

JULY 2022

Since 1998

CONNECTIONS MAGAZINE



goodstuffconnections.com

INSIDE:
EVERYTHING
SUMMER

REAL ESTATE & CONTENTS AUCTION

83 Edward Rd, Beach Lake, PA 18405

SATURDAY JULY 30, 2022 at 11:00 AM



Selling for motivated POA. Pristine ONE STORY country home. Not in a private community. Landscaped grounds with stone walls & fenced dog run. 2 Bedroom, 2 Bath and Fully Finished lower level includes rec room, craft area, bedroom and 1/2 bath. Expansive sun deck with retractable awning. Close to Honesdale, PA and Narrowsburg, NY. Central and off-peak electric storage heat system & central air. Visit Cowley1.com for more photos. Contents of retired executive include all furnishings, Lladro and other Collectables, artwork from Renior and others. Antiques and many unique and good quality clean items, selling right from the house. Contents begin at 11:30 am the same day.

AUCTION: SATURDAY, JULY 30

Doors open at 10am Real Estate at 11am Contents at 11:30 am

Live and Online Bidding. Absentee Bidding now open.

Preview: Sunday, July 10th and July 25 from 11am to 1pm.

Terms and Conditions at Cowley1.com

COWLEY
REAL ESTATE
AUCTIONS

LIC# AU2923L

VISIT: cowley1.com
FOR AUCTION INFORMATION.
570-499-8883 (AMY)



SUMMER LIVE MUSIC



SUNDAYS

MAY 29TH - SEPTEMBER 4TH

6PM-9PM

LedgesHotel.com | 570.226.1337

**BLUES
BREWS
& BBQ
ON THE DECK**



ON THE DECK

THE SETTLERS INN

WEDNESDAYS

JUNE 1ST - AUGUST 31ST

6PM - 9PM

THESETTLERSINN.COM | 570.226.2993



**SILVER
BIRCHES**

SATURDAYS & SUNDAYS

MEMORIAL DAY TO COLUMBUS DAY

3PM-6PM

SILVERBIRCHESRESORTPA.COM | 570.226.4388

**LAKE
SIDE
LIVE**

JAZZY WEDNESDAYS LODGING SPECIAL

INCLUDES LODGING, BREAKFAST, DINNER & JAZZ, MENTION JAZZY WEDNESDAYS TO REDEEM.

570.226.2993



**Grower's
Garden Center
and Greenhouses**

STILL GROWING AFTER 43 YEARS

NEW SELECTION OF GARDEN SEEDS!
GREAT SELECTION OF ANNUALS, PERENNIALS
AND HANGING BASKETS

Bedding Plants • Vegetable Plants
Wide Selection of Perennials & Herbs – including some new varieties
Blackberry, Strawberry, Blueberry, and Raspberry Plants
Pansies, Primroses, Witch Hazel, Forsythia, Andromeda
PROFESSIONAL GROWING PROMIX

Outdoor Lawn Furniture, Windmills,
Wishing Wells, and Lighthouses
SEEDS AND CHICKS AVAILABLE

DEER OUT AVAILABLE
Still growing after 43 years
We specialize in deer resistant plants & trees
See Kathy or Nick for any of your garden needs



570-676-3766
Open 7 days
All Major Credit Cards Accepted

Rt. 191 in Downtown Newfoundland, Pa.



**SAWMILL
DELIVERY
SERVICE**

Andersen 
WINDOWS • DOORS

Serving
PA, NY & NJ
800-373-4534

**Serving
Individuals
& Contractors
with Prompt
& Professional
Service**


**GUMBLE
BROTHERS INC**
HOME CENTERS Since 1926
www.gumblebrothers.com
570-226-4531
MADE A JOINTLY INSTALLED BETWEEN
THE SERVICE AND FINANCIAL INSTITUTIONS
CANNOT BE USED AS A CREDIT ADVISORY

Route 507 | Paupack, PA | Serving the Lake Region



**OUTSTANDING
COMMITMENT TO CLIENTS**

"Bernadette is is the perfect balance of professional, neighborly, honest, and knowledgeable!! I gave her a list of my must haves and cannot haves, and she showed me what I only wanted, and in one day, I found my dream home in my happy place! And now, a giant bonus, Bernadette is my friend and neighbor. She is the **ONLY** realtor I would ever use."

CALL ME TODAY TO CHAT ABOUT YOUR FUTURE HOME PLANS, ASK ANY QUESTIONS YOU HAVE ABOUT THE LOCAL PIKE/WAYNE REAL ESTATE MARKET, OR FOR A FREE CURRENT MARKET EVALUATION.

570-269-5191 | 570-775-7337
Mobile—Preferred Office

**Realtor
BERNADETTE CASLIN**

HEMLOCK FARMS
REAL ESTATE SPECIALIST
35+ year Hemlock Farms resident


Hemlock Farms Lords Valley Office
Rte. 739 Lords Valley, PA | Bernadette.CaslinRE@GMAIL.COM



CONNECT

JULY 2022

FEATURES

6 HOT GOOD STUFF THIS SUMMER

Our area has so many exciting events and activities during the summer; mark your calendar and plan to spend time at one or all of them.

10 SWEET SUMMER TREATS THAT BEAT THE HEAT

Whether your family's ideal summer day consists of swimming, hiking, biking, or simply enjoying the sunshine, all that time in the heat calls for a sweet way to cool off. It's hard to beat a homemade treat loaded with favorite summertime flavors that's as cold and creamy as it is sweet and delicious.

12 MAKING SUMMER FUN SAFE

Longer days and lighter schedules make summer perfect for relaxing, having fun outdoors and spending time with loved ones. However, more physical activity and time spent in the sun can also translate to increased health and safety risks.

14 GET GRILLING

Check out these mouth-watering burger recipes you're sure to love.

COLUMNS

- | | |
|-----------------------|-------------------|
| 5 WORDS FROM THE TEAM | 24 HEALTH |
| 16 BOOK REVIEW | 26 MONEY |
| 18 DISASTER BLASTER | 28 POCONO SECRETS |
| 20 LIVING GREEN | 30 EVENTS |
| 22 MRS. DOGOOD | |

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*

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

Connections Magazine is not responsible for typographical errors, mistakes or misprints. All advertising, including photographs, is the property of Connections Magazine and not that of the advertiser. The advertiser has purchased the right of reproduction only in Connections Magazine and does not have the right to reproduce the ads in any other place or publication. Connections Magazine reserves its rights to exercise its discretion in the selection of advertisements.

© COPYRIGHT 2017 CONNECTIONS MAGAZINE

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.

CONNECTIONS COPYRIGHTED 2007

“Summertime is
always the best of
what might be.”

– Charles Bowden

Smile... it's summertime... finally!
Good Stuff abounds in July, from
fireworks, to fairs, to festivals and
concerts, grab your family and let your
summer shine.

Sweet summer treats that beat the heat
await you on *page 10*. Keep your summer
fun safe with our tips on *page 12*. Add a
little sizzle to your summertime meal... get
grilling, *page 14*.

One of the 'hottest' words trending today
is civility... the simple act of politeness and
courtesy. Children, inherently kind little
humans, have a lot to teach us, *page 24*.

Get out in the sunshine all month
long with one of the many area
events, *page 30*.

Have a happy summer
full of *Good Stuff*!

The CM Team
570.647.0085
cmag@ptd.net





Hot Good Stuff

This Summer



Dorflinger's Wildflower Music Festival

The festival is pleased to announce the return of its summer concert season. There will be seven Saturday concerts through August 13 plus a special mid-week show Thursday July 28th. These concerts, performed by nationally and internationally known artists, will feature a variety of music genres such as jazz, bluegrass, blues, and some fabulous tribute groups. All concerts begin at 6:00 p.m. They take place in the Wildflower Amphitheater on the grounds of the beautiful Dorflinger-Suydam Wildlife Sanctuary in White Mills, PA.

Judi Mortensen, the festival's chairman and artistic director is excited to welcome everyone back to Wildflower, "In just a few weeks, we will be sitting on the luscious green grass among beautiful, majestic pine trees at the Dorflinger Wildflower Music Festival. There is no better place to enjoy the sounds of music and birds singing in the trees while savoring a picnic and the company of your friends and neighbors."

Wildflower is an open-air outdoor music festival held in a tiered amphitheater among majestic trees and green ferns. Please bring a lawn chair or blanket to sit on as chairs are not provided. Picnics and beverages of your choice are permitted at all outdoor concerts. Parking is free. All performers and programs are subject to change.

General admission tickets good for any con-

cert are \$26; students 12 to 18 years are \$13. There is no charge for children under 12. Tickets can be purchased at the gate the evening of the performance and in advance by phone, online, or in person at the Dorflinger Glass Museum Gift Shop during regular open hours.

For 2022, the festival arranged with Follow the Smoke catering to provide a delicious barbecue menu and a refreshing non-alcoholic drink selection at each of the outdoor concerts. Each week, the menu will be slightly different. They will have a limited number of items from which to choose, and everything will be fresh and savory! If a concert moves to the rain location, Follow the Smoke will not be in attendance.

In the event of inclement weather, the performances are held in the air-conditioned auditorium at the Wallenpaupack Area High School. Food and beverages are not permitted in the school auditorium but can be consumed in the school lobby or parking lot. If in doubt of the performance location on the day of a concert, call the festival office.

For additional information on the festival, contributions, tickets, rain location, and directions please call, (570) 253-5500 (Monday through Friday, 10 a.m. to 4 p.m., Saturday 10 a.m. to 5:30 p.m.), email music01@ptd.net, or visit online at www.wildflowermusic.org.

The Wildflower Amphitheater is located on the grounds of the Dorflinger-Suydam Wildlife Sanctuary on Long Ridge Road in White Mills PA. The village of White Mills lies halfway between Hawley and Honesdale on Route 6. At the blinking light in White Mills, turn at the Dorflinger Factory Museum and go up the Elizabeth Street hill. Proceed for 6/10 of a mile to the stop sign. Continue for another 1/10 mile to the entrance of the sanctuary on your right.



Wally Lake Fest & More

It's back for 2022, August 26th through 28th. Lake Wallenpaupack is celebrated during this action-packed weekend event. Wally Lake Fest is a community-wide festival designed to help summer last a little longer in Hawley. Stay tuned to next month's issue for a full schedule of events.

In the meantime, check out some of the other community events planned for July & August 2022. As gas prices continue to soar, local residents and visitors from nearby areas won't have to travel far for free or low-cost summer fun.

Wildflower Music Festival:

July 2-August 13

Latin Fusion Fest:

July 9

Shawnee Riverfest:

July 10

NASCAR Cup Series Race Weekend:

July 22-24

Sunflower Festival:

August 5-14

Wayne County Fair:

August 5-13

Carbon County Fair:

August 8-13

Elements Music & Arts Festival:

August 19-22

West End Fair:

August 21-27

Greene Dreher Sterling Fair:

August 26-September 4

Wally Lake Fest:

August 26-28

Pocono State Craft Festival:

August 27-28

The fun continues through Labor Day weekend and beyond with events such as StroudFest and Tough Mudder Poconos in September and the Pickle Me Poconos Festival and International Food Festival in October.

Visit PoconoMountains.com/Events for information about year-round happenings across the four-county region.



The Wayne County Fair

It's back! 2022 marks the 160th anniversary of The Wayne County Fair, running from Friday August 5th through Saturday August 13th. Billed as the "most fun you'll have all year", the 9-day fair packs each and everyday with shows, thrills, rides, games, food and of course, farm! With 26 big time rides and an ever expanding kiddie land, there's so much fun for kids of all ages.

The annual Wayne County Fair, an agricultural fair, is one of the largest fairs in Northeastern PA and boasts an affordable pay one price model of only \$12 per day, per person, that includes rides, parking, animals, exhibits and most entertainment!

The Wayne County Fair also offers two days for seniors, 62 and over to attend at half price and this year the folks at the fair are honoring veterans and active military persons with the same deal for both on Friday August 5th and Wednesday the 10th.

New to the Fair's jam packed entertainment schedule this year, is a daily World-Class Wild West Showdown show and Michael Griffin, escape Guy extraordinaire. At the grandstand, there's world class cover bands, Gypsy and The Best of the Eagles.

You'll also continue to find your fair entertainment favorites returning on both the small stage and grandstand.... including the Black Cat Hell Drivers, Rosaire's Royal Racing Pigs, Dino Roar, Buffalo and Brandy, two nights of the demolition derby, harness racing and of course, Monster Trucks!

The Wayne County Fair celebrates the area's rich agricultural history with numerous exhibits, contests and farm animals. Take in a pony or tractor pull then watch a 4-H competition featuring local animals raised by local kids. And if you like farm animals, head to the north end of the midway for horses, cows, pigs, chickens, rabbits and more.

And nothing beats the food you'll find at the Wayne County Fair! If your passion is sausage and peppers, homemade ice cream, corn on the cob, funnel cakes or artisan grilled cheese, you'll be sure to find something delicious to eat.

The 160th Wayne County Fair, a family tradition where farm meets food and fun! For more information on entertainment and the full schedule of events, visit waynecountyfair.com.



DOWNTOWN HONESDALE SIDEWALK SALES

and Artisan Fair

Honesdale Sidewalk Sales

Honesdale's Annual Sidewalk Sales is back and better than ever for three days of shopping, music, recreating, open houses and fun for the whole family! Join us in and around Downtown Honesdale on Thursday, Friday and Saturday July 14th, 15th and 16th for this annual town-wide tradition. Local merchants and artisan vendors will line Honesdale's streets with goods and discounted merchandise! And as always, stop and eat and drink at our wonderful restaurants, cafes, breweries and bars. And new this year, Fun Friday, on July 15th, a town-wide happy hour from 5 to 7 p.m. with great discounts on beer, wine, cocktails and even appetizers.

Stroll through town to the backdrop of live, local music on Friday and Saturday at multiple locations. Take a free yoga class in Central Park Friday at noon or Saturday at 8 am. Or listen to live music on Thursday night in Central Park at 7:30 p.m.

Head on over to the Stourbridge Project on Saturday for an open house including 3D printing demonstrations, bocci ball exhibit and free popcorn. Check out the Park Street Complex's newly completed Tunnel Youth Mural. While in town, stop at The Cooperage Project to start The Wayne County Art's Alliance Open Studio Tour on Friday, Saturday and Sunday.

Head to visithonesdalepa.com for event details and we look forward to seeing you in Honesdale! July 14th through 16th for Sidewalk Sales Days!



Natural & Organic Foods

• Full line of supplements and vitamins •
Gluten-free, Sugar-free, Non-dairy foods, Hoagies and Take-out lunches
• Fresh Juices •

947 Main Street, Honesdale, PA 18431
570.253.3469
www.naturesgrace.net

"Where Quality is Standard"



- Cleanups & leaf removal
- Landscape Design & Installs
- Ponds & Waterfalls
- Hardscaping & patios
- Decks & Docks and more...

570-698-6116
pinnaclelandscaping.org

PA107117



BEAUTIFUL LAKE WALLENPAUPACK

Route 6 • 570-226-9726

HISTORIC DOWNTOWN HONESDALE

Church & 6th Sts. • 570-253-1860

CHARMING MILFORD

Route 2001 (Water St) • 570-296-9610

VanGorders.com



L A Z B O Y



SUMMER

Sweet

SUMMER TREATS THAT BEAT THE HEAT

Whether your family's ideal summer day consists of swimming, hiking, biking, or simply enjoying the sunshine, all that time in the heat calls for a sweet way to cool off. It's hard to beat a homemade treat loaded with favorite summertime flavors that's as cold and creamy as it is sweet and delicious.

For a lighter, better-for-you solution, this watermelon gelato has about half the fat and fewer calories than traditional ice cream but with equally mouth-watering flavor. In fact, the word "gelato" means "ice cream" in Italian, and while the two frozen desserts have much in

common, gelato is typically lower in fat with more density.

If you're looking for an added touch of tastiness, try adding a few chocolate chips to the mix in the last few minutes of churning in your ice cream maker, or simply add some on top before serving.

When a summer weekend offers opportunities for morning kitchen lessons with the kiddos, they can help measure ingredients for Watermelon Ice Cream Bars and watch the magic happen as you mix up a watermelon curd, homemade crust, and whipped cream. Once your creation freezes completely, turn out and cut into bars for a cold afternoon treat following all that fun in the sun.

While sweet and tasty, these desserts also provide a bite of hydration with the power of watermelon, which is 92% water, for a delicious way to rehydrate. According to the Centers for Disease Control and Prevention, daily fluid intake is defined as the amount of water consumed from foods, plain drinking water, and other bev-

erages, meaning you don't have to rely only on what you drink to meet your fluid needs.

Because what you eat also provides a significant portion of daily fluids, fruits and vegetables like watermelon can help you and your family stay hydrated for whatever summer days bring your way.

Find more sweet summer recipe ideas at Watermelon.org.

Watermelon Ice Cream Bars

Servings: 8

Watermelon Curd:

3/4 cup watermelon juice
2 tablespoons lime juice
1/2 cup honey
1 pinch salt
3 eggs, lightly beaten
1/2 cup butter (1 stick),
cut into small cubes

Crust:

8 graham crackers, crushed
2 tablespoons honey
1 pinch salt
4 tablespoons butter,
melted and cooled
basil leaves, for garnish

Whipped Cream:

1 cup heavy whipping cream

To make watermelon curd: In medium, heavy-bottomed saucepan, combine watermelon juice, lime juice, honey and salt. Stir to combine then add eggs.

Place pan over medium heat and cook, adding cubed butter to pan and stirring constantly, until mixture thickens and coats back of wooden spoon. Immediately remove from heat and carefully pour through fine mesh sieve. Cool completely in refrigerator.

To make crust: Preheat oven to 350 F.

In food processor, pulse graham crackers until rough crumbs form. Add honey, salt and melted butter; pulse until mixture resembles wet sand.

Line 8-by-8-inch pan with parchment paper then press graham cracker mixture into bottom of pan in even layer. Bake crust about 10 minutes, or until just beginning to brown. Allow crust to cool completely.

Family Features

Source: National Watermelon Promotion Board

Watermelon Gelato

Servings: 8

2 cups pureed watermelon
1/2 cup sugar
1 1/2 tablespoons cornstarch
1 cup fat-free half-and-half
3 tablespoons lemon juice
1/2 cup whipping cream

In blender, blend watermelon, sugar, cornstarch, half-and-half, lemon juice and whipping cream until smooth.

Using ice cream maker, process gelato according to manufacturer's instructions.

To make whipped cream: When crust and curd are completely cooled, in large bowl, whip cream until stiff peaks form.

Gently push cream to one side of bowl and pour in watermelon curd. Using spatula, gently fold cream and watermelon curd together until no streaks are visible.

Pour creamy watermelon mixture over graham cracker crust. Freeze dessert completely, 4-6 hours or overnight.

When ready to serve, loosen sides with small spatula or butter knife. Turn out onto cutting board and use large spatula to flip so graham cracker crust is on bottom. Cut into eight bars and top each with basil leaf.

costasfamilyfunpark.com

big family fun

GO CARTS
MINIATURE GOLF
KID'S PLAYLAND
GEM MINING
BATTING CAGES
LAZER TAG
BUMPER BOATS
WATER SLIDES
VIRTUAL REALITY
& MUCH MORE!!!

COSTA'S FAMILY FUN PARK
570.226.8585
FUN@COSTAFAMILYFUNPARK.COM
2111 Route 6, Hawley, PA 18428
Park hours are subject to change depending on the weather.

2022 Summertime Fun Coupon

\$5 off

a Multi-activity Wristband Package

Mid-week use only. Void on blackout days July 4 and September 5.
Expires September 2, 2022 CM22

MAKING SUMMER FUN *Safe*



Longer days and lighter schedules make summer perfect for relaxing, having fun outdoors and spending time with loved ones. However, more physical activity and time spent in the sun can also translate to increased health and safety risks.

As you and your family enjoy the warmth and sunshine while swimming, biking, grilling, playing on the playground, and more this summer, remember these precautions from the experts at the American Heart Association.

Watch for Signs of Heat Stress

On hot summer days, be alert for signs of heat illnesses, such as heat cramps, heat exhaustion, or heat stroke. Even when it doesn't seem extreme, heat and humidity can take a toll. Some signs of heat-related illness include muscle pain, cramps or spasms; heavy sweating; paleness; dizziness; headache; nausea or vomiting; confusion; fainting or unconsciousness; high body temperature (greater than 100 F) with dry skin; and rapid pulse. If you experience any of these symptoms, take a break, drink some water, and find shade or air conditioning to cool off.

Stay Hydrated

Staying hydrated is important for optimal body functioning, especially during the hot and humid months. If you plan to spend a lot of time outdoors, frequently consuming water and foods with high water content - melons, lettuce and cucumbers, for example - can help replace the fluids lost via sweat. In addition, be aware of the signs and symptoms of mild dehydration, including a dry or sticky mouth; dry, cool skin; headache; or muscle cramps.

Learn CPR

As summertime activities expose people of all ages to risks, it's important to be trained in CPR - or cardiopulmonary resuscitation - an emergency lifesaving procedure that is performed when the heart stops beating. If performed immediately, it can double or triple a cardiac arrest victim's

chance of survival, according to the American Heart Association. However, only about 40% of people who experience out-of-hospital cardiac arrest receive help before professionals arrive.

Because about 74% of adult and 87.5% of child out-of-hospital cardiac arrests happen in homes, you will likely be trying to save the life of someone you love - a child, spouse, parent or friend - if called upon to perform CPR. Hands-Only CPR is recommended for members of the general public. Call 9-1-1, or send someone to do so, then push hard and fast in the center of the person's chest until medical assistance arrives. Use an AED, if available, following the prompts. Conventional CPR is the next step and involves chest compressions and mouth-to-mouth breathing but should only be used by health care professionals and those trained to perform it correctly.

Protect Skin from the Sun

While it's easy to get caught up enjoying activities outdoors, remember to take steps to protect your skin from the sun's damaging rays. Limit your time in the sun, especially during the mid-day hours when the rays are strongest, and wear sunscreen to help reduce your risk of sunburn. Experts recommend sunscreen with an SPF of 30 or higher. Wearing sunglasses, a hat and cool, long-sleeved clothing can further limit exposure when outdoors for long periods of time.

Swim Safely

Whether enjoying the pool, beach, lake, or river, bodies of water can be dangerous if appropriate precautions aren't taken. In fact, drowning is among the top five causes of unintentional injury death in the United States, according to the CDC. Avoid swimming alone, especially in natural bodies of water that aren't clear and may present strong currents or underwater obstacles, and don't overestimate your swimming ability.

For more tips on CPR and first aid, visit cpr.heart.org or download the Knowledge Booster app.

Family Features | Photos courtesy of Getty Images
Source: American Heart Association

RITZ COMPANY PLAYHOUSE

2022 SUMMER SEASON

THE ADDAMS FAMILY A NEW MUSICAL

BOOK BY
**MARSHALL BRICKMAN
& RICK ELICE**

MUSIC & LYRICS BY
ANDREW LIPPA

BASED ON
CHARACTERS CREATED BY
CHARLES ADDAMS

ORIGINALLY PRODUCED ON BROADWAY BY STUART OREN, ROY FURMAN, MICHAEL LEAVITT, FIVE CENT PRODUCTIONS, STEPHEN SCHULER, DECCA THEATRICALS, SCOTT M. BELMAN, STUART DICKSY, TERRY ALLEN KRAMER, STEPHANIE P. MCCLELLAND, JAMES L. NEDERLANDER, EVA PRICE, JAM THEATRICALS/MARY LUDOFFE, PITTSBURGH OLD/OUTERMAN-SWINSKY, VIVEX TOWARY/GARY KAPLAN, THE WEINSTEIN COMPANY/CLARENCE, LLC, ADAM ZOTOVICH/TRIBE

THEATRICALS: BY SPECIAL ARRANGEMENT WITH ELEPHANT EYE THEATRICAL

"THE ADDAMS FAMILY" IS PRESENTED THROUGH SPECIAL ARRANGEMENT WITH AND ALL AUTHORIZED PERFORMANCE MATERIALS ARE SUPPLIED BY THEATRICAL RIGHTS WORLDWIDE

1180 AVENUE OF THE AMERICAS, SUITE 640, NEW YORK, NY 10036. WWW.THEATRICALRIGHTS.COM

JULY 8, 9, 10, 15, 16, 17, 22, 23 • CURTAIN 8:00 PM
SUNDAY, JULY 24, MATINÉE ONLY • CURTAIN 2:30 PM

DON'T DRESS FOR DINNER

BY
MARC CAMOLETTI

ADAPTED BY
ROBIN HAWDON

"DON'T DRESS FOR DINNER" IS PRESENTED BY ARRANGEMENT
WITH CONCORD THEATRICALS ON BEHALF OF SAMUEL FRENCH, INC.
WWW.CONCORDTHEATRICALS.COM

JULY 29, 30, 31, AUG 5, 6 • CURTAIN 8:00 PM
SUNDAY, AUG 7, MATINÉE ONLY • CURTAIN 2:30 PM

RITZ BITZ
PLAYERS

Matilda THE MUSICAL JR.

BOOK BY
DENNIS KELLY

MUSIC & LYRICS BY
TIM MINCHIN

ORCHESTRATIONS &
ADDITIONAL MUSIC BY
CHRIS NIGHTINGALE

ROALD DAHL'S MATILDA THE MUSICAL JR. IS PRESENTED THROUGH SPECIAL
ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL (MTI).
ALL AUTHORIZED PERFORMANCE MATERIALS ARE ALSO SUPPLIED BY MTI.
WWW.MTISHOWS.COM

AUG 12, 13, 14, 19, 20 • CURTAIN 7:30 PM
SUNDAY, AUG 21, MATINÉE ONLY • CURTAIN 2:30 PM

DROP DEAD!

BY
BILLY VAN ZANDT AND JANE MILMORE

"DROP DEAD" IS PRESENTED BY
ARRANGEMENT WITH CONCORD THEATRICALS
ON BEHALF OF SAMUEL FRENCH, INC.

AUG 26, 27, 28, SEPT 2, 3 • CURTAIN 8:00 PM
SUNDAY, SEPT 4, MATINÉE ONLY • CURTAIN 2:30 PM

TICKETS ADULTS: \$20 | SENIORS (65+) & STUDENTS: \$15 | RITZ BITZ PRODUCTION: \$10

CONTACT BOX OFFICE: (570) 226 - 9752 | RITZPLAYHOUSE.COM

FACEBOOK: @RITZCOMPANYPLAYHOUSE | INSTAGRAM: @RITZPLAYHOUSE

ADDRESS STREET: 512 KEYSTONE STREET, HAWLEY, PA 18428

MAILING: P.O. BOX 158, HAWLEY, PA 18428

THE RITZ RECEIVES STATE ARTS FUNDING SUPPORT THROUGH A GRANT FROM THE PENNSYLVANIA COUNCIL OF THE ARTS, A STATE AGENCY
FUNDED BY THE COMMONWEALTH OF PENNSYLVANIA AND THE NATIONAL ENDOWMENT FOR THE ARTS, A FEDERAL AGENCY.

get *Grilling!*



chicken and bacon burgers

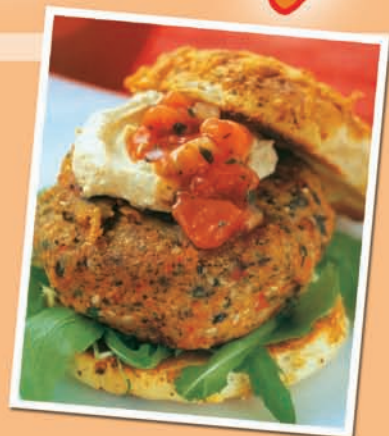
ingredients

12 oz/350 g Canadian bacon slices, rind removed
1 1/2 cups fresh ground chicken
6 shallots
2-4 garlic cloves
1 tbsp tomato paste
1 tbsp chopped fresh parsley
salt and pepper
2 tbsp whole-wheat flour
1 tbsp corn oil

one Preheat the broiler to high. Cook 8 oz/225 g of the bacon under the hot broiler for 5-8 minutes, or until crisp. Remove and let cool.

two Place the broiled bacon in a food processor and add the ground chicken, shallots, and garlic. Using the pulse button, chop finely. Add the tomato paste, parsley, and salt and pepper and process for 1-2 minutes, or until blended. Scrape onto a board and shape into 4 equal-size burgers. Coat in the flour, then cover and let chill for 1 hour.

three Heat a heavy-bottom skillet and add the oil. When hot, add the burgers and cook over medium heat for 5-6 minutes on each side or until thoroughly cooked through. Meanwhile, preheat the broiler again and cook the remaining bacon for 5-8 minutes, or until crisp. Serve.



yam and red bell pepper burgers

ingredients

8 oz/225 g yam, peeled and cut into chunks
salt and pepper
14 oz/400 g canned chickpeas, drained
2 red bell peppers, seeded and peeled
2-3 garlic cloves, crushed
1/2 cup pitted black olives
2 tbsp sesame seeds
1 tbsp chopped fresh cilantro
2 tbsp whole-wheat flour
2 tbsp corn oil

one Cook the yam in a pan of lightly salted boiling water for 15-20 minutes, or until tender. Drain well and place in a food processor.

two Add the chickpeas, red bell peppers, garlic, olives, sesame seeds, cilantro, and salt and pepper to the yam in the food processor and, using the pulse button, blend together. Shape into 4-6 equal-size burgers, then coat in the flour. Cover and let chill for 1 hour.

three Heat a heavy-bottom skillet and add the oil. When hot, add the burgers and cook over medium heat for 5-6 minutes on each side or until cooked and piping hot. Serve.



THINKING OF BUYING OR SELLING?

CHOOSE
DEBORAH BAILEY

REALTOR® | 570-228-6518 TEXT PREFERRED
25 YEARS REAL ESTATE MARKETING EXPERIENCE

GET ON THE LIST

MEET ME in my digital newsletter

Get—market updates | things to do | featured listings

EMAIL me at CherryRidgeRealtor@gmail.com

AND GET ON THE LIST!

If you would like to know the value of your real estate for planning purposes, please call/text 570-228-6513 for a **FREE Market Analysis ANYTIME!**

THE HONESDALE OFFICE | 570-253-4191
251 WILLOW AVE, HONESDALE, PA 18431

CELEBRATING
58 YEARS

QUALITY
REAL ESTATE
SERVICE



DORFLINGER'S WILDFLOWER MUSIC FESTIVAL

An outdoor festival located on the grounds of the Dorflinger-Suydam Wildlife Sanctuary,
55 Suydam Dr. Hawley, PA (just off of Long Ridge Road, White Mills, PA, between Honesdale & Hawley)

DAVID OSTWALD'S LOUIS ARMSTRONG ETERNITY BAND Sat., July 2

45 RPM The Happiest Band on Earth! Sat., July 9

COLEBROOK ROAD Keystone State Bluegrass Sat., July 16

B-STREET BAND Tribute to "The Boss" Bruce Springsteen Sat., July 23

THE IDOL KINGS Tribute to Journey & John Mellencamp Thurs., July 28

VANESSA COLLIER Blues & Soul, Saxophonist, Singer & Songwriter Sat., July 30

JOHN DENVER TRIBUTE Tom Becker, Formerly of the New Christy Minstrels, Aug. 6

TONY SANDS' RAT PACK Together Again! Sat., Aug. 13

In the event of inclement weather, performances may be moved to the air-conditioned auditorium of the
Wallenpaupack High School, Hawley, PA. (sorry, no food or drink allowed inside)

If in doubt on the day of the performance, call 570-253-5500 after 12:00 p.m. or visit wildflowermusic.org

Order online www.wildflowermusic.org

Charge tickets by phone: 570-253-5500

All shows begin at 6 pm

Bring a chair & a picnic!

TICKETS ARE NOT REFUNDABLE. PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE.

Book Review

LIFTOFF IS IN THREE.... TWO..... ONE....

And from that point, you're off to your future. No matter what your situation or your age, when you start something new, there's a kind of catapult that you feel, like a rock from a slingshot or like being propelled into a whole different world. And as in the new book "Ready for Launch" by astronaut Scott Kelly, that goes for your someday success, too.

If you had known Scott Kelly when he was a kid, you might've been surprised at what became of him. Though he was "fearless," by his own admission, Kelly was a lousy student in school because he "couldn't pay attention in class" and didn't focus on anything a teacher said to him. Even when he started college and promised himself he'd do better, his mind wandered in the classroom. It wasn't until he was 18 and stopped by a bookstore "for gum or something" that he found his calling on the check-out counter: the book "The Right Stuff" by Tom Wolfe.

It gave him direction he'd never had before.

In his life and career, he says he's learned a thing or two that can translate into success for others. The first is that "Change is scary..." but mastering it and learning to risk again is the only way to move forward. On that note, don't fear failure; remember it's "only when you're willing to risk failure are you aiming high enough."

Don't get "too comfortable when things aren't perfect," he says, and don't stop mak-

ing "small adjustments" on the path to success. Look for unusual places to learn how to be a leader, and seize them – but remember there are different "styles" of leadership, and you'll want to employ them all with empathy. Meetings are nice, but crowd-sourcing your decision "could be deadly." Diversify your teams and learn how to tap into the experiences and viewpoints of everyone in the room. Own your mistakes.

Insist that facts matter.

Plan on doing the impossible.

At first glance, "Ready for Launch" doesn't look like enough.

It's a skinny book, and small in surface area; there are a lot of pictures inside here, and short-short chapters that can probably be read in just a few minutes. In a way, it reads more like the transcript for a graduation speech or a board meeting: succinct, spare in words, and loaded with advice that's useful, if not quite commonsensical.

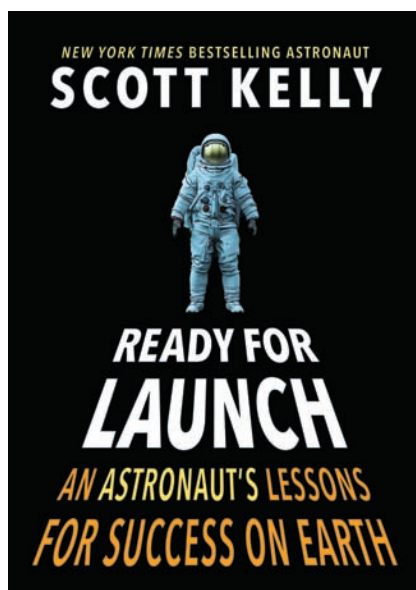
But a glance isn't going to tell you (here's that word again) enough. You'll be glad when you dig a little deeper because what makes these

pages work is that author Scott Kelly uses his own stories to illuminate his advice and, because his early life wasn't like you might surmise it to be, the tales become more impactful.

The size of "Ready for Launch" makes it handy to slip in a jacket pocket or purse, so you can browse the chapters as needed, and learn. When you need over-the-moon advice, this book is the one.

"Ready for Launch:

An Astronaut's lessons for Success on Earth "



By Scott Kelly

Reviewed by Terri Schlichenmeyer



50-Minute Captained Tour on Lake Wallenpaupack
Pontoon Boat, Kayak & Stand Up Paddle Board Rentals
Open May through Mid-October
570.226.3293
2487 Route 6, Hawley, PA 18428
WallenpaupackBoatTour.com • info@wallenpaupackboatour.com

Purchase Tickets & Rentals Online!




Wallenpaupack Scenic Boat Tour

Boat Rentals Available – Kayak • SUP • Pontoon

Dine Overlooking Lake Wallenpaupack



Gresham's
EST. 1999
CHOP HOUSE

Steaks, Seafood, Italian Specialties
Open Tuesday thru Sunday at 4 PM

SBA 2013 Eastern PALES-SMA Family-Owned Business of the Year

Dock and Dine
Take-Out Available



Lake Wallenpaupack, PA
www.greshamschophouse.com 570.226.1500

"I WILL WORK HARD TO GET YOU SOLD."
PUT YOUR HOME IN THE HANDS OF A TOP PRODUCER!

TOP 3% OF ALL AGENTS IN 2021
IN THE PIKE/WAYNE MLS!

#5 OF ALL AGENTS IN 2021
IN THE CHANT COMPANY!

Information is deemed reliable but not guaranteed. Top 4% status is based on total transaction sides closed in Pike/Wayne MLS for the period of 1/1/2021-12/31/2021.



EJE
ERIC EHRHARDT
RESIDENTIAL AND COMMERCIAL REAL ESTATE

Davis R. Chant REALTORS

CALL TODAY FOR A FREE MARKET ANALYSIS!
570 470-5912 cell | 570 226-4518 off.
✉ eric@ericrealestate.com

Matterport
Virtual Tour Technology
offered on all Chant listings.

LAKE WALLENPAUPACK OFFICE
2483 Route 6, Hawley, PA 18428

**FULL TIME REALTOR | HONESTY
INTEGRITY | PROVEN RESULTS**
www.ericrealestate.com



Good Stuff

Top DIY Projects to Complete this SUMMER

Provided by Disaster Blaster

{ Summer is the perfect time to complete many of the home improvement projects you've been eager to get finished all winter. In fact, more than 60% of homeowners plan summer projects each year! }

Whether you've got a few things on your list or it's a mile long, you want to make sure you're maximizing the sunshine and warm weather. Here are some of the top DIY projects you can complete this summer without needing a professional!

Pressure wash outdoor areas

Fall and winter can leave a lot of dirt and grime behind, and the exterior of your home is no exception. Siding, decks, patios, and pool areas can all accumulate leaves and dirt that you'll want to wash away. What you'll be left with after a good power washing is a clean area ready for summer cook outs, family gatherings, and pool parties!

Average project length: 2 to 4 hours

Seal / Refinish your deck

Did you know that stained decks and porches need to be resealed or refinished each year? Because NEPA winters can be so harsh on these stained wood surfaces, the stain will fade, and the protection it provides to the wood underneath will reduce significantly. For this reason, it is recommended to reseat or refinish stained decks and porches each year.

Average project length: 1 to 2 days (stay off your deck for an additional 2 days to allow it to dry fully)

Build a shed or reorganize your garage

All of these home projects are going to be a lot easier to complete if you know where everything is. This is why having an organized area to store all of your supplies and tools (either in a dedicated space in the garage or in a tool shed) is such a popular home improvement project. Just imagine how much more convenient it will be to know where everything is when you need it.

Average project length: 1 to 2 days

Declutter your home

You may feel like you have too much stuff, and you're not alone! Most homeowners feel like they have more than they need and are eager to declutter and organize their living spaces. The good news is there are a ton of options for decluttering and organizing your home, from yard sales and donation centers that will find a new home for your things, to recycling programs and organized storage. So, we recommend starting by going through your space to decide what you need vs what can go, and then you can work on organizing what's left into a space that is comfortable and functional.

Average project length: 1 to 2 days

Paint a room (or two, or three)

Whether you caught the kids writing on the walls, or you just want a change, painting is the number one home improvement project among homeowners! And with good reason, it's generally a fairly easy DIY project that has a huge impact. A couple of gallons of paint, some paint rollers, and a pair of old clothes later, and you have a new room you might not even recognize! Most homeowners asked don't plan on stopping with one room either, and we don't blame them.

Average project length: 1 to 2 days

Clean gutters

If you have trees anywhere near your home, it's a safe bet you have leaves in your gutters. What makes this a problem, however, is that

leaves will block your gutters and downspouts, preventing them from working properly, and potentially create expensive moisture issues inside your home. Water that isn't able to be diverted through your gutter system is more likely to back up under your roof shingles, run along exterior walls, fascia, or come in through your foundation. Cleaning your gutters is a project that is well worth the time required and could save you a lot of money in the future. Please note that high, or hard to access, gutters should be cleaned by a professional to avoid falls or injury.

Average project length: 1 to 2 days

Spruce up landscaping or plant a garden

Do you have a green thumb? Well, here's your chance to show it off to the neighborhood! Whether you like planting flowers and ornamentals, or vegetable gardens are more your thing, summer is NEPA's chance to show off. This is even a great time to complete those pathways and patios you've always dreamed of. And what better excuse to spend some time outdoors?

Average project length: 2 to 4 days

Replace AC and furnace filters

Did you know that you're supposed to replace your furnace and AC filters? Don't feel bad if you didn't; many homeowners don't. While this is a common DIY project for the summer (among homeowners that realize they need to do this), it only takes a few minutes to complete. You check your AC system or furnace to see what type of filter it's currently using, purchase a replacement, and swap them. It couldn't be easier! Just keep in mind filters have ratings and sizes, so you'll want to get a replacement that matches both.

Average project length: 15 to 30 minutes

We hope everyone has a wonderful summer, and a great time completing all of those home projects you've been eager to get started. While it's always rewarding to complete a DIY project, if a project is ever too much for you to tackle on your own, be sure to bring in professionals that will be able to assist.



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 or call our office at (570) 963-1123.



living green

Taking Care of the Things we

LOVE

By Nick Spinelli

.....

In 1968, Senegalese poet and conservationist Baba Dioum presented a paper at an international conference on conservation and natural resources where he stated, "In the end we will conserve only what we love, we will love only what we understand, and we will understand only what we are taught."

This simple yet profound statement is a great reminder that protection of our natural resources and special places has many complex layers. At a time in which we're increasingly detached from our natural world, we need to make a special effort to learn about and love the more intricate relationships we have with our natural resources. I hear so many residents and visitors proclaim their love for the recreational benefits of our lakes and forests. We have the opportunity to extend that love to the ecological benefits as well, but only if we're willing to teach others about them and their stewardship.

Studies have shown that people become better stewards of natural resources if they spend more time directly interacting with them (and, by default, learning about them). It's so important for us as individuals to recognize we all play a role in the collective protection of our natural resources. Many organizations have programs in place to educate people and encourage stewardship, and perhaps this



summer we should give them extra attention as well.

Each July, the Pennsylvania Lake Management Society hosts and promotes Lakes Appreciation Month across the Commonwealth. The Lake Wallenpaupack Watershed Management District participates in this effort and is also available to promote all things “lake and conservation related”. Suggestions for showing your appreciation of our lakes include picking up litter around your lake’s shoreline, participating in your favorite lake activity, hosting a formal or informal educational event, and even having your septic tank pumped. Lakes Appreciation Month is also an important reminder that we’re all responsible for protecting not only our favorite lakes, but all of our natural resources. Locally, you can find many other organizations such as our county conservation districts, Lacawac Sanctuary, or Delaware Highlands Conservancy providing educational programs or engaging others in resource protection.

We’re so lucky to have such abundant and easy access to nature in the Northern Poconos, and as we put more pressure on these special places, it’s time to do for our natural resources what they do for us: provide relief. Please, if you venture out, take an extra minute to teach others about our resources (or to learn yourself), pick up some litter, leave things a little nicer than you found them, or support our many resource management agencies. It makes a big difference. Enjoy and be safe!



Nick Spinelli has been serving as the Executive Director of the Lake Wallenpaupack Watershed Management District since 2010. He oversees the District’s water quality monitoring program, provides educational programming, writes/administers grants for watershed improvement projects, and leads implementation of the Lake Wallenpaupack Watershed Management Plan. He has served on the Board of the Pennsylvania Lake Management Society since 2011, including two terms as president. Nick is a lifelong resident of the Lake Region. Outside of work, Nick’s hobbies include growing food and plants, paddling, and SCUBA diving with the Tafton Dive/Rescue Team. He resides in Tafton, PA.



MRS. DOGOOD

THE BLACK LIMOUSINE

By The Reverend Mrs. Silence DoGood



The Reverend Mrs. Silence DoGood

Senior Pastor

Executive Director

President

Chairman

Choir Master (part-time)

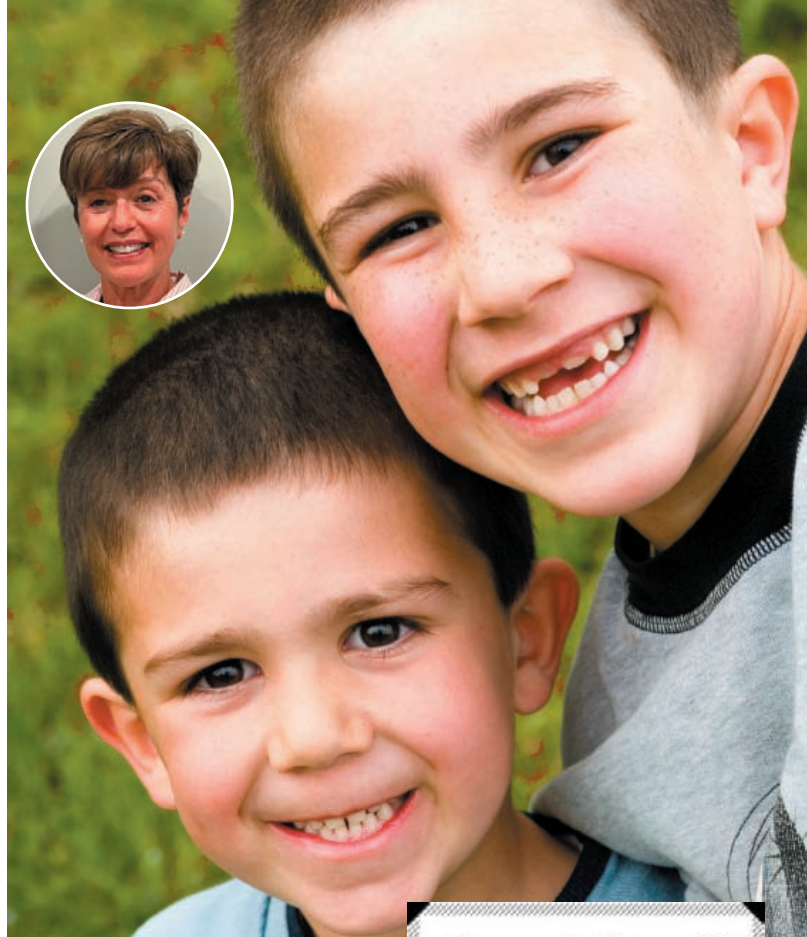
The First Church of God's Love

Copyright © Bill Donnelly, 2022

WATCH WHAT HAPPENS...

The Effects of Kindness on our Overall Health

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



Good Stuff

Children, inherently kind little humans, have a lot to teach us. When they encounter someone new, they instinctively smile, thinking that the new person is, as my mom used to say “a friend you haven’t met yet.” I can hear the parents screaming – OH NO!!!! We need to teach our children to be wary of strangers! I’m certainly not advocating letting a child go with someone they don’t know, or someone their caregiving adult(s) don’t trust. Have you ever, though, watched how most people respond to a child? It’s hard not to smile at one so sweet that they can’t imagine why or how that person they don’t know could be sinister. So, perhaps we need to take a cue from our littlest citizens.

Much has been written about the effect kindness has on our physical and mental health. More on that in a bit. For now, I’m just talking about plain old civility. It’s described as formal politeness and courtesy. A little history here: the word civility originated in 509 BC when the Romans founded their republic

and kings were driven from the city. The Romans then built their empire, putting great emphasis on honest debate, civility in the streets and treating even adversaries with respect. Historians who have extensively studied the fall of the Roman empire see the loss of the civil society, in which the Romans stopped treating one another with respect, as a major reason for the fall of the Roman Empire. We certainly don't want to come to the end that the Romans did, but it does seem that courtesy appears to be taking a backseat to rudeness. I wondered, is it just me that thinks so? As is my wont, I did some digging and found out this topic has been the focus of some significant research. According to an extensive survey, 73% of Americans think that incivility in America has risen to crisis levels, and 56% expect it to worsen over the next few years! Yikes! Why is this happening? It may seem convenient to blame COVID-19 or the political situation, but it appears this has been a problem for quite awhile, identified first in 2013, when studies were warning that "civility in America continues to disintegrate and rude behavior is becoming the "new normal." It certainly appears that way, as we read about umpires being beaten on the fields of children's sporting events if they make a call the opposing coach or parents disagree with. Or we observe the explosive anger with which a patient treats a healthcare worker when the patient doesn't feel as if they're being treated quickly enough. Can we walk this back? I certainly hope so! How?

Smile at someone you pass on the sidewalk. Let someone with a just a couple of items go ahead of you in line at the grocery store. Don't cut off the person who is attempting to cross the street in front of you. These acts may seem pretty simplistic, but they provide not only good examples for our children as to how to bring back a level of civility, they start to form habits that, with practice, will bolster the kind of society we hope to achieve. AND, there are benefits to our physical, mental and emotional health. There are scientific studies to back this up!

Being kind can actually positively impact your brain! Serotonin and dopamine, brain neurotransmitters that enhance feelings satisfaction and well-being, are boosted during acts of kindness! Even just observing kindness has an impact. In a recent study, watch-

ing kindness media in a healthcare setting rapidly increased self-reported feelings of happiness, calm, gratitude, and being inspired. Viewers were significantly more generous. Wow! Healthcare consortiums take note!

Scientists have been able to study the effect kindness has on the incidence of the common cold. Evidence from a randomized controlled trial in which patients who rated their clinicians as showing greater empathy demonstrated a reduction in common cold severity and duration and in increases in immune response levels.

Committing acts of kindness lowers blood pressure. According to Dr. David R. Hamilton, PhD., acts of kindness create emotional warmth, which releases a hormone called oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which widens the blood vessels, which reduces blood pressure. Thus, oxytocin is known as a "cardioprotective hormone."

I'm not advocating that you attempt to engage in acts of generosity and friendliness with everyone you meet. In this age of stranger danger, with catastrophic events occurring daily at the hands of malevolent people, it's wise to be cautious, even overly so. But go ahead, flex your civility and kindness traits. According to Dr. Ritchie Davidson, of the University of Wisconsin, "Kindness is kind of like weight training; we found that people can actually build up their compassion muscle." And watch what happens...



Water Damage
 Mold
 Asbestos
 Basement Waterproofing
 Radon
 Smoke & Fire
 Biohazard & Hoarding

(570) 963-1123

www.disasterblaster.com

The Cost of Missing a Market Rebound

..... Provided by Michael Krupa

It is natural for investors to be concerned with investment portfolio performance during declining markets. This piece aims to provide insights into how the stock market has behaved around previous bear markets.

BEAR MARKETS DEFINED

A bear market is a prolonged period in which investment prices fall, usually by 20% or more, accompanied by widespread pessimism. Bear markets usually occur when the economy is in a recession and unemployment is high, or when inflation is rising quickly.

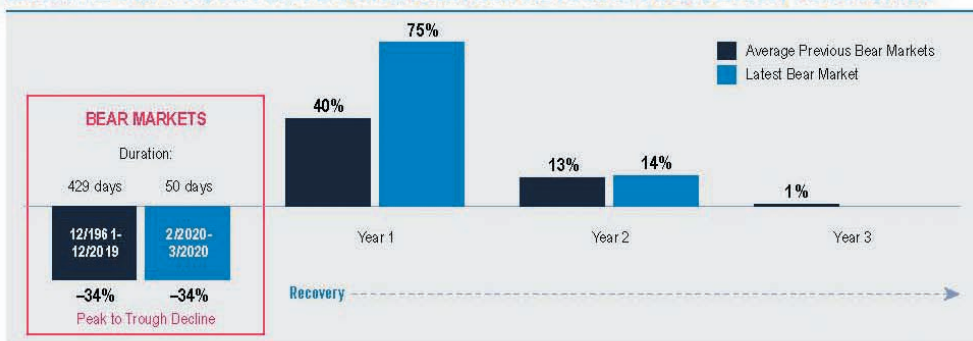
INVESTOR BEHAVIOR

Fears of further declines and market volatility often lead investors to making the wrong decision, at the wrong time, for the wrong reason. This can result in many investors pulling money out of the stock market after absorbing much of the decline. But then they risk missing the subsequent rebound after a bear market, which historically has been very robust.

PERFORMANCE TRENDS

During previous bear markets, on average, the market declined substantially as the economy contracted. But, as the market discounts economic recovery, stock market returns have historically been quite substantial in the following year, followed by lesser returns in the following two years. Thus, it's important to be in the market and experience those returns when the market does rebound.

AVERAGE S&P 500 RETURN DURING BEAR MARKETS AND SUBSEQUENT RECOVERIES

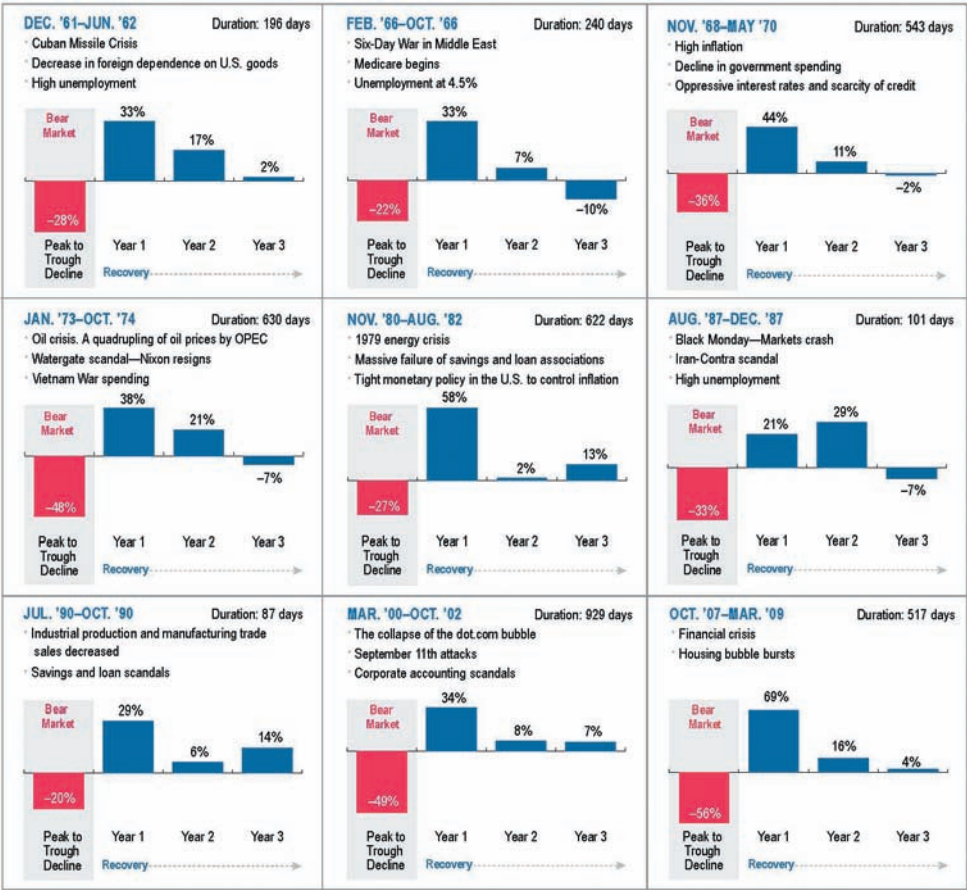


Source: Morningstar as of 3/31/2022. The S&P 500 Index is a weighted, unmanaged index composed of 500 large-cap stocks. It provides a broad indicator of stock price movements. Investors cannot invest directly in an index. Past performance is no guarantee of future returns.

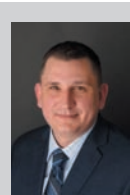
As shown in the charts below, performance has varied throughout various bear markets. However, what each has in common is that the recovery in the first year was quite robust. While it can be difficult at the time, historically

the most pessimistic period has made for good long-term buying opportunities. Keep in mind, however, past performance is no guarantee of future results.

BEAR MARKET DECLINES AND RECOVERIES OVER PAST 60 YEARS



Source: Morningstar. Returns are calculated using the S&P 500 Index. Peak to Trough declines indicate the return from the market high to the market low for each respective bear market period. Year 1, Year 2, and Year 3 represent the return of the S&P 500 Index one, two, and three years after the market low point. Investing involves risk. The value of your investment will fluctuate and, when sold, may be worth more or less than its original cost. Past performance is no guarantee of future returns.



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

Content Prepared by Broadridge Investor Communication Solutions, Inc. This information, developed by an independent third party, has been obtained from sources considered to be reliable, but Raymond James Financial Services, Inc. does not guarantee that the foregoing material is accurate or complete. This information is not a complete summary or statement of all available data necessary for making an investment decision and does not constitute a recommendation. Securities offered through Raymond James Financial Services, Inc., member FINRA/SIPC. Investment advisory services are offered through Raymond James Financial Services Advisors, Inc.

POCONO secrets

The Hawley Silk Mill A Community JEWEL

By LA Guzda

The Silk Mill, originally an industrial era building, was built as a throwing mill to create silk thread from cocoons. Powered by hydro mechanical and hydroelectric systems, the mill, constructed of two-foot thick bluestone walls, heavy wood timbers, and solid maple flooring, employed 500 people at its height of operations –mainly women and girls as young as eight years old.

The building operated as a silk mill from 1880 until 1943, a textile business from 1943 until 1956, and as Sherman's Underwear Factory from 1956 until 1988. The mill was vacant until 1990 before becoming Castle Antiques and Reproductions, operating until 2009. In 2009, Hawley Silk Mill, LLC, a group of community-based investors, purchased the building.

This massive native blue stone structure was built by Catholina Lambert, an English immigrant and the chief executive of Dexter, Lambert & Co. It was originally called the Bellemonte Silk Mill, named after his wife. Known as the largest bluestone building in the world, it was built for \$130,000.

After a devastating fire, the Silk Mill was rebuilt in 1894. The smaller bluestone building in front of the Silk Mill, now Cocoon Coffee House, was where they stored cocoons for silk making. The stone building behind it, now the Ledges Hotel, was the

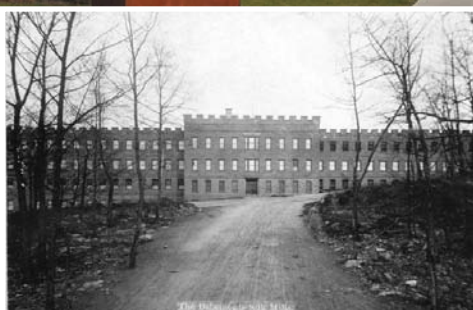


home of the O'Connor Glass Factory.

Lambert's son-in-law, William Farrington Suydam, managed the operations for Dexter, Lambert & Co. in Wayne County, PA. There was another mill located in Honesdale. Suydam married the Lamberts' oldest daughter, Florence Dexter Lambert. She died of typhoid pneumonia in 1883. Suydam remarried, Mary E. Dorflinger, a daughter of the cut glass manufacturing king Christian Dorflinger. Their estate, the Dorflinger-Suydam Sanctuary, is located in White Mills. The estate offers beautiful hiking trails, a museum and hosts the Wildflower concerts throughout the summer.

Today, the Hawley Silk Mill serves as home to Lackawanna College – bringing the opportunity of higher education to Hawley and its surrounding area. It houses several businesses including a gym, hair salon/spa, biking/sports/outdoors, clothing, art, LockData Technologies, The Mill Market, Harmony Presents and more.

The Hawley Silk Mill, a castle-like behemoth, has been the center piece for economic development here in Hawley since 1880. As a community that thrives on local ownership, it's important to support your favorite shops, restaurants and attractions.



Follow us on Instagram @PoconoSecrets and on Facebook @PocoPike
Visit www.LAGuzda.com or www.PoconoSecrets.com

a+r+e

ARTS RECREATION ENTERTAINMENT

YOU CONNECTED

THE AREA'S GOOD STUFF

JULY '22

July 1–July 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.

MONDAYS

\$5 Pizzas & \$3 Margaritas

4-6 p.m. The Dock on Wallenpaupack, Hawley. Info: 570-226-4388 or silverbirchesresortpa.com.

TUESDAYS

Burger & Brew

5:30-8 p.m. The Settlers Inn, Hawley. Burger & fries with draught beer \$15. Info: 570-226-2993 or www.thesettlersinn.com.

WEDNESDAYS

Jazz on the Deck

6–9 p.m. The Settlers Inn, Hawley. Enjoy live jazz music, our delicious summer menu, and a view of our garden. Reservations are recommended. Info: 570-226-2993 or thesettlersinn.com.

THURSDAYS

Live Music with John Curtin

6-9 p.m. Glass-wine.bar.kitchen at Ledges Hotel, Hawley. Info: 570-226-1337 or ledgeshotel.com.

FRIDAYS

Hawley Farmer's Market

2–5 p.m. Bingham Park, Hawley. Meat, poultry, eggs, baked goods, fresh produce, plants, candy & crafts. Penn State info table & master gardeners to answer your garden questions. Info: 570-226-7490 or Facebook.

SATURDAYS

Wayne County Farmers' Market

9:30 a.m.–12:30 p.m. Willow Ave., Honesdale (next to Dave's Super Duper). Fresh picked fruits & vegetables, fresh meats & eggs, homemade baked goods, handmade crafts & more, all locally grown or produced. Info: 570-488-5435.

SATURDAYS

Live Music

1-3 p.m. Milford Community House, Milford. Join the Pike County Chamber of Commerce this spring and summer and enjoy live music from local artists. Bring your chairs or blankets and enjoy an afternoon out.

Info: 570-296-8700 or pikechamber.com.

SATURDAYS

Lakeside Live

3-6 p.m. Captain Wally's Cocktail Cove at Silver Birches, Hawley. Relax on the lawn or in your boat with food and drinks while listening to live music. Info: 570-226-4388 or silverbirchesresortpa.com.

SATURDAYS & SUNDAYS

Honey & Blueberry Festival

11 a.m.–5 p.m. Equestrian House, Pleasant Mount. Add flavor to your summer and make lasting memories at this family-friendly festival. Enjoy pick-your-own blueberries, learn about beehive farming and more. Admission and parking are free. Pre-registration is required. Info: info@equestrianhousepa.com.

SUNDAYS

Milford Farmers Market

10 a.m.–1 p.m. The Columns Museum, Milford. Free concerts. Rain or shine. Info: airsoilwaterorg.wordpress.com.

SUNDAYS

Lakeside Live

3-6 p.m. Captain Wally's Cocktail Cove at Silver Birches, Hawley. Relax on the lawn or in your boat with food and drinks while listening to live music. Info: 570-226-4388 or silverbirchesresortpa.com.

SUNDAYS

Blues, Brews & BBQ

6-9 p.m. Glass-wine.bar.kitchen at Ledges Hotel, Hawley. Enjoy live blues music, a sample of a local craft brew and BBQ specials. Full menu available. Reservations suggested. Info: 570-226-1337 or www.ledgeshotel.com.

JUL. 7

New Moon Rising

7:30 p.m. Central Park, Honesdale. Wayne County Creative Arts Council Summer Festival. Refreshments available. No alcohol allowed. Bring a blanket or chair. Main rain locations: Grace Episcopal Parish Hall, The Cooperage or Central United Methodist Church. No admittance fee. Info: Mitzi Kielar, 570-785-3674 or Facebook.

JUL. 8

House of Hamill

6 p.m. Harmony in the Woods, Hawley. High energy celtic-folk featuring phenom fiddler players from Burning Bridget Cleary & Enter the Hag-gis who rip through original jigs and reels, add

EVENTS

lush three-part harmonies into traditional folk ballads, and crack up an audience with stories from the road. \$25 + processing. Info: 570-588-8077 or harmonyinthewoods.org.

JUL. 8-10, 15-17, 22 & 23

The Addams Family: A New Musical

8 p.m. The Ritz Co. Playhouse, Hawley.

Info: 570-226-9752 or www.ritzplayhouse.com.

JUL. 9

Alcohol Ink Workshop

10:30 a.m. - 12:00 p.m. The Art Factory of White Mills, White Mills. Join artist Carol Mainardi in this "Alcohol Ink" Workshop adventure. Learn a new skill while having a fun time! Carol's workshops never disappoint! All skill levels are always welcome. Pre-registration required. Info: info@TheArtFactoryofWhiteMills.com

JUL. 9 & 10

The 58th Annual Wayne County Art & Antiques Show & Sale

10 a.m. Wayne Highlands Middle School, Honesdale. Sponsored by The Women's Club of Honesdale. Over 50 dealers. On-site appraisals and restoration specialists (bring items with you), "Attic Treasures," homemade refreshments. Proceeds donated to scholarships, community services & charities.

Info: WomensClubofHonesdale.com.

JUL. 9

Wildflower Music Festival: 45 RPM

6 p.m. Dorflinger-Suydam Wildlife Sanctuary, White Mills. The happiest band on earth! Bring a lawn chair or blanket. Picnics & beverages permitted. Info: 570-253-1185 or www.dorflinger.org.

JUL. 10

Abstract Alcohol Ink Workshop

10:30 a.m. - 12:00 p.m. The Art Factory of White Mills, White Mills. Join artist Rosellyn Grohol and learn how to paint using Alcohol Ink to create vibrant abstract flowers and designs. Design a one-of-a-kind exciting and colorful work of art that truly explodes! Rosellyn's workshops are always fun! Go home with a unique, colorful piece of art that is ready to hang in your living room! All skill levels are always welcome! Pre-registration required.

Info: info@TheArtFactoryofWhiteMills.com.

JUL. 11

Ekat and Friends

7:30 p.m. Central Park, Honesdale. Wayne County Creative Arts Council Summer Festival. Refreshments available. No alcohol allowed. Bring a blanket or chair. Main rain locations: Grace Episcopal Parish Hall, The Cooperage or Central United Methodist Church. No admittance fee. Info: Mitzi Kielar, 570-785-3674 or Facebook.

JUL. 14-16

Honesdale Sidewalk Sales

Honesdale. Hosted by the Greater Honesdale Partnership. Shop local stores, area vendors, & non-

profits. Music entertainment, farmer's market, historical society exhibits & more.

For more details about these activities & more, call 570-253-5492 or see visithonesdalepa.com.

JUL. 14

Gypsy Jazz Quintet

7:30 p.m. Central Park, Honesdale. Wayne County Creative Arts Council Summer Festival. Refreshments available. No alcohol allowed. Bring a blanket or chair. Main rain locations: Grace Episcopal Parish Hall, The Cooperage or Central United Methodist Church. No admittance fee.

Info: Mitzi Kielar, 570-785-3674 or Facebook.

JUL. 14

Wildflower Music Festival: Colebrook Road

6 p.m. Dorflinger-Suydam Wildlife Sanctuary, White Mills. Keystone state bluegrass. Bring a lawn chair or blanket. Picnics & beverages permitted. Info: 570-253-1185 or www.dorflinger.org.

JUL. 15

Forever Simon & Garfunkel

2 p.m. & 6 p.m. Harmony in the Woods, Hawley. Forever Simon & Garfunkel celebrates the best selling duo in rock'n'roll history. With humor, soaring energy, charm, and laser precise harmony, Sean Altman & Jack Skuller lead the audience on a journey through Paul Simon and Art Garfunkel's entire musical careers. TWO SHOWS! \$30 + processing. Info: 570-588-8077 or harmonyinthewoods.org.

JUL. 16

Kids 'n Critters Day at

Claws 'N' Paws Wild Animal Park

10 a.m.-6 p.m. Claws 'N' Paws Wild Animal Park, Lake Ariel. Exciting animal-themed activities for kids. Free face painting, touch & feel table, help keepers make enrichment kabobs for monkeys, turtle feedings, & more. Info: 570-698-6154 or www.clawsnpaws.com.

JUL. 16

From Snapshots to Great Shots Class

10:30 a.m. - 12:00 p.m. The Art Factory of White Mills, White Mills. Join award-winning photographer, Bill Brown in this hands-on workshop. You will practice exposure modes, depth of field, lens selection (wide-angle vs. telephoto), composition, and lighting. Bring your camera and a flash with your photos on it. Bill will show you how to improve the quality of the photograph. Pre-registration required.

Info: info@TheArtFactoryofWhiteMills.com.

JUL. 16

The Sea The Sea

6 p.m. Harmony in the Woods, Hawley. Indie folk-pop duo with infallible vocal harmonies and unconventional song arrangements, dubbed "otherworldly" by the Rolling Stones. \$25 + processing. Info: 570-588-8077 or harmonyinthewoods.org.

EVENTS

JUL. 17

Acrylic Pour Workshop

10:30 a.m. - 12:00 p.m. The Art Factory of White Mills, White Mills. Join artist, Carol Mainardi in this adventure. Plan on getting a little messy while having a fun time! All skill levels are always welcome. You will learn different techniques while creating original pieces. Go home with a new hobby, it's addictive! Pre-registration required.

Info: info@TheArtFactoryofWhiteMills.com.

JUL. 18

Wayne Highlands Quilt Guild Gathering

4-6 p.m. First Presbyterian Church, Hawley. Do you love to quilt? We welcome you to join us & make new friends who share your passion for quilting. At each meeting there is a Show & Tell. At some meetings we have a hands-on learning presentation, sewing of an item to donate to charity or a speaker. Info: Deb at 570-224-4914 or debszoo@gmail.com

JUL. 18

The Fabulous 45's

7:30 p.m. Central Park, Honesdale. Wayne County Creative Arts Council Summer Festival. Refreshments available. No alcohol allowed. Bring a blanket or chair. Main rain locations: Grace Episcopal Parish Hall, The Cooperage or Central United Methodist Church. No admittance fee.

Info: Mitzi Kielar, 570-785-3674 or Facebook.

JUL. 21

Teddy Young Blues Band

7:30 p.m. Central Park, Honesdale. Wayne County Creative Arts Council Summer Festival. Refreshments available. No alcohol allowed. Bring a blanket or chair. Main rain locations: Grace Episcopal Parish Hall, The Cooperage or Central United Methodist Church. Free.

Info: Mitzi Kielar, 570-785-3674 or Facebook.

JUL. 22

Mile Twelve

6 p.m. Harmony in the Woods, Hawley. Winners of the 2020 IMBA New Artist of the Year Award, Mile Twelve is a modern string band blending expertly-crafted songs, creative arrangements, and virtuosic execution. \$25 + processing. Info: 570-588-8077 or harmonyinthewoods.org.

JUL. 23

Wildflower Music Festival: B-Street Band

6 p.m. Dorflinger-Suydam Wildlife Sanctuary, White Mills. Tribute to "The Boss" Bruce Springsteen. Bring a lawn chair or blanket. Picnics & beverages permitted. Info: 570-253-1185 or www.dorflinger.org.

JUL. 24

The Addams Family: A New Musical

2:30 p.m. The Ritz Co. Playhouse, Hawley.

Info: 570-226-9752 or www.ritzplayhouse.com.

JUL. 25

Moss Henry and the Brophytes

7:30 p.m. Central Park, Honesdale. Wayne County Creative Arts Council Summer Festival. Refresh-

ments available. No alcohol allowed. Bring a blanket or chair. Main rain locations: Grace Episcopal Parish Hall, The Cooperage or Central United Methodist Church. No admittance fee.

Info: Mitzi Kielar, 570-785-3674 or Facebook.

JUL. 25-30

146th Troy Fair

Alparon Park, Troy. Travis Tritt, Jul. 27. Truck & tractor pulls, demolition derby, Dave Martin's Bullride Mania, free entertainment.

Info: info@troyfair.com or 570-297-3648.

JUL. 28

Old Time Fiddlers

7:30 p.m. Central Park, Honesdale. Wayne County Creative Arts Council Summer Festival. Refreshments available. No alcohol allowed. Bring a blanket or chair. Main rain locations: Grace Episcopal Parish Hall, The Cooperage or Central United Methodist Church. No admittance fee.

Info: Mitzi Kielar, 570-785-3674 or Facebook.

JUL. 28

Wildflower Music Festival: The Idol Kings

6 p.m. Dorflinger-Suydam Wildlife Sanctuary, White Mills. Tribute to Journey & John Mellencamp. Bring a lawn chair or blanket. Picnics & beverages permitted. Info: 570-253-1185 or www.dorflinger.org.

JUL. 29

Blake Friedman

6 p.m. Harmony in the Woods, Hawley. Powerhouse operatic tenor sings repertoire from Broadway, Bel Canto and the world of opera around the story of a young man in love and trying to "make it" in New York. \$40 + processing.

Info: 570-588-8077 or harmonyinthewoods.org.

JUL. 29-31

Don't Dress for Dinner

8 p.m. The Ritz Co. Playhouse, Hawley.

Info: 570-226-9752 or www.ritzplayhouse.com.

JUL. 30

Wildflower Music Festival: Vanessa Collier

6 p.m. Dorflinger-Suydam Wildlife Sanctuary, White Mills. Blues & soul, saxophonist, singer & songwriter phenom. Bring a lawn chair or blanket. Picnics & beverages permitted.

Info: 570-253-1185 or www.dorflinger.org.

On the Horizon

AUG. 5-7

17th Annual Scranton Jazz Festival

Radisson Hotel & numerous downtown Scranton venues. Featuring great jazz, food & spirits. Info: 570-575-5282 or scrantonjazzfestival.org.

AUG. 5-13

156th Annual Wayne County Fair

Wayne County Fair Grounds, Honesdale. Games, rides, food, exhibits, farm animals, thrill shows, live entertainment & livestock. Pay one price \$12 per person. Info: 570-253-5486 or www.waynecountyfair.com.

SUMMER FESTIVAL OF EVENTS

Presented by Wayne County Creative Arts Council

FREE LIVE MUSIC

CENTRAL PARK • HONESDALE
MONDAYS & THURSDAYS 7:30 P.M.

INDEPENDENCE DAY CELEBRATION

SATURDAY, JULY 2ND

Fun begins at 6:30pm with vendors offering a variety of foods and novelties and Music in the Park

Doug Smith Band 6:30pm

Crystal Band

Food and novelty vendors
Fireworks by the Greater Honesdale Partnership approx. 9:30pm

MONDAY

June 13 Northeasters Barbershop Chorus

June 20 Wayne County Choralaires

June 27 Luongo Brothers former members of the Poets

July 4 **No Concert**

July 11 Ekot and Friends

July 18 Fabulous 45's

July 25 Moss Henry and the Brophytes

Honesdale Women's Club Arts and Antique Show
Wayne Highlands Middle School
July 9th 10-5, July 10th 10-4

THURSDAY

June 16 The Barn Cats

June 23 Lighten Up and Bob Tellefen

June 30 Little Big Band

July 7 New Moon Rising

July 14 Gypsy Jazz Quintet

July 21 Teddy Young Blues Band

July 28 Old Time Fiddlers
Rain Date: Monday 8/1

POCONO MOUNTAINS
POCONO MOUNTAINS, PA
VISITPOCONOMOUNTAINS.COM

Come as you are - Bring your blanket or chair
Prepare to relax and ENJOY!

No admittance fee

Free will donations will be accepted
Snacks available for purchase.

WALLY LAKE FEST



August 26 - 28, 2022

Lighthouse HARBOR MARINA

The lake region's biggest event of the year
WallyLakeFest.com

The Chamber of the
NORTHERN POCONOS

POCONO MOUNTAINS
VISITORS BUREAU



Insurance isn't one of them.

With Olsommer-Clarke Insurance, you get lots of good stuff: answers to all your questions (even ones you didn't know you had as a homeowner), just the right coverage you need, and the promise of service that shines above the rest.



OLSOMMER-CLARKE

INSURANCE GROUP, INC.

Service that shines above the rest



Erie Insurance

HONESDALE • 1014 Church Street • 570-253-6330
HAMLIN • 610 Hamlin Hwy. • 570-689-9600
MOSCOW • 100 N. Main Street • 570-842-9600

TOLL FREE: 800-566-8999
OlsommerClarke.com



*Happy
Independence
Day!*

