

SEPTEMBER 2024

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# CONNECTIONS

## MAGAZINE



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& BACK TO  
SCHOOL



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# CONNECT

SEPTEMBER 2024

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According to the U.S. Surgeon General, Americans face a lack of social connection that poses a significant risk to individual health and longevity.

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Getting kids up and out the door is a challenge all on its own, and on those busy school mornings when nothing seems to run smoothly, healthy breakfasts can go by the wayside. While it's widely recognized as the most important meal of the day, that doesn't always mean you have time to sit down and enjoy it.

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# 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*

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## 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

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### WHAT A DILEMMA

To laugh is to risk appearing a fool.  
To weep is to risk appearing sentimental.  
To reach out for another is to risk involvement.

To expose feelings is to risk rejection.  
To place your visions before the  
crowd is to risk ridicule.

To love is to risk not being loved in return.

**\*\*To go forward in the face of  
overwhelming odds is to risk failure.**

But risks must be taken, because the  
greatest hazard in life is to risk nothing.  
The person who risks nothing, does nothing,  
has nothing, is nothing.

We may avoid suffering and sorrow, but we  
cannot learn, feel, change, grow,  
love or know GOD.

Chained by our own self-assurances, we  
are a slave. We have forfeited our freedom.

**Only the person who dares to take risks and  
to trust in their GOD will ever be made FREE.**

---

In 1997, Rev. Edwin E. Bailey, father of the editor, gave this poem to his daughter 8 days before he had a stroke and 3 weeks before he died. The poem was adapted from works by Leo Buscaglia. Edwin hand wrote this on a scrap of paper and gave it to his daughter, Deborah, saying the words, "Someday you'll understand these words and use them. God bless sweetheart." \*\*These words were used in making the decision to purchase Connections Magazine in 2002.

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“Be curious,  
be adventurous,  
and make the most  
of every opportunity.”

**S**eptember is for slowing down and taking time to refocus on connections. Staying connected can be hard when schedules conflict and life gets busy, but shared meals with friends, family or however you define your family can be the glue that holds people together. Check out our 5 reasons family meals are a recipe for success on page 6.

Solving your morning rush with grab-and-go breakfasts you can make ahead of time accomplishes two goals at once: staying on schedule and fueling your kiddos (and yourself) for the day ahead. Look inside for quick, healthy breakfast ideas.

Did you know there are over 207,600 acres of public land for you to explore in Wayne and Pike counties alone? So enjoy a hike in PA's woods and breathe in the fresh September air!

Get curious and venture out to our area's many fall festivals and events... take in every opportunity before the snow falls.

Happy fall, y'all!

The CM Team  
570.647.0085  
cmag@ptd.net





## 5 Reasons Family Meals are a Recipe for *Success*

**According to the U.S. Surgeon General, Americans face a lack of social connection that poses a significant risk to individual health and longevity. "Loneliness and social isolation increase the risk for premature death by 26% and 29%, respectively. More broadly, lacking social connection can increase the risk for premature death as much as smoking up to 15 cigarettes a day", per the report.**

One way to address this epidemic of loneliness is by sharing a meal with friends and family. Learn five of the specific advantages of family meals identified by the Family Meals Movement and take advantage of these benefits during National Family Meals Month this September by sharing one more meal together each week.

### **Meals Together Foster Togetherness and Connectedness**

Staying connected can be hard when schedules conflict and life gets busy, but shared meals with friends, family or however you define your family can be the glue that holds people together. Studies demonstrate a positive relation-



ship between family meal frequency and measures of family functioning, which is defined as family connectedness, communication, expressiveness and problem-solving. The key is for family members to engage in conversation with one another during mealtimes and take advantage of the one-on-one time without distractions or interruptions from smartphones or other devices.

## Meals Together Strengthen Mental Health

An often overlooked benefit of family meals is mental health support. Multiple studies show family meals have long been associated with improving mental health, including reducing symptoms of depression, decreasing violent behavior, and lessening thoughts of suicide among youth. Among adolescents, frequent family meals can help mitigate the risks of destructive behaviors by boosting prosocial behaviors and life satisfaction. Data from the FMI Foundation's "Staying Strong with Family Meals" Barometer shows family meals also help restore a sense of peace, with one-third of survey respondents saying family meals make them feel calm. In short, family meals are a recipe for strengthening emotional well-being among children and adolescents.

## Meals Together Improve Nutrition

There is one easy way to help ensure your family is eating fruits and vegetables: a family meal. Research shows family meals improve fruit and vegetable consumption. It also pays to start this trend early, with research finding preschool-aged children who eat frequent family meals are more likely to eat more fruits and vegetables. Overall, research indicates families who eat

together frequently have a better overall healthy diet and lower body mass index.

## Meals Together Improve Academic Performance

Helping students' academic performance begins around the family dinner table. Eating more meals together as a family is associated with improved overall adolescent health, including higher grades. Multiple studies show students whose families eat together frequently perform better academically in areas such as reading and vocabulary. Research also supports a correlation between frequent family meals lowering incidents of risky and harmful behaviors, including drug and alcohol abuse, which may also contribute to school performance.

## Meals Together Teach Civility

The family dinner table is a perfect place to show younger generations how to communicate respectfully, according to the Family Meals Barometer summary. In fact, 76% of survey participants agreed family meals are a good opportunity to have and teach respectful interactions while 70% said frequent family meals create a safe environment for families to discuss thornier societal issues. Another 68% affirmed their belief that sitting at a meal together tends to keep conversations more civil.

Learn more about the physical, mental and social benefits of family meals at [familymealsmovement.org](http://familymealsmovement.org) and follow [#familymealsmonth](https://twitter.com/familymealsmonth) and [#familymealsmovement](https://twitter.com/familymealsmovement) on social media.

*Family Features | #17114 | Source: FMI Foundation  
Photo courtesy of Shutterstock*



## Manage Hectic Mornings with Quick, Healthy *Breakfasts*

**Getting kids up and out the door is a challenge all on its own, and on those busy school mornings when nothing seems to run smoothly, healthy breakfasts can go by the wayside. While it's widely recognized as the most important meal of the day, that doesn't always mean you have time to sit down and enjoy it.**

*Family Features | #16894  
Source: Healthy Family Project*

Solving your morning rush with grab-and-go breakfasts you can make ahead of time accomplishes both goals at once: staying on schedule and fueling your kiddos (and yourself) for the day ahead. These delicious and nutritious recipes come from Healthy Family Project's 2024 Back to School Campaign, which is raising \$12,000 for the Foundation for Fresh Produce to support children's accessibility to fresh fruits and vegetables.

These Mixed Berry Whole-Wheat Muffins are a perfect solution when you need to hustle out the door. As a healthy, delicious treat kids can take with them to school or eat during the commute, they're quick and easy to make. Loaded with blueberries - a bona fide superfood that's high in fiber, low in calories, and high in vitamin C, potassium, and vitamin K - you may even need to make a double batch so you have plenty for breakfasts and after-school snacks.

With a simple graham cracker crust and creamy Greek yogurt filling, Mandarin

Orange No-Bake Tarts offer another refreshing, kid-friendly morning meal. They can help you start your day on the right foot whether you're short on time or able to eat a quick bite together as a family.

Discover more ways to manage school-day schedules with easy, nutritious recipes at [healthyfamilyproject.com](http://healthyfamilyproject.com).

## Mixed Berry Whole-Wheat Muffins

Recipe courtesy of Healthy Family Project  
Prep time: 5 minutes | Cook time: 15 minutes  
Servings: 12

- 1 1/4 cups white whole-wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 1 large egg
- 1/2 cup maple syrup
- 2 teaspoons vanilla extract
- 3/4 cup plain nonfat Greek yogurt
- 3/4 cup unsweetened applesauce
- 1/2 cup chopped strawberries
- 1/2 cup blueberries

Preheat oven to 400 F. Grease muffin pan and set aside.

In medium bowl, whisk flour, baking powder, baking soda and salt. In separate large bowl, mix egg, maple syrup, vanilla, yogurt and applesauce.

Add dry ingredients to wet ingredients and stir until just combined. Do not over-mix. Fold in strawberries and blueberries.

Pour batter into prepared muffin tin, filling cups about 3/4 full.

Bake 15 minutes, or until tops are golden brown and toothpick inserted in center comes out clean.

Remove from oven and let cool in muffin tin 5 minutes before removing.

## Mandarin Orange No-Bake Tarts

Recipe courtesy of Healthy Family Project  
Prep time: 10 minutes | Freeze time: 1 hour

- 1 cup graham cracker crumbs
- 2 tablespoons butter, melted
- 1 cup plain nonfat Greek yogurt
- 1 teaspoon vanilla extract
- 2 tablespoons honey or maple syrup
- 4 mandarin oranges, peeled and segmented

In bowl, mix graham cracker crumbs with melted butter.

Press mixture into bottom of individual mini tart pans or mini muffin tin. Refrigerate crusts to set while preparing filling.

In bowl, combine Greek yogurt, vanilla and honey or maple syrup. Mix well.

Spoon yogurt mixture into chilled crusts.

Freeze tarts at least 1 hour. Top with mandarin segments.



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**Good Stuff**

# HAZARDS

of spray foam insulation

*Provided by Disaster Blaster*

Having your home insulated with spray foam insulation may seem like a great investment promising improved energy efficiency and lower heating and cooling costs, but there is a dark side to spray foam insulation that many property owners aren't aware of.

**Instead of an investment that improves the lives of you and your family, could you be unwittingly contaminating your home with hazardous chemicals?**

While the benefits of effective insulation are well known, what isn't talked enough about are the risks should things go wrong. Here are a few things to consider.

**What is spray foam insulation?**

Spray foam insulation is a composite material that's applied on-site to insulate buildings and seal cracks and gaps. It's generally made from two chemicals that react together and create a

foam that dries in place. The foam conforms to the surfaces it is applied to, creating a tight building envelope that can improve energy efficiency, reduce air infiltration, and limit noise.

### What makes spray foam insulation hazardous?

In a word, chemicals. While there are different types of spray foam insulation, they are all essentially a mixture of a variety of chemicals that react to expand and provide the insulation benefit. Some chemicals commonly used in spray foam insulation are recognized as being quite toxic, with a number of them being illegal to use in other countries such as Canada, where spray foam has become a serious issue.

Introducing chemicals into your home can reduce air quality and expose you and your family to these potentially hazardous chemicals.

### How hazardous is spray foam insulation?

Depending on the type and the chemicals in it, spray foam insulation can be extremely hazardous. While many toxic chemicals have been outlawed in other countries, they remain legal in the United States, which can present a serious risk to health for building occupants.

Some common health effects linked to exposure to spray foam insulation chemicals include skin and respiratory problems such as lung irritation, sensitization, coughing, wheezing, shortness of breath, tightness in the chest, and asthma. Developing children have been shown to be more likely to develop long-term respiratory issues from prolonged exposure to environmental factors.

As it's difficult to know what chemicals are being used or the potential reactions you and your family may experience, the health hazards of exposure to improperly cured spray foam insulation can be difficult to define.

### What causes spray foam insulation to become hazardous?

After spray foam insulation is applied, it takes time for it to dry properly and cure, and during the time that the product is wet, it can release VOCs and hazardous chemicals into the air. This is why you're generally advised to leave the home for several hours while they are applying the spray foam insulation. This allows the spray foam time to cure before you return home, but sometimes it doesn't cure properly.

If, for example, the spray foam is mixed improperly, applied improperly, applied to cavities with insufficient airflow such as inside existing walls, or the contractor uses expired product, the spray foam insulation may not cure at all and

may continue to release dangerous VOCs and chemicals into the air. We have been involved in projects where air quality tests still showed extremely high chemical levels more than a year after the spray foam insulation was applied!

### How do you know if your spray foam insulation didn't cure properly?

One of the most obvious signs of a spray foam project gone wrong is a "fishy" or chemical odor that persists beyond a few hours. This indicates that the spray foam insulation is still off gassing, and as a result releasing potentially harmful chemicals into your home. What's worse is that depending on why this is occurring, the spray foam may not cure at all, leading to a problem that may not be resolved without proper remediation. It's not uncommon for homes with improperly applied or mixed spray foam insulation to smell for months or even years!

### What happens if spray foam is applied or installed improperly?

Unfortunately, if spray foam insulation has been applied incorrectly, or doesn't cure properly, the only solution is for a qualified remediation company to address the issue, which includes a thorough removal of the material from the property, detailed cleaning of structural materials that came in contact with it, and air filtration.

This is an extremely detailed process that removes the hazard from your property and restores the quality of your indoor air so that the property is safe for you and your family.

While many spray foam insulation projects are completed without issue, for others the investment becomes a nightmare that upends their lives. These issues can be resolved by the qualified professionals at Disaster Blaster however, who are happy to evaluate your issue and develop a plan of action to ensure your home is safe again.



*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 waterproofing, 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

## Travel Destination: **OUR LOCAL FORESTS**

*By Shelby Chorba,  
Program Manager of Northern Tier Hardwood Association*



**Did you know that there are over 207,600 acres of public land for you to explore in Wayne and Pike Counties alone?**

The northeast corner of Pennsylvania is blessed with many public lands through PA's Department of Conservation and Natural Resources, PA's State Game Lands, and the National Park Service. In all of Pennsylvania there are over 4 million acres of public land! In the northeast, we have numerous state game lands, 2 state parks, state forests, and a national recreation area. So, what exactly can you do on these public forest lands? Hiking and fishing are probably the most obvious. Hunting is available in designated areas, depending on the season. (Check with the Pa Game Commission's website.) Bicycling, horseback riding, picnicking, and camping are all fun to do in the summer, while in the winter you can icefish, snowshoe or cross-country ski and in some places snowmobile. With all these activities, there is so much to explore and learn while recreating within our forests.

**Shelby Chorba**  
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**#PAWorkingForestsWork**



Our forests provide more than just recreation. Forest land provides air purification, clean water, plant and animal habitat, and economic benefits in the form of sustainable timber harvesting and wood products. While enjoying Penn's Woods this fall, be sure to stop and think about all the benefits of our working forests- providing adventure and scenery, value, beauty and durability in the form of hardwood products, careers, habitat, and memories made. Working forests mean sustainability.

Another benefit: our Pennsylvania forests are carbon negative! Healthy forests absorb more carbon than they release. Young forests are the best at carbon sequestration, another reason why it's important to sustainably manage our forests. Sustainably managing the forests means that it's okay to cut down trees! Sil-



Photo credit: Map - PA DCNR

viculture is the art and science of managing forests for a desired outcome and provides many different forest management types/ harvests. They're vital for wildlife habitat, recreation, and conservation. By promoting aesthetic appeal, biodiversity, and preserving special sites, we ensure a sustainable future for generations to come.

*Northern Tier Hardwood Association is actively improving and promoting sustainable forestry through our mission: to promote long term economic development in the Northern Tier of Pennsylvania (9 counties including Wayne and Pike) through intelligent forest management, careful expansion of secondary wood processing, improved manufacturing methods, regional hardwood promotion and education.*

# #PAWorkingForestsWork





# NESSUN DORMA

By The Reverend Mrs. Silence DoGood

Dear Editor,

My husband Willie has been struggling since our church burned down. As the organist and choir master for our church, as well as a recognized and award winning composer of liturgical music, he is at a loss without the Church's organ which was also completely destroyed. Yes, he rented a home organ for use in the Unity Grange hall which is our temporary facility, but it lacks nuance and depth. The old piano in the hall offers no solace, either. And the awful acoustics grate on his artistic talent.

Recently he has brought some of his musical equipment to the hall so he can use recorded music during my services. He can now bring select pieces of the world's musical repertoire into our rural-farming community for Sunday service. However, Willie still remains frustrated.

Last Sunday while my congregation and I were sitting during the thanksgiving meditation of my service, I was thunderstruck with beauty. Willie played the German-Austrian tenor Jonas Kaufmann singing "Nessun dorma". It is an aria from Giacomo Puccini's opera Turendot. The music pierced straight through my humanity to its core, which means it touched my soul. As I am a student of art and not of music, I was pleased again to be so spiritually strengthened by music. I could also see that the same thing was happening to my congregation. There was a deep and underlying stillness and peace as we all listened to the three and a half minute piece of music. When the aria ended, I continued the service but knew I had to learn more.

This week I made the time to read the plot summary of the opera Turendot. There in the mythic past of China lived a beautiful Princess Turendot. She had turned against men and was determined that none shall possess her because her beautiful ancestor was abducted and killed by a conquering prince. Therefore any prince seeking to marry Turendot must answer her three riddles. If he fails he will die.

Calaf, a young prince, strikes the gong announcing that he is a new suitor. He must correctly answer "What is born each night and dies each dawn?" Calaf answers correctly. "Hope" And then "What flickers red and warm like a flame, yet is not a flame?" Again he answers correctly "Blood." The third question is "What is

like ice but burns, and if it accepts you as a slave, makes you a king?" Calaf correctly shouts "Turendot!" The beautiful princess begs her father not to give her to the stranger. And then hoping to win her love, Calaf offers her a challenge of his own. If she can learn his name by dawn, he will forfeit his life.

And then in the opera Calaf sings the aria "Nessun dorma"... "and my name no one will know ... on your mouth I will say it when the light will shine ... and my kiss will break the silence that makes you mine."

After a former slave girl kills herself to avoid revealing Calaf's name, Turendot and Calaf find themselves alone. Calaf impetuously kisses Turendot. Knowing emotion for the first time, Turendot weeps. Assured of winning her, Calaf happily and confidently reveals his identity to her. Then before the emperor's throne Princess Turendot declares that she knows the stranger's name: It is Love.

I sat quietly in my parsonage library thinking about this dramatic love story. I never thought of myself as a romantic, but my tears spoke differently. What a sensitive and beautiful story.

The construction of our new church continues, and so does Willie's plan for a new organ. He has chosen the Ohio organ builder to create it. It will be placed in the Glass Chapel. Drums will be used in the Round House. Recently over coffee, Willie told me that he wants the music in our church to nurture the spirituality of those who have it and to inspire it in those who don't. My husband and I share the same ministerial mission.

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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### THAT HOLE IN THE GROUND GOES BACK QUITE A WAYS.

You can see from the opening that the cavern is deep, but you can't see where it ends. Your eyes simply won't take you there, and now you're wondering what's inside. Other creatures? Dirt and bacteria? Maybe danger. Or weirdness? Might be nothing, but read "The Dark! Wild Life in the Mysterious World of Caves" by Lindsey Leigh and learn what's possible.

So, let's say you spot a hole in the ground and it looks pretty interesting. How it got there is interesting, too. Some caves are formed when limestone in a rock formation is dissolved by water seepage from rain or a nearby river or lake. Other caves are formed when lava flows close to the ground, when waves from the sea erode coastal rocks, or when ice melts and leaves an open pocket.

Chances are, if you're a speleologist (someone who studies caves), you know all about stalactites and stalagmites but caves often sport other "structures". You might see cave popcorn, or "small nubby structures" on the walls. You may find cave pearls or cave flowers. Be careful that snottites don't fall on your shoulder or head!

Go a little deeper, if you dare (and go with an adult), and you might meet "The Three Ts": troglobites, or creatures that live full-time in the caves; troglaphiles, the "part-time cave residents"; or troglonexenes

which are, like you, visitors to the cave.

You may be surprised to know that fish and scorpions live deep inside the cave. You might already know that bears and bats stay there, too. But did you know that some birds make their daytime homes in caves, or that some caves may be home to a type of snake that hangs from the ceiling? Or, get this: one cave in Mount Elgon, Kenya, is where elephants visit. They go deep inside

and use their tusks to scrape salt off the cave walls to eat.

How's that for a spelunking good time?

"The Dark!" speaks to the heart of curious, adventurous kids with science on their minds and a big love of creepy creatures. It's humorous and factual, it teaches geology and biology in a kid-friendly way, it's filled with weird animals that will appeal to this age-group, and it invites young readers to look for more information on their own.

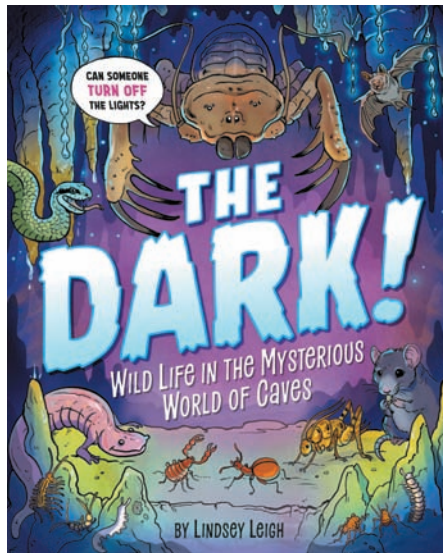
There's just one thing it's missing... Author Lindsey Leigh doesn't remind kids not to go into caves alone.

That's a big oversight inside here. The pages and pages of

real, live (but really strange) creatures are like catnip to a kid if a cave is nearby. At least one cautionary word would have been helpful to keep a young spelunker safe.

Without that, be sure to be pro-active and talk to your eight-to-12-year-old about safety when you hand them this book. Then watch them devour "The Dark!". Yeah, this book is deep.

## "The Dark! Wild Life in the Mysterious World of Caves"



By Lindsey Leigh

Reviewed by Terri Schlichenmeyer

**SEPT. 14** *Together We Remember* **11 to 9 pm**



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# Do You Have These Key Estate Planning Documents

..... Provided by Michael Krupa

**Estate planning is the process of managing and preserving your assets while you are alive, and conserving and controlling their distribution after your death. There are four key estate planning documents almost everyone should have regardless of age, health, or wealth. They are: a durable power of attorney, advance medical directive(s), a will, and a letter of instruction.**

## Durable power of attorney

Incapacity can happen to anyone at any time, but your risk generally increases as you grow older. Consider what would happen if, for example, you were unable to make decisions or conduct your own affairs. Failing to plan may mean a court would have to appoint a guardian, and the guardian might make decisions that would be different from what you would have wanted.

A durable power of attorney (DPOA) enables you to authorize a family member or other trusted individual to make financial decisions or transact business on your behalf, even if you become incapacitated. The designated individual can do things like pay everyday expenses, collect benefits, watch over your investments, and file taxes.

There are two types of DPOAs: (1) an immediate DPOA, which is effective at once (this may be appropriate, for example, if you face a serious operation or illness), and (2) a springing DPOA, which is not effective unless you become incapacitated.

## Advance medical directive(s)

An advance medical directive lets others know what forms of medical treatment you prefer and enables you to designate someone to make medical decisions for you in the event you can't express your own wishes. If you don't have an advance medical directive, health-care providers could use unwanted treatments and procedures to prolong your life at any cost.

There are three types of advance medical directives. Each state allows only a certain type (or types). You may find that one, two, or all three types are necessary to carry out all of your wishes for medical treatment.

- A living will is a document that specifies the types of medical treatment you would want, or not want, in a particular situation. In most states, a living will takes effect only under certain circumstances, such as a terminal illness or injury. Generally, one can be used solely to decline medical treatment that "serves only to postpone the moment of death."
- A health-care proxy lets one or more family members or other trusted individuals make medical decisions for you. You decide how much power your representative will or won't have.



- A do-not-resuscitate (DNR) order is a legal form, signed by both you and your doctor, that gives health-care professionals permission to carry out your wishes.

## Will

A will is quite often the cornerstone of an estate plan. It is a formal, legal document that directs how your property is to be distributed when you die. Your will should generally be written, signed by you, and witnessed. If you don't leave a will, disbursements will be made according to state law, which might not be what you would want.

There are a couple of other important purposes for a will. It allows you to name an executor to carry out your wishes, as specified in the will, and a guardian for your minor children.

Most wills have to be filed with the probate court. The executor collects assets, pays debts and taxes owed, and distributes any remaining property to the rightful heirs. The rules vary from state to state, but in some states smaller estates are exempt from probate or qualify for an expedited process.

## Letter of instruction

A letter of instruction is an informal, nonlegal document that generally accompanies a will and is used to express your personal thoughts and directions regarding what is in the will (or about other things,

such as your burial wishes or where to locate other documents). This can be the most helpful document you leave for your family members and your executor.

Unlike your will, a letter of instruction remains private. Therefore, it is an opportunity to say the things you would rather not make public.

A letter of instruction is not a substitute for a will. Any directions you include in the letter are only suggestions and are not binding. The people to whom you address the letter may follow or disregard any instructions.

## Take steps now

Life is unpredictable. So take steps now, while you can, to have the proper documents in place to ensure that your wishes are carried out.

Source: *Caring.com*, 2023



**Michael Krupa**

614 Church Street  
Honesdale, PA 18431  
570-253-0121

michaelkrupa@krupawm.com

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# POCONO

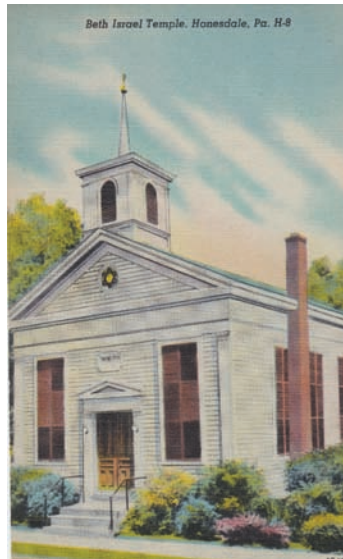
## secrets

## Honesdale's Congregation Beth Israel Celebrates 175 Years!

By LA Guzda

**The oldest continually operating synagogue in the United States in its original building.**

In 1849, Honesdale was a growing town thanks to coal, lumber and granite industries. It was then that eleven men met in a small home on Main Street to pledge the formation of a Jewish congregation. Shortly after that September meeting, the community borrowed a Torah scroll from New York for its first service – held on Rosh Hashanah (the Jewish New Year) – at the home of F.G. Waller and led by Louis Millhauser. It is a tribute to these individuals of clear con-



science, fine ideals, and strong character that Congregation Beth Israel stands today. Eight years later, in September 1856, the first services were held in the congregation's new building on Court Street.

In 1850, a Torah scroll and a burial ground were purchased, but it was not until April 6, 1852, that the leaders instituted a constitution, began to keep written records, and elected Samuel Frankel as president and William Weiss as treasurer.

That same year, Rabbi Kutner was engaged as the congregation's spiritual

leader, also serving as cantor, teacher, and shochet (ritual slaughterer) – all for \$150 a year. In 1852, his salary was increased to \$200, and in 1853, at his request, the growing congregation approved a raise of \$30.



In March 1856, thanks to the intervention of Mr. R.F. Lord, chief engineer of the Delaware & Hudson Canal Company, the company donated a building lot, 39x150 feet on Court Street, on which a synagogue was to be constructed. During the construction, money ran short, and again Mr. Lord came to the rescue with a personal donation—and a proviso. The story goes that he asked that a steeple be added to the building. This practice was not traditional for synagogues, but, as he remarked: “What is a church without a steeple?” Locally, indeed, the synagogue was often referred to as “the Jewish Church”.

In 1860, the congregation’s wives formed a Woman’s Society, which later became the Hebrew Ladies’ Aid and, still active, today is known as the Sisterhood of Congregation Beth Israel. Through their generosity, the women presented the first melodeon or reed organ to the congregation in 1882.

The outbreak of the Civil War came in the early years of the congregation. In June 1865 the minutes show a request from the Lincoln Memorial Society to the congregation, and a contribution was duly sent. Although there is no explicit listing of members who served in the military at the time, members were known to have fought in the war, including at the Battle of Gettysburg.

Members of the congregation have always served in the armed forces, defending and protecting the United States, and

were among Honesdale’s finest who gave the ultimate sacrifice during the two World Wars and were among the first responders killed in the 9/11 attacks on the Twin Towers in New York City.

For the next six decades, through triumph and tragedy, the synagogue on Court Street continued to serve as a refuge and anchor for the area’s Jewish community. Then came the night of May 23, 1942, when a devastating flood descended on Honesdale, seriously damaging the congregation’s building. Many of today’s residents have vivid memories of the destruction that swept away most of the town’s riverbank structures. Standing among the ruins, slightly askew on its foundation, a large hole in its side, the historic stained glass windows washed out, and the inside completely destroyed was, of course, the indestructible Congregation Beth Israel.

The beautiful stained glass windows have recently been restored. Under the leadership of Rabbi Elliot Kleinman, Congregation Beth Israel will be celebrating this milestone anniversary throughout the year. The Wayne County Historical Society has curated a fascinating exhibit documenting the history of our Jewish neighbors.

For more information about Congregation Beth Israel, visit: [congregationbethisraelhonesdale.org](http://congregationbethisraelhonesdale.org).

*Follow us on Instagram @PoconoSecrets and on Facebook @PocoPike  
Visit [www.LAGuzda.com](http://www.LAGuzda.com) or [www.PoconoSecrets.com](http://www.PoconoSecrets.com)*

## 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](http://threehammerswinery.com).

### TUESDAYS

#### Zumba with Dee

8-9 a.m. Lake Region Fitness, Hawley.

Info: [info@lakeregionfitness.net](mailto:info@lakeregionfitness.net) or 570-390-4GYM (4496).

### 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](mailto: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](mailto:info@lakeregionfitness.net).

### WEDNESDAYS

#### Mobile Market in Preston Township

10 a.m.-Noon. Preston Township Municipal Building, Lakewood. Through the end of October. The Northern Poconos Mobile Farm Market has fresh produce as well as local meats, eggs, milk, and cheeses. Rain or shine. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

### WEDNESDAYS

#### Trivia Night with Adam Owens

6:30-9 p.m. Runaway Train Brewery, Honesdale. 95.3 DNH The Rail presents Adam Owens. Make a plan, gather a team, and come test your brain in a race for the top score.

Info: [info@runawaytrainbrewery.com](mailto:info@runawaytrainbrewery.com).

### THURSDAYS

#### Mobile Market in Honesdale

4-6 p.m. Fred R. Miller Pavilion, Honesdale. Through the end of October. The Northern Poconos Mobile Farm Market has fresh produce as well as local meats, eggs, milk, and cheeses. Rain or shine. Info:

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

### THURSDAYS

#### Trivia Night With B-Ray

6-8 p.m. Wallenpaupack Brewing Company, Hawley. Through Sept. 19. Get ready to flex your brainpower and gather your sharpest friends for a showdown with B-Ray Trivia. Team up to six. Free to play. Stay tuned on social media for category releases every Thursday. Info: 570-390-7933 or

[content@wallenpaupackbrewingco.com](mailto:content@wallenpaupackbrewingco.com).

### THURSDAYS

#### Jazz Nights at Here & Now Brewing Company

6:30-9 p.m. Here & Now Brewing Company, Honesdale. Musical guests appear weekly and each week takes you on a different journey of sound. Free. Info: 570-253-0700 or [info@hereandnowbrewing.com](mailto:info@hereandnowbrewing.com).

### FRIDAYS

#### Yoga with Diane

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

### FRIDAYS

#### Hawley Farmers Market

2-5 p.m. Bingham Park, Hawley. Until Oct. 25. Delicious fresh and local produce and more. Pre-orders available from online vendor list, & pick up at the market.

Info: 570-226-1644 or

[hawleyfarmersmarket@gmail.com](mailto:hawleyfarmersmarket@gmail.com).

### FRIDAYS

#### Live Music Fridays

5-8 p.m. Runaway Train Brewery, Honesdale. Info: [info@runawaytrainbrewery.com](mailto:info@runawaytrainbrewery.com).



## EVENTS

### FRIDAYS & SATURDAYS

#### Pocono Mountain Maple Tours

Lake Russell Maple at Bentlers Farm, Newfoundland. Learn about the maple sugaring process & take a tour of the 450-acre property. Info: 570-242-0027 or [Courtney@PoconoMtnMaple.com](mailto:Courtney@PoconoMtnMaple.com).

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### SATURDAYS

#### Wayne County Farmers' Market

9:30 a.m. 200 Willow Ave., Honesdale. Info: [WayneCoFarmersMarket](#) on Facebook.

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### SATURDAYS

#### Yoga with Diane

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

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### SATURDAYS

#### Newfoundland Farmers' and Artisans' Market

10 a.m.-2 p.m. 994 Main St., Newfoundland. Mid-May to Oct. Locally grown produce and local meats, fresh baked goods, small batch jams and jellies, hand painted artworks, candles, soaps, dog treats and jewelry; all made here by area farmers & artists and offered in a beautiful dog-friendly park setting that includes walking trails and a playground. Free parking. Info: Facebook page or [gardeningtones@yahoo.com](mailto:gardeningtones@yahoo.com).

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### SATURDAYS & SUNDAYS

#### Lakeside Live at Silver Birches

2-5 p.m. Silver Birches Resort, Hawley. Until Oct 13. Weather dependent. Check for cancellations on Facebook. Free. Info: 570-226-2124 or [info@silverbirchesresortpa.com](mailto:info@silverbirchesresortpa.com).

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### SUNDAYS

#### Early Birdie Sim Special

11 a.m.-1 p.m. The Wake Zone Indoor Golf & Taproom, Hawley. Swing in early to catch the Early Birdie Simulator discount. Enjoy half-off regular priced simulators. Info: 570-390-8320 or [content@wallenpaupackbrewingco.com](mailto:content@wallenpaupackbrewingco.com).

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September 1-30

### SEPT. 1, 6-8

#### Squabbles A.K.A. Your House or Mine

Ritz Company Playhouse, Hawley. Comedy. Sunday matinee. Call for times. Info: 570-226-9752 or [theritz@ritzplayhouse.com](mailto:theritz@ritzplayhouse.com).

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### SEPT. 1, 7, 11, 15, 18, 21

#### Pocono Express

Honesdale Station, Honesdale. A 1.5-hour round-trip excursion from Honesdale to Hawley along the river. Railcars are heated and restrooms are available on-board.

Info: 570-470-2697 or [info@thestourbridgeline.net](mailto:info@thestourbridgeline.net) or [thestourbridgeline.net](http://thestourbridgeline.net).

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### SEPT. 3

#### Acoustic Bluegrass Jam

7-9 p.m. The Cooperage, Honesdale. All levels of players are welcome. All instruments are welcome too. Just be sure to leave your amps at home. Come and support the performers. Free. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

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### SEPT. 4

#### Hospice 101

4:30-5:30 p.m. Wayne County Public Library, Honesdale. Mary Alice Cosgrove, a Hospice Care Educator for Hospice of the Sacred Heart, will be discussing all aspects of hospice care: the care provided, their team and staff, the role of volunteers and what a difference they make to our patients, families, and staff. Contact Miles to register at 570-253-1220 or [mkeesler@waynelibraries.org](mailto:mkeesler@waynelibraries.org).

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### SEPT. 5

#### Trivia Night

6-7:30 p.m. Wayne County Public Library, Honesdale. Facilitator Elizabeth Wilson. Four to six people in a team. Prize awarded to winning team. Space is limited; teams must register. Contact Miles to register at 570-253-1220 or [mkeesler@waynelibraries.org](mailto:mkeesler@waynelibraries.org).

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### SEPT. 5

#### Thursday's the New Friday

6-9 p.m. Glass Restaurant at Ledges Hotel, Hawley. Get into the weekend mood with live music by Joe O'Malley. Info: 570-226-1337 or [info@ledgeshotel.com](mailto:info@ledgeshotel.com)

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### SEPT. 6

#### Emily Drinker and the Funky T

6-8 p.m. Harmony In The Woods, Hawley. Info: [harmonyinthewoods.org](http://harmonyinthewoods.org) or [hello@harmonyinthewoods.org](mailto:hello@harmonyinthewoods.org) or 570-503-6685.

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## EVENTS

### SEPT. 6-8

#### **Squabbles A.K.A. Your House or Mine**

Ritz Company Playhouse, Hawley. Comedy. Sunday matinee. Call for times. Info: 570-226-9752 or theritz@ritzplayhouse.com.

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### SEPT. 7

#### **Bridge the Gap: River Paddle**

9 a.m.-3 p.m. Join PEEC for a paddle down the Delaware. Bring a lunch, water bottle, and don't forget to dress for the weather. PEEC will provide extra water and snacks. Choose between a canoe or kayak. Preregistration is required. Info: 570-828-2319 or peec@peec.org.

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### SEPT. 7

#### **Healing Mandalas**

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

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### SEPT. 7

#### **Meadow Party**

11 a.m.-4 p.m. Van Scott Nature Reserve of the Delaware Highlands Conservancy, Beach Lake. Special free community event. Enjoy guided trail walks, crafts, and fun educational programs for all ages including a "Creature Story Investigator" animal mystery puppet show, "Amazing Animal Adaptations" with Pocono Wildlife Rehabilitation and Education Center, introduction to fly fishing, and meditation and yoga. Food available for purchase, or you may bring your own picnic to enjoy (bring a blanket or camp chairs). Info: 570-226-3164 or steve@delawarehighlands.org.

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### SEPT. 7

#### **Free Kids Yoga in the Park**

11 a.m. Newfoundland Farm Market, Newfoundland. Must preregister. Free. Info: Facebook page or gardeningjones@yahoo.com.

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### SEPT. 7

#### **Alcohol Ink**

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

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### SEPT. 7

#### **Bridge the Gap: 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, and dig in a fossil pit. Explore this indoor discovery room and enjoy hands-on exhibits on natural history, sustainability and the local environment. Free. No registration required. Info: 570-828-2319 or peec@peec.org.

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### SEPT. 7

#### **Summer Sounds - Marc Von Em**

2-5 p.m. Three Hammers Winery, Hawley. An acoustic performance on the grounds of the winery. Info: 570-949-4688 or info@threehammerswinery.com.

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### SEPT. 7

#### **The Barefoot Movement**

6-8 p.m. Harmony In The Woods, Hawley. Info: harmonyinthewoods.org or hello@harmonyinthewoods.org or 570-503-6685.

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### SEPT. 8

#### **Bridge the Gap: Fishing for Beginners**

9 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Spend the morning learning some of the basics for fishing with a rod and reel and see how many you can get. Strictly catch and release. Call ahead to reserve your spot. Participants over 16 must have a valid fishing license. Free. Info: 570-828-2319 or peec@peec.org.

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### SEPT. 8

#### **Acrylic Painting**

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

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### SEPT. 8

#### **Wet-on-Wet**

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

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### SEPT. 8

#### **Rails and Tails: The Powerful Pups**

Noon. Honesdale Station, Honesdale. Celebrate Grandparents' Day with the grandkids

## EVENTS

with a train ride, BBQ Lunch and a visit from the kids' favorite cartoon pups.

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

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### SEPT. 9

#### Ghost Tour

7-8 p.m. The Sayre Mansion, Bethlehem. Spirited 60-minute guided tour of The Sayre Mansion Inn, featured on the Travel Channel's show "Ghosthunters." Your guide will walk you through some of the areas that have had the most reported activity. The tour will end in the lower level of the mansion where devices will be set up to detect any activity that evening. Info: 610-882-2100 or innkeeper@sayremansion.com.

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### SEPT. 10

#### Paint and Sip at Wallenpaupack Brewing Company

6-8 p.m. Wallenpaupack Brewing Company, Hawley. Get out for a night of crafting and sipping. Hosted by Melissa from The Craft Room. Sign-up online. Info: 570-390-7933 or content@wallenpaupackbrewingco.com.

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### SEPT. 10

#### Film Screening of Join or Die

6:30-9 p.m. In partnership with the Wayne County Community Foundation. A film about why you should join a club - and why the fate of America depends on it. Discussion follows the screening. Free. Info: 570-253-2020 or thecooperageproject.org.

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### SEPT. 11

#### Reiki Healing

4-5:30 p.m. Wayne County Public Library, Honesdale. Nakita, a Registered Nurse, Certified Energy Healer and Light Worker, shares how Reiki promotes relaxation, reduces stress and anxiety, and delivers energy to your body improving flow and balance within the body to support healing. Contact Miles to register at 570-253-1220 or mkeesler@waynelibraries.org.

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### SEPT. 13

#### Sushi Night

5-10 p.m. Glass Restaurant, Ledges Hotel, Hawley. Special sushi menu. This will be the only menu available on Sept. 13. Info: 570-226-1337 or info@ledgeshotel.com.

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### SEPT. 13-15

#### Milford Readers & Writers Festival

The Milford Theater & Performing Arts Cen-

ter, Milford. Features an amazing group of writers and performers bringing you interesting and entertaining content. The annual festival aims to inspire and ignite conversations between people who love to read books and people who write them.

Info: PikeArtworks@gmail.com.

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### SEPT. 14

#### Arts and Crafts Fair in Bingham Park

9 a.m.-4 p.m. Bingham Park, Hawley. Enjoy the talents of artists and crafters displaying their fine wares. The fair hosts approximately 100 vendors with truly unique handcrafted items from near and far. Rain or shine. Free. Info: 570) 226-3191 or chamber@northernpoconoschamber.com.

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### SEPT. 14

#### Edible and Medicinal Plant Walk

10 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Nature provides food & natural remedies for us in the form of many plants. Join us on a hike focused on wild edible & medicinal plants. No collecting will be done in the park. Call to register. Info: 570-828-2319 or peec@peec.org.

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### SEPT. 14

#### Halfway to St. Paddy's Day

10 a.m.-2 p.m. Newfoundland Farm Market, Newfoundland. Celebrate with All Things Irish. Free admission, free parking. Info: Facebook page or gardeningjones@yahoo.com.

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### SEPT. 14

#### 8th Annual Fall Music Festival

11 a.m.-9 p.m. Dorflinger Outdoor Music Amphitheater, White Mills. Music festival in memory of local loved ones. 7+ performers, food vendors, merch table, 50/50, and more. Info: Facebook.

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### SEPT. 14

#### Zakk Wylde Presents Berzerkus

1 p.m. Poconos Park, Bushkill. Zakk Wylde presents Berzerkus, a rock-and-roll circus extravaganza. Kicks off with a craft beer festival, and features live music performances from ZOSO, The Atomic Punks, and The Iron Maidens, with Black Stone Cherry headlining. All this is coupled with a car show, music gear market, strong man competition, battle of the bands, Miss BERZERKUS, and more for all to enjoy.

Info: 855-722-7938 or poconospark.com.

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## EVENTS

### SEPT. 14

#### Bridge the Gap: Pond Paddle

1-3 p.m. Pocono Environmental Education Center, Dingmans Ferry. Join PEEC for a paddle around their ponds. Beginners welcome; PEEC teaches you everything you need to know. Dress appropriately; you may get wet. Call in advance to reserve a boat. Free. Info: 570-828-2319 or [peec@peec.org](mailto:peec@peec.org).

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### SEPT. 14

#### Vienna by Day and Night:

##### Tesla String Quartet

5:30 p.m. Grey Towers NHS, Milford. The quartet offers masterpieces by Wolfgang Amadeus Mozart, Franz Schubert and Anton Webern. Space is limited, please buy tickets early. Info: 570-390-8699 or [kindredspir@yahoo.com](mailto:kindredspir@yahoo.com).

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### SEPT. 14

#### Bob Malone Concert

7:30-9:30 p.m. The Cooperage, Honesdale. With his piano, a microphone and a stomp box, the show has the high energy impact of a full band performance combined with storytelling and pin-drop ballad singing in the best of the troubadour tradition. All ages welcome. BYOB. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

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### SEPT. 15

#### Kennedy Park Vendor Market

10 a.m.-4 p.m. Kennedy Park, Forest City. Info: [fcparksrec@gmail.com](mailto:fcparksrec@gmail.com).

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### SEPT. 16

#### Wayne Highlands Quilt Guild

4-6 p.m. First Presbyterian Church, Hawley. Do you love to quilt? We welcome you to join us & make new friends who share your passion for quilting. At each meeting there is a Show & Tell. At some meetings we have a hands-on learning presentation, sewing of an item to donate to charity or a speaker. Info: Deb, 908-358-2670 or [debszoo@gmail.com](mailto:debszoo@gmail.com).

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### SEPT. 18

#### Healthy Body, Mind and Spirit

4:30-5:30 p.m. Wayne County Public Library, Honesdale. Linda Bartels has an M.A. Degree in Psychology with over 20 years experience as a therapist. Contact Miles to register at 570-253-1220 or [mkesler@waynelibraries.org](mailto:mkesler@waynelibraries.org).

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### SEPT. 18

#### From Thrift to Treasure Sip & Snip

5:30-7 p.m. Gorgeous Floral, Hawley. Upgrade from drab to fab. Bring your own vessel or select from one of our thrift store finds to create an original floral design. Enjoy a cocktail while you work. Call 570-576-0490 to reserve a space. Info: 570-576-0490 or [info@gorgeous-floral.com](mailto:info@gorgeous-floral.com).

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### SEPT. 19

#### Ghost Tour

7-8 p.m. The Sayre Mansion, Bethlehem. See description at Sept. 9. Info: 610-882-2100 or [innkeeper@sayremansion.com](mailto:innkeeper@sayremansion.com).

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### SEPT. 20-21

#### Septemberfest

Downtown Milford. It's the Milford Music Festival's little brother... just as big, but not as old. Come out and enjoy a day filled with fun and music. Info: [milfordmusicfest@gmail.com](mailto:milfordmusicfest@gmail.com).

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### SEPT. 20-22

#### Fall Flights: Birds and Brews

Pocono Environmental Education Center, Dingmans Ferry. Come out for a wonderful weekend of bird watching and beer tasting. Enjoy guided hikes that teach how to identify birds by sight, sound, and habitat. Geared to beginners and experts alike. Sat. night enjoy beverages from local breweries while you relax around the campfire. Includes two nights of lodging and meals from Fri. dinner to Sun. lunch. Call to register. Commuter and day rates available. Info: 570-828-2319 or [peec@peec.org](mailto:peec@peec.org).

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### SEPT. 20-28

#### 169th Annual Bloomsburg Fair

Bloomsburg, Columbia County. The Beach Boys, Riley Green, Casting Crowns, Bachman-Turner Overdrive. Info: 570-784-4949 or [bloomsburgfair.com](http://bloomsburgfair.com).

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### SEPT. 21

#### Tunes Along the Towpath

Noon. Banks of the Lackawaxen River, 495 Towpath Rd., Hawley. Join the Pike County Historical Society for a family-friendly event. Soft drinks, burgers, hot dogs, and snacks available on-site for purchase. Live music provided by Reverend Jefferson and Feast of Friends. Benefits the Pike County Historical Society. BYOB, blankets, lawn chairs, and coolers welcome. Info: 570-296-8126 or [pikemuse@ptd.net](mailto:pikemuse@ptd.net).

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**SEPT. 21****Geology Hike**

1-3 p.m. Pocono Environmental Education Center, Dingmans Ferry. Hike on the Fossil Trail with Paul Kovalski, aka Dr. Dinosaur, and discuss the geology of our area and what makes the park unique. Call to register. Info: 570-828-2319 or [peec@peec.org](mailto:peec@peec.org).

**SEPT. 21****Summer Sounds - Rob Viola**

2-5 p.m. Three Hammers Winery, Hawley. An acoustic performance on the grounds of the winery. Info: 570-949-4688 or [info@threehammerswinery.com](mailto:info@threehammerswinery.com).

**SEPT. 21****Wine and Cheese Experience**

3 p.m. Honesdale Station, Honesdale. Train ride along the Lackawaxen River. Enjoy charcuterie by Calkins Creamery and a souvenir wine glass. Due to PA LCB rules, wine is not included but available for purchase from onboard wine vendor. Must be 21 with proper ID. Restrooms available on board. Info: 570-470-2697 or [info@thetourbridgeline.net](mailto:info@thetourbridgeline.net).

**SEPT. 21****Ghosts & Legends of Sleepy Hollow**

7 p.m. Delaware Township Building, Dingmans Ferry. Jonathan Kruk, Master Storyteller. Free. Info: [admin@dingmansferryhistoricalsociety.org](mailto:admin@dingmansferryhistoricalsociety.org) or [dingmansferryhistoricalsociety.org](http://dingmansferryhistoricalsociety.org).

**SEPT. 22****Watercolor 101**

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Workshop with artist Roselynn Grohol. All materials included. Pre-registration required. Info: 570-251-1181 or [info@theartfactoryofwhitemills.com](mailto:info@theartfactoryofwhitemills.com).

**SEPT. 22****Oktoberfest 2024 at Wallenpaupack Brewing Company**

11 a.m.-5 p.m. Wallenpaupack Brewing Company, Hawley. German inspired beer, food specials, celebratory Holzfass tapping, official U.S. Steinholding competition, Oktoberfest game and live tunes with The Schützengiggles Oompah Band 12-4 p.m. Info: 570-390-7933 or [content@wallenpaupackbrewingco.com](mailto:content@wallenpaupackbrewingco.com).

**SEPT. 22****Murder Mystery Limited**

1 p.m. Honesdale Station, Honesdale. Travel along the Lackawaxen River to White Mills. At the trackside event venue, enjoy an Italian buffet dinner and a murder mystery show. Wine and Beer are available for purchase. Photo ID required and NO outside Alcohol permitted. Info: 570-470-2697 or [jhillier@thetourbridgeline.net](mailto:jhillier@thetourbridgeline.net).

**SEPT. 22****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, and dig in a fossil pit. Explore this indoor discovery room and enjoy hands-on exhibits on natural history, sustainability and the local environment. No registration required. Info: 570-828-2319 or [peec@peec.org](mailto:peec@peec.org).

**SEPT. 25****Homeschooling**

4:30-5:30 p.m. Wayne County Public Library, Honesdale. Tammy Preble has been homeschooling for over 6 years. She will talk about starting your homeschooling journey, knowing the homeschooling law, local group opportunities, curriculum options, and more. Contact Miles to register at 570-253-1220 or [mkeesler@waynelibraries.org](mailto:mkeesler@waynelibraries.org).

**SEPT. 27****Settlers Cares Foundation Gala**

6-9 p.m. The Waterfront at Silver Birches, Hawley. Annual gala to aid hospitality workers and affiliates in financial need. Features silent and live auctions, a sumptuous dinner and a salute to the special honorees. Info: 570-226-4388 or [info@silverbirchesresortpa.com](mailto:info@silverbirchesresortpa.com).

**SEPT. 28****Nature Photography**

10 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Learn some 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](mailto:peec@peec.org).

**SEPT. 28****Salute to The Nightmare Before Christmas**

10 a.m.-2 p.m. Newfoundland Farm Market,

## EVENTS

Newfoundland. Fun activities, food, gifts and of course, pumpkins. Info: Facebook page or [gardeningjones@yahoo.com](mailto:gardeningjones@yahoo.com).

### SEPT. 28

#### National Public Lands Day and Festival of Wood

10 a.m.-5 p.m. Grey Towers National Historic Landmark, Milford. A celebration of our natural and cultural heritage of wood. Handmade crafts, music, arts, programs, children's activities, educational exhibits, and more. Self-guided tours of all three floors of the mansion available. Rain or shine. Free parking and shuttle. Info: 570-296-9630 or [info@greytowers.org](mailto:info@greytowers.org).

### SEPT. 28

#### Harvest Harmonies - Eric Rudy

2-5 p.m. Three Hammers Winery, Hawley. An acoustic performance on the grounds of the winery. Info: 570-949-4688 or [info@threehammerswinery.com](mailto:info@threehammerswinery.com).

### SEPT. 28

#### Cavage & Sudigala Band

7 p.m. Forest City Area Historical Society, Forest City. Admission to the concert is Free. Donations will be accepted. Info: 570-785-3800 or [fcahistorical@nep.net](mailto:fcahistorical@nep.net).

### SEPT. 28

#### A Contra Dance

7:30-10 p.m. The Cooperage, Honesdale. All are welcome to dance along to live music performed by Cherry Orchard and others, no experience necessary. Caller Laurie B. will do a beginner lesson starting at 7:15. Beginners are most welcome. Contra dance is a folk dance made up of long lines of couples. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

### SEPT. 28, 29

#### Pocono Foliage Express

Noon & 3 p.m. Honesdale Station, Honesdale. A 1.5-hour round-trip excursion from Honesdale to Hawley along the river. The railcars are heated and restrooms are available on-board. Info: 570-470-2697 or [info@thetourbridgeline.net](mailto:info@thetourbridgeline.net).

### SEPT. 29

#### Abstract Alcohol Ink

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Workshop with artist Rosellyn Grohol. All materials included. Pre-registration required. Info: 570-251-1181 or [info@theartfactoryofwhitemills.com](mailto:info@theartfactoryofwhitemills.com).

### SEPT. 29

#### Taste of the Harvest

12:30-3:30 p.m. Cedar Lakes Estate, Port Jervis, NY. Enjoy a delicious brunch from Cedar Lakes Estate and live jazz from pianist and composer Jonny King. He will be joined by Dezron Douglas on bass and Billy Drummond on drums. Info: 570-226-3164 ext. 9 or [samantha@delawarehighlands.org](mailto:samantha@delawarehighlands.org).

### SEPT. 29

#### Abstract Painting with Alcohol Markers

1-2:30 p.m. Art Factory of White Mills, White Mills. Workshop with artist Rosellyn Grohol. All materials included. Pre-registration required. Info: 570-251-1181 or [info@theartfactoryofwhitemills.com](mailto:info@theartfactoryofwhitemills.com).

## On the Horizon

### OCT 11 & 25

#### Honesdale's Jail Tales

Jail Tales is an immersive and spine-chilling haunted tour that delves into the darker side of Honesdale's past. Join us as we unlock the secrets of the Old Stone Jail and delve into the mysteries that linger within its walls. For those willing to brave the unknown, it promises an unforgettable and haunting experience. The Old Stone Jail stands as a silent witness to centuries of history, mystery, and perhaps a few ghostly tales. Info: [visithonesdalepa.com/events](http://visithonesdalepa.com/events).

### OCT. 12 & 13

#### Harvest & Heritage Days

Take in the beautiful foliage while exploring fun, fall activities in Downtown Honesdale on October 12 & 13. Enjoy vendors and artisans lining Main Street, hayrides, live music, corn shucking contests, wood carving demonstrations, and pumpkin painting for kids. Shop our stores and their beautiful fall decorations and grab a bite to eat at any of the fabulous restaurants in the Downtown or the surrounding area. Info: [visithonesdalepa.com/events](http://visithonesdalepa.com/events).

### OCT 12, 13, 26, 27

#### Hondale's Ghost Tours

Experience the eerie and fascinating history of Honesdale on a guided tour of its most haunted spots along North Main Street. Listen to captivating stories of Honesdale's past that will send shivers down your spine. Info: [visithonesdalepa.com/events](http://visithonesdalepa.com/events).

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