a shaded area. This will both prevent water spotting and keep the wax from drying too quickly and baking onto the car's surface (sun-hardened wax is especially difficult to remove).

### 3} Ragtime.

Be sure to use a soft rag – either terrycloth or flannel – when washing or waxing

your vehicle. Nylon or synthetic towels or paper products are not as absorbent and may scratch the finish.

### 4} Take a top-to-bottom approach.

Work your way from the top down, using an acid-free non-abrasive cleaner to wash the vehicle's exterior; this is available at auto-parts stores and most discount stores. Avoid using household cleansers or detergents that can remove the protective coating from the car's surface. Use a wheel-and-tire cleaning treatment and/or scrub wheels and tires using a stiff bristle brush to remove dirt, grease and disc-brake powder. Use a treatment made for removing insects and road tar to clean the front grille (take extra care if your grille is made of plastic), behind the wheels and other problem areas.

### 5} The rinse cycle.

Spraying from top to bottom, rinse the vehicle by letting an adequate supply of water stream down the finish. Be sure to spray thoroughly underneath the car and inside the wheel wells to loosen road grime; this is especially important during the winter months in snow-belt areas, when corrosive road salt can accumulate. Allow the car's surface to dry, raising the hood and trunk to allow the water to run completely from the edges. Especially if you won't be waxing the car that day, remove water beads using an absorbent chamois – again, available where auto supplies are sold.

### 6} Waxing poetically.

Apply a good coat of wax to the car's sheet metal, but be sure to choose a wax that's "right" for your vehicle. For example, if you have an older car, you may want to choose a wax that has a light abrasive to remove minor scratches. A newer car may require a milder polish made for so-called clear-coat paint finishes. Typically, car wax or cleaner/wax is applied with a clean, damp cellulose sponge with overlapping, circular strokes to a cool finish (to avoid streaks). Once the wax has dried to a haze, wipe it off with a soft, clean cloth.

### 7} Lingering details.

Treat tires and exterior rubber or plastic trim with the aforementioned plastic/rubber protectant. Use a chrome treatment to polish exterior brightwork and aluminum wheels; a household window-cleaner can suffice, but apply it with a rag, to avoid spraying an ammonia-based product onto the freshly waxed paint.

© CTW Features



## June

Every

Wed.	Car Show—SpeakEasy Saloon, Route 171, Union Dale	4:30-8:30 PM
Thur.	Waymart Cruisers—Waymart Hotel in Waymart	5-9 PM
3rd	Lug Nuts Car Club of WVPA—Back Mtn. Bowl, Dallas	5 PM
4th	A Car Gathering—Next to Ace Robbins, Tunkhannock	5 PM
10th	Cruise at City Line Dollar—Cottage Street, Carbondale	5-8 PM
12th	Cylinders & Slices—Vince the Pizza Prince, Scranton	9-11 AM
15th	Car Cruise—Smokin Joe's Ice Cream Shop, Mt. Cobb	5-8 PM
17th	Villa Capri Cruisers—Friendly's Restaurant, Dunmore	5-9 PM
17th	Lug Nuts Car Club of WVPA—Back Mtn. Bowl, Dallas	5 PM
18th	Villa Capri Cruisers—Nay Aug Park, Scranton	9 AM
18th	Tommy Gun Shooting Range Car Cruise—Honesdale	3-7 PM
19th	Villa Capri 28th Annual Car Show—McDade Park, Scranton	8:30 AM
22nd	Elmhurst Fire Co. Cruise Night —Route 435, Elmhurst	6-10 PM
24th	Pocono Mt. Street Rods—Viewmont Mall, Dickson City	6-9 PM
25th	Cruisin' Honesdale—HNB Lot, Route 6, Honesdale	4-8 PM
26th	Prompton Fire Co. Annual Car Show—Park by the Dam	10-2 PM

## July

Every

Wed.	Car Show—SpeakEasy Saloon, Route 171, Union Dale	4:30-8:30 PM
Thur.	Waymart Cruisers—Waymart Hotel in Waymart	5-9 PM
1st	Lug Nuts Car Club of WVPA—Back Mtn. Bowl, Dallas	5 PM
2nd	Car Cruise—Locklin's Auto Parts, Hamlin	1-5 PM
2nd	A Car Gathering—Next to Ace Robbins, Tunkhannock	5 PM
3rd	Car Show—Peckville Assembly of God, Scranton-Carbondale Highway	1-4 PM
8th	Cruise at City Line Dollar—Cottage Street, Carbondale	5-8 PM
15th	Lug Nuts Car Club of WVPA—Back Mtn. Bowl, Dallas	5 PM
15th	Villa Capri Cruisers—Friendly's Restaurant, Dunmore	5-9 PM
16th	Tommy Gun Shooting Range Car Cruise—Honesdale	3-7 PM
17th	Scranton Reg. AACA Car Show—Clarks Summit	8-3 PM
20th	Car Cruise—Smokin Joe's Ice Cream Shop, Mt. Cobb	5-8 PM
22nd	Pocono Mt. Street Rods—Viewmont Mall, Dickson City	5-9 PM
23rd	Cruisin' Honesdale—HNB Lot, Route 6, Honesdale	4-8 PM
31st	Cylinders & Slices—Vince the Pizza Prince, Scranton	9-11 AM



# August — September — October

Every	Wed. Car Show—SpeakEasy Saloon, Route 171, Union Dale	4:30-8:30 PM
	Thur. Waymart Cruisers—Waymart Hotel in Waymart	5-9 PM
3rd	Ladore Lodge Car Show—Waymart	10-3 PM
5th	Lug Nuts Car Club of WVPA—Back Mtn. Bowl, Dallas	5 PM
7th	Wayne/Pike AACA Car Show—Crankers Museum	11-4 PM
7th	A Car Gathering—Next to Ace Robbins, Tunkhannock	5 PM
17th	Car Cruise—Smokin Joe's Ice Cream Shop, Mt. Cobb	5-8 PM
19th	Villa Capri Cruisers—Friendly's Restaurant, Dunmore	5-9 PM
19th	Lug Nuts Car Club of WVPA—Back Mtn. Bowl, Dallas	5 PM
20th	PA Salem Masonic Lodge Fundraiser Car Show—Hamlin	10-4 PM
20th	Tommy Gun Shooting Range Car Cruise—Honesdale	3-7 PM
26th	Pocono Mt. Street Rods—Viewmont Mall, Dickson City	6-9 PM
27th	Cruisin' Downtown Hawley—Church Street, Hawley	4-8 PM
28th	Villa Capri Cruisers—Nay Aug Park, Scranton	9 AM

Every	Wed. Car Show—SpeakEasy Saloon, Route 171, Union Dale	4:30-8:30 PM
	Thur. Waymart Cruisers—Waymart Hotel in Waymart	5-9 PM
2nd	Lug Nuts Car Club of WVPA—Back Mtn. Bowl, Dallas	5 PM
4th	A Car Gathering—Next to Ace Robbins, Tunkhannock	5 PM
9th	Equinunk Vol. Fire Dept Car Show—Hancock Highway	12 PM
11th	12th Annual Big Show—Home Depot, Dickson City	4-8 PM
11th	Cruisin' w/ Honesdale HS Friends of Tennis—Honesdale HS	9-3 PM
16th	Villa Capri Cruisers—Friendly's Restaurant, Dunmore	5-9 PM
16th	Lug Nuts Car Club of WVPA—Back Mtn. Bowl, Dallas	5 PM
17th	Tommy Gun Shooting Range Car Cruise—Honesdale	3-7 PM
21st	Car Cruise—Smokin Joe's Ice Cream Shop, Mt. Cobb	5-8 PM
23rd	Pocono Mt. Street Rods—Viewmont Mall, Dickson City	6-9 PM
24th	Cruisin' Honesdale—HNB Lot, Route 6, Honesdale	4-8 PM
25th	St. Michael's 12th Annual Car Show—Jermyn	9 AM

1st	A Car Gathering—Next to Ace Robbins, Tunkhannock	5 PM
2nd	Western Wayne HS Hot Rod Club Car Show—Lake Ariel	10-2 PM
7th	Lug Nuts Car Club of WVPA—Back Mtn. Bowl, Dallas	5 PM
9th	Villa Capri Cruisers—Friendly's Restaurant, Dunmore	5-9 PM
14th	Lug Nuts Car Club of WVPA—Back Mtn. Bowl, Dallas	5 PM
15th	A Car Gathering—Ace Hardware, Tunkhannock	5 PM
22nd	Cruisin' Honesdale—Halloween Cruise, HNB, Rt. 6, Honesdale	3-6 PM

*More Cruisin*

information, visit  
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or [www.jandcawards.com](http://www.jandcawards.com)



## A BRUNCH SURPRISE FOR *Mom*

**Mother's Day is a time to celebrate and treat your mom to a delicious breakfast or brunch. Whether it's a meal in bed or a beautiful spread on the dining room table, make the day special with simple recipes that are sure to impress.**

Try this Brunch Fruit Tart with a tasty granola crust and colorful fruit topping to start Mother's Day in style. It's a sweet option to begin her day on the right note.

With a crunchy crust and smooth center, this tart is balanced, easy to make and a beautiful addition to the menu. It's also easy to customize as the fruit topping options are nearly unlimited. Pick your mom's favorites and decorate the top however you please. Or, let the little ones get creative and put their own spin on an essential Mother's Day meal.

For more brunch recipes, visit [Culinary.net](http://Culinary.net).



# Brunch Fruit Tart

*Recipe adapted from  
homemadeinterest.com*

## **Crust:**

4 cups granola mixture  
1/2 cup butter, softened  
4 1/2 tablespoons honey  
nonstick cooking spray

## **Filling:**

2 1/4 cups vanilla Greek yogurt  
8 ounces cream cheese,  
softened  
1/2 cup granulated sugar  
1 teaspoon vanilla extract  
1 package gelatin

## **Toppings:**

strawberries, sliced  
blueberries  
kiwis, sliced

To make crust: Preheat oven to 350 F.

In large bowl, combine granola, butter and honey. Grease 11-inch tart pan with nonstick cooking spray. Line bottom of tart pan with parchment paper.

Press granola mixture into tart pan. Place tart pan on baking sheet and bake 10 minutes. Cool completely.

To make filling: Using mixer, combine yogurt, cream cheese, sugar, vanilla extract and gelatin until whipped completely.

Pour yogurt mixture into tart crust. Refrigerate at least 1 hour.

Top with strawberries, blueberries and kiwis.

Source: Culinary.net



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L A Z B O Y

## YOU'RE A PROBLEM-SOLVER.

You see something you can make better and so you do. You've never met something that can't be improved, fixed, or altered in some way, and the solutions always come easy. It's a gift, really, one that you're happy to share with people, so why not take a page from "Idea Makers" by Lowey Bundy Sichol and make it a career?

I coulda thought of that!"

You've probably said that a lot, especially after you've seen something that's making somebody a lot of money. You could have created that. You could improve on that idea right now. You could be rich like Mark Zuckerberg or Jeff Bezos or Elon Musk.

But what about female entrepreneurs? Says Sichol, about forty percent of the businesses in the U.S. are run by women, generating nearly \$2 trillion bucks a year. Their stories are just as exceptional, and just as inspirational...

To be an entrepreneur, Sichol says, solve a problem. Heidi Zak realized how inconvenient it was to buy a bra in-person, so she founded ThirdLove. Jenn Hyman understood that designer clothing was expensive, and she sketched out Rent the Runway.

If there's something for which you have a passion, then look at the story of Alli Webb, who knew that women wanted fun, fuss-free beauty, so she founded the Dry Bar. Lisa Price followed her nose, quite literally, into Carol's Daughter, an empire that offers wonderfully-scented beauty products specifically for African American skin.

Think about Reshma Saujani, if you like to make a difference by helping others. She had two careers before realizing that helping girls learn to code was what she loved to do. Jasmine Crowe knew the stats: millions of people go hungry every day in this country, and her Goodr helps fix that problem.

Finally, pay attention. Good ideas often come naturally when you work hard and keep your eyes open. It happened to Tate's Bake Shop's Kathleen King and Spanx's Sara Blakely, and it could happen to you.

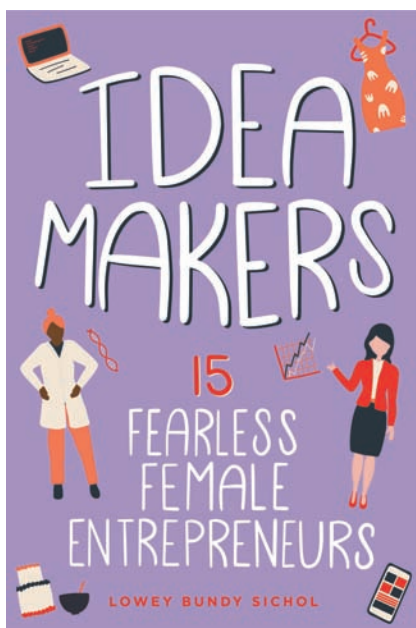
As you're paging through "Idea Makers" and feeling quite inspired, one thing might eventually strike you: the women inside these pages are not necessarily household names. Some, in fact, may be totally unfamiliar to you which, in a way, makes its own point: fame isn't a requirement for entrepreneurship. The Gwyneth Paltrows and the Beyonces of the world aren't the only ones who can launch businesses.

In her introduction, and repeatedly through the profiles she shares, author Lowey Bundy Sichol also shows that

gender has nothing to do with success, either, nor does speed. The stories of the women inside this book subtly show perseverance and dedication, two traits that are often ignored in many be-an-entrepreneur books. That honesty may, for readers who dream of being their own boss someday, be the best part of what you'll read.

You might find this book in the Young Adult section, but it's completely appropriate for an adult who's struggling to find a path. If that's you, reading "Idea Makers" may solve that problem.

## *"Idea Makers: 15 Fearless Female Entrepreneurs"*







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Good Stuff

# Tips for getting your home ready **FOR SALE!**

*Provided by Disaster Blaster*

You may be planning to get your home ready for sale this spring, and you wouldn't be alone... Spring isn't only the most popular time to list homes for sale, but homes listed in spring months also tend to sell faster! This is a huge potential benefit to homeowners that have been planning to sell their homes, but amidst all that competition, how can you ensure that your property stands out?

**Here are some tips for getting your home ready for sale this spring!**

**It all starts with curb appeal**

Whether a potential home buyer is driving by, or browsing online home

listings, the first thing they're likely to see is the front of your house. That first impression is everything, so make sure your property is memorable (for good reasons), and inviting. You want any prospective buyers to click through to see what the rest of the house looks like and, hopefully, schedule a walkthrough.



So trim those hedges, keep the grass trimmed, and weed those flower beds. If you've been meaning to paint the porch railings, or edge your walkway, now's the time to do it!

## Make sure to declutter and organize

Prospective buyers want to be able to picture themselves in your home (and you want that too!), so give them as blank a canvas as possible so they can let their imagination run wild. The last thing you want is for a potential buyer to be unsure if their sofa is going to fit in your living room. So clear out clutter, organize rooms, and simplify contents. Buyers will see how large and spacious rooms are, instead of feeling cramped by all of your stuff.

## Dust off those DIY skills

You probably have a list of home projects that you've been meaning to tackle, but are any of them particularly imperative? If you think it's something a potential buyer will notice, such as chipping paint, outdated fixtures or flooring, or a partially finished project, now's the time to finally get those projects done. Your potential buyers may not notice your efforts, but they'd definitely notice if they weren't done.

## Clean, clean, clean

It's easier to sell a clean house, so you want to make sure the house sparkles. We recommend a good thorough cleaning and then regular maintenance cleaning to ensure that the house is always ready for a showing. You never really know when someone may be interested in seeing your house, so you want to make sure you're always ready.

## Address potential deal breakers

Do you have a mold issue in your attic or basement? Does your roof leak? Is

there asbestos pipe insulation on your pipes? Does your home have a higher than acceptable level of radon? These are all issues that may concern potential buyers. Addressing these issues before your buyers discover them can speed up the sale, avoid unnecessary negotiations, and ensure that buyers choose your home instead of another. Should your buyer have an interest in the work that was performed, providing them with details of the project, provided by a qualified contractor, will ease their nerves and create a level of comfort and trust amongst the parties.

## Maximize your exposure

The hardest home to sell is the one that no one knows is for sale. This is where exposure becomes so important, because many homeowners rely heavily on online listings and tools. That means you want to make sure your home is where your potential buyers are. Your real estate agent will be able to help ensure that your home is listed in all of the applicable real estate sites and publications, with correct information and inviting photographs, and will be able to follow up with interested parties quickly so you don't lose them.

We hope this was helpful, but most of all, we hope your home sells quickly!

If there's something YOU'D like to read about in the future, please let us know at [news@disasterblaster.com](mailto:news@disasterblaster.com).



About Disaster Blaster  
Disaster Blaster is an indoor environmental firm serving the Northeastern PA Area. We have been providing our local area with unparalleled

water damage mitigation, basement waterproofing, mold remediation, radon mitigation, asbestos abatement, and fire / smoke restoration services for decades, and are proud to have been named The World's Greatest Indoor Environmental Firm. For more about Disaster Blaster, as well as more helpful tips, please visit our website at: [www.disasterblaster.com](http://www.disasterblaster.com) or call our office at (570) 963-1123.



# living green

## Wild & Scenic **RIVER**

**The Lackawaxen River Conservancy is actively seeking the designation of Wild and Scenic River for the Lackawaxen River. The Conservancy believes the Lackawaxen River's scenic beauty, unspoiled charm, and unique characteristics make it eminently worthy to receive this designation from Congress.**

*By Christine  
Foland*



### **What is a wild and scenic river?**

- A river that has been designated a Wild and Scenic River is free flowing and has outstandingly remarkable values.
- A free-flowing river has no dams or other impoundments.
- The river has outstandingly remarkable values that are unique, rare or exemplary. They may be historic, cultural, natural or recreational.
- A Wild and Scenic River is managed by a locally appointed council.

### **Is the Lackawaxen River eligible to be designated a Wild and Scenic River?**

The Lackawaxen River flows freely from below Prompton Lake to the Delaware River. It receives discharge from the hydroelectric plant at Lake Wallenpaupack, which adds to the flow. There are no impoundments on the river.

### **The outstandingly remarkable values are known to all of us.**

- The historic Delaware and Hudson Canal follows the banks of the Lackawaxen with many portions of the canal and its locks still





visible. Towpath Road runs along the path of the original towpath that accommodated the mules that towed the barges. Many lock-houses have been preserved. Lock 31 House is being restored, and the grounds surrounding the house include reclaimed portions of the canal. The area has been made into a scenic park, and the building of a canal barge replica is in progress. Lock 31 House is the site of the annual Canal Fest.

- The historic Stourbridge Railroad runs along the bank across from the canal.
- The Dorflinger Glass Factory museum is located close to the river in the town of White Mills. Glass blowers' cottages are part of the landscape, including one that recreates a home as it was when a glassblower and his family lived there.
- Zane Grey, famous writer of western novels, lived at the confluence of the Lackawaxen and Delaware Rivers. He delighted in fishing the waters of the Lackawaxen. His restored home is a museum and the site of the annual Zane Grey Fest.

The Lackawaxen is a great source of recreation. It is a favorite of fisherman. During periods of high flow, kayakers, canoeists and

tubers find great enjoyment as they are carried along by the current. The Trails Project, of which LRC is a part, is creating trails along the river providing great recreation for hikers.

The designation of Wild and Scenic River is the result of a federal law that dates back to 1968. Today, there are two categories of Wild and Scenic Rivers. The first is for rivers that are found on federal lands. The second category, called Partnership Wild and Scenic Rivers, is for rivers that flow through lands with mixed local ownership including private property. The Lackawaxen River

would fall into this category. Control of the river remains in local hands. A cooperative relationship is established between the locally established council and the National Park Service.

## How do we start?

Designation requires a study authorized by Congress to determine if the Lackawaxen River is eligible for this recognition. Getting a study requires letters of local support to present to our U.S. Congressman and one of Pennsylvania's U.S. Senators. Congressional authorization for a study requires an act of Congress. But this is do-able. Many rivers have already received designation through this process. We seek this distinction to preserve the Lackawaxen River in its free-flowing condition for the benefit of present and future generations.

The Conservancy appreciates all letters of support. Go to [lackawaxenriver.org](http://lackawaxenriver.org) for a sample letter and how you can support the request for a study to determine if the Lackawaxen River is eligible to be designated a Wild & Scenic River.





# AD-vantage L.L.C.

By The Reverend Mrs. Silence DoGood

Dear Editor,

Next Sunday I will deliver a sermon called “Raising Baby.” It is a sermon on how parents and care givers can resolve issues regarding the upbringing of their children. As we know when two parents or caregivers are involved, there can be very different views on how to raise a child. This difference can often cause disagreements, hurt feelings or even anger. In my sermon I will propose a method for parents and care givers to use when they have different views on how to raise their children.

I call my method the “L Trilogy.” The trilogy consists of: Listening, Learning, and Letting Go. I know this method well because I use it in my own marriage, as you will see from my example below. But here let me explain.

Listening means to not immediately put up self-defenses against your partner’s ideas. Try to actively and consciously listen to what they propose.

Learning means to fully understand what your partner is saying. If you don’t fully understand it, ask questions. Challenging their ideas is also allowed. One should be able to express your partner’s ideas as well as your own.

Letting Go means when you have fully evaluated your partner’s ideas, you may come to the conclusion that there is validity in them. You can evaluate the outcomes of your idea verses your partner’s idea. You may surrender your idea and acknowledge your partner’s idea is a good one.

I used this method recently when my husband Willie and I were discussing my son Toby. Toby, who is fifteen came to us with the idea that he wanted to start his own business. He wants to become a “Hand Choreographer.” What? That was my reaction. Willie was more willing to listen.

You may remember that Toby, who is extremely handsome, is a model with US International, a world-wide modeling agency based in Manhattan, New York. He does this part-time as he is also a full time high school student in Halo, PA, our rural farming hamlet located two and a half hours from New York City.

It all started when Toby sat in on the making of a TV commercial at US International’s headquarters. His supervisor thought it would be

good training for him. The company was making a commercial for Medicare insurance sold by a publicly-traded-insurance company. They were cleverly disguising the ad to make it look like it was sponsored by the US government, but it was not. The government had no connection to the ad.

The agency had hired a famous and retired football player to be the spokesman for the commercial. With careful diction and great enthusiasm, he urged the viewers to “Call the number below on your screen. It’s free.” The famous player sat there, and Toby noticed he was not moving his hands.

“I thought the commercial would be boring. So during a break I gave the player hand gestures to use to make the commercial more impactful. I gave him many hand gestures. All different. And they were all used.

The director praised me for making the commercial better. If I did it once, I can do it again. I can become a famous Hand Choreographer.”

I immediately thought the idea was impractical. How many people need choreography for their hands? My husband supported Toby’s “entrepreneurial drive.” We told Toby we would think about it and get back to him. And there it was. A perfect time for me to practice my own advice and use the “L Trilogy.”

I listened as Willie explained we could create a new company for Toby: The AD-vantage L.L.C. selling Hand Choreography. I learned all the benefits of allowing our son to learn business at an early age, even if it wasn’t successful. I learned this would be a great project for father and son to work on together. Letting Go wasn’t easy as I agreed that Toby and Willie should work on this inspirational project together. My time will come.

Amen.



**The Reverend Mrs. Silence DoGood**  
Senior Pastor  
Executive Director  
President  
Chairman  
Choir Master (part-time)  
**The First Church of God’s Love**

# SUFFICIENT SLEEP

## New Get to Bed Series: The A to Zs of Sleep

Elizabeth A. Dorn, M.S.N., C.R.N.P.



### Good Stuff

**Last month I addressed some of the wonderful things sufficient sleep can do for us. There's the rub; SUFFICIENT sleep. What is it and HOW we obtain it are key. First, though, let's talk a little about how sufficient sleep can positively impact our lives. How is it that sleep actually functions to benefit our brains and our bodies? Who (and why) are scientists studying sleep? And who is to say what is normal sleep?**

To the latter questions first: It appears, according to anthropological studies, that earliest peoples slept in a biphasic pattern up until the nineteenth century. That is, they went to bed between 9-10pm, slept for 3-3 1/2 hours, awoke for approximately an hour, then went back to bed and slept until dawn. Why did people sleep this way? Some propose that early citizens of earth slept in two phases in order to be "on guard" against wild animals, intruders, fire or witches. As time passed and people became less worried about such perils, citizens would use the time between sleeps for prayer, reflection, sex, chores, reading by candlelight or visiting friends. This pattern of first and second sleep was altered with the advent of artificial light, as people became involved in working long days with regimented factory schedules, during which they could not take a nap break. Segmented sleep is still prevalent in certain cultures, as in the midday Mexican siesta and Muslim Qailulah.

### As to who is studying sleep?

Ancient physicians documented sleep as a loss of consciousness as early as 450 BC. In 1830 a philosopher termed sleep as "temporary metaphysical death." Physiologists, physicians, psychiatrists and scientists have been involved in the study of sleep, the sleep cycle, and how it impacts our physical and emotional health, ever since, with scientifically designed studies performed in special-



ized sleep labs. The study of sleep has evolved to include sleep medicine as medical practitioners study normal sleep and treat sleep disorders.

## What is normal sleep?

Sleep is not the same throughout the time we spend in its hold. We journey about 3-4 times per night through 90 minute cycles of sleep, which include non-rapid eye movement (NREM) sleep and rapid eye movement (REM) sleep. This cycling is important, since our brains accomplish different tasks during each cycle. No one stage is more important than another, but losing out on any one of the stages causes some degree of deficit in brain function.

## What happens during these stages?

In NREM sleep the body builds bone and muscle, tissues are regenerated and repaired, and the immune system is strengthened. During NREM sleep the brain sends a signal to the body's nervous system that decreases physiologic stress; thus lessening the risk of heart attacks and stroke. As we've recently gone through the changeover from standard time (ST) to daylight savings time (DST) it's worth noting that losing this hour of sleep has been associated with an increase in the number of heart attacks the following day. Conversely, in the fall, when we switch from DST to ST, there is a decrease in the number of heart attacks. It's also during this period that memories are solidified; new information learned during the day is consolidated and stored.

## What about REM sleep?

This stage occurs about 90 minutes after falling asleep, and it's during this period that we dream. In this stage the brain engages in intense electrical activity; forming connections and pathways that facilitate creative problem-solving capabilities, form complex association networks and seek nonobvious relationships to cement memories in our brain.

During REM sleep the brain analyzes data it is informed of during waking hours and comes up with solutions and creations that aren't apparent during the day. This was exemplified not only by the inventor of the periodic table of the elements (remember

high school chemistry?) but in the musical origins of the songs Yesterday, by Paul McCartney, and Satisfaction, by Keith Richards, which came to these individuals, by their own admission, during sleep. Ever wonder where the expression "sleep on it" comes from? The instruction arose from the fact that, upon engaging in dream sleep, problem solving capabilities are significantly enhanced.

Even in dreaming, brain accomplishes great things. Deep REM sleep strengthens individual memories and eases the troubling events of the day. Healthy REM sleep has been shown to reduce PTSD patients' clinical symptoms and decrease the frequency of their repetitive trauma nightmares.

Good sleep appears to improve the long-term prognosis of individuals with tension-type headache, migraine and chronic musculoskeletal pain. Sleep appears to be a natural analgesic, without which pain is perceived more acutely by the brain and felt more powerfully by the individual.

## How much sleep do we actually need?

The answer varies according to age, with infants needing 12-16 hours (including naps), children needing 11-13 hours, teens needing 8-10 hours and adults requiring 7 or more hours per 24 hours. That's a pretty wide range, but when you consider all of the tasks our bodies and brains perform during these hours, it's amazing what gets accomplished! What happens if we don't get enough sleep? There's plenty of research that indicates that chronic short sleep is not just associated with but CAUSES an ever-expanding number of diseases and disorders.

Multiple physiologic, neurologic and psychiatric conditions have been scientifically associated with sleep loss. No aspect of the human body is immune to the harmful effects of insufficient sleep, which may not be evident right after one "all nighter", but the cumulative effects of which can be devastating. Higher rates of type 2 diabetes have been identified among those who routinely sleep less than 6 hours a night. Why? Our body's cells, which need insulin in order to absorb glucose from the bloodstream, become resistant to insulin when sleep is regularly shortened, so blood sugar remains high, leading to a pre-diabetic state.

*Finish article online at [goodstuffconnections.com](http://goodstuffconnections.com).*



# Life Insurance at Various Life Stages

..... Provided by Michael Krupa

**Your need for life insurance changes as your life changes. When you're young, you typically have less need for life insurance, but that changes as you take on more responsibility and your family grows. Then, as your responsibilities once again begin to diminish, your need for life insurance may decrease. Let's look at how your life insurance needs change throughout your lifetime.**

## Footloose and fancy-free

As a young adult, you become more independent and self-sufficient. You no longer depend on others for your financial well-being. But in most cases, your death would still not create a financial hardship for others. For most young singles, life insurance is not a priority.

Some would argue that you should buy life insurance now, while you're healthy and the rates are low. This may be a valid argument if you are at a high risk for developing a medical condition (such as diabetes) later in life. But you

should also consider the earnings you could realize by investing the money now instead of spending it on insurance premiums.

If you have a mortgage or other loans that are jointly held with a cosigner, your death would leave the cosigner responsible for the entire debt. You might consider purchasing enough life insurance to cover these debts in the event of your death. Funeral expenses are also a concern for young singles, but it is typically not advisable to purchase a life insurance policy just for this purpose, unless paying for your funeral would burden your parents or whomever would be responsible for funeral expenses. Instead, consider investing the money you would have spent on life insurance premiums.

Your life insurance needs increase significantly if you are supporting a parent or grandparent, or if you have a child before marriage. In these situations, life insurance could provide continued support for your dependent(s) if you were to die.

## Going to the chapel

Married couples without children typically still have little need for life insurance. If both spouses contribute equally to household finances and do not yet own a home, the death of one spouse will usually not be financially catastrophic for the other.

Once you buy a house, the situation begins to change. Even if both spouses have well-paying jobs, the burden of a mortgage may be more than

the surviving spouse can afford on a single income. Credit card debt and other debts can contribute to the financial strain.

To make sure either spouse could carry on financially after the death of the other, both of you should probably purchase a modest amount of life insurance. At a minimum, it will provide peace of mind knowing that both you and your spouse are protected.

Again, your life insurance needs increase significantly if you are caring for an aging parent, or if you have children before marriage. Life insurance becomes extremely important in these situations, because these dependents must be provided for in the event of your death.

## Your growing family

When you have young children, your life insurance needs reach a climax. In most situations, life insurance for both parents is appropriate.

Single-income families are completely dependent on the income of the breadwinner. If he or she dies without life insurance, the consequences could be disastrous. The death of the stay-at-home spouse would necessitate costly day-care and housekeeping expenses. Both spouses should carry enough life insurance to cover the lost income or the economic value of lost services that would result from their deaths.

Dual-income families need life insurance, too. If one spouse dies, it is unlikely that the surviving spouse will be able to keep up with the household expenses and pay for child care with the remaining income.

## Moving up the ladder

For many people, career advancement means starting a new job with a new company. At some point, you might even decide to be your own boss and start your own business. It's important to review your life insurance coverage any time you leave an employer.

Keep in mind that when you leave your job, your employer-sponsored group life insurance coverage will usually end, so find out if you will be eligible for group coverage through your new employer, or look into purchasing life insurance coverage on your own. You may also have the option of converting your group coverage to an individual policy. This may cost significantly more, but may be wise if you have a pre-existing medical condition that may prevent you from buying life insurance coverage elsewhere.

Make sure that the amount of your coverage is up-to-date, as well. The policy you purchased right after you got married might not be adequate anymore, especially if you have kids, a mortgage, and college expenses to consider.

Business owners may also have business debt to consider. If your business is not incorporated, your family could be responsible for those bills if you die.

## Single again

If you and your spouse divorce, you'll have to decide what to do about your life insurance. Divorce raises both beneficiary issues and coverage issues. And if you have children, these issues become even more complex.

If you and your spouse have no children, it may be as simple as changing the beneficiary on your policy and adjusting your coverage to reflect your newly single status. However, if you have kids, you'll want to make sure that they, and not your former spouse, are provided for in the event of your death. This may involve purchasing a new policy if your spouse owns the existing policy, or simply changing the beneficiary from your spouse to your children. The custodial and noncustodial parent will need to work out the details of this complicated situation. If you can't come to terms, the court will make the decisions for you.

## Your retirement years

Once you retire, and your priorities shift, your life insurance needs may change. If fewer people are depending on you financially, your mortgage and other debts have been repaid, and you have substantial financial assets, you may need less life insurance protection than before. But it's also possible that your need for life insurance will remain strong even after you retire. For example, the proceeds of a life insurance policy can be used to pay your final expenses or to replace any income lost to your spouse as a result of your death (e.g., from a pension or Social Security). Life insurance can be used to pay estate taxes or leave money to charity.



Michael Krupa  
614 Church Street  
Honesdale, PA 18431  
570-253-0121  
michaelkrupa@krupawm.com

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# POCONO

## secrets

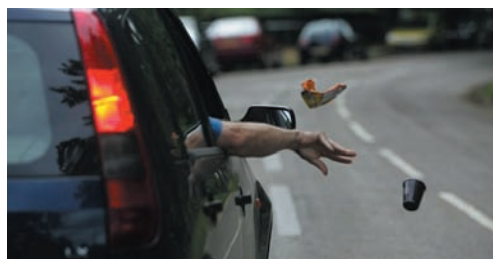
# Pigs

Why People Be

*By LA Guzda*

## The Road is NOT a Garbage Can!

Ahhhhh, the loveliness of springtime! The flowers begin to grow; leaves are returning to the trees as the mounds of plowed snow melt away. And there it is, between the flowers and ferns, all that garbage that has been accumulating on the side of the road.



Okay, maybe your young child accidentally dropped their shoe, bottle, toy out of the window. Perhaps a gust of wind blew those papers off your front seat. That still doesn't account for the copious amounts of trash found along our country roads.

Are some people just "Road Pigs"? Do they consider our community one big garbage can?



In 2017, disgusted by the insulting amount of trash, local resident Michael Coppola took it upon himself to clean a two-mile stretch near Lock 31 House.

He began a hands-on campaign inviting friends, family and neighbors to join the effort. Now, each Earth Day, hundreds of volunteers gather to collect hundreds of pounds of garbage discarded along the roadside.

They meet regularly at various locations to clean small stretches at a time. You can learn more @KeepHawleyHonesdaleBeautiful. Follow them on Facebook and Instagram. Join them if and when you can. It's a great family-friendly community gift.

You can also look to Adopt-a-Highway through Pennsylvania's Department of Transportation. You can adopt and sponsor a section of roadway. You can request supplies to keep your clean-up crew safe and then notify PennDot when your bags are ready for pick up. Learn more at: [adoptahighway.penndot.gov](http://adoptahighway.penndot.gov)

The Pocono Mountains welcome a mix of locals, part-time residents and visitors. It



**THANK  
YOU**

shouldn't make a difference why you are here when it comes to throwing trash out of your car window. It's about RESPECT. Respect for community. Respect for nature and wildlife.

Respect for yourself.

To those who think it's okay to treat the world as your personal garbage can (THAT INCLUDES CIGARETTE BUTTS) – Shame on you. Did nobody teach you not to do that? Do you need to be taught that? Keep a jar or small container for your cigarette butts. Keep a bag for garbage. You may never be one of the "angels" that donate time and effort to clean, but you can at least be an angel and not contribute to the filth.

**Don't be a Road Pig.  
Be Noble.  
Have Respect.**

Follow us on Instagram @PoconoSecrets and on Facebook @PocoPike  
Visit [www.LAGuzda.com](http://www.LAGuzda.com) or [www.PoconoSecrets.com](http://www.PoconoSecrets.com)

# a+r+e

ARTS RECREATION ENTERTAINMENT

YOU CONNECTED

## THE AREA'S GOOD STUFF

MAY '22

May 1–May 31

**DAILY****Rotating Art Gallery**

Three Hammers Winery, Honesdale. Beautiful works of art are displayed in the Barrel Room & available for purchase at the winery during hours of operation. A different local artist is featured each month. For details on the current artist, see [threehammerswinery.com](http://threehammerswinery.com).

**TUESDAYS****Winemaking with Hillary**

2 p.m. Three Hammers Winery, Hawley. Educational seminars with the Winemaker, Hillary. Pre-registration required. Info: 570-949-4688 or [threehammerswinery.com](http://threehammerswinery.com).

**WEDNESDAYS****Wine Walk**

2 p.m. Three Hammers Winery, Hawley. Take a walking tour of the property with staff as you learn about history. Wine walks are weather-permitting & walking trail is about 0.3 miles long. Pre-registration required. Info: 570-949-4688 or [threehammerswinery.com](http://threehammerswinery.com).

**WEDNESDAYS****Wine & Pasta Night**

5–9 p.m. Hotel Anthracite, Carbondale. Featuring half-price bottles house wines & additional selected wine specials. At least three selections of half- & full-size pastas with side salad & house focaccia. Info: 570-536-6020 or [info@hotelanthracite.com](mailto:info@hotelanthracite.com).

**THURSDAYS****Taco Night**

5–9 p.m. Glass-Wine Bar at Ledges Hotel, Hawley. Build your own tacos. Price includes option of meat or vegetarian selection & all the fixings. Perfect for your group; makes 5 tacos. Info: 570-226-1337.

**MAY 1****Spring Melodies at The Winery with Bradley Parks**

2–5 p.m. Three Hammers Winery, Hawley. Hosting musician Bradley Parks for an acoustic performance on the grounds of the

winery. Info: 570-949-4688 or [threehammerswinery.com](http://threehammerswinery.com).

**MAY 1****Gathering Time with Special Guest Mara Levine**

4 p.m. The Cooperage Project, Honesdale. Folk-rock harmony AAA/Americana trio in the spirit of the '60s & beyond, playing original, classic 20th-century, & trad tunes. Folksinger & jewelry designer Levine has been creating beautiful interpretations of fine traditional & contemporary folk songs for many years. Masking required in addition to proof of vaccination or negative test. Info: RiverVibes Concerts, 845-252-6783.

**MAY 3****Open Mic Night**

Sign ups 5:30 p.m.; music 6 p.m. The Cooperage Project, Honesdale. Presented by The Cooperage Project. Open to acoustic acts, bands, comedians, poets, experimental sounds ... anything goes. All ages. BYOB. Info: 570-253-2020 or [info@thecooperageproject.org](mailto:info@thecooperageproject.org).

**MAY 4****Drawing With Debby: Line, Shape and Color**

4–5:30 p.m. Wayne County Public Library, Honesdale. Acrylic painting a still life. Bring an object you are connected to, or that you think is interesting to the library. Add it to the community still life. Masks are required. Registration: Elizabeth, [ewilson@waynelibraries.org](mailto:ewilson@waynelibraries.org) or Miles, [mkeesler@waynelibraries.org](mailto:mkeesler@waynelibraries.org) or 570-253-1220.

**MAY 6****Music At The Lounge with Rick Horvath**

6–9 p.m. Three Hammers Wine Lounge, Honesdale. Relax with friends at the new location while sipping wine & enjoying some tunes. Info: 570-949-4688 or [threehammerswinery.com](http://threehammerswinery.com).

**MAY 6****Sounds Like Teen Spirit — Teen Open Mic!**

7–9 p.m. The Cooperage Project, Hones-



dale. School-aged students are encouraged to share their performing art on stage: guitar, rap, stand-up comedy, poetry, singing, juggling or keyboards. All ages invited to watch & enjoy. Masks required for ALL individuals inside The Cooperage Project (except when performing on stage). Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

### MAY 6-8

#### Birds and Brews

Pocono Environmental Education Center, Dingmans Ferry. A wonderful weekend of bird watching & beer tasting. Enjoy guided hikes that teach how to identify birds by sight, sound & habitat. Program geared toward beginners & experts alike. Sat. night PEEC provides beverages from local breweries while you enjoy the campfire. Includes two nights of lodging & meals from Friday dinner through Sunday lunch. Commuter & day rates available. Info: 570-828-2319 or [www.peec.org](http://www.peec.org).

### MAY 7

#### Edible & Medicinal Plant Walk

10 a.m.–Noon. Pocono Environmental Education Center, Dingmans Ferry. Nature provides food & natural remedies for us in the form of many plants. Join a hike focused on wild edible & medicinal plants. No collecting or consumption will be done during the program. Info: 570-828-2319 or [www.peec.org](http://www.peec.org).

### MAY 7

#### Alcohol Ink Workshop

10:30 a.m.–Noon. The Art Factory of White Mills, White Mills. With Carol Mainardi. Pre-registration required. Must wear a mask. Info: [info@TheArtFactoryofWhiteMills.com](mailto:info@TheArtFactoryofWhiteMills.com).

### MAY 7

#### Photography 101 Workshop

1:30–3 p.m. The Art Factory of White Mills, White Mills. With Bill Brown. Bring your own camera. Pre-registration required. Must wear a mask. Info: [info@TheArtFactoryofWhiteMills.com](mailto:info@TheArtFactoryofWhiteMills.com).

### MAY 7

#### Family Movie Matinee

2 p.m. Equinunk United Methodist Church, behind the General Store in Equinunk. Refreshments to follow. Everyone welcome. Info: 570-224-4165.

### MAY 7

#### Songs of New York

7 p.m. The Milford Theater, Milford. Featuring operatic tenor Blake Friedman, it's the story of a young man & his dreams to move

to the big city to become a star. Told through repertoire from the American Operatic, Bel Canto & Musical Theater Repertory, we follow the man's first visit to New York & the wild 24 hours he experiences. Info: 570-588-8077 or [harmonyinthewoods.com](http://harmonyinthewoods.com).

### MAY 7 & 8

#### Plant Sale

Free admission 9 a.m.–4 p.m. Pocono Environmental Education Center, Dingmans Ferry. Choose from a variety of native & deer-resistant flowers & grasses to beautify your yard. Sun-loving & shade-loving plants will be available. PEEC members can attend a pre-sale on May 6, 5–7 p.m.

Info: 570-828-2319 or [www.peec.org](http://www.peec.org).

### MAY 8, 2022

#### Mother's Day — Roses and Rosé Event

Three Hammers Winery, Hawley. Treat Mom to a glass of the Dry Rosé, released for Mother's Day, accompanied by three delicious light bites. Live jazz music by Benya Barshai, & Mom will be presented with a beautiful rose to take home. Two sessions available: 1 p.m. & 3 p.m.

Pre-registration required: [reservations@threehammerswinery.com](mailto:reservations@threehammerswinery.com).

### MAY 11

#### Drawing With Debby: Imagination Drawing

4–5:30 p.m. Wayne County Public Library, Honesdale. Use pencils, markers & watercolor to create invented drawings inspired by other artists' images. Masks are required. Registration: Elizabeth, [ewilson@waynelibraries.org](mailto:ewilson@waynelibraries.org) or Miles, [mkeesler@waynelibraries.org](mailto:mkeesler@waynelibraries.org) or 570-253-1220.

### MAY 14

#### Animal Totems Workshop

10:30 a.m.–Noon. The Art Factory of White Mills, White Mills. With Brian Tresca. Pre-registration required. Must wear a mask. Info: [info@TheArtFactoryofWhiteMills.com](mailto:info@TheArtFactoryofWhiteMills.com).

### MAY 15

#### Abstract Alcohol Ink Workshop

10:30 a.m.–Noon. The Art Factory of White Mills, White Mills. With Rosellyn Grohol. Pre-registration required. Must wear a mask. Info: [info@TheArtFactoryofWhiteMills.com](mailto:info@TheArtFactoryofWhiteMills.com).

### MAY 15

#### Create your own Walking Stick Sunday

Noon–3 p.m. Pocono Environmental Education Center, Dingmans Ferry. Spend the afternoon with PEEC to create handcrafted walking sticks. Wood, tools, gloves & aprons will be provided, as well as suggestions &

pointers on how to personalize your work. Pre-registration required. Info: 570-828-2319 or [www.pec.org](http://www.pec.org).

### MAY 15

#### **FolkZINGER Christine Lavin**

3–5 p.m. The Cooperage Project, Honesdale. Live & in person. Lavin is a singer/songwriter/guitarist/recordingartist/author/videographer based in New York City & currently working on her 26th solo album. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

### MAY 19

#### **6th annual “Open Mic for Suicide Prevention”**

7–10 p.m. The Cooperage, Honesdale. Open to all: musicians, poets, storytellers welcome. Free event. 6:30 sign up. Info: 570-253-2020 or [info@thecooperageproject.org](mailto:info@thecooperageproject.org).

### MAY 20

#### **Music At The Lounge with Alyssa Golden**

6–9 p.m. Three Hammers Wine Lounge, Honesdale. Hosting musician Alyssa Golden for an acoustic performance. Relax with friends at the new location while sipping wine & enjoying some tunes. Info: 570-949-4688 or [threehammerswinery.com](http://threehammerswinery.com).

### MAY 21

#### **Charcuterie Class**

11 a.m.–12:30 p.m. Three Hammers Winery, Hawley. Learn to create an impressive dessert-themed charcuterie board. Cost includes a branded Three Hammers board, all the foods, & a glass of wine to sip on. You are welcome to stay & enjoy your creation on site after the event or take it home to enjoy. Space limited; register in advance: [threehammerswinery.com/events](http://threehammerswinery.com/events).

### MAY 21

#### **Spring Melodies At The Winery With Louis West**

2–5 p.m. Three Hammers Winery, Hawley. Hosting musician Louis West for an acoustic performance on the grounds of the winery. Info: 570-949-4688 or [threehammerswinery.com](http://threehammerswinery.com).

### MAY 25

#### **Drawing With Debby: 5 Senses**

4–5:30 p.m. Wayne County Public Library, Honesdale. Collage — using scissors to “draw” you will make collages inspired by all five senses: sight, sound, touch, taste, & smell. Masks are required. Registration: Elizabeth, [ewilson@waynelibraries.org](mailto:ewilson@waynelibraries.org) or Miles, [mkeesler@waynelibraries.org](mailto:mkeesler@waynelibraries.org)

570-253-1220.

### MAY 27

#### **Music at The Lounge with TJ Santiago**

6–9 p.m. Three Hammers Wine Lounge, Honesdale. Hosting musician TJ Santiago for an acoustic performance. Relax with friends at the new location while sipping wine & enjoying some tunes. Info: 570-949-4688 or [threehammerswinery.com](http://threehammerswinery.com).

### MAY 27–30

#### **Memorial Day Family Camp Weekend**

Pocono Environmental Education Center, Dingmans Ferry. Bring family & friends to experience the best of what PEEC has to offer. Interpretive hikes, animal presentations, canoeing, campfire & more. Includes three nights of lodging & meals from Friday dinner through Monday lunch. Info: 570-828-2319 or [www.pec.org](http://www.pec.org).

### MAY 29

#### **Acrylic Pour Workshop**

10:30 a.m.–Noon. The Art Factory of White Mills, White Mills. With Carol Mainardi. Pre-registration required. Must wear a mask. Info: [info@TheArtFactoryofWhiteMills.com](mailto:info@TheArtFactoryofWhiteMills.com).

### MAY 29

#### **Spring Melodies at The Winery with Rob Viola**

2–5 p.m. Three Hammers Winery, Hawley. Hosting musician Rob Viola for an acoustic performance on the grounds of the winery. Info: 570-949-4688 or [threehammerswinery.com](http://threehammerswinery.com).

## On the Horizon

### JUN. 4

#### **Pride Karaoke**

7–10 p.m. The Cooperage Project, Honesdale. Let your voice be heard. In celebration of Pride Month, join in a fun night of karaoke. Open to everyone in support of our LGBT+ community. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org)

### JUN. 5

#### **10th Annual “Hawley Spring Run — A Race Against Suicide”**

Bingham Park, Hawley. 5k Run/Walk. Registration starts 11:30 a.m.; start time 1 p.m. T-shirts, raffles, trophies, medals awarded. Sign up at [RunSignUp/HawleySpringRun](http://RunSignUp/HawleySpringRun). Proceeds benefit Tyler Paul Whitman Memorial Scholarships given out at Wallenpaupack Area High School and NSPI (Northeast Suicide Prevention Initiative). Info: 570-689-3345.

# HONESDALE

PENNSYLVANIA

*Choose your own adventure!*

## Upcoming Events for 2022

**Fireworks at Central Park**  
July 2 (rain date July 3)

**Sidewalk Sales**  
July 14-16

**Ghost Tours**  
Oct 8, 9, 14, 15

**Harvest & Heritage Days**  
Oct 8 & 9

**Winter Wonderland**  
Nov 25 & 26

Play

Shop

Eat

Honesdale was voted one of "The 10 Best Small Towns in the U.S." by Country Living Magazine (2021)

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[costasfamilyfunpark.com](http://costasfamilyfunpark.com)

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