

JANUARY 2023

Since 1998

CONNECTIONS MAGAZINE

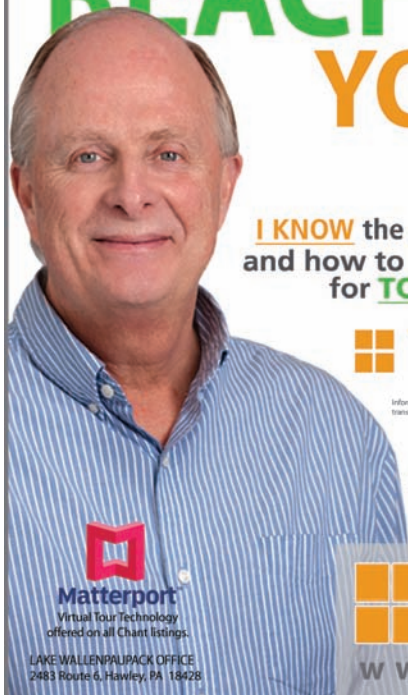
A stylized illustration of a rabbit's head in profile, facing left. The rabbit has large, upright blue ears and a brown face. Its eyes are large and stylized with orange and black details. It has long, thin white whiskers extending from its snout. The rabbit is wearing a blue garment with a pattern of red triangles. The background is composed of large, abstract shapes in shades of red, orange, and yellow.

goodstuffconnections.com

INSIDE:
NEW YEAR
NEW YOU

REACH OUT YOUR PROPERTY

LET'S DISCUSS
HOW TO SELL
FOR THE BEST PRICE!



I KNOW the **AREA**, the **MARKET**
and how to **SELL YOUR HOME**
for **TOP DOLLAR!**

TOP PRODUCER!
TOP 2% OF ALL AGENTS IN 2022
PIKE/WAYNE MLS

Information is deemed reliable but not guaranteed. Top 2% status is based on total transaction sales closed in Pike/Wayne MLS for the period of 1/1/2022-12/31/2022.

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@ericerealestate.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.ericerealestate.com

**HURRY,
ACT NOW & SAVE!**

THE OFFICIAL TRAVEL GUIDE TO THE POCONO MOUNTAINS

POCONO MOUNTAINS™



MAGAZINE

WAYNE | PIKE | MONROE | CARBON

Official 2022-2023

**TRAVEL
GUIDE**

WATER AND TICK
SAFETY INITIATIVES

NEW POCONO BEVERAGE
TRAIL EXPERIENCE

TRIP IDEAS, ITINERARIES
AND PULLOUT MAP



(570) 844-2001
PoconoMountains.com



POCONO MOUNTAINS

LOW PRICES!

Unbeatable Exposure!

SAVE 25% BEFORE 2/24/23!

DON'T MISS YOUR 2023 OPPORTUNITY
200K GUIDES • 5 STATES
MILLIONS OF VISITORS

CALL OR EMAIL MEICA DRAKE TODAY
TO RESERVE YOUR SPOT
570-251-1512 | CMAG@PTD.NET

Watch your inbox
for our eblasts or visit
poconomountains.com/travel-guide
for advertising forms!

HURRY, SPACE IS LIMITED!
Early Bird Deadline 2/24/23
Non-Early Bird Deadline 3/10/23

JUST LEAN ON ME LLC

PERSONAL ASSISTANT SERVICES BEYOND COMPARE!

**I'M HERE TO MAKE YOUR
LIFE EASIER!**



- ORGANIZE/DECLUTTER & TRANSFORM YOUR HOME INTO A TRUE HAVEN
- NON-MEDICAL CAREGIVING FOR SENIORS (Total Home Mgmt, Provide Peace Of Mind With Kind & Caring Companionship)
- PREPARE A TASTY/HEALTHY MEAL
- PET CARE • LIGHT HOUSEKEEPING
- SHOPPING/ERRANDS
- CUSTOM ARTWORK/RENEW OLD FURNITURE
- VACATION HOME/AIRBNB MANAGEMENT
- *And So Much More!*

Hi! I'm Dawn Ash. I'm Bonded, Multi-Talented, Smart, Dependable & Trustworthy. Above all, my ♥ goes into all that I do!

**AFFORDABLE RATES,
EXCEPTIONAL SKILLS!
ANY TASK SMALL OR LARGE.**

(D) 570-503-9072 (C) 917-207-4884

Dawnash@verizon.net

(References Available Upon Request)

**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

When a door is installed between
the house and garage, extra care
must be taken to seal the door.

Route 507 | Paupack, PA | Serving the Lake Region

Some things are
do-it-yourself.

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

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



A FARM ANIMALS,
ADVENTURE SERIES

BOOK 2 IS OUT!

FUNNY AND ENTERTAINING!

based on real rescued
farm animals in
Greeley, PA!

Join in the fun as the farm animals experience for the very first time the rides, games, races, 4-H contests, and of course, the endless fair food! Watch what happens when they meet a merry-go-round horse, win blue ribbons, enter a pig race, and discover overflowing garbage cans! Laughter abounds when a fair is seen through the eyes of the farm animals.

amazon.com

EASY
ACCESS!



SCAN WITH YOUR
MOBILE DEVICE CAMERA



Order
Now!

\$13.95

+ \$3.95 S&H
Tax included

Beautiful
Full Color
Glossy
Paperback!

If ordering by mail, please fill-out the form below and mail back with your payment to Bonfire Media LLC: 3305 Lake Ariel Highway, Honesdale, PA 18431. Checks made payable to Bonfire Media LLC. Mastercard and Visa accepted.

Name: _____		PLEASE PRINT CLEARLY	
Billing Address: _____			
City: _____	State: _____	Zip: _____	Phone: _____ Email: _____
Quantity: _____ X \$17.90 = Total cost: _____			
Pay by Check <input type="checkbox"/> Credit Card: Mastercard <input type="checkbox"/> Visa <input type="checkbox"/>			
Number: _____ - _____ - _____		Exp Date: ____/____ Security code: _____	
Shipping: <input type="checkbox"/> Same as above If different please fill out below.			
Name: _____			
Address: _____			
City: _____ State: _____ Zip: _____			

COPIES ALSO AVAILABLE AT CONNECTION'S OFFICE ON 191 S HONESDALE PA! 570-647-0085



CONNECT

JANUARY 2023

FEATURES

6 HEALTHY HABITS FOR YOUR HOME

If you're like most Americans, health is an important aspect of your resolutions when each new year rolls around. While factors like diet and exercise are keys to healthy living, so are the ways you care for your home and belongings.

9 TOP TIPS TO GET READY TO RUN

You've made the decision to get in shape, and whether your goal is a full marathon or simply a few laps around the neighborhood, there are a few steps to consider taking before you lace up those shoes and head toward the finish line.

10 GETTING STRONGER EVERY DAY

So, now it's a new year, and, as I mentioned in last January's Connections, the most common New Year's resolutions pertain to wanting to get "in shape." This intent holds SO many different meanings; from losing weight to increasing flexibility. For this month I'm going to discuss resistance training.

COLUMNS

5 WORDS FROM THE TEAM

12 DISASTER BLASTER

14 LIVING GREEN

16 MRS. DOGOOD

18 MONEY

19 BOOK REVIEW

20 POCONO SECRETS

22 EVENTS

CONNECTIONS Magazine

president • publisher • editor in chief
deborah bailey

production manager
meica drake

account representative
barry weiss

editorial correction services
kay marks

contributing writers
michael krupa, *Finance*
josh sheard, *Finance*
terri schlichenmeyer, *Book Review*
la guzda, *Pocono Secrets*
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

“ Stop wishing.
Start doing.
Keep going.
Trust the process.”

Time marches on... Happy New Year, the year of the rabbit! Take time to meander through our January pages for ways to help you be a better you in 2023.

Let's start with your home. If you're like most Americans, health is an important aspect of your resolutions when each new year rolls around. While factors like diet and exercise are keys to healthy living, so are the ways you care for your home and belongings. For healthy habits for your home, turn the page.

Maybe you're thinking about starting to run in the New Year. Whether your goal is a full marathon or simply a few laps around the neighborhood, there are a few steps to consider before you lace up those shoes and head toward the finish line. Find tips on page 9.

Be a stronger you every day in the New Year... check out page 10 for all you need to know about resistance training.

Here's to a happier and healthier you! We wish you all the best *Good Stuff* in the coming year!

The CM Team
570.647.0085
cmag@ptd.net





HEALTHY HABITS FOR YOUR

Home



If you're like most Americans, health is an important aspect of your resolutions when each new year rolls around. While factors like diet and exercise are keys to healthy living, so are the ways you care for your home and belongings.

Your home living environment plays a major role in your health and comfort, so incorporating some new habits like these from the cleaning experts at Swash Laundry Detergent can help you establish a healthier lifestyle.

Control Air Quality

Especially during the winter months when your home tends to be closed tight, air can grow stale. Do your best to keep air quality strong by opening windows on mild days to circulate fresh air, using an air purifier to remove irritants and pollutants, frequently vacuuming and sweeping to keep floor dust and debris under control, and regularly cleaning textiles that can trap allergens and other particles.

Scale Back Detergent Use

Using too much laundry detergent isn't just risking buildup and unnecessary wear on your washer and dryer; it can also increase the residue and buildup in your clothes, which can lead to skin irritation and damage fabric faster. Using only what you need helps protect your belongings and your skin. An option like Swash Laundry Detergent, which features a precision pour cap, dispenses the detergent for you, so you only pour what you need to effectively clean each load and fight stains. A single bottle of the ultra-concentrated formula - available in Simply Sunrise, Free & Clear, and Pure Linen scents - washes up to 83 loads while taking up less space than traditional, bulky detergent bottles.

Make Use of Natural Light

When winter brings day after day of dark, dreary weather, it can take a toll on your mood. Brightening your living space with natural light can positively influence your emotional state while helping with your electric bill. If you're concerned about privacy, utilize window treatments at night, but let the sunlight bring good cheer to your living spaces during the day.

Switch Bedding on Schedule

While you sleep, your body sheds oils, cells and elements you carry into your home like pollen. Sheets should be washed once a week on the hottest water setting your fabric will tolerate (check tags for laundering directions on your sheets before washing). If your schedule makes weekly washing, drying and remaking the bed unrealistic, consider having a couple sets you can rotate so you always have fresh, clean sheets waiting to remake your bed on laundry day.

Work Up (and Wash Out) a Sweat

The materials that keep you feeling cool and fresh by wicking away sweat can quickly get stinky, but over-washing can make them lose their shape and fade. Even so, washing after every use is a must. Washing workout clothes inside out exposes the surfaces that have absorbed sweat and body oil to detergent and agitation. Be sure to close zippers, buttons, clasps and other fasteners to prevent snags. Pre-soaking with equal parts vinegar and cold water can also help eliminate odors, and washing in a gentle, cold-water cycle and drying on low heat can help protect the fabric's elasticity and wicking properties.

Start your year off right with more advice for healthy habits around the home at Swash.com.

Continued on next page.

5 Ideas for an Organized, Intentional Laundry Space

Having an organized and decorated laundry room can ease the weight of your to-do list and the tension you feel from the day-to-day grind. It can also help keep your laundry routine simple, orderly and organized. Consider these tips from the laundry experts at Swash:

1} Think like a minimalist

Empty your laundry space and sort through what you need and what you don't. Eliminating the extras leaves room to evaluate your space. Consider whether you could organize differently to make frequently used items more accessible and make the most of your storage space. Cutting down on clutter may even make it possible to incorporate shelves or cabinets that add stylish functionality.

2} Update your space with open shelving

Open laundry shelves offer a sense of more space, and the horizontal lines can lend a sense of calm. For an easy and attractive upgrade, try hanging 2-3 open shelves within easy reach. If you're hesitant about the open feel, limit to just one shelf for the everyday necessities and keep the rest of your laundry supplies out of sight in a complementing cabinet. Baskets offer another option for concealing your belongings, whether you use them on

the open shelves or inside cabinets to keep things tidy and clutter-free.

3} Create a practical workspace

Mundane laundry chores like folding can be more enjoyable when you have a comfortable, dedicated space for the job. An open counter or table that folds down from the wall gives you the surface you need to fold clothing within your laundry space without disrupting the rest of the house. Other ways to add practical space include areas for sorting garments that need special attention and a place to hang items that shouldn't be dried in the dryer.

4} Use colors and materials that evoke calm

Natural materials and a neutral color palette can lend to a more peaceful space. Lighter neutral colors reduce stress and anxiety, promote relaxation and can even make a space feel more expansive. For a calm, refreshing area, start with a base of white then add natural textures like woven baskets, faux or real plants and marble stone accents in the tile flooring or backsplash. Add a calming color like blue to evoke the tranquility of the sky or ocean, or consider green to incorporate the soothing effects of nature.

5} Invest in products that bring you joy

Choose quality pieces that aren't overly trendy and will stand the test of time. Consider how your investment of laundry decor, including your washer and dryer, will serve you in the space in the coming years.

Family Features

Photo courtesy of Getty Images (woman making bed)

Source: Swash

NEW YEAR, NEW YOU



TOP TIPS TO GET READY TO *Run*

You've made the decision to get in shape, and whether your goal is a full marathon or simply a few laps around the neighborhood, there are a few steps to consider taking before you lace up those shoes and head toward the finish line.

Here are a few tips to help get you ready for the big race:

Seek Quality Sneakers - Feet come in a variety of widths and sizes, so visit a specialty running store to find perfect-fitting sneakers. These may come with a hefty price tag, but there are no shortcuts for comfort and support while running long distances.

Make a Schedule - Try to aim for at least 10 hours of training per week, including three days where you run and two or three days of other physical activity such as cycling or strength training. To avoid exhaustion, be sure to include at least 1-2 "rest" days per week.

Stick with Water - Avoid sports drinks that are loaded with preservatives and sugars. You can't

go wrong with the hydrating power of water. As a rule, try to consume at least 6-8 ounces of water for every 20 minutes you run. Proper hydration after the run is also vital.

Go Online - Many websites have training guides for various skill levels or different types of races. If you have a smartphone, look for apps that can take you through day-by-day workouts to get you marathon-ready.

Nutrition - Filling your body with the proper amount of fuel can help ensure finish-line success. Load up on quality carbohydrates, such as beans, peas, whole-wheat pastas, whole-grain cereals, apples, brown rice and root vegetables. Protein also plays an important role in a runner's nutrition, so fill up on lean meats, fish, eggs, low-fat dairy, peanut butter and soy protein sources, as well.

By following these general rules, you'll be able to focus on achieving your goal and enjoy the thrill of finishing the race. Find more tips for a healthier lifestyle at eLivingToday.com.

*Family Features | Photo courtesy of Getty Images
Source: eLivingToday.com*

Getting Stronger Every Day

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



Good Stuff



So, now it's a new year, and, as I mentioned in last January's **Connections**, the most common New Year's resolutions pertain to wanting to get "in shape." This intent holds SO many different meanings; from losing weight to increasing flexibility. For this month I'm going to discuss resistance training. It must be said at the outset that, before starting an exercise program, it's essential to discuss with your healthcare provider any health issues that may impact your ability to participate in said activity. It's important to ensure that proper form and posture is maintained, so consider a consultation with a qualified exercise physiologist or coach.

What is resistance training?

Resistance training (also called resistance exercise and strength training) is defined as training methods that utilize exercises that make muscles work against a weight or force. **Weightlifting** is the most common form of resistance training. Does this make you think of big, brawny people deadlifting heavy barbells? It's hardly that. Read on as we discuss the different methods used in resistance training.

One method of resistance training involves working with **exercise machines**, such as those that you would find at a gym. Exercising with machines is as effective as working with free weights, but the machines require much less balance and coordination- two physical qualities that need to be developed to decrease the risk of falls. Exercise machines usually isolate only one muscle group, rendering them ideal for targeting large muscle groups (such as the chest), but don't require the use of the stabilizing muscle, which can make the body more susceptible to injury. If resistance training is primarily done with machines, it's beneficial to incorporate some free weight work as well, as is recommended by the American Council on Exercise.

Working with **free weights** (e.g. dumbbells) requires the body to recruit more than just the targeted muscle to stabilize movement. These exercises strengthen muscles and their surrounding connective tissues, such as tendons and ligaments, that attach to muscle fibers. Strong stabilizing muscles are necessary for preventing injury, maximizing caloric utilization, and balancing muscle training. Free weights allow more natural movements – also referred to as functional movements – that better resemble the patterns of daily activities. An analysis of resistance exercises using either machines or free weights was performed at the Department of Sports Medicine at Goethe University in Germany. This study concluded that resistance exercise performed with free weights may be more

effective for individuals aiming to prevent falls or athletes seeking to improve performance.

Isotonic exercises (e.g. push-ups, biceps curls) are those in which the weight on the muscles stays constant during the exercise, but the muscles are moved through a full range of motion during the exercise. Isotonic exercises are very effective at building and preserving strength, as well as in improving mobility and flexibility. Isotonic exercise can be performed using body weight, free weights or machines.

Isometric contractions are also utilized in strength training. These are exercises that strengthen and engage muscles without moving them. An example of an isometric exercise is squatting down into a low squat and holding the position for an extended period of time, from 10-20 second contractions up to 60 seconds. This type of exercise can help improve the ability to maintain a squat position over a longer period of time and would strengthen the muscles utilized, but it will not increase the ability to do more repetitions of the exercise. Isometric exercises are well-suited to people who are attempting to build strength after an injury or who have problems with their joints, including those who suffer from arthritis.

Exercise bands are another tool used in resistance training. These large rubber bands have become a mainstay of workout regimens for gym veterans and fitness training newcomers. They're easy to use, versatile and powerfully effective. The force it takes to stretch the bands strengthens muscles the way using free weights or machines do, and they've been shown to be as effective in doing so as traditional weights. Use of resistance bands began as a way for nursing home residents to build strength. As people discovered the ease of use of these rubber bands, their use became more mainstream. A 2022 review in *Exercise Physiology* of 18 trials involving 669 people demonstrated that resistance band exercise reduced body fat, particularly in those who were overweight or obese. Bands come in sets; color coded with greater tension (weight) as the band colors get darker. As more strength is required for an exercise, more resistance is necessary for that challenge. A benefit of using resistance bands is that the reps and resistance may change based on the individual, and, by switching the color of the band, it's fairly easy to do so. In this way an individual can tailor the exercise to best fit their abilities.

What are the benefits of resistance training?

The first and most obvious is what it can do for the way you look. Weightlifting can shape and tone more than 400 muscles that make up and form the body. When weightlifting to

improve body appearance, you are increasing and maintaining lean muscle mass. Sarcopenia is age-related, involuntary loss of skeletal muscle mass and strength that begins as early as the 4th decade of life, leading to a decline of up to 50% of mass being lost by the 8th decade of life. Resistance exercise (RE) has been shown in multiple studies to counteract age-related sarcopenia. Weight training can also prevent bone loss and build new bone. The stress that comes from the tugging and pushing on bone that occurs during strength training results in stronger, denser bones, particularly those of the hips, spine and wrists, which are the sites most likely to fracture. This is essential in minimizing the risk of fracture due to osteoporosis, the brittle bone disease that affects an estimated eight million women and two million men in the United States. Weight training also has been demonstrated to reduce arterial blood pressure, improve recovery from musculoskeletal disorders, increase sports-related motor performance, and improve glycemic control, thereby reducing the rate of type 2 diabetes. Beyond this, RE also has been discovered in multiple clinical trials to enhance brain function! Strength training, when performed in a circuit or stage training format can increase cardiovascular capacity. **Circuit training** is a form of body conditioning that involves endurance training, resistance training, and aerobics to build strength and muscular endurance.

We certainly can't forget about aerobic activity. Federal physical activity guidelines recommend muscle strengthening activities two to three times a week in addition to at least 150 minutes per week of moderate-to-vigorous aerobic physical activity for health benefits. It's important to build up gradually if you haven't been engaged in aerobic activity, and, as always, to check with your healthcare provider first. Brisk walking, bicycling, swimming, jumping rope, rowing, jogging, tennis, pickleball... any activity that gets your heart rate into your target heart rate range (THR) and keeps it within 50-75% for 20-30 minutes is going to be beneficial to your health.

How to figure out your THR?

Check out the site <https://www.brighamandwomens.org> and search for Target Heart Rate to find the recommended ranges for different ages.

So consider strength training as part of a total fitness program. Staying strong and keeping fit is tantamount to maintaining good health and preventing injury. Have fun experimenting with regimens that work for you and that you enjoy. Exercise has been recognized as an important tool in supporting mental and emotional health, BUT, that's a story for another issue.



Good Stuff

Common Signs of Winter Storm *DAMAGE*

Provided by Disaster Blaster

{ The cold temperatures, snow, and ice that accompany winter in most of the country can take a significant toll on your home. From roof and structural damage caused by the accumulation of snow and ice to frozen pipes and moisture intrusion, winter storm damage is unfortunately very common. }

**But what should you look for?
And what should you do if you
discover winter storm damage?**

Roof Leaks

One of the most common signs of winter storm damage is water intrusion through your roof structure. This is most often visible as leaks in your attic or living space and should be

addressed immediately.

What it looks like: On the inside of your home, you may notice wet spots on your ceiling or walls, water drips, or mold growth. On the outside, you may notice lifted, missing, or damaged shingles, or damage to siding or gutter systems.

What to do: Water leaks and related damage can worsen quickly, so it's important to have these issues addressed right away. This includes repairs to the damaged roof or siding as well as

proper drying and mitigation services inside your home to address the wet materials and prevent further damage and mold growth.

Ice Dams

While often misunderstood by homeowners, ice dams can result in significant short term and long term damage to your property.

What it looks like: An ice dam is formed when snow or ice that has accumulated on your roof melts and refreezes along the edge (or eave) of your roof. This creates a “dam” of frozen ice and snow that prevents future rain and melted snow from running off your roof. The water that is now trapped behind the ice dam can back up under your roof shingles where it leaks into your home.

What to do: Ice dams can be difficult to address properly as tarping your roof is generally inadequate and removal of the ice dam can risk more damage to your roof. A qualified mitigation and restoration firm is able to address the interior damage and can make recommendations for your specific ice dam issue.

Structural Collapse or Shifting

Snow and ice can be heavy, so it's no surprise that some structures may not be able to support the weight of accumulated snow or ice.

What it looks like: Prior to signs of weakening in the structure, you can look for significant snow and ice accumulations that have no way of clearing themselves. This is most common with roofs that are flat or have a slight grade, as the snow and ice can settle instead.

What to do: In cases where a roof structure has a slight grade and snow and ice is able to accumulate, it may be recommended to periodically clear ice and snow to prevent an accumulation that could ultimately result in property damage. Structures that are already compromised may begin to shift or collapse. This can be extremely dangerous, so it's always recommended to stay a safe distance from any structures showing signs of deterioration or weakness.

Pipe Breaks

It may be nice and warm in your living spaces, but it can be a lot colder inside your exterior walls, crawlspaces, and basements. The outside cold is able to penetrate these areas and freeze water supply lines and other plumbing. When pipes freeze, the water inside expands and can crack the pipe. When the water inside the pipe thaws, it can leak into your home.

What it looks like: Pipe breaks that are caused by cold temperatures are most likely to occur in exterior walls and unfinished areas like basements and crawlspaces. You may notice leaks inside walls or above ceilings, or in basement

levels. Since water supply lines are most likely to break as a result of freezing, the amount of water a broken pipe can release into your home can be significant.

What to do: First, turn the water off to reduce the extent of damages and move as much content as possible away from the affected area. You can also begin trying to clean up as much of the water as possible with towels or a shop vac (don't use your household vacuum!). Don't assume this means everything is dry however, as wet materials will allow additional damages and mold growth to develop over time. A qualified mitigation and restoration company can begin the drying process right away to address the full extent of damage and prevent additional moisture damage and mold issues.

Moisture Intrusion

When the ground freezes, it will be able to absorb less water, which means that rain or sudden snow melt can have nowhere to go. This often results in water runoff and groundwater entering your home instead where it can cause significant additional damages.

What it looks like: Water intrusion can range from minor to significant. It's important to keep in mind however, that even minor moisture issues can result in high humidity and mold growth over time. Any signs of moisture intrusion, including wet foundation walls, puddling or pooling water, an increase in sump pump activity, or a wet foundation slab can be signs of moisture intrusion issues.

What to do: For minor moisture issues such as high humidity, installation of a dehumidifier may be adequate, particularly for short term or seasonal moisture issues. For long term moisture issues, or issues that result in significant puddling or moisture intrusion into building materials, a professional solution may be necessary. A qualified waterproofing service is able to address these issues long term to prevent further moisture intrusion or damage to your home.

Winter weather can take a toll on any home, and many homeowners don't know what to look for. Hopefully this helped you learn some of the signs of winter storm damage so you can address these issues right away.

As always, if anyone ever needs assistance, our offices are always here to help!

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, basement waterproofing, asbestos abatement, radon mitigation, 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

Winter Rivers & Their *Eagles*

By Kerry Engelhardt

Resources and Land Use Specialist at the Upper Delaware Council (UDC)

**When the weather starts
to get cold (and STAY
cold!) it can be difficult
to find the motivation to
wrap up warmly and
get out of the house for
some fresh, crisp air.
But it's always worth it!
When was the last time
you came back from
a walk and said, "Well
that was a mistake!"?
Probably never!**

A good reason to get out of the house is to visit one of our rivers and take in the sights and the birds – in particular, the eagles!

Bald eagles are a true conservation success story. Since the 1970s, the population of bald eagles in our area has increased dramatically through breeding and conservation programs, and now, eagles nest every few miles along the Lackawaxen, Upper Delaware, and other rivers in the region. In the winter months, their population is augmented by migrating birds from as far north as Canada, who fly south seeking open water from which to fish.

To search for eagles along the Lackawaxen River, explore the Hawley River Walk Trail, which extends from



Bingham Park, along the towpath behind the Settlers Inn, past remnants of the D & H Canal, and connects to the Lock 31 Trail in Canal Park.

Or to look for eagles along the Delaware River, try the boat launch located across from the Zane Grey Museum in Lackawaxen, where the Lackawaxen River enters the Delaware. In the winter you can see eagles flying (and fishing!) at the confluence of the two rivers. Visiting birds from the north are there throughout the day, sometimes being chased away by the resident pair, who like to perch in pines near the parking area and on the New York side of the river. On weekends in January and February, volunteers from the Delaware Highlands Conservancy's Eagle Watch pro-

gram will be on hand to show you the best place to see a bird and answer questions about eagles and their behavior.

Always follow proper eagle etiquette: don't approach any of the birds, don't make loud noises and definitely don't throw anything at them!



Kerry Engelhardt is the Resources and Land Use Specialist at the Upper Delaware Council (UDC). She can be contacted at (kerry@upperdelawarecouncil.org). The UDC oversees a partnership of Federal, two States, and local governments to manage the 73.4-mile designated Upper Delaware Scenic and Recreational River. Visit us at www.upperdelawarecouncil.org, or find us on Instagram, Facebook, or Twitter.





DILAPIDATED BARNs

By The Reverend Mrs. Silence DoGood

Dear Editor,

The other day as I was making chicken soup in the parsonage kitchen, I was thinking about the new church we have to build because our church burned to the ground. The soup was for Helen Baxter who is sick with a respiratory ailment; she is the most powerful volunteer at my church, and she lives alone. She knows I have an “over the stove” ministry because I often do my deepest spiritual thinking while I cook.

As I cut the carrots, the celery, and the onions for the chicken soup, I was thinking of how we will go about creating the design for our new church. While you may think I should have been thinking of other churches’ architecture, the images which were foremost on my mind were all the dilapidated barns that I see as I drive around. Why, you ask, was I thinking about barns? Because the dilapidated barns reflect how we live today. Barns were once useful as an integral aspect of our economy, our life, and our culture. Now they are not useful so they are let go to seed. Dairy farms are on the decline in Pennsylvania and so is the need for their once important barns. I want the architecture of my new church to reflect how we live and pray today. It should not be a relic of times past.

The barn that haunted my imagination the most belongs to Jacob Achterberg. His barn is the cathedral of dilapidated barns. It sits on top of the hill as I drive up the Old State Road. The huge barn has a multi-tiered roof line evidencing decades of add-ons. Its dry-reddish hue bemoans not having been painted. What began as a slow deterioration has now accelerated to where one of the roofs has fallen. The corner of one of the add-ons has collapsed. Planks of ancient-oak have fallen from its skin allowing the unkind weather to enter.

But to be fair, I am not the only one rebuilding a church that burned. On April 15, 2019 fire obliterated Notre Dame Cathedral’s roof and caused its spire to collapse. Notre Dame, as it is called, is a medieval Catholic cathedral on the Ile de la Cite, an island in the River Seine in the center of Paris. It was started in the 12th century and completed 200 years later.

Unlike the French, I am not constrained by any historical or iconic significance when I design our new church. But those who are rebuilding Notre Dame are constrained because for over 800 years, Notre Dame has towered over Parisian life, becoming a symbol of French culture and religion. Their new changes in the reconstruction are modest: mood lighting at head level; Bible quotes in multiple languages shown on the walls; the removal of 19th century confessionals to make more room to move around, and the display of art.

We will go about creating the design for our new church by focusing on our mission. The First Church of God’s Love’s mission is to have our congregation overcome the fear of living and the fear of dying. We do this by personal growth and fulfillment allowing us to perform good works for our members and for the community. While we have been achieving our mission at the church that just burned, I believe our mission can be strengthened with greater architectural support. Whether it is flying buttresses, rose windows, or even monastic white walls, spiritual leaders have always used their community building as a place where individuals can become more.

We have a wonderfully motivated and creative committee to make suggestions for the design of our new church.

I delivered my homemade chicken soup to Helen. I heated it up for her and also brought her a few of my homemade oatmeal cookies for dessert. We had a good conversation while she hungrily ate. I tried to avoid gossiping but I did listen attentively. She is getting much better.

Amen.



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
All Rights Reserved.*



How often do I need to review my Estate Plan?

..... Provided by Michael Krupa

Although there's no hard-and-fast rule about when you should review your estate plan, the following suggestions may be of some help:

- You should review your estate plan immediately after a major life event
- You'll probably want to do a quick review each year because changes in the economy and in the tax code often occur on a yearly basis
- You'll want to do a more thorough review every five years

Reviewing your estate plan will not only give you peace of mind, but will also alert you to any other changes that need to be addressed.

There will be times when you'll need to make changes to your plan to ensure that it still meets all of your goals. For example, an executor, trustee, or guardian may change his or her mind about serving in that capacity, and you'll need to name someone else.

Other reasons you should do a periodic review include:

- There has been a change in your marital status (many states have laws that revoke part or all of your will if you marry or get divorced) or that of your children or grandchildren
- There has been an addition to your family through birth, adoption, or marriage (stepchildren)
- Your spouse or a family member has died, has become ill, or is incapacitated

- Your spouse, your parents, or other family member has become dependent on you
- There has been a substantial change in the value of your assets or in your plans for their use
- You have received a sizable inheritance or gift
- Your income level or requirements have changed
- You are retiring
- You have made a change in your estate plan (e.g., you created a trust or executed a codicil to your will)

While trusts offer numerous advantages, they incur up-front costs and often have ongoing administrative fees. The use of trusts involves a complex web of tax rules and regulations. You should consider the counsel of an experienced estate planning professional and your legal and tax advisers before implementing such strategies.



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.

YOU DON'T BELONG HERE.

It's a declaration that seems confusing, at first. Who says? Who's in charge here? You don't belong because... why? The answer is almost always as rude and hurtful as the statement itself, almost as unthinkable now as it was seventy years ago. But in "The Wind at My Back" by Misty Copeland with Susan Fales-Hill, those are four words that strengthen resolve.

For six years, the whole time she was a soloist at the American Ballet Theater, Misty Copeland was often the only Black dancer on the stage. She got used to it, but never got comfortable with it. Racism is common in dance and most Black dancers in American history were encouraged to stick with "modern" performances.

That wasn't the kind of dance Copeland had always dreamed of.

Still, she persevered. Just being with the ABT kept her in place for what the future might bring and besides, she felt like she was representing. Her presence there was encouraging to Black girls who were told they'd never be ballerinas.

And then Copeland met Raven Wilkinson. Wilkinson was born in 1935 to educated, upper crust Black parents and had set her sights on ballet when she was five years old, having experienced the Ballet Russe de Monte Carlo. She cried then at the emotion in the ballet, and she knew she wanted to dance. Her parents enrolled her in the School of American Ballet and later, she was trained by Madame Swoboda, one of the Bolshoi Theatre's premiere ballerinas.

On the cusp of realizing her dream, however, Wilkinson was told that it was "never going to happen" because she was "Colored."

And yet, she, too, persevered and she began touring with a professional troupe which took her to the American South where she fought for her dignity and endured threats on her life. Still she danced, a pioneer, a professional, and a "first." And when she met Copeland, she became a supportive, loving, wise, thoughtful, powerful mentor...

While it sure looks like a book and it feels like a book, "The Wind at My Back" isn't really a book. No, it's a love letter to an elder trail-blazer with grace, both inside and out.

Author Misty Copeland, somewhat of a pathfinder herself, weaves the story of her career in with that of Raven Wilkinson, whose work was basically hidden in plain sight for decades. In telling Wilkinson's story, loudly and publicly, Copeland also writes of the friendship the two women had, and how Wilkinson pushed Copeland to soar to greater heights, career-wise and in Copeland's personal life. This gives the

book an intimate feel, sometimes uncomfortably so, but the sense of gratitude and absolute love for a woman who ignored the word "no" when society repeated it overpowers any squirm you might feel.

A working knowledge of ballet will enhance your enjoyment of this book, but it's not an absolute necessity. If you (or your teen!) merely love a good double-biography, "The Wind at My Back" belongs on your bookshelf.

"The Wind at My Back"



By Misty Copeland with Susan Fales-Hill
Reviewed by Terri Schlichenmeyer

POCONO secrets

Sarah Mary BENJAMIN

By LA Guzda



Driving along PA 371, just west of Pleasant Mount, nestled between the Pocono and Endless Mountains, is a historical marker in honor of Sarah Mary Benjamin.

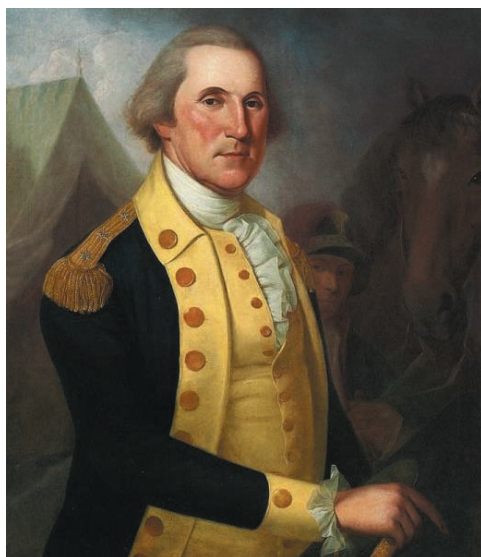
Sarah Mathews was born in the mid-1750s in Connecticut. Her family had moved from the northern Pennsylvania frontier during the French and Indian War. She married William Reed who was killed early in the Revolutionary War. In 1779 she was living in Albany, NY, working as a maid in the home of a blacksmith, when she met and married a soldier named Aaron Osborn. They spent the next two years traveling throughout the Hudson Valley while Osborn fulfilled his military obligations.

Sarah often described an incident where she took her husband's place as an encampment guard in Knightsbridge on the Hudson River. While on duty, George Washington, not realizing she was a woman, conversed as he contemplated an assault on the British occupying New York City. He ultimately decided to move the soldiers to Virginia. We have no proof it was Sarah who advised General Washington in that decision, but it might have been.

Women often accompanied their husbands during war time, not usually taking their place on guard duty, most often to cook, clean and carry water to the trenches. After the war, the Osborns returned to the Hudson Valley, living in abandoned huts near West Point. After years of serving her husband throughout the war, Aaron up and deserted his wife to marry another woman.

Aaron Osborn was granted six hundred acres of land in July of 1790 because of his courage in the War for American Independence while he served under the command of General George Washington. There was no mention nor grant of land to Sarah.

In 1787, Sarah married John Ben-



jamin, and in 1822 they moved to Pleasant Mount. Sarah was more than 100 years old when she died in 1858. She never tired of sharing stories of her participation in the Revolutionary War, especially the night she conversed and advised General George Washington.

Visit www.LAGuzda.com or www.PoconoSecrets.com for past articles. Do you have a Pocono Secret to share? Send an email to: PoconoSecrets@aol.com



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

(570) 963-1123

www.disasterblaster.com



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

a+r+e

ARTS RECREATION ENTERTAINMENT

YOU CONNECTED

THE AREA'S *GOOD STUFF*

JAN '23

January 4–January 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.

TUESDAYS**Yoga**

8:30-9:30 a.m. Lake Region Fitness, Hawley Silk Mill, Hawley. Info: 570-390-4GYM (4496) or 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.

SATURDAYS**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.

JAN. 4 & 11**The Color Wheel**

4-5:30 p.m. Wayne County Public Library, Honesdale. Join Debby Pollak for workshops inspired by the color wheel. Each workshop focuses on one color. Come play with paint while investigating the science & emotion of color. Info: Miles, 570-253-1220 or mkeesler@waynelibraries.org.

JAN. 6**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.

JAN. 6**Open Mic Night**

6:30 p.m. Cocoon Coffeehouse, Hawley. Info: 570-226-1337 or info@cocooncoffeehouse.com.

JAN. 7**Tracks Telling a Tale**

10-11:30 a.m. Kettle Creek Environmental

Education Center, Stroudsburg. Join Environmental Education Coordinator Roger Spotts for an outside hike to look for tracks at Kettle Creek. This program will explain the methods of identifying the tracks & hopefully offer insight into the story they can tell about our animal neighbors. Dress for the weather. Pre-registration required: 570-629-3061.

JAN. 7**Eagle Watch Bus Tours**

Winter Field Office of the Conservancy, Zane Grey Museum, Lackawaxen. From 11 a.m. to 3 p.m. Take a scenic drive on a heated bus throughout the Upper Delaware River region with stops at eagle observation areas while you look for & learn about eagles & their habitat. Dress warmly in layers & wear waterproof boots. Bring binoculars, snacks, and a camera. Snow dates are the Sundays immediately following. Seats are limited & advance reservations required. Info: 570-226-3164 or delawarehighlands.org.

JAN. 7**Alcohol Ink (tiles)**

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Join artist Carol Mainardi. Masks must be worn. Info: 570-251-1181 or info@theartfactoryofwhitemills.com.

JAN. 7**Romping Radishes: Winter Sewing**

11 a.m. The Cooperage Project, Honesdale. Ages 5-8. Snowflakes are a favorite of the winter season. Sew a snowflake to take home. Free healthy living class for kids is supported through EITC funding & donations. Each program includes instruction, program materials, & a snack. Facebook Event RSVP. Info: 570-253-2020 or thecooperageproject.org.

JAN. 7**Frozen II**

1 p.m. The Milford Theater, Milford. Meet Elsa & Olaf in the lobby before the movie at 11:30 a.m. The Milford Theater Bar will be open at 11:30 a.m., serving wine, beer, cocktails & concessions. Info: 570-296-2600.

JAN. 8**Watercolor & Graphite (avocado)**

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Join artist Cheri Baron. Masks must be worn. Info: 570-251-1181 or info@theartfactoryofwhitemills.com.

JAN. 8**Rear Window With John DiLeo**

4 p.m. The Milford Theater, Milford. Special introduction to the film & a Q&A following with John DiLeo, prominent film historian, critic & author of seven books about classic movies. The Milford Theater Bar will be open at 3 p.m., serving wine, beer, cocktails & concessions. Info: 570-296-2600.

JAN. 14**Digital Camera 101**

10:30 a.m.-12:30 p.m. Art Factory of White Mills, White Mills. Join photographer Bill Brown. Bring your own camera and operating manual. Masks must be worn. Info: 570-251-1181 or info@theartfactoryofwhitemills.com.

JAN. 14**Bridge the Gap: Intro into Snowshoeing**

1-3 p.m. Pocono Environmental Education Center, Dingmans Ferry. Learn the basics of snowshoeing & enjoy a winter walk through the woods. No experience necessary -- equipment provided & learn everything you need to know. Register early to reserve a pair of snowshoes & guarantee a spot. Nature photography will be offered as an alternative program in the event of no snow. Free. Pre-registration required. Info: 570-828-2319 or peec.org.

JAN. 14 & 15**Beatles, Zeppelin, Doors By Magical Mystery Doors**

8 p.m. Sat., 4 p.m. Sun. The Milford Theater, Milford. Tribute act blends & layers the music of three legendary bands to create something new & unique for music fans everywhere. Table seating tickets include a cocktail server (credit card required) during the show. The Milford Theater Bar will be open one hour before showtime, serving wine, beer, cocktails & concessions. Info: 570-296-2600.

JAN. 15**Winter Ecology Hike**

10 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Learn how different plants & animals survive the winter. Take a hike & experience PEEC in the winter-time. All ages welcome. Please call to register: 570-828-2319.

JAN. 15**EcoZone Discovery Room**

1-4 p.m. Pocono Environmental Education Center, Dingmans Ferry. Climb into a bald eagle's nest, crawl into a bat cave, explore a beaver lodge & dig in a fossil pit. Explore this indoor discovery room & enjoy hands-on exhibits on natural history, sustainability & the local environment. No registration required. Info: 570-828-2319 or peec.org.

JAN. 15**MLK Jazz Supper Club**

5:30-9:30 p.m. The Settlers Inn, Hawley. Featuring the Glenn Heller Trim Trio.

Reservations: 570-226-2993. Info: desk@thesettlersinn.com or thesettlersinn.com.

JAN. 16**Martin Luther King Jr. Volunteer Service Day**

9 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Take part in this national day of service by participating in various volunteer projects on PEEC's campus. This is a great opportunity to earn some hours for volunteer service requirements for school or other organizations. Volunteers will be invited to stay for a complimentary lunch in the dining hall. Free. Pre-registration required. Info: 570-828-2319 or peec.org.

JAN. 16**Wayne Highlands Quilt Guild**

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. For more info, call Deb at 908-358-2670 or debszoo@gmail.com

JAN. 18**Heart Health**

4:30-5:30 p.m. Wayne County Public Library, Honesdale. Learn the steps to prevent heart disease & stroke, risk factors & the effects of heart disease. Presented by Emily Daly, Community Health Navigator covering five counties for AmeriHealth Caritas Pennsylvania. Info: Miles, 570-253-1220 or mkeesler@waynelibraries.org.

JAN. 20**Eagle Watch Bus Trip**

8:30 a.m.-5:30 p.m. Kettle Creek Environmental Education Center, Stroudsburg. Join an environmental educator on a field trip to the Upper Delaware River in search of our national symbol, the bald eagle. Once a rare sight, many wintering eagles now inhabit this region & the probability for sightings is high. Pack a lunch & binoculars & dress for the weather. Stops will be made for coffee & snacks. Seating is limited. Pre-registration & payment required in advance. Call 570-629-3061.

JAN. 20**Comedy Night**

8-11 p.m. Hotel Anthracite, Carbondale. Comedy Night is back at Hotel Anthracite, with Headliner Greg Stone. Featuring Sam Evans. Info: 570-536-6020 or info@hotelanthracite.com.

JAN. 21**Eagle Watch**

9 a.m.-3 p.m. Pocono Environmental Education Center, Dingmans Ferry. Join a trip north in search of eagles & other rare wintering birds. Visit the Mongaup Reservoir, the

Delaware River & the Lackawaxen River to look for winter residents and nesting pairs. Bring a lunch, camera & warm clothes. Call to reserve a seat in the van – Maximum of 10 spaces. Info: 570-828-2319 or peec.org.

JAN. 21

Winter Survival Skills

10-11:30 a.m. Kettle Creek Environmental Education Center, Stroudsburg. Come for a morning of outdoor exploration & putting winter survival skills to the test. Learn about foraging local edibles in winter, learn basic fire-building skills & construct shelters from materials found in nature. Program geared to ages 8-14. Must pre-register: 570-629-3061.

JAN. 21

MicroGreens: Sensory Rice

11 a.m. The Cooperage Project, Honesdale. Ages 2-4. Celebrating the Chinese New Year with rice play. Little ones will use all five senses to explore this healthy grain. A program for early learners. This healthy living class is supported by community donations. Each program includes instruction, program materials & a snack. Facebook Event RSVP. Info: 570-253-2020 or thecooperageproject.org.

JAN. 21

Eagle Watch Bus Tours

Winter Field Office of the Conservancy, Zane Grey Museum, Lackawaxen. From 11 a.m. to 3 p.m. Take a scenic drive on a heated bus throughout the Upper Delaware River region with stops at eagle observation areas while you look for & learn about eagles & their habitat. Dress warmly in layers & wear waterproof boots. Bring binoculars, snacks, and a camera. Snow dates are the Sundays immediately following. Seats are limited & advance reservations required. Info: 570-226-3164 or delawarehighlands.org.

JAN. 21

Miracle

3 p.m. The Milford Theater, Milford. Sports drama about the 1980 U.S. Olympic hockey team. First movie in the new "Me + 3 Series": Groups of four (4) or more, email milfordtheater@milfordhospitalitygroup.com to reserve your seats, & pay at the door on the day of the movie. Deal can only be used in groups of four (4) or more. The Milford Theater Bar will be open at 2 p.m., serving wine, beer, cocktails & concessions. Info: 570-296-2600.

JAN. 22

Cross Country Skiing

9 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Enjoy the winter woods with beginner ski lessons. Learn the basics of cross country skiing and practice around PEEC's campus. You decide how many loops to ski. Skis, poles & boots provid-

ed -- register with shoe size to guarantee a spot. A winter ecology hike will be an alternative program in the event of no snow. Pre-registration required. Info: 570-828-2319 or peec.org.

JAN. 22

Abstract Alcohol Ink (painting)

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Join artist Rosellyn Grohol. Masks must be worn. Info: 570-251-1181 or info@theartfactoryofwhitemills.com.

JAN. 22

Acrylic Painting (winter)

1-2:30 p.m. Art Factory of White Mills, White Mills. Join artist Rosellyn Grohol. Masks must be worn. Info: 570-251-1181 or info@theartfactoryofwhitemills.com.

JAN. 22

Wacky Science Adventures

1-3 p.m. Pocono Environmental Education Center, Dingmans Ferry. Put on your lab coats & prepare to conduct some crazy experiments. You'll get to create your very own slime, oobleck, & attempt to launch a rocket into space. Pre-registration required. Info: 570-828-2319 or peec.org.

JAN. 22

Psycho With John DiLeo

4 p.m. The Milford Theater, Milford. Special introduction to the film & a Q&A following with John DiLeo, prominent film historian, critic & author of seven books about classic movies. The Milford Theater Bar will be open at 3 p.m., serving wine, beer, cocktails & concessions. Info: 570-296-2600.

JAN. 27

Comedy Night

8-11 p.m. The Waterfront at Silver Birches, Hawley. Featuring double Headliners Matt Wayne and Doug Smith. Info: 570-226-4388 or info@silverbirchesresortpa.com.

JAN. 28

Bridge the Gap: Intro into Snowshoeing

10 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Learn the basics of snowshoeing and enjoy a winter walk through the woods. No experience necessary -- equipment provided & learn everything you need to know. Register early to reserve a pair of snowshoes & guarantee a spot. Nature Photography will be offered as an alternative program in the event of no snow. Free. Pre-registration required. Info: 570-828-2319 or peec.org.

JAN. 28

Winter Birds at Pine Island

1-6 p.m. Pocono Environmental Education Center, Dingmans Ferry. Join a trip north in search of migratory species as well as rare wintering birds. Visit the hamlet of Pine

Island, NY, to look for winter residents & nesting pairs. Bring a lunch, camera & warm clothes. Call to reserve a seat in the van -- Maximum of 18 spaces. Pre-registration required. Info: 570-828-2319 or peec.org.

JAN. 28

Eagle Watch Bus Tours

Winter Field Office of the Conservancy, Zane Grey Museum, Lackawaxen. From 11 a.m. to 3 p.m. Take a scenic drive on a heated bus throughout the Upper Delaware River region with stops at eagle observation areas while you look for & learn about eagles & their habitat. Dress warmly in layers & wear waterproof boots. Bring binoculars, snacks, and a camera. Snow dates are the Sundays immediately following. Seats are limited & advance reservations required. Info: 570-226-3164 or delawarehighlands.org.

JAN. 28

Spotlight On Filmmaking: Production & Set Design

4 p.m. The Milford Theater, Milford. New series opens with a spotlight on production & set design with Emmy-winning production designer Curt Beech & Oscar-nominated set decorator Rena DeAngelo, as they present how they transformed the locations into the stunning scenes & images you see on the screen in their extraordinary collaboration on the Oscar-winning film, "The Help." Local film historian John DiLeo moderates a Q&A after their presentation. Price includes entry, meet & greet, & 1 (one) complimentary drink at the bar. The Milford Theater Bar will be open at 3 p.m., serving wine, beer, cocktails & concessions. Info: 570-296-2600.

JAN. 29

Frozen Waterfall Tour

9 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. The Delaware Water Gap has quite a few waterfalls within the park that all flow into the Delaware River. Join in for an afternoon & check out some of the larger & well-known falls in the park. Spaces limited so call early. Pre-registration required. Info: 570-828-2319 or peec.org.

JAN. 29

Bridge the Gap: Bird Bonanza

1-3 p.m. Pocono Environmental Education Center, Dingmans Ferry. Spend the afternoon watching PEEC's feeders & putting together your own unique & custom bird feeder from a variety of recycled materials. Everything you need is provided, but you are welcome to bring your own supplies. Pre-registration required. Info: 570-828-2319 or peec.org.

JAN. 29

The Birds With John DiLeo

4 p.m. The Milford Theater, Milford. Special introduction to the film & a Q&A following

with John DiLeo, prominent film historian, critic & author of seven books about classic movies. The Milford Theater Bar will be open at 3 p.m., serving wine, beer, cocktails & concessions. Info: 570-296-2600.

On the Horizon

FEB. 3

Eagle Watch Bus Trip

8:30 a.m.-5:30 p.m. Kettle Creek Environmental Education Center, Stroudsburg. Join an Environmental Educator on a field trip to the Upper Delaware River in search of our national symbol, the Bald Eagle. Once a rare sight, many wintering eagles now inhabit this region & the probability for sightings is high. Pack a lunch & binoculars & dress for the weather. Stops will be made for coffee & snacks. Seating is limited. Preregistration & payment required in advance. Call 570-629-3061.

FEB. 4

Romping Radishes: Lunar New Year

11 a.m. The Cooperage Project, Honesdale. Ages 5-8. Happy New Year, again? Learn about the traditions for the year of the rabbit on the final days of the celebration. Free healthy living class for kids is supported through EITC funding & donations. Each program includes instruction, program materials, & a snack. Facebook Event RSVP. Info: 570-253-2020 or thecooperageproject.org.

FEB. 4

Shrek

1 p.m. The Milford Theater, Milford. Join us in the Milford Theater Lobby before the movie at Noon to decorate your own "magic mirror." The Milford Theater Bar will be open at Noon, serving wine, beer, cocktails & concessions. Info: 570-296-2600.

FEB. 4

Winter Bog Walk

2-4 p.m. Tannersville Bog, Stroudsburg. Weather permitting, venture into the Bog to look at this unique habitat at a different time of the year. Dress for the weather & wear proper footwear. There will be no charge for this walk. Meet at the Bog parking lot located at 552 Cherry Lane Road, East Stroudsburg, PA 18301. Pre-registration required by Feb. 3: 570-629-3061.

FEB. 4

Full Moon Walk at Kettle Creek

6:30-8 p.m. Kettle Creek Environmental Education Center, Stroudsburg. Take a walk under the light of a full moon on a clear winter night. Dress for the weather & possibly snow-covered trails. Hot chocolate will be served at the end of the walk. Must pre-register: 570-629-3061.

*New Year,
New Kitchen!*



570-226-2899 Clemleddy.com