

DECEMBER 2022

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INSIDE:  
EVERYTHING  
HOLIDAYS



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# HOLIDAY EVENTS

S/H

## CANDLELIGHT CHRISTMAS

THE SETTLERS INN

DECEMBER 2<sup>ND</sup> - 4<sup>TH</sup> | 5:30<sup>PM</sup> - 9:00<sup>PM</sup>

## BREAKFAST WITH SANTA

SILVER BIRCHES

DECEMBER 10<sup>TH</sup> | 10:00<sup>AM</sup> - 12:00<sup>PM</sup>

## WINTERFEST ARTISAN FAIR

HAWLEY SILK MILL

DECEMBER 10<sup>TH</sup> & 11<sup>TH</sup> | 10:00<sup>AM</sup> - 5:00<sup>PM</sup>

## SCULPTED ICE BAR

COCOON COFFEE HOUSE

DECEMBER 9<sup>TH</sup> - 11<sup>TH</sup> | FRIDAY 6-9<sup>PM</sup>  
SATURDAY NOON-6<sup>PM</sup> | SUNDAY NOON-4<sup>PM</sup>

## ROCKIN' CHRISTMAS

LEDGES HOTEL

DECEMBER 10<sup>TH</sup> | 5:00<sup>PM</sup> - 9:00<sup>PM</sup>

## WINTERFEST BRUNCH

THE SETTLERS INN

DECEMBER 10<sup>TH</sup> & 11<sup>TH</sup> | 11:30<sup>AM</sup> - 2:30<sup>PM</sup>

## BRUNCH WITH SANTA

HOTEL ANTHRACITE

DECEMBER 11<sup>TH</sup> | 11:00<sup>AM</sup> - 2:00<sup>PM</sup>



## NEW YEAR'S EVE

DECEMBER 31<sup>ST</sup>

### NEW YEAR'S EVE CELEBRATION

LEDGES HOTEL

5:00<sup>PM</sup> - 1:00<sup>AM</sup>

### NEW YEAR'S EVE DINNER

HOTEL ANTHRACITE

5:00<sup>PM</sup> - 10:00<sup>PM</sup>

### NYE MASQUERADE BALL

THE SETTLERS INN

8:00<sup>PM</sup> - 11:30<sup>PM</sup>

### NEW YEAR'S EVE BASH

SILVER BIRCHES

8:30<sup>PM</sup> - 1:00<sup>AM</sup>

### NEW YEAR'S EVE DINNER

THE SETTLERS INN

5:00<sup>PM</sup> - 10:30<sup>PM</sup>

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DECEMBER 2022

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### 8 HOLIDAY FUN WITH A JOYFUL POP

With countless ways to enjoy the holiday season, from decorating and hosting parties to wintertime activities, it's a perfect time to bring family and friends together for some festive fun. One simple ingredient can be your go-to for just about any tradition: popcorn, which is an inexpensive, versatile, whole grain that makes holiday occasions better.

### 10 5 TIPS TO PULL OFF HOLIDAY HOSTING

With stay-at-home holidays a thing of the past for many families, they're now busy preparing for full-blown celebrations. The return of traditional festivities brings seemingly never-ending to-do lists and pressure to be the perfect host.

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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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“It’s the most wonderful time of year.”

**F**rom popcorn and gingerbread cookies, to sleigh rides and twinkling lights... family festivities make this a wonderful time of year.

Capturing the magic of the holidays often happens at the dinner table as loved ones toast the season with stunning meals worth celebrating. This year, call the entire family together and make your festive feast truly memorable with pairings that offer favorite flavors for all on page 6.

With countless ways to enjoy the holiday season, from decorating and hosting parties to wintertime activities, it's a perfect time to bring family and friends together for some festive fun. One simple ingredient can be your go-to for just about any tradition: popcorn, which is an inexpensive, versatile, whole grain that makes holiday occasions better... check out page 8.

Plus, with stay-at-home holidays a thing of the past for many families, they're now busy preparing for full-blown celebrations. The return of traditional festivities brings seemingly never-ending to-do lists and pressure to be the perfect host; we've got the *Good Stuff* for holiday hosting on page 10.

Whatever you do this holiday season, make it merry and bright! Wishing you and your families a healthy, happy and safe holiday season and a prosperous new year!

The CM Team  
570.647.0085  
cmag@ptd.net







**A HEARTY MEAL TO  
MAKE THE HOLIDAYS**  
*Magical*



**Capturing the magic of the holidays often happens at the dinner table as loved ones toast the season with stunning meals worth celebrating. This year, call the entire family together and make your festive feast truly memorable with pairings that offer favorite flavors for all.**

Starting with a tender cut of meat hand-trimmed by master butchers at Omaha Steaks, this Roasted Chateaubriand with Red Wine Gravy and Lemon-Garlic Asparagus from chef David Rose calls to mind the extravagant holiday gatherings of yesteryear with a modern twist you can claim as your own.

Visit [OmahaSteaks.com/Blog](http://OmahaSteaks.com/Blog) to find more recipes fit for the holidays.

## Roasted Chateaubriand with Red Wine Gravy and Lemon-Garlic Asparagus

*Recipe by Omaha Steaks  
Executive Chef David Rose*

*Prep time: 15 minutes*

*Cook time: about 90 minutes*

### **Chateaubriand:**

- 1 Omaha Steaks Chateaubriand (2-4 pounds)
- kosher salt
- ground black pepper
- 1/4 cup grapeseed oil

### **Red Wine Gravy:**

- Reserved chateaubriand juices
- 1 medium shallot, small diced
- 2 garlic cloves, minced
- 1 1/2 cups red wine
- 4 tablespoons unsalted butter, divided
- 2 tablespoons all-purpose flour
- 2 1/2 cups water
- 2 beef bouillon cubes
- 1 tablespoon stone ground mustard
- kosher salt, to taste
- ground black pepper, to taste

### **Lemon-Garlic Asparagus:**

- 1/4 cup olive oil
- 1 pound jumbo asparagus, stems trimmed and

- spears blanched in salted water
- 1 pinch kosher salt, plus additional, to taste, divided
- 1 pinch ground black pepper, plus additional, to taste, divided
- 1/4 teaspoon crushed red pepper flakes
- 2 garlic cloves, minced
- 1/2 lemon, juice only
- 2 tablespoons unsalted butter

To make chateaubriand: Pat chateaubriand dry with paper towels. Season on all sides with salt and pepper; bring to room temperature, about 30 minutes.

Preheat oven to 250 F.

In large cast-iron pan, bring grapeseed oil to high heat.

Sear chateaubriand on all sides until golden brown, 2-3 minutes per side.

Remove chateaubriand from pan, reserving pan drippings; place chateaubriand on wire rack-lined baking sheet. Bake according to cooking chart for cook time and desired doneness. Use meat thermometer to ensure doneness.

Rest chateaubriand 15-20 minutes. Slice to desired thickness.

To make red wine gravy: Bring cast-iron pan with reserved chateaubriand drippings to high heat then add shallots and minced garlic. Brown 30 seconds.

Add red wine and deglaze pan, cooking until reduced by half, about 3 minutes.

Reduce heat to medium and whisk in 2 tablespoons butter and flour until all clumps have disappeared and mixture is well-incorporated, 3-4 minutes.

Add water and bouillon cubes; bring to boil then whisk in stone ground mustard.

Reduce to low heat and simmer until achieving sauce-like consistency, 7-8 minutes.

Season with salt and pepper, to taste. Turn off heat and whisk in remaining butter until fully melted and emulsified into sauce.

To make lemon-garlic asparagus: In large saucepan, bring olive oil to medium-high heat.

Add asparagus and season with salt, ground black pepper and crushed red pepper flakes. Sear undisturbed about 1 minute.

Turn asparagus and add minced garlic, sauteing about 10 seconds. Add lemon juice and continue sauteing until reduced by two-thirds, about 1 minute.

Turn off heat and add butter, stirring until emulsified into pan sauce. Season with salt and ground black pepper, to taste.

Serve chateaubriand with lemon-garlic asparagus and red wine gravy.

*(Family Features)*



# HOLIDAY FUN WITH A JOYFUL

## Pop

**With countless ways to enjoy the holiday season from decorating and hosting parties to wintertime activities, it's a perfect time to bring family and friends together for some festive fun. One simple ingredient can be your go-to for just about any tradition: popcorn, which is an inexpensive, versatile, whole grain that makes holiday occasions better.**

## Easy, Elegant **Holiday** Popcorn

*Yield: 8 cups*

8 cups popped popcorn  
1/2 cup milk chocolate chips  
1/2 cup white chocolate chips  
candy sprinkles

On serving platter, spread popcorn in thin layer.

Over double boiler or in microwave, melt milk chocolate chips. Drizzle over popcorn.

Over double boiler or in microwave, melt white chocolate chips. Drizzle over popcorn.

Sprinkle candy sprinkles over warm, chocolate-coated popcorn. Allow drizzles to set until firm.

***Consider these simple seasonal ways you can let popcorn fuel your holiday adventures.***

## Decorate

Strings of popcorn and cranberries add a nostalgic touch to the family tree while making popcorn trees adds whimsy to the table. Before stringing popcorn, let it sit out for a day or two as freshly popped popcorn may be too fragile to thread without breaking. Push a threaded needle through the center of each kernel, then



pull the kernel to the end of the knotted thread, adding an occasional cranberry, if desired. Festive trees can be made using popcorn mixed with melted marshmallows then shaped and finished with sprinkles.

## Give It as a Gift

If it's your turn to host this year's holiday party, popcorn makes for a perfect party favor. Pop up a delicious treat like these Cranberry Popcorn Balls, place them in pretty jars or neatly wrap them then finish each with a bow. For an added touch, include the recipe instructions and popcorn kernels in a separate container so your guests can make it at home.

## Enjoy It as a Snack

Freshly popped popcorn is a simple and delicious snack to share after a day of shopping, caroling, sledding or decorating. You can take the holiday season up a notch with creative recipes like Gingersnap Popcorn Snack Mix, White Chocolate Peppermint Popcorn Bark and Easy, Elegant Holiday Popcorn. These treats are perfect for popping up in the morning so the snacks are ready once guests arrive.

Visit [Popcorn.org](http://Popcorn.org) to find more sweet, salty and savory holiday recipe ideas.

### Gingersnap Popcorn Snack Mix

Yield: 2 quarts

- 2 quarts popped popcorn
- butter-flavored nonstick cooking spray
- 1/3 cup granulated sugar substitute
- 2 teaspoons ground ginger
- 1/2 teaspoon freshly ground nutmeg
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1/8 teaspoon freshly ground black or white pepper

Preheat oven to 325 F.

Spread popcorn on baking sheet and spray lightly with nonstick cooking spray.

In small bowl, combine sugar substitute, ginger, nutmeg, cinnamon, cloves and freshly ground pepper; sprinkle evenly over popcorn.

Spray again with nonstick cooking spray and toss to coat evenly.

Bake 7 minutes and serve warm.



### White Chocolate Peppermint Popcorn Bark

Yield: 1 pound

- 5 cups popped popcorn
- 12 ounces white chocolate baking chips, chopped white chocolate or white candy coating
- 1 cup crushed hard candy peppermints

Cover baking pan with foil or wax paper; set aside.

Place popcorn in large bowl; set aside.

In double boiler over barely simmering water, melt chocolate, stirring until smooth, or melt according to package directions.

Stir in crushed peppermints after chocolate is melted. Pour chocolate mixture over popcorn mixture and stir to coat. Spread onto prepared pan; cool completely.

When chocolate is cooled and set, break into chunks for serving.

Store in airtight container at room temperature.

### Cranberry Popcorn Balls

Yield: 18 balls

- 2 cups sugar
- 1 cup whole berry cranberry sauce, slightly mashed
- 1 tablespoon grated orange peel
- 1/2 cup cranberry juice
- 1/2 cup light corn syrup
- 1 teaspoon vinegar
- 1/2 teaspoon salt
- 5 quarts unsalted popped popcorn

In heavy saucepan, combine sugar, cranberry sauce, orange peel, cranberry juice, corn syrup, vinegar and salt. Bring to boil; lower heat and cook to 250 F on candy thermometer.

Mixture will bubble in pan; watch to keep from boiling over.

Pour slowly onto hot popcorn and mix until well-coated.

Let stand 5 minutes, or until mixture can easily be formed into balls.

Butter hands and form into 3-inch balls.





# 5 TIPS TO PULL OFF HOLIDAY *Hosting*

**With stay-at-home holidays a thing of the past for many families, they're now busy preparing for full-blown celebrations. The return of traditional festivities brings seemingly never-ending to-do lists and pressure to be the perfect host.**

---

From mastering a mouthwatering menu and donning your home with decadent decor to ensuring guests enjoy the evening to the fullest, hosting duties bring plenty of responsibilities. This year, though, you can avoid those anxious feelings with some preparation ahead of the big day.

To help pull off a sensational seasonal soiree, consider these tips from the entertaining experts at Sun-Maid to make the holidays brighter and more manageable so you can navigate the stresses of hosting.

## **Invite Others to Share Favorite Traditions**

Especially with stay-at-home holidays in recent years, some friends and family members may have developed their own special traditions, from new recipes and foods to seasonal games and activities. Inviting your guests to bring or share something that represents their favorite part of the holidays can help everyone feel welcome.

## **Take Time for Yourself**

Remember to make time for yourself so you can enjoy the fruits of your labor right alongside guests. The busyness of this time of year



can add stress but reflecting on the true meaning of the season and reveling in your favorite parts of the holidays can help you avoid feeling overwhelmed.

## Add New Ingredients to Your Menu

While pairing this year's turkey or ham with the classics provides comfort and calls to mind holiday memories of the past, cooking with new ingredients and adding fresh recipes to the menu can put a fun spin on the season and maybe even create your own traditions to carry forward.

For example, baking with an option like Sun-Maid raisins provides a whole fruit option with zero grams of added sugars per 1/4-cup serving. They're an easy, better-for-you substitution to reduce overall sugar intake without compromising flavor or texture when compared with dried cranberries, which contain 27 grams of added sugars per 1/4-cup serving. The natural sugars of raisins make them a versatile, useful addition to a wide variety of holiday-worthy dishes.

## Hop On Hot Food Trends

One of this year's most popular trends in the kitchen is food boards, a fun and easy way to elevate flavor while incorporating favorites like cured meats, cold cuts, cheese slices and cubes, dips, nuts and more. Plus, you can keep your board balanced with nutritious items like vegetables and fruit, such as raisins, which provide sweet flavor without the added sugars.

## A Time for Truce

Gathering for the holidays is about coming together with loved ones, family, friends and neighbors - and pulling it off means catering to everyone's needs and wants. It's a time for compromises and truces. To help add a little extra spark this year, try incorporating a theme to the party or coordinate fun activities and games that can be enjoyed by all. For example, holiday-themed charades, a seasonal "name that tune" game and gift exchanges all give guests ways to get in on the excitement.

To find more holiday entertaining inspiration and recipe ideas, visit [SunMaid.com/PullOffTheHolidays](http://SunMaid.com/PullOffTheHolidays).



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## Good Stuff

# Holiday Decorating ***SAFETY***

*Provided by Disaster Blaster*

{ As you're getting ready for the holiday season, decorating is no doubt a big part of the festivities. But did you know that holiday decorating related injuries are surprisingly common? In fact, there are about 160 decorating-related injuries EACH DAY during the holiday season. With almost half of these injuries involving falls, many can unfortunately be serious. }

**We want everyone to have a happy and safe holiday season, so before getting out the tools and ladders, let's take a moment to go over some basic holiday decorating safety.**

### **Planning Reduces Stress**

The likelihood of injury increases significantly when you're under stress, so starting with a good plan and allowing yourself enough time is a great first step to safe holiday decorating. Simple things like checking and unraveling lights before you climb the ladder to start hanging them can have a big impact on your stress level!



We recommend organizing your holiday decorating into smaller projects that you can complete in a couple of hours, instead of focusing on everything you want to do. Plan out all the decorating and stage the decorations beforehand so everything is available and ready for you.

## Use Ladders Safely

Falls and other ladder-related injuries rank among the top holiday decorating injuries. Most of these injuries are caused by attempting to complete the work too quickly, distractions, or carelessness. Here are some of the top ladder injuries and how you can avoid them:

**Don't stand on the top of the ladder** – The top of a ladder is not a step and should not be used as one. Most ladders today will have a sign or warning on the top useable step and you should not attempt to use a ladder past this safety recommendation.

**Make sure the ladder is on a level surface** – Prior to using a ladder, you should make sure it is sturdy and secure. Ladders tipping and shifting can result in serious injury.

**Don't overreach** – It can be tempting to try to finish one last section before moving the ladder, but don't. One of the top causes of ladder falls is overreaching, so taking the time to move the ladder could prevent you from experiencing a serious injury.

**Use care climbing up and down** – Most ladder accidents involve missing a step while going up or down the ladder. Take your time and pay attention while climbing up or getting down off a ladder.

**Keep steps dry** – Slips and falls are common, particularly when rain or snow are involved. When hanging decorations outside, it's recommended to pick a dry day to avoid potential injuries.

## Use The Right Lights

Did you know that lighted decorations are rated for either indoor or outdoor use? Not only that, but decorations intended for indoor use cannot be used outside, and decorations intended for outdoor use can't be used indoors! Use of improper lighting and decorations can result in an electrical or fire hazard, so pay close attention to the ratings and recommendations included with your decorations.

## Be Cautious With Candles

On average, there are 20 candle fires a day. When using candles, make sure they are far away from potentially flammable objects such

as papers, curtains, and other decorations, and NEVER leave a candle lit when you go to bed. Candles are a great addition to the holidays when used safely but should always be used responsibly and extinguished completely. Lastly, while less common today, some homeowners still use candles as decorations both on their Christmas tree and other ornamental decorations. This is a serious risk of fire and should be avoided. If you want a candle "look", there are fake lighted candles you can purchase to mimic this effect, but we strongly recommend against using real candles in this way.

## Maintain Your Christmas Tree

Whether you have a live Christmas tree or an artificial Christmas tree, some safety precautions are necessary to ensure you have a happy and safe holiday season.

**Live Christmas Trees** – A dry tree is a major fire hazard. In addition to watering your tree regularly to prevent it from drying out, we also recommend cleaning up any pine needles that may have fallen on the floor as the needles and resin are extremely flammable as well. Christmas trees should also be set up far from heat sources like heaters and fireplaces, and proper indoor-rated lighting should be used for decoration.

**Artificial Christmas Trees** – When picking an artificial tree, we recommend looking for one that is "fire-resistant". Additionally, since lighting is included in many artificial trees these days, we recommend checking to make sure your tree has been approved by the Underwriters Laboratory (UL). When decorating your tree, it's recommended to place artificial trees away from heat sources and always use appropriately rated indoor lighting as well.

We hope you and your family have a wonderful holiday full of winter festivities, hot cocoa, and family get-togethers instead of slips and falls!

## Happy Holidays!



About Disaster Blaster  
Disaster Blaster is an indoor environmental firm serving the Northeastern PA Area. We have been providing our local area with unparalleled mold remediation, water mitigation, asbestos abatement, radon mitigation, basement waterproofing, 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

# Winter Destinations

*By Garrett Beers | Service Forester with the  
PA Department of Conservation and Natural Resources Bureau of Forestry*

**When wintertime destinations come to mind, they typically conjure up images of warmer destination like the turquoise waters of the Caribbean or palm trees on a South Pacific island. These are all great places and on many people's travel bucket list, even my own. It never hurts to dream.**

**With high gas prices and airport delays wreaking havoc on travel, let us stay a little closer to home this winter.**

**Our dream vacations can wait another year.**

As a forester and avid outdoor recreationist, I spend a large amount of time in the outdoors. While afield, I have always been fascinated by the streams that crisscross our area. According to the Pennsylvania Department of Environmental Protection, there are 86,000 miles of streams in the state. This is the most miles of stream in any one state, except for Alaska.

Over the past few years, I have made it a point to get out and explore these often-overlooked wonders. Each season has its own essence to add to the stream. Spring has wildflowers emerging from the rich soils of the floodplain. Summer produces insect hatches that are picked off the water by feeding trout. Fall combines turbulent water with vibrant fall colors that segue us into winter.

The coldest stretches of winter hold one of the best spectacles. Ice! Some amazing displays can be seen, especially on streams that contain waterfalls. The waterfalls that





are found on the back country streams are not going to be large, but they are worth the hike. What they lack in size, they make up for in solitude and spender. Ice-covered rocks, glistening icicles hanging from the undercut stream banks, and only the noise of the stream filling the air.

These wintertime forays are also a great time to think about the warmer days ahead, which helps pull you out of the winter doldrums. It's easy to picture yourself coming back in spring and casting a fly up stream, to one of our native brook trout that is lying in wait.

Pick up or download a map of your local public lands and go explore. Admission is free, so your wallet will thank you. The money you save will help finance next year's warmer winter destination.



Garrett Beers is a lifelong resident of the Pocono Mountains and is a service forester with the PA Department of Conservation and Natural Resources Bureau of Forestry. As a service forester, Garrett assists private landowners in managing their forest in Pike and Monroe County.

Statewide, DCNR Bureau of Forestry manages 2.2 million acres of state forest.



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# THE GOAT AND ME

By The Reverend Mrs. Silence DoGood

Dear Editor,

I enjoy working hard. The best part is you can often see the results of your labor. I remember when I was getting my master's degree in Boston, I also worked part-time as a waitress at the Toast and Butter Café. I watched the faces of the people as I delivered their orders. They would begin eating even before I placed their meals on the table. Their eyes looked at their plates as I was setting them down, and their meals would then begin. Visually they would taste their food. I enjoyed watching their eyes.

Now I enjoy being the senior pastor of The First Church of God's Love in the rural-farming hamlet of Halo, Pennsylvania. However, it has become more difficult since the church burned down. Because of that, we are holding our services in the Unity Grange Hall. "The folding chairs are not as comfortable as our padded pews were." "The acoustics are terrible." "There's always a draft on my neck." "I don't feel holy anymore." "I feel like we are going to a square dance instead of to church services." On and on I hear the complaints of my congregation.

In addition to my pastoral duties, I am now the executive in charge of a new enterprise. That enterprise includes the monumental tasks of fundraising, designing and constructing a new church. Luckily I have my wonderfully supportive husband and excellent volunteer committees to help me. I am exhausted.

I have described where I live in a few earlier letters. Where I live at times makes me feel as though I am living in a graphic novel. As I drive through our rolling hills, I see beautiful lakes, private ponds, Black Angus cows moving like living sculptures on hillside farms, sheep walking to different pastures to eat the freshest grass, and a dog with its master going for a walk on a frosted field. It is from this graphic novel that I renew my strength.

My neighbor to the left of the parsonage has a five hundred acre farm with 140 Black Angus cows. When we happened to meet the other day at Dave's Super Market, he mentioned someone had left a light brown goat on his property. It is now grazing with his cows. I decided to give myself a break from my work

and take a scenic drive through my graphic novel. Such drives always renew my energy. I get strength from nature.

I drove to Homestead Lane which runs through my neighbor's five hundred acres. I stopped my car and turned off the engine. I looked to the left where there was a small herd of about thirty cows. The goat was grazing with them. A large Black Angus cow with a white face looked at me. When a Black Angus cow and a Hereford bull breed, a Black Angus calf usually winds up with a white face; Hereford cows have white faces.

When the cow looked at me, it seemed to have meaning. At first I didn't know what it was but then it became clear. I must have appeared to be a threat. That cow began to move slowly and many of the others followed her. Very slowly but deliberately about fifteen cows encircled the goat. One by one they moved as the goat continued to graze. Maybe the cows thought the goat was a calf. Or perhaps it didn't matter. The nurturing cows wanted to protect the weakest among them from what appeared to be an outside threat.

And then I had an amazing realization. I'm like the goat. My family, my congregation, and the Halo community have all encircled me to protect me as I struggle with the loss of my church. It burned down but from the ashes arose a circle of appreciation for my work. I can see the results of my work through their caring. Though still tired I was given a renewed source of strength. Nature has prevailed once again.

Amen.



**The Reverend Mrs. Silence DoGood**

Senior Pastor  
Executive Director  
President  
Chairman  
Choir Master (part-time)

**The First Church of God's Love**

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### YOU DON'T NEED THAT.

Ugh, it's so frustrating when you ask someone for something and they just say "no" right away. Why didn't they think about it first, or ask your intentions? What if you spend your own money or find that thing yourself? As a kid, you probably hear "you don't need that" a lot but in the new book "The Museum of Odd Body Leftovers" by Rachel Poliquin, illustrations by Clayton Hanmer, some things really are so extra.

Let's face it: your body is a wonderful piece of machinery. It lets you run and play and write and read and do all kinds of fun things. But there are things inside you that are "useless... leftovers" and "bad patch jobs." They're called vestigial structures, and there was once a time when the human body did need those parts. Not anymore.

Take, for instance, your teeth.

Now, you need your teeth to chew and chomp and bite. You need them to smile. But you don't need your wisdom teeth as much as your ancestors did and you don't have room in your mouth for them anyhow. Besides, they can cause "big trouble," which is why so many adults have a dentist remove them.

You are a mammal, just like your cat or dog is a mammal, but because your body isn't covered in fur, you don't need the muscles that make your hairs stand up to act as insulation and keep you warm. You need clothing instead, and not goosebumps.

Scientists say we are closely related to monkeys and while we have some body parts

in common, again, we humans have extra things. Monkeys and humans both have muscles that help to climb trees, swing from branches, walk on all fours – muscles that kept our ancestors alive. Monkeys still need these things. Humans – not so much.

Your feet and legs have evolved to walk upright. You have hair where it's most beneficial for a human like you. Your gut has become a lean, mean digesting machine. And at one time in your life, you actually had a tail!

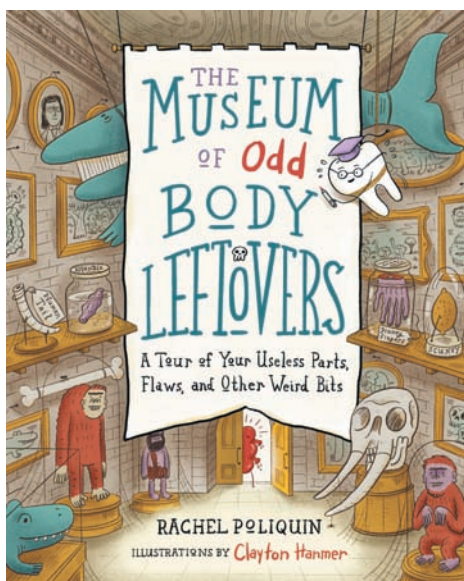
You might've noticed that kids are inherently collectors of this and that and the other. In "The Museum of Odd Body Leftovers," they'll see a collection they never even knew they had, and that nobody has to clean around.

Reading like a guided tour through a museum of curiosities, this book is fictional but based in actual science, and its tone is serious but fun – which means that author Rachel Poliquin's story and illustrations by Clayton Hanmer will teach a kid something effortlessly and on the sly. For easier reference, it's segmented into different subjects; parents and kids will also be happy to know that this "museum" includes terms and words that are used in real laboratories.

Curious 7-to-11-year-olds will devour this book, and you might expect some excited "did you know?" conversations while your youngster is enjoying it. "The Museum of Odd Body Leftovers" is good and yeah, they need that.

### *"The Museum of Odd Body Leftovers:*

*A Tour of Your Useless Parts, Flaws, and Other Weird Bits "*



*By Rachel Poliquin*

*Illustrated by Clayton Hanmer*

*Reviewed by Terri Schlichenmeyer*





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# Dental Health: While Visions of Sugar Plums Dance in their Heads



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



## Good Stuff

**Ahhh, that confection of hardened sugar or dried fruit with a crunchy, sparkly sugar coating. Not meaning to be a grinch here, but what are the chances those little ones brushed their teeth before they settled in for their long winter's nap? So, this month's message, if you haven't guessed yet, has to do with dental health. Children (and adults) have just finished off their Halloween candy and now are about to indulge in a plethora of dental caries-inducing extravagances. Far be it from me to spoil one of the season's most gratifying experiences – the exchanging and sharing of treats; however, we can take a look at which sweets are most likely to cause issues with dental health.**

Back when I used to take my lunch to school, I recall a “friend” telling me that the raisins that my mom lovingly packed for me were hurting my teeth more than the candy her mom packed for her. Not willing to believe such a tale, I did some digging (Yes, I was a research geek even in middle school.). And it was true!!! Although raisins, as a whole food, contain natural sugar and fiber, which render them a healthier snack than candy, which contains added artificial sugar, raisins and other dried fruits adhere to your teeth long after you've chewed and swallowed them. What's so bad about sugar? After all, our bodies need sugar for energy and growth. However, sugar fosters cavity-causing bacterial growth on the teeth, which can cause not only cavities, but periodontal disease, leading to other health problems. Bacteria create acids that cause enamel destruction, exposing the nerve within the tooth, which can cause extreme sensitivity to cold (breathing cold air) and heat (consuming hot soup.)

Here's what I found regarding the most damaging and least detrimental candy and some tips for how to minimize the damage that occurs with overindulgence. Dentists have published lists indicating what treats are on their list for causing the most problems with teeth.

### ***These include:***

- Candy corn, whose sticky sugars cling to and in between teeth for an extended period, giving that sugar more opportunity to damage teeth.



- Taffy, which can pull a loose filling straight out of place! This includes those favorites, Tootsie Rolls, whose sugar, like that of candy corn, can remain on even brushed teeth for a loooooong time.
- Caramels, toffees and nougats, which can do both of the above. Yes, even the caramel surrounding that delicious apple!
- Lollipops and hard candies, which basically bathe the teeth in a sugary solution for extended periods of time. Lollipops can also cause chipped or broken teeth in those who can't resist biting into them (to find the Tootsie Roll or gum center?!)!
- Sour candy, which harms teeth in two ways. It's coated in sugar and is very acidic. High acidity can very damaging to teeth as the acids break down tooth enamel, leaving teeth more vulnerable to tooth decay and breakage.
- Jawbreakers are aptly named. Crunching down on these extremely hard candies can cause damage not only to teeth, but also injury to the jaw joint (TMJ) that allows you to open and close your mouth.
- Popcorn may look sweet and innocent in its bowls but causes tooth breakage at an alarming rate.

Being realistic, dentists will tell you that the best candy for your teeth is no candy at all, but they do acknowledge there are some candies that are less damaging to dental health.

#### **These include:**

- Chocolate, which easily washes off teeth, meaning it doesn't stick around to cause cavities or other types of tooth damage. Dark chocolate is the best type since it contains less sugar, and some research has indicated it contains compounds that can help harden

tooth enamel and provide plaque-fighting benefits

- Sugar-free candy is considered beneficial because, obviously, it doesn't contain the sugar that promotes bacterial growth, which causes cavities. It also stimulates saliva production, which washes the mouth of bacteria and plaque that cause tooth problems. It bears mentioning, though, that if you bite down on a hard sugar free candy you can still cause tooth breakage, which may expose the inner surface of the tooth.
- Sugar-free gum is considered beneficial for tooth health, particularly if it contains xylitol. Chewing gum stimulates saliva, which can rinse away problem-causing acids and bacterial in the mouth
- Nuts not only contain protein and fiber that are beneficial to overall health, but also tend to break up the sticky parts of a candy bar and break down the biofilm that can form on teeth.

#### **What about beverages?**

Drinks that are acidic soften tooth enamel, causing teeth to be more sensitive and vulnerable to damage. Beverages that are high in both acid and sugar have the potential to be doubly harmful. Here's a breakdown of how some beverages affect your teeth:

- Wine is an acidic beverage, and, as such, affects the enamel, but can also cause discoloration and staining of teeth. White wine is more acidic than red.
- Hops, which are a common component of beer, may have some positive effects on oral health and cavity protection, though more research is needed before beer can be considered beneficial to dental health.
- Spirits tend to have a drying effect, minimizing saliva, which is one of the



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mouth's natural defenses against damage. Alcohol also has varying degrees of acidity, which causes dental harm, which is compounded when people sip their drinks slowly, giving the alcohol more time to do damage.

- Water is helpful to teeth, since it helps rinse bacteria from teeth and increases salivary flow, which protects from dental decay. A study from Melbourne University found that water actually led to a hardening of teeth enamel!
- Sparkling water has a high acidity level, which gives it an even greater erosive potential than orange juice.
- Coffee without sweetener has recently been found in a Dental Sciences study of 1000 coffee drinkers to help prevent cavity development. When sweetener was added, though, the anticavity action was totally minimized.
- Milk, which is considered an alkaline (non-acid) beverage, has long been considered to be beneficial to dental health (I certainly grew up with the constant advice to drink my milk for strong teeth!) The calcium in milk inhibits attachment and growth of cavity-forming bacteria.
- Sodas, which contain anywhere from 4.9 gm to 77 gms of sugar in a can/bottle, obviously are harmful to dental health. Even sugar-free sodas contain acids that weaken the enamels, increasing the likelihood of tooth breakage. Both regular and sugar-free sodas contain acids, which attack the teeth. With each swig of soda, the damaging reaction on the teeth lasts for about 20 minutes. If you sip soda throughout the day, the teeth are under constant attack.
- Fruit juices are concentrated, and as a result expose the teeth to a lot more acid than if you were to eat the fruit in its natural form. Diluting fruit juice with water (50% juice, 50% water) lessens the damage fruit juice can cause to teeth
- Fruit punch beverages are typically not actual juice. They are mostly sugar or high fructose corn syrup and are very acidic.
- Teas that are brewed typically are more alkaline, and so are not considered damaging to dental health, though excessive consumption can cause staining of the teeth. Green tea may even have some positive effects on gum health and decay prevention. Iced teas, though, are usually very acidic, and some popular brands of brewed iced teas have been shown to be as harmful as most sodas.

There are actions you can take to minimize effects that damaging beverages can have on the teeth.

**Drink in moderation.** Don't have more than one soft drink each day. Just one will do enough damage.

**Drink quickly.** The longer it takes to consume a dental damaging beverage, the more time it has to wreak havoc on the teeth. The faster you drink, the less time the sugars and acids have to damage the teeth (Just don't use this as an excuse to drink twice as many such beverages!)

**Consider using a straw,** which will lessen contact time with the teeth.

**Rinse your mouth with water after drinking such a beverage.** Flushing the mouth with water will help wash away some remaining sugars and acids and slow their attack on your teeth.

**Don't brush immediately after drinking anything that could damage the teeth.** Brushing on enamel that's already been softened by the beverage could do more harm than good. Wait 30 minutes after drinking before brushing.

**Avoid such drinks before bedtime.** The sugars may contribute to keeping you awake, and it, as well as the acid, will have all night to attack your teeth.

Dentists recommend twice yearly visits and cleanings to ensure that you are checked not only for cavities, but for evaluation regarding other potential issues.

**Other measures dentists advise include...**

- Brushing twice a day for two minutes. Don't overbrush or brush too hard. Brushing for longer than four minutes a day total can lead to wearing down of the enamel that protects the teeth. Enamel is strong, but if your tooth brush looks like someone sat on it, you're applying too much pressure and could cause a breakdown in this protective layer.
- Floss daily to loosen the particles that brushing misses and prevent the buildup of plaque and tartar, which can cause periodontal disease, bad breath and discolored teeth. Periodontal diseases can contribute to several systemic diseases, such as cardiovascular disease, oral and colorectal cancer, gastrointestinal diseases, respiratory tract infections and pneumonia, adverse pregnancy outcomes, diabetes and insulin resistance and Alzheimer's disease.

So, don't think you have to completely forego those pretty ribbon candies or gaily wrapped chocolates that are part of your holiday traditions. Just remember that moderation is key and your teeth are meant to last a lifetime!



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# Catch-Up Contributions

..... Provided by Josh Sheard

**A recent survey found that 28% of workers are very confident about having enough money to live comfortably through their retirement years. At the same time, 27% are not confident.<sup>1</sup>**

In 2001 congress passed a law that can help older workers make up for lost time. But few may understand how this generous offer can add up over time.<sup>2</sup>

The “catch-up” provision allows workers who are over age 50 to make contributions to their qualified retirement plans in excess of the limits imposed on younger workers.

## How It Works

Contributions to a traditional 401(k) plan are limited to \$20,500 in 2022. Those who are over age 50 – or who reach age 50 before the end of the year – may be eligible to set aside up to \$27,000 in 2022.<sup>3</sup>

Setting aside an extra \$6,500 each year into a tax-deferred retirement account has the potential to make a big difference in the eventual balance of the account. And by extension, in the eventual income the account may generate. (See accompanying chart.)

## Catch-Up Contributions and the Bottom Line

This chart traces the hypothetical balances of two 401(k) plans. The blue line traces a 401(k) account into which \$20,500 annual contributions are made each year. The green line traces a 401(k) account into which an additional \$6,500 in contribu-

tions are made each year, for a total of \$27,000 in contributions a year.

Upon reaching retirement at age 67, both accounts begin making withdrawals of \$6,000 a month.

The hypothetical account without catch-up contributions will be exhausted by the time its beneficiary reaches age 81. Keep in mind, the IRS regularly updates these maximum contribution limits.



*This hypothetical example is used for comparison purposes and is not intended to represent the past or future performance of any investment. Fees and other expenses were not considered in the illustration. Actual returns may vary.*

*Both accounts assume an annual rate of return of 5%. The rate of return on investments will vary over time, particularly for longer-term investments.*

*In most circumstances, you must begin taking required minimum distributions from your 401(k) or other defined contribution plan in the year you turn 72. Withdrawals from your 401(k) or other defined contribution plans are taxed as ordinary income, and if taken before age 59 1/2, may be subject to a 10% federal income tax penalty.*

1. EBRI.org, 2022

2. Economic Growth and Tax Relief Act of 2001

3. IRS.gov, 2022. Catch-up contributions also are allowed for 403(b) and 457 plans. Distributions from 401(k) plans and most other employer-sponsored retirement plans are taxed as ordinary income and, if taken before age 59 1/2, may be subject to a 10% federal income tax penalty. In most circumstances, you must begin taking required minimum distributions from your 401(k) or other defined contribution plan in the year you turn 72.



## Contribution Limit Increases

The Internal Revenue Service has released new limits for the coming year. After months of high inflation and financial uncertainty, some of these cost-of-living-based adjustments have reached near-record levels.

### Individual Retirement Accounts (IRAs)

IRA contribution limits are up \$500 in 2023 to \$6,500. Catch-up contributions for those over age 50 remain at \$1,000, bringing the total limit to \$7,500.

### Roth IRAs

The income phase-out range for Roth IRA contributions increases to \$138,000-\$153,000 for single filers and heads of household, a \$9,000 increase. For married couples filing jointly, phase-out will be \$218,000 to \$228,000, a \$14,000 increase. Married individuals filing separately see their phase-out range remain at \$0-10,000.

### Workplace Retirement Accounts

Those with 401(k), 403(b), 457 plans, and similar accounts will see a \$2,000 increase for 2023, the limit rising to \$22,500. Those aged 50 and older will now have the ability to contribute an extra \$7,500, bringing their total limit to \$30,000.

### SIMPLE Accounts

A \$1,500 increase in limits for 2023 gives individuals contributing to this incentive match plan a \$15,500 stop light.

### Other Changes

In addition to changes in contributions limits, the IRS also announced several

other changes for 2023, including an increase to the annual exclusion for gifts to \$17,000 per person and an increase to the estate tax exclusion threshold. Keep in mind that we provide updates for informational purposes only, so consult with your tax professional before making any changes in anticipation of the new 2023 levels. You can also contact our offices, and we can provide you with information about the pending changes.

*The content is developed from sources believed to be providing accurate information. The information in this material is not intended as tax or legal advice. It may not be used for the purpose of avoiding any federal tax penalties. Please consult legal or tax professionals for specific information regarding your individual situation. This material was developed and produced by FMG Suite to provide information on a topic that may be of interest. FMG Suite is not affiliated with the named broker-dealer, state- or SEC-registered investment advisory firm. The opinions expressed and material provided are for general information, and should not be considered a solicitation for the purchase or sale of any security. Copyright 2022 FMG Suite.*

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*Josh specializes in retirement income strategies, investments strategies, as well as additional financial strategies. His focus is on lifelong financial guidance and his commitment is to place clients first and provide unmatched customer service. He would be glad to answer any questions regarding the content of this article as well as any others.*

*Josh Sheard offers securities and advisory services through Centaurus Financial, Inc. member FINRA and SIPC and a registered investment advisor. This is not an offer to sell securities, which may be done only after proper delivery of a prospectus and client suitability is reviewed and determined. Information relating to securities is intended for use by individuals residing in PA, NY, AR, VA, FL, NC, GA, CT.*

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# POCONO secrets

## Poconos Inspired *FORWARD* THINKING

By LA Guzda

**Charles Fourier was born in 1772.**

**He's known as a French philosopher and early socialist thinker. In fact, he started as a hard-working traveling salesman. He wanted to be an engineer, but only sons of a nobleman were granted that privilege. Through his travels, Fourier observed that poverty was the principal cause of social disorder. He believed concern and cooperation were the secrets to social success. Cooperation would result in improvement of production levels, and workers would be compensated for their labor based upon their contributions.**

Fourier was a supporter of women's rights. He believed jobs should be available based on skill and aptitude rather than gender. He is credited with terming the word feminism. He wrote of homosexuality and acknowledged a wide range of needs and preferences. He also believed that affirming one's difference could actually enhance social integration. He was one of the founders of utopian socialism.

Why am I telling you this? Because Fourier has had an impact on many influencers throughout history, including Horace Greeley.

Horace Greeley, born in 1811, was the editor of the New York Tribune. He was active in politics, having served as a New York congressman and the Republican presidential candidate against President Ulysses S. Grant in 1872. Grant won by a landslide.

Greeley, PA in Pike County is named for Horace Greeley. He and a group of like-minded visionaries looking for a different life model created the Sylvania Colony established as communal living on a common property with equal distribution of labor.





**Charles Fourier**

Influenced by Fourier, the idea of sharing labor and expenses would result in greater productivity, compensation, and quality of time. Unfortunately, it failed soon after it began in 1845 when a July frost killed all the crops.

Pennsylvania is where the US Constitution was born. Many of its ideas were influenced by the Leni Lenape. In fact, the word “caucus” originated from a Lenape word used for council meetings. In 1682, William Penn and Chief Tamanend of the Lenape caucused together to negotiate a treaty that allowed the Quakers and native people to co-exist in peace. Philadelphia is the native translation for “brotherly love”.

The Pocono Mountains represents the nature of the Leni Lenape, a culture that honored sacred commitment to personal freedom, religious tolerance, political sovereignty and peaceful resolution of conflict. Thomas Jefferson wrote of William Penn and Chief Tamanend’s treaty as “being the first who have laid the foundation of government in the pure and unadulterated principles of peace, reason and right.”

May we all enjoy this season filled with peace and reason. Happy Holidays to all, however you celebrate. May you enjoy the comfort, love and friendship of those you hold dear. Here’s looking toward 2023 with great kindness, tolerance, and hope.

Visit [www.LAGuzda.com](http://www.LAGuzda.com) or [www.PoconoSecrets.com](http://www.PoconoSecrets.com) for past articles. Do you have a Pocono Secret to share? Send an email to: [PoconoSecrets@aol.com](mailto:PoconoSecrets@aol.com)

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THE AREA'S *GOOD STUFF*

DEC'22

December 1–December 31

**MONDAYS****Yoga**

3:30–4:30 p.m. Lake Region Fitness, Hawley Silk Mill, Hawley. Info: 570-390-4GYM (4496) or [info@cocooncoffeehouse.com](mailto:info@cocooncoffeehouse.com).

**TUESDAYS****Yoga**

8:30–9:30 a.m. Lake Region Fitness, Hawley Silk Mill, Hawley. Info: 570-390-4GYM (4496) or [info@cocooncoffeehouse.com](mailto:info@cocooncoffeehouse.com).

**SATURDAYS****Yoga**

10–11 a.m. Lake Region Fitness, Hawley Silk Mill, Hawley. Info: 570-390-4GYM (4496) or [info@cocooncoffeehouse.com](mailto:info@cocooncoffeehouse.com).

**DEC. 1****Shrinket Workshop**

1–4 p.m. Hawley Public Library, Hawley. Based on the “shrinky dink” crafts of days gone by. Materials are heated in molds into 3D shapes to create jewelry resembling glass. Instructor Ellen Siberlicht. Register in person with payment at the Hawley Public Library. Limited to 12 participants. Info: 570-226-4620.

**DEC. 1****Live Music with John Curtin**

6–9 p.m. Glass Restaurant, Ledges Hotel, Hawley. Info: 570-226-1337 or [info@ledgeshotel.com](mailto:info@ledgeshotel.com).

**DEC. 2****Blood Drive**

1–6 p.m. Browndale Fire Station, Browndale. Make an appointment to donate at 1-800-733-2767 or [www.redcrossblood.org](http://www.redcrossblood.org). A few walk-in appointments are available.

**DEC. 2****Christ Church Soup Sale**

3–6 p.m. Christ Episcopal Church, Forest City. Homemade soups for take-out only. Over twelve varieties available. Call ahead to order: 570-785-3425.

**DEC. 2****Taste of Tokyo**

5–10 p.m. Glass Restaurant, Ledges Hotel, Hawley. Enjoy authentic Izakaya style small plate & Japanese brew. Info: 570-226-1337 or [info@ledgeshotel.com](mailto:info@ledgeshotel.com).

**DEC. 2****Sounds Like Teen Spirit**

7–9 p.m. The Cooperage Project, Honesdale. Open to all school-aged youth. Hosted by Patrick Fiore. Facebook Event RSVP. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

**DEC. 2–4****Candlelight Christmas Dinner**

5:30–9 p.m. The Settlers Inn, Hawley. This evening is an enchanting seasonal event. Enjoy holiday punch, syllabub, passed hors d'oeuvres, horse & carriage ride, farm to table feast, live music & handcrafted holiday desserts. Reservations: 570-226-2993. Info: [desk@thesettlersinn.com](mailto:desk@thesettlersinn.com) or [thesettlersinn.com](http://thesettlersinn.com).

**DEC. 3****Cookie Walk**

9 a.m.–1 p.m. Dingmans Ferry United Methodist Church, Dingmans Ferry. Many varieties of delicious, homemade cookies that can be enjoyed now or frozen for the holidays. The elves do the baking; you just walk around & fill a bag with the ones you like. Proceeds support church ministries. Info: 570-828-2288 or [Dfumc.com](http://Dfumc.com).

**DEC. 3****Holiday Craft Fair**

9:30 a.m.–3 p.m. Lackawaxen Fire House, Lackawaxen. Lackawaxen Township Volunteer Fire Department ladies' auxiliary hosts lots of vendors & various crafts. Food available, lots of parking. Info: 570-685-7330.

**DEC. 3****Holiday Boutique**

10 a.m.–4 p.m. Nubia Malkin Art Center, The Hideout, Lake Ariel. Handmade at the Hideout. If you love to give hand-crafted gifts or buy them for yourself, this boutique is just for you. Info: 570-698-4100 ext. 164.

**DEC. 3****Alcohol Ink 2**

10:30 a.m.–Noon. Art Factory of White Mills, White Mills. Join artist Carol Mainardi to learn different techniques while creating original pieces. Masks must be worn. Info: 570-251-1181 or [info@theartfactoryofwhitemills.com](mailto:info@theartfactoryofwhitemills.com).

**DEC. 4****Santa Claus is Coming to Town!**

10 a.m.–4 p.m. The Wake Zone, Tafton. Free picture with Santa. Presented by Davis R Chant Realtors. Info: 570-226-4518 or [paupack@chantre.com](mailto:paupack@chantre.com).

**DEC. 3****Main Street Farmers Market**

11 a.m.–1 p.m. The Cooperage Project, Honesdale. The Cooperage Project will host an open-air market gathering experience outdoors on fair weather days, and indoors when needed. Pre-order from the online vendor list, and pickup at the market for your convenience. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

**DEC. 3****Romping Radishes: Bird Count**

11 a.m. The Cooperage Project, Honesdale. Ages 5–8, meets upstairs. Join the Audubon bird count. Find out about winter bird watching & build a birdhouse to create your own bird watching station. Program includes instruction, program materials & a snack. Facebook Event RSVP. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

**DEC. 3****Printmaking with the Masters Workshop**

1–2:30 p.m. Join artist Carol Mainardi in a workshop focusing on Hokusai's "The Wave." Learn to create in the style of these works by playing with various techniques such as relief, stencil, woodcut, collagraph, mono-printing and Gelli. All skill levels welcome. Pre-registration required. Masks must be worn. Info: 570-251-1181 or [info@theartfactoryofwhitemills.com](mailto:info@theartfactoryofwhitemills.com).

**DEC. 3****Forest City Christmas on Main Street**

2:45 p.m. Forest City. Book reading at the Honesdale National Bank, tree lighting, Forest City Band performance, Christmas concert at Historic Society. Vendors & crafts for kids. Info: 570-785-3326.

**DEC. 3****Christmas Festival**

4–8 p.m. Greater Carbondale YMCA, Carbondale. An array of games, food & crafts

available throughout the night. Attend Elf or Grinch School & have FREE pictures with Santa. Christmas basket raffle with over 200 baskets to choose from. Around 6:30 p.m. head outside to watch the light parade as it ventures down Main Street. Info: 570-282-2210.

**DEC. 4****Watercolor, Graphite & Colored Pencils Class**

10:30 a.m.–Noon. Art Factory of White Mills, White Mills. Share the incredible journey of creating with artist Cheri Baron using watercolor, graphite, & colored pencils. Learn how to combine all the mediums to paint "pine needles & pinecones" to hang in your home or give as a gift. Info: 570-251-1181 or [info@theartfactoryofwhitemills.com](mailto:info@theartfactoryofwhitemills.com).

**DEC. 4****2022 Holiday Artisans' Market**

11 a.m.–4 p.m. The Cooperage Project, Honesdale. Facebook RSVP. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

**DEC. 4****Kids Holiday Party**

Noon–1:30 p.m. DABS Scoops & Treats, Honesdale. Includes a craft, make your own gingerbread house, hot chocolate bar, decorate your own cookies, and coffee & desserts for the parents. Spaces are extremely limited. To reserve a spot please message or email at [Dabsscoopsandtreats@gmail.com](mailto:Dabsscoopsandtreats@gmail.com). Info: 570-253-0322.

**DEC. 4****Forever Motown, A Holiday Celebration**

4 p.m. Mohegan Sun Pocono, Wilkes-Barre. All ages. Forever Motown, A Holiday Celebration, Direct from New York is the original cast of Forever Motown in their rocking & rolling holiday special event. This is a full stage production with all your favorite holiday songs from all the Motown legends. Info: 570-831-2100.

**DEC. 7****Personal Finance 101 December Edition**

6–7 p.m. The Cooperage Project, Honesdale. Join Jon Kline for a free lesson on financial literacy, covering end of year tax & retirement planning, college savings & life insurance best practices, investing in current market conditions. Bring questions. Facebook RSVP. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).



**DEC. 8****December Door Décor at Gorgeous**

4:30–6:30 p.m. Gorgeous Floral, Hawley. Learn to make a beautiful holiday-inspired door swag. Price includes cocktail/mocktail. Info & reservations: 570-576-0490.

**DEC. 8****Open Mic Night**

6 p.m.–9 p.m. The Cooperage Project, Honesdale. Come with an instrument in hand & a song in your heart. Open to all music styles, singer songwriters, rock bands & poetry readings. Plug in your phone & sing to a backing track, bring a kazoo & hum the national anthem, anything goes. Hosted by Nicky Bedo. Free entry. Info: 570-253-2020 or thecooperageproject.org.

**DEC. 9****Owen Walsh**

7 p.m. The Cooperage Project, Honesdale. Local musician Owen Walsh, along with his band “O&Co”, bring their smooth brand of folk rock. BYOB. Info: 570-253-2020 or thecooperageproject.org.

**DEC. 9****The Arcadia Chorale Performs**

7:30 p.m. United Methodist Church, Hawley. Celebrate the season of Koliada, when friends & family come together to sing carols from Christmas to Epiphany. This joyous concert presents music from Eastern Europe, with a special focus on Ukrainian carols. Info: 570-871-0350 or contact@arcadiachorale.org.

**DEC. 9–11****Hawley Winterfest**

Downtown Hawley. Stroll through town & shop holiday bargains, have the kids make a craft & get your gift list completed by supporting unique small businesses. Gingerbread will be in the air as there will be gingerbread house building & gingerbread people decorating at several venues. Enjoy live theater at The Ritz Playhouse, live music at many local churches, a live nativity play, craft vendors, ugly sweater contest, Trees for a Cause, holiday decorating contest, holiday lights, Beer Tour, Christmas Tree Express train rides, & much more.

Info: 570-226-4064 or [www.hawleywinterfest.com](http://www.hawleywinterfest.com).

**DEC. 9–11****Sculpted Ice Bar**

Cocoon Coffeehouse, Hawley. Sip on specialty cocktails served on a High Noon ice bar handcrafted by Sculpted Ice Works.

Info: 570-226-1337 or [info@cocooncoffeehouse.com](mailto:info@cocooncoffeehouse.com).

**DEC. 10****Breakfast With Santa**

9–11 a.m. Greater Carbondale YMCA, Carbondale. Buffet breakfast, selfies with Santa, gift for little friends. Reservations required. Space limited. Info: 570-282-2210.

**DEC. 10****Breakfast with Santa**

10 a.m.–Noon. Waterfront at Silver Birches, Hawley. Under 3 Free. Info: 570-226-4388 or [info@silverbirchesresortpa.com](mailto:info@silverbirchesresortpa.com).

**DEC. 10****Holiday Festival & Craft Fair**

10 a.m.–3 p.m. PARC & Carousel buildings, Ladore Lodge, Waymart. Still have shopping to do and don't know what to get for the folks on your list? Showcasing over 100 vendors. Info: 570-488-6129.

**DEC. 10****Winter Craft and Vendor Fair**

10 a.m.–4p.m. Dickson City Civic Center, Dickson City. Support local business people, crafters & vendors while getting some unique holiday gifts. Info: 570-383-1813.

**DEC. 10****Holiday Open House at The Potting Shed**

10 a.m.–6 p.m. Muriel's Garden at The Settlers Inn, Hawley. Browse the shop in the garden, enjoy 15% off all merchandise. Info: 570-226-2993 or [desk@thesettlersinn.com](mailto:desk@thesettlersinn.com).

**DEC. 10****Winterfest Parade on Main Avenue**

11 a.m. Downtown Hawley. Show off your ugly sweater by joining in the parade — get in line after the end of the parade passes you. No Santas allowed — Santa rides on the borough float. Join in the fun at Bingham Park with Santa, a bonfire, caroling & hot chocolate in the bandstand immediately following the parade. Info: 570-226-4064 & [info@visithawleypa.com](mailto:info@visithawleypa.com).

**DEC. 10****The 2022 Hideout Santa 5K Run & Walk**

11 a.m. The Hideout, Lake Ariel. Info: 570-698-4100 or [info@thehideout.us](mailto:info@thehideout.us).

**DEC. 10****Main Street Farmers Market**

11 a.m.–1 p.m. The Cooperage Project, Honesdale. See description at Dec. 3. Info: 570-253-2020 or thecooperageproject.org.

## EVENTS

**DEC. 10**

### **Christmas at the Barn**

11 a.m.–3 p.m. Maplewood Farms, Waymart. Craft & vendor show, pictures with Santa & pony. Lunch available to purchase. Info: 570-766-1124.

**DEC. 10**

### **Winterfest Brunch**

11:30 a.m.–2:30 p.m. The Settlers Inn, Hawley. Celebrate Winterfest with a farm to table brunch including an emporium table at The Settlers Inn. Enjoy live music with harpist Kristy Chmura. Reservations suggested. Info: 570-226-2993 or desk@thesettlersinn.com.

**DEC. 10**

### **Rockin' Christmas**

5–9 p.m. Glass Restaurant, Ledges Hotel, Hawley. Come in during Winterfest weekend. Featuring live music. No cover charge. Info: 570-226-1337 or info@ledgeshotel.com.

**DEC. 10**

### **The Ritz Holiday Jazz Concert**

7:30 p.m. Ritz Company Playhouse, Hawley. A swinging good time perfect for the whole family. Tickets available at ritzplayhouse.com.

**DEC. 10**

### **FolkZinger Christine Lavin w/Special Guest Tina Ross**

7:30–10 p.m. The Cooperage Project, Honesdale. RiverVibes at The Cooperage presents Christine Lavin with special guest Tina Ross with her PRE-Release CD album party plus post-concert meet & greet. Everyone gets to meet Christine, the old-timer, and Tina, the newbie, who gave up her “day job” to pursue music full time. Info: 570-253-2020 or thecooperageproject.org.

**DEC. 10–11**

### **Winterfest Artisan Fair**

10 a.m.–5 p.m. Hawley Silk Mill, Hawley. Shop a marketplace of juried artisan & fine craft goods hosted by Art on the Edge. Part of Hawley Winterfest. Info: 570-226-6130.

**DEC. 11**

### **Christmas A Capella**

1:30 p.m. Milford Theater, Milford. Calmus Ensemble Leipzig, widely admired German singers, will bring to Milford a two-part program spanning eight centuries & numerous cultures: “Christmas Then and Now” & “Carols From All Over The World”. Table



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Seating tickets include a cocktail server (credit card required) during the show. The Milford Theater Bar will be open at 12:30 p.m., serving wine, beer, cocktails & concessions. Info: 678-701-6114.

#### **DEC. 11-12**

##### **Hawley Winterfest Market**

Fri. 4-8 p.m., Sat. 10 a.m.-5 p.m. The Hawley Hub, Hawley. Vendors, makers, crafters & food. Located in the Foundry (ground level) & in the Eddy Studio (2nd floor).

Info: thehawleyhub.com.

#### **DEC. 11 & 12**

##### **Annual Christmas Show**

2 p.m. Ritz Company Playhouse, Hawley. Special visit by Santa Claus after the show. Free. Info: ritzplayhouse.com.

#### **DEC. 13**

##### **Fun & Free Family Play Group for Kids**

10-11:30 a.m. The Cooperage Project, Honesdale. Ages 6 mos.-5 years. At The Cooperage Project, run by the Family Center. Come hang out with other caregivers while your child romps and plays. Free. Must pre-register your first time: 570-226-9017 or familyctr@hotmail.com. More info available by following Wayne County Family Center on facebook.

#### **DEC. 17**

##### **Acrylic Pour Workshop**

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Join artist Carol Mainardi to learn different techniques while creating original pieces. Take home 3 tiles and 1 canvas. Go home with a new hobby; it's addictive. All skill levels welcome. Pre-registration required. Masks must be worn. Info: 570-251-1181 or info@theartfactoryofwhitemills.com.

#### **DEC. 17**

##### **Main Street Farmers Market**

11 a.m.-1 p.m. The Cooperage Project, Honesdale. See description at Dec. 3. Info: 570-253-2020 or thecooperageproject.org.

#### **DEC. 17**

##### **MicroGreens: Bird Count**

11 a.m. The Cooperage Project, Honesdale. MicroGreens is a program for early learners, ages 2-4. Winter window watching is better with feathered friends. Discover what makes a bird a bird, & make a craft for

attracting them to your backyard. Healthy living class includes instruction, program materials & a snack. Facebook Event RSVP. Info: 570-253-2020 or thecooperageproject.org.

#### **DEC. 26-30**

##### **Kids Art Camp**

Nubia Malkin Art Center, The Hideout, Lake Ariel. Come have creative fun. Pre-registration required: 570-698-4100 ext. 164.

#### **DEC. 31**

##### **Main Street Farmers Market**

11 a.m.-1 p.m. The Cooperage Project, Honesdale. See description at Dec. 3. Info: 570-253-2020 or thecooperageproject.org.

#### **DEC. 31**

##### **New Year's Eve Dinner**

5-10 p.m. Hotel Anthracite, Carbondale. Celebrate New Year's Eve with an Elegant Dinner at Kol Steakhouse. Info: 570-536-6020 or info@hotelanthracite.com.

#### **DEC. 31**

##### **New Year's Eve Celebration**

5 p.m.-1 a.m. Glass Restaurant, Ledges Hotel, Hawley. Celebrate the New Year by the waterfall at Glass. Enjoy live music & an exquisite tasting menu. 1st seating until 7 p.m. Reservations required. Info: 570-226-1337 or info@ledgeshotel.com.

#### **DEC. 31**

##### **New Year's Eve Dinner**

5:30-10 p.m. The Settlers Inn, Hawley. Enjoy live music by Dan Bradley & a special menu in the dining room. Info: 570-226-2993 or desk@thesettlersinn.com.

#### **DEC. 31**

##### **New Year's Eve Masquerade Ball**

8-11:30 p.m. The Undercroft at The Settlers Inn, Hawley. Featuring live music & a farm-to-table menu. Info: 570-226-2993 or desk@thesettlersinn.com.

#### **DEC. 31**

##### **New Year's Eve Bash**

8:30 p.m.-1 a.m. The Waterfront at Silver Birches, Hawley. Ring in 2023 complete with DJ, decadent buffet, dancing, champagne & noisemakers. Reservations required. Info: 570-226-4388 or info@silverbirchesresortpa.com.





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