





12-Month Interest Free Financing to Qualified Buyers!

Wishing you a Happy & Safe New Year!

Grants Scholarships Donor Fund Management Legacy Giving

THE WAYNE COUNTY COMMUNITY FOUNDATION

Investing in Our Future

Contact us for more information on how to become a member of the O'Neill Society. WayneFoundation.Org | 570 251 9993 | 918 Church Street, Honesdale PA info@WayneFoundation.Org





RIVERSEDGE55.COM

ON WATER / OFF WATER

ELEGANT AND COMFORTABLE RESIDENCES WITH HIGH QUALITY INTERIOR FINISHES, STRICT ATTENTION TO DETAILED CRAFTSMANSHIP, TERRACES, MASTER SUITES ON MAIN FLOOR, CATHEDRAL CEILINGS, FIREPLACES, AND GARAGE.

CHOOSE FROM TWO OPEN FLOOR PLANS. NINETY MINUTES TO NEW YORK CITY. TEN MINUTES TO COMMUTER TRAIN AND BUS.TEN MINUTES TO HOSPITAL. LESS THAN FIVE MINUTES TO SHOPPING. 20% OPEN UNITS AVAILABLE.





DECEMBER 2023

FEATURES

6 8 SMART WAYS TO SAVE ON HOLIDAY EXPENSES

While often regarded as the most wonderful time of year, the holiday season is also an expensive spot on the calendar. Even as many families feel the squeeze of inflation and rising costs, there is hope for your budget when it comes to gatherings, gifts, food and beyond.

 $\mathbf{N} \mathbf{H} (\mathbf{C})'$

8 6 HOLIDAY GIFTS FOR TEENS AND YOUNG ADULTS...

One of the best parts of the holidays is being together with those you love, and for many families that time together involves the exchanging of gifts among loved ones young and old. Finding the right gift for everyone can be a challenge, especially if teenagers and young adults are on your shopping list.

COLUMNS

- 5 WORDS FROM THE TEAM
- 10 DISASTER BLASTER
- 12 LIVING GREEN
- 14 MRS. DOGOOD
- 16 POCONO SECRETS
- 18 HEALTH
- 20 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

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

The joy of brightening other lives becomes for us the magic of the holidays.

• oy, joy, joy to the holidays... It's our favorite time of year here at CM. Crisp air, holiday music, hot cocoa, and special festivities to brighten our days.

However, the holiday season is an expensive spot on the calendar. Even as many families feel the squeeze of inflation and rising costs, there is hope for your budget when it comes to gatherings, gifts, food, and beyond. Check out our eight smart ways to save on holiday expenses on page 6.

The best part of the holidays is being together with those you love, and for many families that time together involves the exchanging of gifts among loved ones young and old. Finding the right gift for everyone can be a challenge, especially if teenagers and young adults are on your shopping list. Turn to page 8 for six ideas they will actually like.

Wishing you a magical time of year spent brightening the lives of those around you! Happy Holidays!

The CM Team 570.647.0085 cmag@ptd.net



8 Smart Ways to Save On Holiday *Expenses*

While often regarded as the most wonderful time of year, the holiday season is also an expensive spot on the calendar. Even as many families feel the squeeze of inflation and rising costs, there is hope for your budget when it comes to gatherings, gifts, food and beyond.

Consider these tips from the moneysaving experts at Slickdeals and Head of Deals Vitaly Pecharsky to avoid overspending without sacrificing your festive spirit.

Stick to a budget. Beyond gifts and stocking stuffers, holiday costs can add up quickly once you factor in travel, decor, pet care, special events and more. Create an all-encompassing budget for the season, then break it into segments for each type of expense, including hidden expenses like wrapping paper or extra toiletries for guests, so you don't end up with an unexpected credit card bill.

Split up food costs. Instead of putting yourself under the pressure of full-time holiday chef (and taking on all the expenses that come with it), consider

EVERYTHING HOLIDAY

hosting a potluck-style gathering. Providing the main course and encouraging guests to bring an appetizer, side or dessert is an easy way to avoid a hefty hosting bill. Send an e-vite with a list of must-haves that allows loved ones to sign up for specific dishes to ensure everything is covered without doubling up.

Search for the best deals. Whether vou're looking for the perfect gift from toys to technology or trying to save on travel costs and home decor, make sure you find the best price. Consider a site like Slickdeals, where a community of millions of people work together to save money so you can be confident you're getting the best deal. With 12 million shoppers assisting others by vetting and voting up the top deals from renowned retailers, your holiday needs are covered without sacrificing quality. You can also set Deal Alerts that send notifications directly to your inbox when a deal that matches your criteria is posted to the site.

Share experiences, not just "things." Gadgets and gizmos may come to mind when brainstorming holiday gift ideas, but remember some family members and friends just want more time together. If you're considering a special experience for - and with - that special someone, think about their favorite hobbies and activities. Animal lovers may be overjoyed with a day at the local zoo, and gearheads would cherish tickets to the give the card as a gift so he or she can pick out what's truly needed. As an added bonus, discounted gift cards are typically available even at the last minute so procrastinators can still save.

Show off your DIY skills. Buying new holiday decorations and replacing worn out crafts are seasonal expenses you may not immediately factor into your budget. Rather than heading to the store for (likely overpriced) ornaments and tablescapes, put your creative cap on and repurpose goods from around the house. Reusing items like glass jars to make homemade snow globes, for example, can be a crafty way to save. Plus, it's a fun activity for family members to enjoy together.

Seek out post-holiday sales. Once the holidays are over, it's a perfect opportunity to get ahead of the game for next year. Stock up on gift wrap, decorative items and other nonperishables that are often heavily discounted in the new year.

Save throughout the year. A handy tip for holiday seasons to come, try creating a fund each year where you can save up for gifts, food, travel and other end-ofyear expenses. Set up a special bank account specifically for holiday savings where you contribute a small amount each month to be financially prepared for the festivities.

Find more ways to save this holiday season by visiting Slickdeals.com.

next auto show. Integrating experiences into your gifting repertoire often makes for a more memorable (and cheaper) solution.

Take advantage of gift cards. A quick internet search can lead you to discounted gift cards, allowing you to save cash on holiday purchases. Or, for the one on your list who has everything, simply Family Features | #16885 | Source: Slickdeals Photos courtesy of Shutterstock



6 Holiday Gifts for Teens and Young Adults They'll Actually

Boba Milk Tea

8 | CONNECTIONS MAGAZINE | www.goodstuffconnections.com

EVERYTHING HOLIDAY

One of the best parts of the holidays is being together with those you love, and for many families that time together involves the exchanging of gifts among loved ones young and old. Finding the right gift for everyone can be a challenge, especially if teenagers and young adults are on your shopping list.

It seems like social media feeds are constantly filled with a new tech item, style, pastime, or trend, making it more challenging to pick out gifts for the young ones on gift lists. This year, consider some on-trend gift ideas - like Jelly Belly Jelly Beans - to show appreciation for the Gen-Zers in your life with presents and stocking stuffers that can win them over.

New in Tech

As one of the most popular categories of gifts for teens and one that's always evolving, deciding which devices and gadgets to gift can be hard. Consider your loved ones' hobbies and interests to make the job easier; for example, if they're music lovers or podcast fanatics, wireless earbuds or headphones are a perfect option. If social butterflies are on your shopping list, portable phone chargers and smartphone accessories like a pop-out phone grip can make sure they're one step ahead of their next photo or social post.

For Boba and Candy Lovers

Many Gen-Zers love a good cup of bubble tea or boba swag, so feed their cravings with an option like Jelly Belly Boba Milk Tea jelly beans. With gift boxes, snack bags and more, these delicious treats made for candy lovers provide a perfect balance of tea, tapioca and sweetness in five true-tolife milk tea flavors: Mango, Taro, Matcha, Strawberry and Thai Milk Tea jelly beans. Find these treats at JellyBelly.com where you can purchase online or locate a store near you.

Cozy Comforts

For teens heading to college or young adults venturing out on their own, consider gifting items to spruce up their new spaces. You can give them a helping hand to start their next chapter with fun decor items like throw pillows and blankets or add life to their new homes with stylish wall art or flower subscriptions. For simple reminders of home, consider candles with their favorite scents or aromatherapy diffusers and essential oils to add a touch of calm to the chaos of heading out on their own.

Play to Their Hobbies

Help them embrace their talents and favorite activities whether it's art, reading, cooking, gaming, playing sports, or mastering instruments. New paint kits and supplies can help young Picassos take their art to the next level while a new appliance or cookbook can provide an upgrade for avid home chefs.

The Gift of Music

Whether they have a favorite band or are up-and-coming musicians themselves (or both), give the gift of music with fun ways to enjoy their favorite songs. Record players and vinyl records are making a major comeback, while portable speakers allow music lovers to take their favorite sounds wherever they go. A subscription to a streaming service can be perfect for casual listeners or, if you're looking to splurge, consider concert tickets.

Outdoor Adventures

From jogging around the neighborhood to exploring nearby parks and trails, outdoor enthusiasts can never have enough gear. Runners are always searching for the latest sneaker launch or fitness tracker to keep on pace with their goals, while more casual enjoyers of the outdoors may love a new water bottle, picnic blanket, or beach bag.

Family Features | #16853 | Source: Jelly Belly Photo courtesy of Getty Images (girl opening gift)

What to do after a winter STORAT

Good Stuff

Provided by Disaster Blaster

Whether you got a few inches of snow or a few feet, there are always potential issues that can accompany any winter storm event, especially when freezing rain or ice are involved. From simple maintenance like shoveling the snow and clearing sidewalks to more serious issues like ice dams and roof leaks, these issues only get worse the longer you wait, making it important to address them right away.

Here are some tips for digging out quickly, cleaning up effectively, and ensuring that any potential damage is addressed properly!

Clear snow right away

Fresh snow is lighter than snow that's had time to compact and freeze, particularly when ice or freezing rain is involved, so it's always a good idea to get started right away to clear sidewalks and driveways. For heavy or prolonged snow storms, it may make sense to shovel periodically throughout the storm to avoid having to deal with 3 or 4 feet after the storm has passed.

Salt Walkways and Driveways

One of the most common things that homeowners forget to do is salt the walkways and driveways after they've shoveled. This may seem unnecessary, but due to the exposure to the cold air, snow and snowmelt freezes very quickly in these shoveled areas. Not only can this present a serious slip and fall hazard, but it can even make it harder to shovel after the next storm. We always recommend salting walkways and driveways as soon as you've cleared them.

Check the outside of your home for damage

Winter storms can cause a variety of property damage issues including ice dams, damage to roofing and siding, roof or window leaks, and more. So it's important to routinely check your property inside and out for any signs of potential issues. As property damage can worsen quickly if not addressed right away, this could save you a significant additional expense and potential headache. During your inspection, we recommend taking a walk around your home and look for any signs of damage to your home that you may be able to see from the ground. Be thorough, and remember damage can happen anywhere, so don't forget to check your roof, siding, windows, doors, decks & porches, sunrooms, etc. And keep safety in mind during your inspection as well - Some things, like climbing on the roof, are best left to the experts.

Look for damage to trees

Could any nearby trees have been damaged from the weight of ice or snow? Could they be at risk of falling or potentially losing branches that could cause damage to your home? Trees are much less resilient during winter, making them potentially dangerous in the right circumstances. Any signs of trees that may need to be cut back or cut down should be addressed as quickly as possible by a professional to prevent potential damage to your home and property.

Check out the inside of your home for damage

Did you know that winter is the most common time of year to experience water damage inside your home? Not only do the cold temperatures make things like frozen pipes and pipe breaks extremely common, but roof leaks and ice dams occur throughout the winter as well. While you should always be observant of changes inside your home, it's a good idea to do a walkthrough after any large storm event, taking care to check areas you may not often go into, such as attics, spare bedrooms, and basements. Pay careful attention for any signs of water intrusion or water damage, staining, drips or leaks, mold growth or discoloration, drafts, or structural changes. Any issues you do notice should be addressed immediately by trained professionals to avoid further damage that may occur.

Stay safe

Snow storms can introduce new hazards that you should always be alert for, particularly right after a storm. Snow and ice can create slip and fall hazards, frigid temperatures could represent an exposure risk, the weight of ice and snow could down tree branches or power lines, you could be injured by falling icicles... It's always important to be aware of your surroundings and limit exposure as much as possible – particularly when temperatures drop significantly.

We hope everyone has a wonderful winter season full of sled rides and hot cocoa. As always, if you do experience any property damage as a result of a recent winter storm, or any other reason, we're always here to help.

Stay warm and stay safe!



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 damage mitigation, basement water proofing, 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. Winter Destinations



Good Stuff

living green

Minter Destinations

Garrett Beers PA Department of Conservation and Natural Resources Bureau of Forestry

When wintertime destinations come to mind. they typically conjure up images of warmer destination like the turquoise waters of the Caribbean or palm trees on a South Pacific Island. These are all great places and on many people's travel bucket list, even my own. It never hurts to dream. With high gas prices and airport delays wreaking havoc on travel, let us stav a little closer to home this winter. Our dream vacations can wait another year.

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

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

The coldest stretches of winter hold one of the best spectacles. Ice! Some amazing displays can be seen, especially on streams that contain waterfalls. The waterfalls that are found on the back country streams are not going to be large, but they are worth



the hike. What they lack in size, they make up for in solitude and spender. Ice-covered rocks, glistening icicles hanging from the undercut stream banks, and only the noise of the stream filling the air.

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

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



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

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



HawleyWinterfest.com



MRS. DOGOOD

"EDEN" THE ORATORIO

By The Reverend Mrs. Silence DoGood

Dear Editor,

Covid was very difficult for all of us. But what Willie my husband and I have learned over the years is that when there is a crisis ... be practical. That's exactly what we both did in carrying out our missions at The First Church of God's Love in the bucolic-farming hamlet of Halo, Pennsylvania. Willie carried out his mission as organist and choir master. I carried out my mission as senior pastor.

Willie was committed to having choir music at our church services. So instead of having the choir members stand next to each other during practices, he placed each one of them in alternating pews, giving them a safe distance from each other. He then conducted the choir from the front of the church. He placed them there during services as well.

I created two church services instead of one so there would be half of the congregation at each service, thereby separating people from each other. The congregation registered for the service they wanted so I could manage the numbers.

But Covid also gave us the time to be creative. Dr. William A. DoGood, or Willie as I call him, is a musical scholar and composer. He has a Ph.D. in liturgical music from Bellingshire University in Sussex, England. Having always composed choir and orchestral pieces during his tenure at the church, he waited until Covid arrived to compose his magnum opus ... his oratorio.

An oratorio is a large scale musical work for orchestra and voices, typically a narrative on a religious theme, performed without the use of costumes, scenes or action. Well known examples include Bach's Christmas Oration, Handel's Messiah, and Hayden's Creation. But Willie took his oratorio in a new direction. He wrote his oratorio Eden on the theme of love by incorporating love poetry written by some of the world's greatest writers.

Eden's arias with full orchestra include works by Elizabeth Barrett Browning, William Butler Yeats, William Shakespeare, e.e.cummings, Pablo Neruda, Edna St. Vincent Millay, Rabindranath Tagore, Lisel Mueller, and of course John Donne. In fact, Willie's oratorio begins with excerpts from John Donne's poem The Good–Morrow written in 1633:

"I wonder by my truth, what thou, and I Did till we loved? Were we not wean'd till then? But sucked on country pleasure childishly?"

The words between the arias were written by Willie with the music following the free rhythm of the words. These were accompanied by a cello and harpsicord.

When Willie first finished his work, he didn't know what to do with it. But then he sent it to his mentor at Bellingshire University, Dr. Littlefield Whipplebaum, who is now the university's president. He also sent him an early copy of my book, Recipes for Overcoming the Fear of Living and the Fear of Dying, asking him if he knew anyone who would enjoy reading it.

Last week we received an unbelievably wonderful letter from Dr. Whipplebaum. He explained that the university had just finished the refurbishment of a Tudor church on the university's campus which will be their principle performance space. To mark its opening, the Board of Directors has chosen Willie's Eden to have its world premiere in the four hundred year old structure. He added that the church has fantastic acoustics.

In addition, he explained that his sister, Ms. Abigail Snow, is the minister of the Essex Unitarian Church in Kensington, London and that she wants me to speak and have a book signing there. She was delighted to read my book and is looking forward to meeting me.

That night after reading the letter, Willie and I sat at our kitchen table, drank green tea, ate my homemade oatmeal cookies, and talked about life. Yes, it is filled with crisis. Yes, it is filled with disappointments. Yes, it is filled with the unknown. But we gave thanks. We were thankful for being able to work. And for our work having found two homes abroad. We leave for London in a week.

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, 2023 All Rights Reserved.



By LA Guzda

"Walking in a Winter Wonderland", the great traditional Christmas classic, was written by Richard Smith, a native of Honesdale, PA. He was inspired to pen the lyrics after a snowfall blanketed Central Park. Smith had written the lyrics while in the West Mountain Sanitarium in Scranton while being treated for tuberculosis, better known then as consumption. The original recording was by Richard Himber and his Hotel Ritz-Carlton Orchestra in 1934. Other artists who enjoyed success with recordings are Artie Shaw, Guy Lombardo's orchestra (a top ten hit), Johnny Mercer (#4 on the Billboard chart), and Perry Como.

Honesdale, PA is named for Phillip Hone (October 25, 1780 – May 5, 1851). Mayor of New York City from 1826 to 1827 and a member of the Whig party, he was nicknamed "The Party Mayor" due to his lavish gatherings at his home as well as City Hall. Married at 22 to Catherine Dunscomb, by whom he had three sons and three daughters, Hone became wealthy in the auction business. By age 40, the selfmade Hone had amassed such wealth that he effectively retired to the life of a "gentleman". Hone was elected mayor in

Winter Wonderland الأسلوبية وارترب لااوته الداوير الاراد A1 2 ובדבגנגדג, ונדגוא גבדגומ, ווות A1 6 S1 620 · · bo 1 1 a ba a ba

1826, but served only one term. He became a man of great prominence in New York society, for his wealth, sophistication, extensive travel, and good taste, and was good friends with most of the political, artistic, and scientific leaders of his day. Most notable among them were: Washington Irving, Samuel Morse, Daniel Webster, John Jacob Astor, and U.S. Presidents John Quincy Adams and Martin Van Buren. He was the first president of the Delaware and Hudson Canal Company in 1825 and 1826 which later became the D&H Railroad - his connection to the area. He was most notable for a detailed diary he kept from 1828 until the time of his death in 1851. His recorded diary is said to be the most extensive and detailed of his time in 19th century America.

Irving Cliff is named after Washington Irving's visit to the lookout in 1827. In addition to The Legend of Sleepy Hallow,





Irving also penned Old Christmas, a classic of its day.

Have a safe and joyful holiday season. Be patient. Be kind. It's not about gifts received, but love shared. Count your blessings as you count down to a new year. May 2024 be a year of inspired creativity, a year of abundance for all.

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

Good Stuff

In September we talked about getting a library card and all the wonderful things libraries can help us accomplish. We've also spoken about health literacy, and the ways it can influence our present sense of well being, and enable our future. Now it's December, when so many of our thoughts turn to gifting the special people in our lives. How do these topics coalesce? In addition, given that this is a column about health, where does that fit in? Let me explain.

ΗΓΔΙΤΗ

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

First, to books, one of the BEST gifts that can be given, to anyone at any age. They don't add calories, they're easy to wrap, and they last forever. Even if the pages crumble and the ink fades, the stories and memories that come along with the book stay with you. In addition (here comes the science) neurological studies have pointed to the fact that cognitively stimulating activities, such as reading, writing, and playing games show promise in delaying the onset of dementia! Hold on, you may be saying, I thought we were just talking about books.

Reading is about so much more than seeing, and understanding, the words on a page. Dialogic reading is a means of having conversations about books. It goes beyond traditional reading in that the reader and the child can vary how they gain meaning from the story. Running a finger under the word indicates that the word has meaning and significance. Encouraging the child to name an object on the page or talk about something in the story gets the child engaged in the story and helps build vocabulary and comprehension. Such activities can open doors to all sorts of memory sharing between the reader and the child, particularly if/ when the reader stops the story to say something of their own past. What a gift!! Writing is a huge part of sharing memories. Many people keep journals that, when read by future generations, open doors to a better understanding of time and place. Writing can be fun, too. Write words in shaving cream, play dough or clay; copy letters, words or pictures to make stories come alive in activities that a child will long remember. Playing involves reading. From following the directions in a game to using empty boxes to reconstruct the three little pigs' neighborhood, reading entices the imagination to act out the written word. Is it any wonder that children and adults enjoy dramatic activities; from puppet shows to community theatre? Obviously, reading's not just for kids!

Now, on to what this has to do with health. Literacy is the ability to read, write, speak, and listen in a way that allows us to communicate effectively and make sense of the world. It is also considered a social determinant of health. Individuals with limited literacy face added difficulties following instructions given by their healthcare providers, communicating with said providers, adhering to instructions regarding their medications, and discerning accurate information from all the varied sources out there that address "the secret to feeling and looking better." Yale University School of Pubic Health researchers investigated the benefits of reading books. The evidence suggested that people who read books regularly had a 20% lower risk of dying over the next 12 years than people who did not read or who read magazines and newspapers only. How much reading makes a difference? A 2009 study from the University of Sussex found that just six minutes of reading a day could reduce stress levels by 68%! Reducing stress is a very effective way of minimizing the effects of a multitude of physical and emotional problems that negatively impact us on a daily and long term basis.

What about e-readers? It depends upon whom you ask. There are pros and cons to each, though multiple studies indicate that memory retention and focus are better upon reading a paper book. We can explore that issue in another column, though. For now, any reading is better than none, and opens the door to learning, imagination and adventure.







Ongoing Events

DAILY

Rotating Art Gallery

Three Hammers Winery, Honesdale. Art Gallery presents a harmonious balance of contemporary fine art, fine wine, & local history. It showcases the mastery of artists from Northeastern PA & beyond, working in a variety of mediums. All artist receptions are free & open to the public.

Info: threehammerswinery.com.

TUESDAYS

Gentle AM Stretch with Maryanne

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

WEDNESDAYS

Yoga with Maryanne

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

WEDNESDAYS

Taste of Tokyo

5-8 p.m. Glass Restaurant, Hawley. Enjoy authentic Izakaya style small plate & Japanese brew featured on Wednesdays. Info: 570-226-1337 or info@ledgeshotel.com.

THURSDAYS

Christmas Tea

2-4 p.m. The Settlers Inn, Hawley. Delight in the inn's holiday décor during a festive afternoon tea. Enjoy delicious fresh brewed teas, finger sandwiches and desserts. Info: 570-226-2993 or desk@thesettlersinn.com.

THURSDAYS, FRIDAYS, SATURDAYS, SUNDAYS

Poconos Lights

5-10 p.m. Poconos Park, Bushkill. Drivethru Christmas experience in a breathtaking display of creativity and imagination, designed to kindle the spirit of togetherness and wonder. With every twist and turn, be captivated by the brilliance of countless lights illuminating the night, transforming the park into a mesmerizing symphony of color and merriment.

Info: poconoslights.com.

DEC '2

FRIDAYS

Yoga with Diane

9-10 a.m. Lake Region Fitness, Hawley Silk Mill, Hawley. Info: 570-390-4GYM (4496) or info@lakeregionfitness.net.

THE AREA'S GOOD STUFF

FRIDAYS

Hawley Farmers Market

1-4 p.m. Hawley Hub, Hawley. Through April. Pre-orders available from online vendor list, & pick up at the market. THANKS-GIVING WEEK MARKET will be on TUES. Nov. 21 from 1-4 p.m. instead of Fri. Info: 570-226-1644.

FRIDAYS

Chords For Community

6:30-8:30 p.m. Gresham's Ice Cream Shoppe, Hawley. Enjoy a youth concert series at Gresham's Ice Cream Shoppe's courtyard. This program, spearheaded by young musician Callie Gelderman, features local young musicians. All the money raised benefits the music scholarship for children in the community who cannot afford lessons. Free. Info: 570-226-0640.

SATURDAYS

Yoga with Diane

10-11 a.m. Lake Region Fitness, Hawley Silk Mill, Hawley. Info: 570-390-4GYM (4496) or info@lakeregionfitness.net.

December 1-31

DEC. 1-3

Candlelight Christmas Dinner

5:30-9 p.m. The Settlers Inn, Hawley. Enjoy Holiday punch, syllabus, passed hors d'oeuvres, horse and carriage ride, farm-totable feast, live music and handcrafted holiday desserts. Reservations required. Info: 570-226-2993 or desk@thesettlersinn.com.

DEC. 1-3

Dramatic Production: Charles Dickens' "A Christmas Carol"

Grey Towers National Historic Landmark, Milford. "A Christmas Carol" dramatic reading performed by Joe Plummer Jr. Perfor-

mance is 85 minutes & not recommended for children under the age of 10. Info: 570-296-9625 or info@grevtowers.org.

DEC. 2

Winter Ecology Hike

10 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Learn how different plants and animals survive the winter. Join PEEC on a hike and experience PEEC in the wintertime. All ages welcome. Please call to register. Info: 570-828-2319 or peec@peec.org.

DEC. 2

Milford's Annual Tree Lighting

10 a.m.-7 p.m. Milford Community House, Milford. Activities throughout the town all day long. Enjoy cookie swaps, photo booths, Mr. and Mrs. Claus, extended shopping hours, luminaries, the tree lighting (just before 5 p.m.) with Santa and so much more. Free. Info: 570-296-8700 or info@pikechamber.com.

DEC. 2

Photo Contest Art Opening

11 a.m.-1 p.m. Kettle Creek Environmental Education Center, Stroudsburg. Enjoy the entrants in the Monroe County Natural Resources Photo Contest. Winners will be revealed and the top 12 photos will be available on a 2024 calendar. Proceeds from calendar sales will benefit environmental education programs at Kettle Creek. Exhibit runs through Jan. 31, 2024.

Info: 570-629-3061 or mcconservation.org.

DEC. 2

"Over and Under the Snow" and Craft

Noon-1:30 p.m. Van Scott Nature Reserve of the Delaware Highlands Conservancy, Beach Lake. Join the Delaware Highlands Conservancy education and volunteer coordinator, Rachel Morrow as she reads the story "Over and Under the Snow" by Kate Messner. Following the reading, create a small craft for you to take home. Prior registration required. Children must be accompanied by an adult. Info: 570-226-3164 or rachel@delawarehighlands.org.

DEC. 2

Christmas on Main Street

3-6 p.m. Main Street, Forest City. Santa at the Forest City Historical Society. Tree Lighting at 5 p.m. Forest City Regional Chorus & Forest City Regional Band Concert performances. Info: 570-785-3800.

DEC. 2, 3, 16, 17, 23, 24

Honesdale Santa Christmas Tree Express

10 a.m.-8 p.m. Honesdale Station, Honesdale. Travel in comfort in the heated coaches as you dash down the tracks to the trackside Christmas Tree Farm. Once you arrive, climb off the train and visit with Santa, pick your favorite Christmas tree, and enjoy complimentary hot chocolate. Passengers have approximately 1-1/2 hours to visit Santa and choose and purchase that special Christmas tree (note: trees are an additional cost). You are responsible to attach it to your car, so be sure to bring the proper supplies to do so. Cash and credit cards accepted. Info: 570-470-2697 or

info@thestourbridgeline.net.

DEC. 3

Acrylic Painting

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Workshop with artist Rosellyn Grohol. All materials included. Info: 570-251-1181 or

info@theartfactoryofwhitemills.com.

DEC. 3

Holiday Artisans' Market at the Cooperage Project

11 a.m.-4 p.m. The Cooperage Project, Honesdale. 12th Annual Holiday Artisans' Market showcases the work of many talented artisans of the Upper Delaware Region. You'll find a unique selection of handcrafted gifts for friends and family. Preview the market vendors on the Cooperage's website or social media accounts. Free.

Info: 570-253-2020 or

info@thecooperageproject.org.

DEC. 3

Impressionism with Metallic Acrylic

1-2:30 p.m. Art Factory of White Mills, White Mills. Workshop with artist Rosellyn Grohol. All materials included. Info: 570-251-1181 or info@theartfactoryofwhitemills.com.

DEC. 3

Wayne Choralaires perform "O Holy Light" 2:30 p.m. St.Paul's Lutheran Church, Hawley. Info: 570-253-2782.

DEC. 3

Midtown Quartet Holiday Concert

3-5 p.m. Milford Theater, Milford. NYbased, dynamic vocal quartet that specializes in barbershop, contemporary a cappella, jazz and musical theater brings holiday cheer & their own unique flavor of four-part

harmony. Join Kindred Spirits Arts Programs for a joyous celebration. Info: 570-390-8699 or yanathatcher@gmail.com.

DEC. 4-17

Holiday Mansion Tours

11 a.m. & 1 p.m. Grey Towers National Historic Landmark, Milford. All three floors of the historic Grey Towers will be decorated, and public tours offered. Guests enjoy holiday music as they tour the ground floor. There will be several Christmas trees & period decor to see throughout the hour-long visit. Tickets must be purchased in person the day of the tour at the visitor center located in the historic Letterbox starting at 10:30 a.m. See website for weather related updates. Info: 570-296-9630 or greytowers@fs.fed.us.

DEC. 5

Tom Quick Pasta Party

5-9 p.m. Tom Quick Inn Restaurant, Milford. Enjoy a build-your-own style Pasta Party at the historic Tom Quick Inn. The first Tuesday of each month Tom Quick will be offering new variations of the BYO options. Info: 570-832-8500.

DEC. 7

Holiday Cookie Baking Class

4:30-8 p.m. Boiler Room, Hawley Silk Mill, Hawley. Make & take home eight dozen cookies. Call Cocoon Coffeehouse and Bakery to reserve your spot at 570-226-6130. Info: info@cocooncoffeehouse.com.

DEC. 7

Oh! Christmas Trees Sip and Snip

5:30-7 p.m. Gorgeous Floral, Hawley. Create your own miniature boxwood Christmas tree to enhance the holiday décor at your home or office. Includes a cocktail or mocktail. Reservations: 570-576-0490.

Info: 570-576-0490 or info@gorgeous-floral.com.

DEC. 7

Wayne Choralaires perform "O Holy Light" 7 p.m. St. Rose Catholic Church, Carbondale. Info: 570-253-2782.

DEC. 8-10

Hawley Winterfest

Downtown Hawley. Stroll through town and visit with the store owners, shop the holiday bargains, have the kids make a craft and get your gift list completed by supporting unique small businesses. Enjoy live theater at The Ritz Playhouse, live music at many local churches, a live nativity play, horse and carriage rides, many craft vendors, ugly sweater contest, Trees for a Cause, holiday decorating contest, holiday lights, Beer Tour, Christmas Tree Express train rides, and so much more. Free. Info: 570-226-4064 or info@visithawleypa.com.

DEC. 8

Chocolate & Coffee Tasting with Moka Origins

10 a.m.-Noon. Cocoon Coffeehouse & Bakery, Hawley. Part of Hawley Winterfest Weekend. Call to reserve your spot: 570-226-6130.

570-220-01

DEC. 8

Girls' Night Out

5-9 p.m. Downtown Milford, Milford. Grab your girlfriends & head into Milford Borough to wrap up your holiday shopping by shopping the small businesses of Milford. Free. Info: milfordmusicfest@gmail.com.

DEC. 9

Deck the Boats Day - Winter Open House

9 a.m.-4 p.m. Boat Showroom, Lighthouse Harbor Marina, Greentown. The 2nd Annual "Deck the Boats" winter event. Browsing around the Hawley Winterfest on Saturday? Stop by and enjoy free hot cocoa from the hot chocolate bar and a cookie. Bring a toy to be donated as part of the 3rd annual "Fill the Boat Toy Drive!" There will be raffle prizes, pictures with Santa from noon-2 p.m. and more. You don't have to stay all day either, just stop by when you like, enjoy the warm beverage & holiday vibes and that's it. Free. Toy and cash donations welcome. Info: 570-857-0220 or

media@lighthouseharbor.com.

DEC. 9

Breakfast with Santa

10 a.m.-Noon. The Waterfront, Silver Birches Resort, Hawley. Bring the family for a fun morning with gingerbread cookie decorating. Call 570-226-4388 to reserve.

Info: 570-226-4388 or

info@silverbirchesresortpa.com.

DEC. 9

Holiday Open House at the Potting Shed

10 a.m.-6 p.m. The Potting Shed, The Settlers Inn, Hawley. Join The Potting Shed at the Settlers Inn for Hawley Winterfest. Browse the shop in the garden, enjoy 15% off all merchandise plus complimentary mulled wine and cheese. Info: 570-226-2993 or desk@thesettlersinn.com.

DEC. 9

Christmas in the Village - Bethany 2023

11 a.m.-2 p.m. Bethany Public Library, Bethany Historical Society, Bethany Presbyterian Church, Bethany Community Church. Free community event. Sheep & shepherd in the park, Honesdale High School Choir at 11, train and Putz House display, crafts and refreshments and a visit from Santa.

Info: 570-253-4349 or Facebook.

DEC. 9

Holiday Bows and Boughs

1-4 p.m. Pocono Environmental Education Center, Dingmans Ferry. Create your own holiday decorations using natural materials. PEEC provides evergreen boughs & materials for you to make wreaths, swags & table decor. Join PEEC as they introduce making swags & hangers. You can also bring your own supplies and decorations. Music, drinks & snacks included. Pre-registration is required. Info: 570-828-2319 or peec@peec.org.

DEC. 9

Winterfest Rockin' Christmas

6-9 p.m. Glass - Wine.Bar.Kitchen, Hawley. Live music with John Curtin. No cover charge. Info: 570-226-1337 or info@ledgeshotel.com.

DEC. 9 & 10

Winterfest Artisan Fair

10 a.m.-5 p.m. Hawley Silk Mill, Hawley. Shop a marketplace of juried artisan and fine craft goods hosted by Art on the Edge at the Hawley Silk Mill as part of Hawley Winterfest. Free. Info: 570-226-1337.

DEC. 9 & 10

Hawley Santa Christmas Tree Express

10 a.m.-6 p.m. Hawley Station, Hawley. Travel in comfort in the heated coaches as you dash down the tracks to the track-side Christmas Tree Farm. Once you arrive, climb off the train and visit with Santa, pick your favorite Christmas tree, and enjoy complimentary hot chocolate. Passengers have approximately 1-1/2 hours to visit Santa and choose and purchase that special Christmas tree (note: trees are an additional cost). You are responsible to attach it to your car so be sure to bring the proper supplies to do so. Cash and credit cards accepted.

Info: 570-470-2697 or info@thestourbridgeline.net.

DEC. 9 & 10

Winterfest Brunch

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

DEC. 10

Nature Photography

1-3 p.m. Pocono Environmental Education Center, Dingmans Ferry. Learn beginner techniques on how to frame a picture and then apply those skills on PEEC's trails. Great for children and those starting from scratch. Participants will need a camera for pictures, even a phone camera will do. Please call to register. Info: 570-828-2319 or peec@peec.org.

DEC. 10

"Santa Crawl" for Autism

2-7 p.m. Log Tavern Brewing Company, Milford. Come dressed as Santa, an elf, a reindeer, in an ugly sweater or the best festive holiday outfit for a day of jolly fun for a great cause. Hosted By Pike Autism Support Services. Santa Crawl begins at 2 p.m. at the Log Tavern Brewery & continues until 7 p.m. at The Jive Bar for cookies & costume contest. This is a snow or shine event. Must be 21 and older. Info: info@passnepa.org.

DEC. 10

Wayne Choralaires perform "O Holy Light" 2:30 p.m. Central Un. Methodist Church, Honesdale. Info: 570-253-2782.

DEC. 10

Child Labor on the Delaware and Hudson Canal

3 p.m. Pike County Historical Society & Columns Museum, Milford. A lecture by Bill Merchant, canal historian and deputy director for collections at the Delaware and Hudson Canal Historical Society. The D&H Canal was an important industrial enterprise in 19th century America, marketing PA anthracite coal through its canal and, later, its extensive railroad network. Historian Bill Merchant has conducted extensive research on the plight of the many marginalized people who comprise the vast majority of this workforce. This presentation relates how the labor of children contributed to its immense success, using stories from primary sources along with many period images. Info: 570-296-8126 or pikemuse@ptd.net.

DEC. 10 Joe Crooks

Joe Crookston

4 p.m. The Cooperage, Honesdale. Joe is a force of nature on stage. He is in his power and communes with his audience and welcomes them into the magic. His rhythm is infectious. In concert, he is funny as hell one moment and transcendent the next. Info: thecooperageproject.org.

DEC. 14

Holiday Cookie Baking Class

4:30-8 p.m. Boiler Room, Hawley Silk Mill, Hawley. Make & take home eight dozen cookies. Call Coccoon Coffeehouse and Bakery to reserve your spot at 570-226-6130. Info: info@coccooncoffeehouse.com.

DEC. 14

Oh! Christmas Trees Sip and Snip

5:30-7 p.m. Gorgeous Floral, Hawley. Create your own miniature boxwood Christmas Tree to enhance the holiday décor at your home or office. Includes a cocktail or mocktail. Reservations: 570-576-0490. Info: 570-576-0490 or info@gorgeous-floral.com.

DEC. 16

Acrylic Pour

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Workshop with artist Carol Mainardi. All materials included. Info: 570-251-1181 or info@theartfactoryofwhitemills.com.

DEC. 19

Entrepreneur's Incubator

6 p.m. The Foundry, Hawley. Join the discussion with like-minded individuals to create a community network of exchanging ideas and advice while learning and growing in your entrepreneurial pursuit. Free. Info: info@TheHawleyHub.com.

DEC. 21

Buche de Noel Baking Class

4:30-8 p.m. Hawley Silk Mill, Hawley. Make & take home a decorated Yule log cake for your holiday celebration. Call Cocoon Coffeehouse & Bakery to reserve your spot at 570-226-6130.

Info: info@cocooncoffeehouse.com.

DEC. 24

Christmas Eve Dinner at The Inn

Noon-6 p.m. The Settlers Inn, Hawley. Enjoy Christmas Eve dinner at the inn. Reservations required. Info: 570-226-2993 or desk@thesettlersinn.com.

DEC. 27-31

Pocono Winter Wonderland Express

12 p.m. & 3 p.m. Honesdale Station, Honesdale. Take in the winter beauty of the Northern Pocono Mountains & learn about this beautiful winter wonderland on a 1.5-hour round-trip excursion. Coaches are heated & have restrooms. Info: 570-470-2697 or jhiller@thestourbridgeline.net.

DEC. 29

Runaway Train Beer Tasting Limited

3-4:45 p.m. Honesdale Station, Honesdale. Enjoy a beautiful fall ride along the Lackawaxen River, while being treated to two pints of the Runaway Train Brewery's finest craft beers. Representatives will be on hand to explain the tasting notes of the beers as well as discuss the local craft beer-making process. Finally, your historic journey will bring you to the Runaway Train Brewery in Downtown Honesdale, where you'll be given a private, behind-the-scenes tour of the brewery operations, a Runaway Train souvenir, and then be provided with a fabulous sit-down dinner from the special dining menu. Dining car has tables of two (forestview side) or four (river-view side). Seating assigned in order that reservations are received. Limited seating (12 seats). Info: 570-470-2697 or

jhiller@thestourbridgeline.net.

DEC. 31

New Year's Eve Dinner

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

DEC. 31

New Year's Eve Celebration

Early seating: 7 p.m. or before; late seating: 8 p.m. or after. Glass - Wine.Bar.Kitchen, Hawley. Celebrate the New Year by the waterfall at Glass. Enjoy live music & an exquisite tasting menu. Reservations required.

Info: 570-226-1337 or info@ledgeshotel.com.

DEC. 31

New Year's Eve Bash

8:30 p.m.-1 a.m. The Waterfront, Silver Birches Resort, Hawley. Usher in 2024 complete with DJ, decadent buffet, dancing, champagne and a noisemakers. Reservations required. Info: 570-226-4388 or info@silverbirchesresortpa.com.



fun! magical! entertaining!

Rescued farm animals come to life in a magical celebration of Christmas. It all starts with the first Thanksgiving feast on the farm. The fun time continues when the farm animals go to a Christmas party. After making snow wings and decorating the barn for the holidays, it's time for the farm animals to go to bed while magical things begin to happen... not only reindeer can fly at this magical time of the year.



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.

	PLEASE PRINT CLEARI			
				Email:
Quantity: X	\$17.90 = To	tal cost:		
Pay by Check 🗌 Number:				ite:/Security code:
Shipping: 🗌 Same a Name:				
Address: City:				

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

CLEMLEDDY design build remodel

WISHING YOU on and happiness this holiday season!

570-226-2899 CILEMILEDIDY.COM