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Dr. Carrol sees patients for diagnostic testing and treatment of the digestive system. He performs procedures including ERCP\*, colonoscopy, endoscopy and gastrostomy at Wayne Memorial Hospital. He joined the Wayne Memorial Medical Staff in 2022 with nearly 30 years of experience as a gastroenterologist, primarily in private practices in Nevada and New York. He has also had several academic appointments, including clinical assistant professor at the University of Nevada School of Medicine.

*\*ERCP—Endoscopic retrograde cholangiopancreatography—is a procedure to diagnose and treat problems in the liver, gallbladder, bile ducts, and pancreas. It combines X-ray and the use of an endoscope—a long, flexible, lighted tube.*



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# CONNECT

MARCH 2023

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Employer-sponsored qualified retirement plans such as 401(k)s are some of the most powerful retirement savings tools available. If your employer offers such a plan and you're not participating in it, you should be. Once you're participating in a plan, try to take full advantage of it.

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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.**

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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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“I’m a great believer in luck, and I find the harder I work, the more I have of it.”

– Thomas Jefferson

**Y**ou don’t need luck... you just need to take advantage of the spring selling season, strong, stylish home upgrades, and employer-sponsored retirement plans. In this issue you’ll find a pot of top tips to prepare your home for selling, a perfect opportunity to enhance your interior and exterior... *with brick*, and the most powerful retirement savings tools available.

Don’t trust your gut to luck... our unique microbiome, a key factor in gut health, influences our physical, mental and emotional health. As promised, this month’s health article part 2 will address ways we can enhance the gut microbiota to give ourselves the best advantage possible.

Wishing you a March full of all the luck you can achieve!  
Happy St. Patrick’s Day!

The CM Team  
570.647.0085  
cmag@ptd.net



# Top Tips to Prepare Your Home for the **SPRING** **SELLING SEASON**

## **1** Declutter

Get rid of all the junk that irritates you... it will certainly turn off a buyer. Take a critical eye to your home. Maybe even have a third party do this. Living somewhere daily reduces the things you notice that might be a problem, i.e., dirty walls, scuffs and scrapes, leaks, or even odors that might be present that you have become accustomed to.

## **2** Fix broken stuff

Yes, that garage door opener that doesn't work or the ice maker on the fridge. If it is staying with the house, it needs to be fixed. You have learned to live with it or without it, but a buyer will view it as neglectful and judge your whole house's upkeep and maintenance on those couple of broken items.

## **3** Know what is selling around you and why

Are homes selling quickly in your price range?

Maybe you can be aggressive with your price. If you use a realtor, they will help arrive at price but know yourself as well. A realtor may not be as familiar with your area.

## **4** Clean and organize the closets

With the modular closet items available today, it is easy and inexpensive to dress up your closets. Storage really does matter when considering a new home.

## **5** Make sure the outside entry way is in tip top shape

This is the focus from the street and also the first thing prospective buyers see when entering your house. Fresh paint on the front door and fresh flowers can make a big difference.



## 6 If you are not going to sell your home by yourself, then interview several realtors

Ask them about your area, what their marketing plan will be, and negotiate commission. There are thousands of realtors and not all of them are equal. Don't get frustrated by the fact that you pick one that simply puts a sign in your yard and waits for the low hanging fruit. You are going to pay this person a lot of money... make them work for it and for you!

## 7 Deep clean the kitchen and bathrooms

These areas of the home are generally the most cluttered and dirty. Both of those things will turn off willing buyers. Deep clean stove tops and ovens, cabinets and sinks. Also spend some extra time if you have a dirty shower or bath tub. If they don't already, you want these things to sparkle.

## 8 Pet waste and signs of damage

Clean up the backyard or whatever area your

pets use outside. Buyers will walk around the yard; you don't want them to be distracted from your home because they are maneuvering through a mine field of dog droppings. Also, you can't conceal damage but that doesn't mean you can't fix stuff. If the dog has chewed a door or scratched a wall... fix it. These easy and inexpensive fixes will pay great dividends when you sell the house.

## 9 De-personalize your home

You want prospective buyers to be able to visualize their family in the home, and that is much harder to do with all of your family's stuff. So go ahead and pack up most of the pictures, trophies, mementos. You are going to do it any way to move, just get a head start.

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*Marty Basher is the home organization expert for Modular Closets. Modular Closets are high-quality and easy-to-design closet systems you can order, assemble and install yourself, in no time at all. Using closet modules (closet pieces you can mix & match to design your own modular closet), homeowners everywhere are empowered to achieve the true custom closet look- for nearly 40% less than standard custom closets. Visit the site at <https://www.modularclosets.com>*

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*Strong*

# STYLISH SPRING HOME UPGRADES

**5 Renovation Projects  
Where Brick Takes  
Center Stage**



**Springtime is a perfect opportunity for homeowners to begin planning renovations to enhance the interior and exterior of their living space. Because of its strong performance capabilities, low maintenance and design flexibility, brick is a popular building material choice when looking to improve or refresh your home in time for warm-weather hosting season.**

Often selected for its functional benefits, brick is available in a wide array of colors, textures and sizes that can match varying design styles, from modern to traditional and almost everything between. If you're considering adding brick to your home's aesthetic, consider these five projects to tackle this spring from the experts at Glen-Gery, one of the largest brick and stone manufacturers in North America.

## Basement or patio bar

As homeowners spend more time at home, they often look to maximize livable space. One way to take advantage of unused living space is building a basement or patio bar, which provides an area for entertaining. Using an exposed brick wall can help designate the bar area and separate it from the rest of the basement, or lining a bar counter with brick can create a rustic contrast against the bar's seating.

## Fireplace

To change the look and feel of a room almost instantly, you can use brick to give a fireplace a facelift or make it a focal point of your home. Available in a variety of colors and textures, Glen-Gery's diverse, premium portfolio of more than 600 brick and stone products can elevate your living room's style in a big way and create a more inviting area to share with family and friends. An outdoor fireplace is another option for extending livable space in a cozy way that can be used throughout the year.

## Accent wall

Create a statement in or outside your home with a brick accent wall. Accent walls can help bring color, texture and beauty to homes by breaking up the monotony of monochromatic color or decor, creating visual interest and dimension. While brick in a running bond pattern is expected, you can spice up rooms with an unexpected bond pattern like a stacked bond for modern appeal or herringbone for a rustic look.

## Kitchen backsplash

One of the most overlooked areas of kitchen design is the backsplash. While its job is to protect your kitchen walls from the never-ending assault of kitchen splatters, there's no reason it can't look good, too. Brick backsplashes can accommodate most home designs and styles thanks to the versatility of shapes, colors, finishes and sizes available.

Black or white glazed brick works well with more modern kitchens while irregular brick containing an abundance of texture and a messy mortar application can complete rustic farmhouse kitchens. An option like Glen-Gery's virtual design tool, <https://www.glengery.com/brick-stone-inspiration/virtual-design-tool>, can help you visualize projects in your home to see what fits your style and needs.

## Brick skirt

For added curb appeal, consider adding a brick skirt around the foundation of your home. Given its resilient, durable and energy-efficient qualities, brick can help provide better insulation and protection while also adding visual appeal to the exterior of your home through texture, color and contrast. The skirting can also continue through to the front porch floor and steps, helping balance out the elevation of your home.

For more inspiration for your next home renovation project, visit [glengery.com](https://www.glengery.com).

*Family Features | #16507*

*Source: Glen-Gery*





# Taking Advantage of Employer-Sponsored Retirement Plans

..... Provided by Michael Krupa

**Employer-sponsored qualified retirement plans such as 401(k)s are some of the most powerful retirement saving tools available. If your employer offers such a plan and you're not participating in it, you should be. Once you're participating in a plan, try to take full advantage of it.**

## Understand your employer-sponsored plan

Before you can take advantage of your employer's plan, you need to understand how these plans work. Read everything you can about the plan and talk to your employer's benefits officer. You can also talk to a financial planner, a tax advisor, and other professionals. Recognize the key features that many employer-sponsored plans share:

- Your employer automatically deducts your contributions from your paycheck. You may never even miss the money — out of sight, out of mind.
- You decide what portion of your salary to contribute, up to the legal limit. And you can usually change your contribution amount on certain dates during the year or as needed.
- With 401(k), 403(b), 457(b), SARSEPs, and SIMPLE plans, you contribute to the plan on a pre-tax basis. Your contributions come off the top of your salary before your employer withholds income taxes.

- Your 401(k), 403(b), or 457(b) plan may let you make after-tax Roth contributions — there's no up-front tax benefit but qualified distributions are entirely tax free.
- Your employer may match all or part of your contribution up to a certain level. You typically become vested in these employer dollars through years of service with the company.
- Your funds grow tax deferred in the plan. You don't pay taxes on investment earnings until you withdraw your money from the plan.
- You'll pay income taxes (and possibly an early withdrawal penalty) if you withdraw your money from the plan.
- You may be able to borrow a portion of your vested balance (up to \$50,000) at a reasonable interest rate.
- Your creditors cannot reach your plan funds to satisfy your debts.

## Contribute as much as possible

The more you can save for retirement, the better your chances of retiring comfortably. If you can, max out your contribution up to the legal limit (or plan limits, if lower). If you need to free up money to do that, try to cut certain expenses.

Why put your retirement dollars in your employer's plan instead of somewhere else? One reason is that your pre-tax contributions to your employer's plan lower your taxable income for the year. This means you save money in taxes when you contribute to the plan — a big advantage if you're in a high tax bracket. For example, if you earn \$100,000 a year and contribute

\$10,000 to a 401(k) plan, you'll pay income taxes on \$90,000 instead of \$100,000. (Roth contributions don't lower your current taxable income but qualified distributions of your contributions and earnings — that is, distributions made after you satisfy a five-year holding period and reach age 59 1/2, become disabled, or die — are tax-free.)

Another reason is the power of tax-deferred growth. Your investment earnings compound year after year and aren't taxable as long as they remain in the plan. Over the long term, this gives you the opportunity to build an impressive sum in your employer's plan. You should end up with a much larger balance than somebody who invests the same amount in taxable investments at the same rate of return.

For example, say you participate in your employer's tax-deferred plan (Account A). You also have a taxable investment account (Account B). Each account earns 6% per year. You're in the 24% tax bracket and contribute \$5,000 to each account at the end of every year. After 40 years, the money placed in a taxable account would be worth \$567,680. During the same period, the tax-deferred account would grow to \$820,238. Even after taxes have been deducted from the tax-deferred account, the investor would still receive \$623,381. *(Note: This example is for illustrative purposes only and does not represent a specific investment.)*

## Capture the full employer match

If you can't max out your 401(k) or other plan, you should at least try to contribute up to the limit your employer will match. Employer contributions are basically free money once you're vested in them (check with your employer to find out when vesting happens). By capturing the full benefit of your employer's match, you'll be surprised how much faster your balance grows. If you don't take advantage of your employer's generosity, you could be passing up a significant return on your money.

For example, you earn \$30,000 a year and work for an employer that has a matching 401(k) plan. The match is 50 cents on the dollar up to 6% of your salary. Each year, you contribute 6% of your salary (\$1,800) to the plan and receive a matching contribution of \$900 from your employer.

## Evaluate your investment choices carefully

Most employer-sponsored plans give you a selection of mutual funds or other investments to choose from. Make your choices carefully. The right investment mix for your employer's plan could be one of your keys to a comfortable retirement. That's because over the long term, varying rates of return can make a big difference in the size of your balance.

**Note:** Before investing in a mutual fund, care-

fully consider the investment objectives, risks, charges, and expenses of the fund. This information can be found in the prospectus, which can be obtained from the fund. Read it carefully before investing.

Research the investments available to you. How have they performed over the long term? How much risk will they expose you to? Which ones are best suited for long-term goals like retirement? You may also want to get advice from a financial professional (either your own, or one provided through your plan). He or she can help you pick the right investments based on your personal goals, your attitude toward risk, how long you have until retirement, and other factors. Your financial professional can also help you coordinate your plan investments with your overall investment portfolio.

## Know your options when you leave your employer

When you leave your job, your vested balance in your former employer's retirement plan is yours to keep. You have several options at that point, including:

- Taking a lump-sum distribution. Before choosing this option, consider that you'll pay income taxes and possibly a penalty on the amount you withdraw. Plus, you're giving up the continued potential of tax-deferred growth.
- Leaving your funds in the old plan, growing tax deferred. (Your old plan may not permit this if your balance is less than \$5,000, or if you've reached the plan's normal retirement age — typically age 65.) This may be a good idea if you're happy with the plan's investments or you need time to decide what to do with your money.
- Rolling your funds over to an IRA or a new employer's plan (if the plan accepts rollovers). This may also be an appropriate move because there will be no income taxes or penalties if you do the rollover properly (your old plan will withhold 20% for income taxes if you receive the funds before rolling them over, and you'll need to make up this amount out of pocket when investing in the new plan or IRA). Plus, your funds continue to potentially



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## Good Stuff

# How well did your home weather *WINTER?*

*Provided by Disaster Blaster*

The cold temperatures, snow and ice accumulation, and strong winds that accompany winter in Northeastern Pennsylvania can have a serious impact on our homes and properties. In addition to wear and tear, your property may suffer sudden damage such as missing or damaged shingles or siding, leaks or water intrusion, and pipe breaks. But not all damage is immediately apparent, some things you may not notice until the end of winter when temperatures start to climb and things start to thaw.

**Other issues may be caused by the sudden change in temperature or unique conditions that increase the short-term potential for property damage.**

This makes the end of winter an important time to inspect and monitor your property for signs of damage so you can address them proactively to reduce the potential for serious issues. Here are some of the most common issues we see in Northeastern Pennsylvania that you can be on the lookout for:



## Roof & Siding Damage

Roofing and siding damage is particularly common through the winter but may not always be visible until the snow begins to melt. Common things to look for include lifting, damaged, or missing shingles, leaks or wet spots in your attic or living spaces, and broken or missing siding.

It's important to address these issues as soon as you discover them, because damage will continue to worsen over time if not resolved. For example, even a small roof leak can lead to an extensive mold or rot issue if not addressed immediately.

**Tip: Thoroughly inspect your home inside and out, looking for signs of damage. Be sure to check any attic spaces as well. If you discover any damage, have it addressed immediately.**

## Flooding / Groundwater Intrusion

Did you know that the end of winter is one of the most common times we see flooding or groundwater intrusion issues in our area? That's because the temperature change can result in rapid melting of ice or snow that exceeds the ability of land or drainage systems to divert properly. As a result, this sudden overabundance of water can have nowhere else to go and end up coming into your home instead.

Whether the result of a sudden event or a long term moisture intrusion issue, water damage from flooding and groundwater intrusion can be significant, particularly if not addressed right away. This is because water damage has the tendency to spread, wicking into dry materials over time until everything is wet. As a result, while flooding and groundwater intrusion generally affects lower levels initially, this moisture can spread to other levels if not addressed properly. We've actually seen cases where properties with basement water damage were wet all the way to the roof line on the second floor.

**Tip: It's important to be diligent whenever you suspect water intrusion has occurred, particularly in cases where a finished space is affected. Thoroughly inspect the walls and flooring for any sign of water damage including staining, weakness, rot, or mold growth. If you see any signs of issues, it's important to hire a professional to ensure everything is dried properly and any under-**

**lying moisture problem is resolved. Water mitigation professionals have specialty moisture monitoring equipment able to test the moisture content of materials and track the drying process.**

## Leaks

You'll notice that leaks and water issues are a recurring theme in this month's story, and that's because they're so common this time of year. During times of freezing temperatures, your property could have experienced a frozen pipe, an ice dam could have pushed water up under your roof shingles, or snow and ice could have caused damage to siding or cladding around doors or windows allowing rain or snow melt in. In addition, while you may think that these are things you would notice right away, that is not always the case. Leaks can occur inside wall cavities, above ceilings, or in attics where you may not notice them for days, weeks, or months.

**Tip: Inspect your home thoroughly for any signs of water leaks, especially in areas where water supply lines or plumbing are run, around doors and windows, exterior walls, and attic spaces. Signs of moisture issues or water damage in these living spaces indicate potentially serious issues above. It's important whenever dealing with water damage to keep in mind that you need to address both the water damage itself as well as the underlying cause to ensure you don't have additional problems in the future.**

Hopefully you didn't experience any property damage as a result of the winter weather this year, but we hope this was helpful in learning a few things to watch for. Much of the additional damage caused by leaks and moisture issues can be prevented if addressed quickly enough.



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](http://www.disasterblaster.com) or call our office at (570) 963-1123.



# living green

## Not Just a Hole in the *Ground!*

*By Ellen Enslin, CPESC, Program Manager*

.....

**With a future of higher frequency and intensity storms combined with increased construction and impervious areas, it is now more important than ever for everyone to do their part in managing increases in stormwater.**

**There are visually pleasing options available for managing stormwater on your property.**

**Vegetated swales, native meadows and rain gardens are good options for slowing down and spreading out the water to help prevent erosion and flooding downstream.**

A rain garden is a depressed area on the landscape that collects rainwater from roofs, driveways or other impervious areas and allows it to soak into the ground. Planted with native grasses, perennials, shrubs and trees, rain gardens can be a cost-effective way to reduce runoff on a property while creating beautiful landscapes that can add to the value of the property. Rain gardens can be installed to mimic natural processes where rainfall ponds, is picked up by plants or absorbed into the ground, where it recharges nearby streams and groundwater. The plants and the infiltration process in rain gardens also help break down contaminants, keeping them out of local waterways.

Vegetated swales are low maintenance depressed areas planted with native grasses and wildflowers and maintained as a natural area. These



areas have high aesthetic appeal, as tall grasses and wildflowers add interest, structure, color and wildlife to property and high pollutant runoff removal by increasing infiltration and evapotranspiration while filtering pollutants out of the water. Native meadows or “no mow” areas on the landscape can provide similar benefits.

Plant selection will bring life and diversity to your stormwater feature. Native plants, grasses, perennials, shrubs, and trees should be chosen by the amount of light they will receive (sun versus shade) and their ability to handle the periods of wet and dry they will experience throughout the year. Choosing plants with native pollinators in mind will bring birds, butterflies, dragonflies, bees, and other pollinators to your garden.

By looking at the way the water flows naturally on your landscape after a heavy rain, you can take advantage and enhance the existing features on your lot for minimal work and costs. Implementing a small landscape feature to manage polluted runoff can improve water quality and provide a visually pleasing area for all to enjoy!



*Ellen Enslin is the Program Manager for the Pike County Conservation District. The Pike County Conservation District is committed to the long-term protection and sustainable use of Pike County's natural resources. We accomplish this through partnership, education, technical assistance, planning, enforcement, and leadership. For more information about the District email [pikecd@pikepa.org](mailto:pikecd@pikepa.org) or visit our website at [www.pikeconservation.org](http://www.pikeconservation.org).*



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# PERMISSION

By The Reverend Mrs. Silence DoGood

My maternal grandfather was a butler. He was originally from Paris and Lyon, France but came to this country to start a family. In the latter part of his career he worked on a magnificent estate about 25 miles northeast of New York City. The century-old manor house was constructed of stone and brick and rested on about thirty landscaped acres. The interior of its eighteen thousand square feet was replete with beautiful hand carved woodwork including staircases, built in window seats and bookcases. The staff included my grandfather, a cook, a maid, a chauffeur and a gardener.

When I was very young, my mother would take my younger sister and me to visit my grandfather. We would visit him during the summer when the owners of the estate were in Europe. I have wonderful memories of those visits, which due to their vividness seem to have taken place only yesterday.

One day my mother told me to walk down the service road to meet the milk truck on its way to the mansion as it made its daily delivery. There were no stone-entrance columns on the dirt service road that led to the mansion's back door near the kitchen. There were, however, stone columns on the main entrance.

It wasn't long before the milkman stopped to give me a ride; he had seen me before on the estate. As a little kid I clumsily climbed onto the white truck with the first step up being so big. The interior walls of the truck were lined with shelves of partitioned-metal baskets containing bottles with white paper caps. The large bottles were filled with milk while the half bottles were cream. Some bottles were empty with no caps. As the truck slowly drove on the bumpy dirt road toward the kitchen the music began. While some might call it a cacophony of sounds, I thought it was a symphony. All of the glass bottles were thrust against the metal partitions producing the most amazing sounds. Hundreds of glass bottles on metal. Rattle, rattle, rattle all the way home.

One memory in particular has helped me shape the mission of my church. It had rained in the morning. We stood on the grey-painted, wooden-back staircase looking at the many puddles on the dirt service road. The air was

fresh and clean. My grandfather in his tuxedo was closest to the kitchen. My mother was behind me, and I was on the lowest step close to the road. "Go ahead," my mother said. I turned. "I have no shoes." "It's alright."

It was a moment of trust. Of faith. My mother gave me permission to walk barefoot on a puddly dirt road. I looked up at her smiling face which inspired me. As I let go of the banister and placed my foot on the wet road I felt different. Century old mores came crashing down. I was an affronter. It felt good.

The mission of my church is to help my congregation overcome the fear of living and the fear of dying. In a modest way I overcame the fear of living when as a child my mother encouraged me to take that first step on the wet dirt road. My mother's permission set me free from the fear of getting my feet wet. I expanded the experience and richness of my life without hurting myself or others.

There are many steps in life we can take that expands our living of it. Steps that don't hurt us or hurt others. Steps that are perhaps modest in execution but rich in rewards. One of our dual tasks in life can be to identify those experiences which would allow us to enrich our lives and then with faith to embrace them.

The same permission to overcome the fear of living also pertains to the fear of loving. With permission and inspiration, we can overcome the fear of loving by learning to take little steps toward other people. Together we can walk on new paths.

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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### OH, THAT'S SO MEAN!

It's not what was said or done; it was really a lot of both. Words are painful when they're flung at you in anger or hatred, and they can cut the same as a knife or sword. But actions? Man, those things really hurt. As in the new book, "Deadly Hearts: History's Most Dangerous People" by Michael Burgan, actions can kill.

When there's something you want, you probably know how to politely ask for it. If that doesn't work, then you either use patience or you work hard to get it, but throughout history, there have been some leaders and rulers who used pain instead of "please" to achieve their goals. In this book, you'll read about some of them.

Burgan begins with Alexander the Great, who wasn't so great, actually. He told everyone he was the son of the god Zeus, when in reality, he was really the son of the king of Macedonia. Either way, it went to Alexander's head and resulted in a lot of dead soldiers.

The Romans thought Attila the Hun was an "uneducated" barbarian, but Attila was smart enough to conquer a lot of Roman land and kill a lot of Romans. Burgan writes that yes, the Hun was "ruthless" and cruel and could make people tremble in terror, but some folks claimed that if you knew Attila personally, he was really a nice guy.

In fifteenth-century Spain, there was a lot of distrust against the Jews by the country's Catholics. Tomás de Torquemada was cho-

sen to lead the Spanish Inquisition, to find the Jews and get rid of them – and that didn't mean just showing them the door, either.

Vlad the Impaler got his name for a reason: to inflict the maximum amount of pain on his enemies, he impaled them on large stakes and let them die slowly. Queen Mary I of England had hundreds of Protestants killed, and Elizabeth of Bathory killed a lot of young women for fun. And Ivan the Terri-

ble? Yeah, he was pretty terrible...

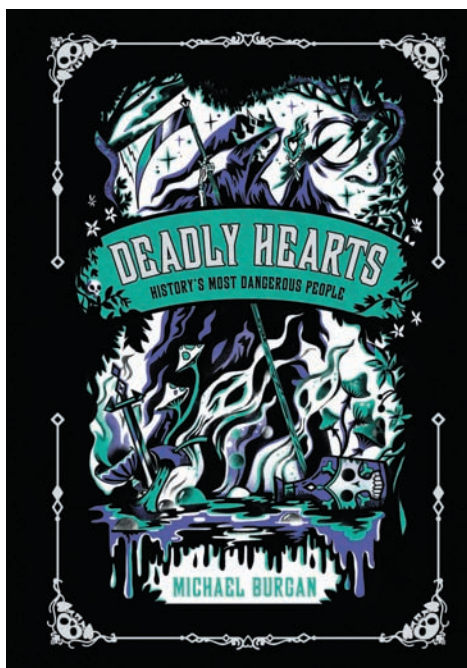
Here's a warning to adults: page through "Deadly Hearts" before giving it to your young reader, and your eyebrows might pop to the top of your head. To say that the beginning of this book is gruesome without warning is to severely underestimate things here.

Remember, though: this book isn't for you.

It's for the kid who loves a really great scare and can handle it with zero nightmares. It's for the young reader whose favorite section of a museum is awash in fake blood, and who absolutely lives for the after-dark version of the haunted house at Halloween. That's the kid author Michael Burgan writes

for, and that's the one who'll love what's inside this book, never mind that its short chapters are full of things that will teach your child about the past and spark interest in learning. For your 8-to-12-year-old monster-lover, the thrill is the gateway, history comes free, and "Deadly Hearts" means a good read.

### *"Deadly Hearts: History's Most Dangerous People"*



*By Michael Burgan  
Reviewed by Terri Schlichenmeyer*





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# Trust Your Gut

## Part II

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



## Good Stuff

**Our unique microbiome, a key factor in gut health, influences our physical, mental and emotional health. Last month we discussed what it is and how a diverse microbiome supports our bodies, as well as the impact of a microbiome that is imbalanced. As promised, this month's article will address ways we can enhance the gut microbiota to give ourselves the best advantage possible. We'll also discuss the difference between prebiotics, probiotics and postbiotics; chemicals found in foods and supplements that have been demonstrated to prevent infections and strengthen the immune system.**



**1}** **Probiotics** are live bacteria and yeasts present in cultured foods, such as yogurt, kombucha, tempeh, sauerkraut, and soft cheese. Prebiotics are fibers that feed the probiotics, found in raw versions of garlic, onions, leeks, asparagus, Jerusalem artichokes, dandelion greens, bananas, and seaweed. Fruits, vegetables, beans and whole grains, such as wheat, oats, and barley are all good sources of prebiotic fibers. Postbiotics are the chemicals released when probiotics feed on prebiotics in the intestines. They can be found in sauerkraut, fermented soybean soup, soft cheeses, slow fermented bread, and buttermilk. All of these can be taken as supplements, but according to nutrition experts, vitamins, minerals, and nutrients (including those that support gut health) are most potent when obtained from food sources.

**2}** Adopting a gut-healthy diet starts with small changes, such as eating a diet that includes diet fiber from colorful fruits and vegetables and limiting one's intake of red meat, which lowers the number and diversity of gut microbes. This doesn't mean never having burgers, but nutritionists suggest balancing your plate with sweet potatoes, spinach, beets, carrots, fennel, raspberries, artichokes, green peas, broccoli, chickpeas, lentils, beans, bananas, apples, and whole grains. Add beans or oatmeal to that burger and put it in a lettuce leaf or on a whole grain bun. Swap fries for a baked sweet potato or kimchi and have a black bean brownie or unsweetened yogurt with berries for desert!

**3}** Exercise often. Regular exercise can supplement the number of beneficial microbial species, improve the microflora diversity, and add to the development of bacteria that help protect the immune system. Human and animal studies indicate that probiotics have the potential to diminish the inflammatory response to chronic stressors, and to prevent or reverse the effect of chronic inflammation. Another good reason to get moving! Walking, swimming, jogging, cycling, pickleball, strength training.... Interestingly, researchers at the University of Pennsylvania recently found that, in mice, thriving gut microbiomes have been linked with optimal muscle function. These findings suggest that the gut microbiome may help regulate the desire to exercise. If confirmed in humans, this may explain why so many Americans fail to get the recommended amount of physical activity, and may lead to microbiome-based efforts to get sedentary people off the couch or optimize athletic performance!

**4}** Consider a probiotic supplement if you've been ill. Since good bacteria are a natural part of the body, taking a probiotic supplement isn't essential. Data is mixed as to whether probiotics actually benefit a body in balance, but they do appear to improve the microbiome in those with certain diseases. Use of antibiotics to kill bad bacteria may diminish some of the body's good bacteria, so some people choose to take probiotics after taking an antibiotic in order to reintroduce good bacteria into the body.

**5}** Studies have also demonstrated that probiotic administration has positive effects on mood state, suggesting possible roles for probiotic therapy for depression. Research has been done on the use of probiotics in treatment of anxiety and depression both as standalone therapy and as adjunct to commonly prescribed medications

**6}** Before taking a supplement, it's important to discuss with your healthcare provider whether you have a condition that could be improved by the use of probiotics. Some probiotics trigger allergic reactions and can cause stom-

ach upset, diarrhea, flatulence, and bloating. Caution should be used in infants and people who have a weakened immune system, a critical illness, or have recently had surgery.

**7}** If breastfeeding, try to do so for at least 6 months. Breastfeeding helps an infant develop a healthy microbiome, which is associated with lower rates of allergies, obesity, and may help protect against certain health conditions later in life.

Hopefully this helped clarify some of the information that appears often in health news. For more information take a look at the sites <https://www.hopkinsmedicine.org> or <https://www.bbc.co.uk> for well explained facts in easily understood language.

## Turkey burgers with Hot pepper paste & Kimchi

### Ingredients

- 1 lb lean ground turkey
- 2 scallions, sliced
- 8 teaspoons Korean chile paste
- 1 tsp toasted sesame oil
- 2 Tbsp low-fat mayonnaise
- 4 small whole-wheat hamburger buns, toasted
- 12 slices English cucumber
- 1 cup kimchi

### Directions

1. Prepare grill to medium-high
2. Combine turkey, scallions, 5 tsp chile paste and sesame oil in a medium bowl; gently knead together. Do not overmix. Form into 4burgers, about 4 inches wide
3. Oil the grill rack. Grill the burgers until an instant-read thermometer inserted in the center registers 165 degrees F, 3-4 minutes per side. Let rest for 5 minutes
4. Meanwhile, combine mayonnaise and the remaining 3 Tbsp chile paste in a small bowl. Assemble the burgers on toasted buns with 2 tsp of the mayonnaise mixture, 3 slices cucumber and 1/4 cup kimchi each.



# POCONO secrets

## The Sweet Success of a Visionary Woman **GERTRUDE HAWK**

By LA Guzda



Northeast Pennsylvania is home to several national brand products. Planters Peanuts was founded by Amedeo Obici and Mario Peruzzi in 1906 in Wilkes-Barre, Pennsylvania. D.G. Yuengling & Son is a brewery that is based in Pottsville, Pennsylvania that was founded in 1829. There is one woman who rises to the top in the male-dominated business world of her time.



Gertrude Hawk was an entrepreneurial woman who founded the Gertrude Hawk Chocolates company in 1936. Her passion for chocolate and her innovative ideas for creating delicious and high-quality chocolate products helped her build a successful business that has been operating for nearly a century.

Born in 1893, Gertrude Hawk grew up in Scranton, Pennsylvania, where she was surrounded by the chocolate industry. Her father worked for a local candy maker, and Gertrude learned the art of making chocolates from him. As a young woman, she worked for several candy makers in the Scranton area, honing her skills and developing her own recipes.

In 1936, Gertrude Hawk decided to strike out on her own and founded the Gertrude Hawk Chocolates company. She started small, operating out of her home and using her own kitchen to make her chocolates. But as her business grew, she realized she needed a dedicated space for manufacturing and retail.

Gertrude Hawk opened her first retail store in 1939, in downtown Scranton. Her chocolates quickly gained a reputation for their quality and unique flavors, such as Mint Meltaways and Peanut Butter Wings. Gertrude's chocolates were made with high-quality ingredients, and she was known for her attention to detail and commitment to customer satisfaction.

As her business grew, Gertrude Hawk became a respected figure in the chocolate industry. She was an early adopter of new technology, such as the use of enrobing machines to coat chocolates in a thin layer of chocolate. She also introduced new flavors and products, such as sugar-free chocolates and chocolate-covered pretzels.

Gertrude Hawk passed away in 1976, but her legacy lives on through her company. Today, Gertrude Hawk Chocolates operates more than 50 retail stores in several states, and their products are also sold online. The company continues to innovate and create new products, while maintaining Gertrude's commitment to quality and customer satisfaction.

Gertrude Hawk was a pioneering entrepreneur who built a successful chocolate business through her passion, dedication, and innovative spirit. Her legacy continues to inspire generations of chocolate lovers and entrepreneurs, and her company remains a beloved fixture in the candy industry.



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MAR '23

March 1–March 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).

**FRIDAYS****Fireside Live**

6-9 p.m. The Dock on Wallenpaupack, Hawley. Live music in the pub. Info: 570-226-4388 or [info@silverbirchesresortpa.com](mailto:info@silverbirchesresortpa.com)

**FRIDAYS****Winter Hawley Farmers Market**

1-4 p.m. The Hub, Hawley. Pre-orders available from online vendor list, & pick up at the market. Info: 570-226-1644.

**FRIDAYS****Fireside Live**

6-9 p.m. The Dock on Wallenpaupack, Hawley. Live music in the pub. Info: 570-226-4388 or [info@silverbirchesresortpa.com](mailto:info@silverbirchesresortpa.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).

**SATURDAYS****Boots and Beer**

3-6 p.m. Hotel Anthracite, Carbondale. Outdoor live music series in the Courtyard. Info: [info@hotelanthracite.com](mailto:info@hotelanthracite.com) or 570-536-6020.

**MAR. 1 & 8****Cell Phone Digital Photography**

4:30-5:30 p.m. Honesdale Public Library, Honesdale. Join Kat Baisel in a 2-day course as she teaches how to take great photos on your Android or Apple cellphone. Beisel is a local artist & art teacher. A long time member of the Arts Alliance, she is best known for her ink paintings & photography. May attend one or both classes. Info & registration: Miles, 570-253-1220 or [mkeesler@waynelibraries.org](mailto:mkeesler@waynelibraries.org).

**MAR. 1-31****The Green Planet Hypothesis**

11 a.m.-1 p.m. Kettle Creek Environmental Education Center, Stroudsburg. Featuring Darryl Speicher & students from Evergreen Community Charter School during the month of March. Info: 570-629-3061 or [mcconservation.org](http://mcconservation.org).

**MAR. 3****Open Mic Night**

7-9 p.m. Cocoon After Dark, Hawley. Info: [info@cocooncoffeehouse.com](mailto:info@cocooncoffeehouse.com) or 570-226-1337.

**MAR. 4 & 11****Maple Sugaring Public Day-Must Register in Advance**

10 a.m.-2 p.m. Meesing Outdoor Site, East Stroudsburg. Take a 90-minute tour of the Meesing sugarbush focusing on the history of maple syrup from the Native Americans to the early settlers in this region. You'll complete the tour at the pancake station where the finished product is served over freshly made pancakes. Dress appropriately for the weather including shoes appropriate for trail walking. Pre-registration required. Participants may choose a time from 10 a.m. to 2 p.m. for their 90-minute tour. Info: 570-629-3061 or [mcconservation.org](http://mcconservation.org).

**MAR. 4****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](mailto:info@theartfactoryofwhitemills.com).

**MAR. 4****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, & indoors when needed. Pre-order from the online vendor list, & pick up at the market for your convenience. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

**MAR. 4****Romping Radishes: Celtic Celebration**

11 a.m. The Cooperage Project, Honesdale. Ages 5-8. Some history, heritage & tastes from Ireland. Create a Celtic craft. 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](http://thecooperageproject.org).



**MAR. 4****Acrylic Pour**

1-2:30 p.m. Art Factory of White Mills, White Mills. Join artist Carol Mainardi. Masks must be worn. Info: 570-251-1181 or [info@theartfactoryofwhitemills.com](mailto:info@theartfactoryofwhitemills.com).

**MAR. 4****Brave**

1 p.m. The Milford Theater, Milford. The Milford Theater bar will be open at noon, serving wine, beer, cocktails & concessions. Info: 570-296-2600.

**MAR. 4****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](http://peec.org).

**MAR. 4 & 5****Sugar Shack Scramble**

9 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Hike through the woods out to the "Two Saps" Sugar Shack. Afterwards, enjoy hot cocoa & pancakes with fresh maple syrup at the dining hall!. Sign up for a 9 a.m. or 9:30 a.m. start time. Spaces are limited. Info: 570-828-2319 or [peec.org](http://peec.org).

**MAR. 5****Watercolor & Graphite (flowers)**

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](mailto:info@theartfactoryofwhitemills.com).

**MAR. 5****Annual Chili & Wing Cookoff**

12-4:00 p.m. The Waterfront at Silver Birches, Hawley. Enjoy the area's best chili & wings from area restaurants and individuals. Tickets \$30 at the door or online. \$15 for kids 10 and under. Info: [www.silverbirchesresortpa.com](http://www.silverbirchesresortpa.com) or 570-226-4388.

**MAR. 5****All About Eve 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.

**MAR. 8****The Story of Rachel Carson**

4-5 p.m. Van Scott Nature Reserve, Beach Lake. Join the Conservancy's Education & Volunteer Coordinator Rachel Morrow in learning about

the life of biologist & author Rachel Carson & her role in eagle conservation as her book *Silent Spring* brought awareness to the detrimental effects of DDT & its impacts on the bald eagle population. Each attendee will receive a copy of *Silent Spring* to take home. Info & registration: [www.DelawareHighlands.org/events](http://www.DelawareHighlands.org/events) or 570-226-3164 ext. 2.

**MAR. 9****Conservation Conversations**

5:15-6:15 p.m. Van Scott Nature Reserve, Beach Lake. Join Land Protection Coordinators Trey Talley & Kaylan Hubbard for a virtual Zoom gathering to learn about Delaware Highlands Conservancy & how we can help you protect your land. Following a brief presentation, attendees will be invited to join the conversation & ask questions. Free to attend. Info & registration: [www.DelawareHighlands.org/events](http://www.DelawareHighlands.org/events) or 570-226-3164 ext. 2.

**MAR. 10****Open Mic & Karaoke/Teen Dinner Club**

5:30-9 p.m. Expanding on the monthly Teen Open Mic and Karaoke Party ... announcing the first Teen Dinner Club exclusively for high schoolers (from any school district). High schoolers can drop in to The Cooperage anytime between 5:30-7 p.m. to hang out with friends, play games, and eat pizza. Open Mic and Karaoke Party will start at 7 p.m. Anyone is welcome to join the audience during this portion of the evening but only teens (age 13-19) will be invited to perform on stage. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

**MAR. 11****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 & practice around PEEC's campus. You decide how many loops to ski. Skis, poles & boots provided -- register with shoe size to guarantee a spot. A Winter Ecology Hike will be an alternative program in the event of no snow. Info: 570-828-2319 or [peec.org](http://peec.org).

**MAR. 11****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, & indoors when needed. Pre-order from the online vendor list, & pick up at the market for your convenience. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

**MAR. 11****Yu & I Classical Duo**

8 p.m. The Milford Theater, Milford. Featuring folk-inspired music from around the world. Includes music from YuEun's and Ines' home counties, South Korea & Germany. 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.

### MAR. 12

#### Intro to 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 – PEEC provides the equipment & teaches you everything you need to know. Register early to reserve a pair of snowshoes & guarantee a spot. Orienteering will be offered as an alternative program in the event of no snow. Info: 570-828-2319 or peec.org.

### MAR. 12

#### Watercolor Painting Workshop

1-4 p.m. The Art Bar, Moscow. Workshop to teach you how to master using watercolor techniques to paint a beautiful rose. The image will be pre-drawn for you. All materials are included in the cost of the workshop. Soft drinks & snacks are complimentary. Cash bar will be open during the session. Frames will be available to purchase separately. Seating is limited so send a note to tell if you will be attending. Message in Facebook, or kay@ogradylc.com.

### MAR. 12

#### The Quiet Man 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.

### MAR. 14

#### Fun & Free Family Play Groups for Kids

10-11:30 a.m. The Cooperage Project, Honesdale. Preschool play groups at The Cooperage Project, run by the Family Center. For ages 6 mos.-5 years. Free, but must pre-register your first time: director@waynecountyfc.org or 570-229-6496. Hang out with other caregivers while your child romps & plays. More info available by following Wayne County Family Center on Facebook.

### MAR. 15

#### The Lenape Nation at the Van Scott Nature Reserve

4-6 p.m. Van Scott Nature Reserve, Beach Lake. Members of the Lenape Nation of PA are coming to the Van Scott Nature Reserve to share their history, pre-colonial customs, relationship with William Penn, the era of Penn's sons & the Walking Purchase, their diaspora & where they are today, & much more. The presentation will include an opportunity to ask questions. Free to

attend. Pre-registration required. Info & registration: [www.DelawareHighlands.org/events](http://www.DelawareHighlands.org/events) or 570-226-3164 ext. 2.

### MAR. 15

#### Adult Bullying

4:30-5:30 p.m. Honesdale Public Library, Honesdale. Join Emily Daly as she gives an overview of the definition of bullying, types of bullying (physical, verbal, social, and cyber), & examples of each. Learn the different ways of dealing with bullies. Emily Daly works as a Community Health Navigator covering 5 counties for AmeriHealth Caritas Pennsylvania. Info & registration: Miles, 570-253-1220 or mkeesler@waynelibraries.org.

### MAR. 16

#### Spring Fling Class

5:30-7 p.m. Gorgeous Floral, Hawley. An evening of flower arranging using some of spring's finest floral jewels. Reservations required. Info: [info@gorgeous-floral.com](mailto:info@gorgeous-floral.com) or 570-576-0490.

### MAR. 17

#### Friday Films

Noon. Honesdale Public Library, Honesdale. St. Patrick's Day showing of "The Irishman." Info & registration: Miles, mkeesler@waynelibraries.org or Owen, oadams@waynelibraries.org or 570-253-1220.

### MAR. 17

#### St. Patrick's Day Specials & Live Music

5-8 p.m. The Settlers Inn Restaurant, Hawley. Enjoy live music with the Blarney Boys & Irish specials. Info & reservations: 570-226-2993 or [desk@thesettlersinn.com](mailto:desk@thesettlersinn.com).

### MAR. 17

#### St. Patrick's Day Specials

5-8 p.m. Hotel Anthracite, Carbondale. Join us for Irish specials. Info: [info@hotelanthracite.com](mailto:info@hotelanthracite.com) or 570-536-6020.

### MAR. 17

#### St. Patrick's Day Specials and Live Music

5-8 p.m. Ledges Hotel, Hawley. Dine on Irish specials while listening to live music with John "Patrick" Curtin. Menu a la carte. Info: [info@ledgeshotel.com](mailto:info@ledgeshotel.com) or 570-226-1337.

### MAR. 17

#### St. Patrick's Day Specials & Live Music

6-9 p.m. The Dock on Wallenpaupack, Hawley. Enjoy Irish specials & live music. Info: [info@silverbirchesresortpa.com](mailto:info@silverbirchesresortpa.com) or 570-226-4388.

### MAR. 18

#### Acrylic Pour

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](mailto:info@theartfactoryofwhitemills.com).

**MAR. 18****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, & indoors when needed. Pre-order from the online vendor list, & pick up at the market for your convenience.

Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

**MAR. 18****MicroGreens: Sham Rockin'**

11 a.m. The Cooperage Project, Honesdale. It's a Celtic parade celebration complete with instruments, and lots of luck. MicroGreens is a program for early learners, ages 2-4. 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](http://thecooperageproject.org).

**MAR. 18****Art Reception: The Green Planet Hypothesis**

11 a.m.-1 p.m. Kettle Creek Environmental Education Center, Stroudsburg. Featuring Darryl Speicher & students from Evergreen Community Charter School. No charge for this event.

Info: 570-629-3061 or [mcconservation.org](http://mcconservation.org).

**MAR. 18****Camp Hidden Falls Tour**

1-4 p.m. Pocono Environmental Education Center, Dingmans Ferry. Camp Hidden Falls is an old Girl Scout Camp that was acquired by the NPS in 2018. Come with us as we explore the property & see how many waterfalls we can find. Spaces are limited; call early to reserve a spot. Info: 570-828-2319 or [peec.org](http://peec.org).

**MAR. 18****Best Friend's Girl--The #1 Cars Band Experience**

8 p.m. The Milford Theater, Milford. 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.

**MAR. 19****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](mailto:info@theartfactoryofwhitemills.com).

**MAR. 19****Acrylic Painting (summer)**

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](mailto:info@theartfactoryofwhitemills.com).

**MAR. 19****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](http://peec.org).

**MAR. 19****The African Queen 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.

**MAR. 20****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](mailto:debszoo@gmail.com)

**MAR. 22****Author Talk**

4:30-5:30 p.m. Honesdale Public Library, Honesdale. Lucy & Ethel meet Agatha Christie in Your Number's Up, a cozy comedy/mystery with a paranormal twist. Marylou Webster Ambrose is an awardwinning writer, editor, playwright & actor. She lives in Tafton, PA, with her husband Art & dog Sadie, who's a character in the book. Refreshments will be served.

Info & registration: Miles, 570-253-1220 or [mkeesler@waynelibraries.org](mailto:mkeesler@waynelibraries.org).

**MAR. 23****The Story of The Lorax**

4-5:30 p.m. Van Scott Nature Reserve, Beach Lake. Join Education & Volunteer Coordinator Rachel Morrow as she does a reading of Dr. Suess's The Lorax, which will then be followed by a crafting project. Pre-registration required. Children must be accompanied by an adult to attend the program. Info & registration: [www.DelawareHighlands.org/events](http://www.DelawareHighlands.org/events) or 570-226-3164 ext. 2.

**MAR. 24****Bridge the Gap: Woodcock Walk**

6:30-8 a.m. Pocono Environmental Education Center, Dingmans Ferry. Join us for a walk to see the mysterious woodcock and its spectacular springtime mating display. Bring a flashlight for better searching. Free. Info: 570-828-2319 or [peec.org](http://peec.org).

**MAR. 25****Scouts BSA Badge Festival**

9:30 a.m.-4 p.m. Pocono Environmental Education Center, Dingmans Ferry. Bears will work on



the Bear Necessities patch. Webelos will complete their Webelos Walkabout patch. Scouts will work towards their Nature Study merit badge. Space is limited, call early. Bring a lunch. Overnight accommodations are available. Info: 570-828-2319 or peec.org.

### MAR. 25

#### Mediterranean Cooking Class

10 a.m.-1 p.m. Pocono Environmental Education Center, Dingmans Ferry. Plan a vacation for your taste buds as you learn to create traditional Mediterranean fare. You will make a Falafel Platter (falafel, Israeli salad, homemade pita, babaganoush, and hummus), as well as "Shawarma" style chicken. Class includes all supplies and lunch. Class is recommended for ages 13 & up.

Pre-registration is required: 570-828-2319.

### MAR. 25

#### 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, & indoors when needed. Pre-order from the online vendor list, & pick up at the market for your convenience. Info: 570-253-2020 or thecooperageproject.org.

### MAR. 25

#### The Wizard of Oz

3 p.m. The Milford Theater, Milford. Next movie in the new "Me + 3 Series": Four (4) or more, email to reserve your seats & pay at the door: milfordtheater@milfordhospitalitygroup.com. 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.

### MAR. 25

#### Chicken and Biscuit Dinner

4:30-6 p.m. St. John the Evangelist Church, Honesdale. Advance ticket sales available at Roche Supply & the church office. Dinner will be served in take-out containers. Patrons are welcome to sit at a table to eat. Proceeds benefit refurbishing the stained-glass windows. Info: 570-253-1444.

### MAR. 26

#### Salamanders, Frogs, and More!

10 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Amphibians are stirring in the woods. Join us as we explore nearby breeding pools for salamanders, frogs & egg masses. PEEC provides nets & collection jars for gentle, up-close study. Wear boots and clothes that can get muddy or wet. Info: 570-828-2319 or peec.org.

### MAR. 26

#### Open House: 1 Ticket — 5 Properties

Noon-4 p.m. Join us for an open house at Settlers Hospitality: Silver Birches, The Settlers Inn,

Hawley Silk Mill, Gorgeous Floral, Ledges Hotel. Travel between our properties to view all of our venues and enjoy a sip & savor at each spot, while learning more about having your event, wedding or special celebration with us! Featuring tastes from a selection of our menu options. Meet our team and many of our preferred vendors. Contact by email prior to the event to confirm your starting location. Info: desk@thesettlersinn.com or 570-226-2993.

### MAR. 26

#### Gaslight 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.

### MAR. 26

#### Bob Malone featuring The Malonettes & the NYC Bob Malone Band

4 p.m. The Cooperage Project, Honesdale. Along with the best of his catalog of bluesy rockers & cathartic piano ballads, live shows feature classic anthems by Fleetwood Mac, The Band, CCR, Bob Dylan & others transformed into foot-stomping displays of keyboard pyrotechnics. Info: 570-253-2020 or thecooperageproject.org.

### MAR. 31

#### Night of 1,000 Reading Stars

5-8:30 p.m. Lakeside Elementary School, Honesdale. Students & their families from all local schools & pre-schools are invited to attend one of the PTA's most popular events. Admission is free. Stories begin at 6:30 p.m. and end at 8 p.m. The gymnasium will host the spring book fair & families can shop throughout the evening. Raffle baskets & several grand prize items to purchase chances on. A concession stand will be open in the cafeteria. Info: 570-253-1444.

## On the Horizon

### APR. 1

#### Main Street Farmers Market

11 a.m.-1 p.m. The Cooperage Project, Honesdale. Open-air market gathering experience outdoors on fair weather days, & indoors when needed. Pre-order from the online vendor list & pick up at the market for your convenience. Info: 570-253-2020 or thecooperageproject.org.

### APR. 1

#### Romping Radishes: Poo-dunit?

11 a.m. The Cooperage Project, Honesdale. Ages 5-8. A forest floor mystery. Who left the scat??? 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.

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