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CONNECT

SEPTEMBER 2025

FEATURES

6 MAKE NUTRITION THE FOCUS OF SCHOOL DAY MEALS

When planning for school days, "quick and easy meals" may be the first goal on your list, but as any busy parent knows, nutrition is also a top priority. The best meal choices for back-to-school season balance convenience with wholesome ingredients to help kids stay fueled and focused all day long.

8 CAR CRUISES SCHEDULE

Start your engine and check out all the great car shows and cruises planned in September and October for a revving good time.

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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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“September is the bridge between summer’s warmth and autumn’s charm. Walk it with grace and purpose.”
Happy September!

– Unknown

There's something undeniably enchanting about September—the way the world starts to slow down, the air turns crisp, and the landscape transforms into a vibrant tapestry of reds, oranges, and yellows. It's the month that ushers in cozy sweaters, warm mugs of tea, and the irresistible pull of all things autumn... cozy up and flip through our September pages.

When planning for school days, "quick and easy meals" may be the first goal on your list, but as any busy parent knows, nutrition is also a top priority. The best meal choices for back-to-school season balance convenience with wholesome ingredients to help kids stay fueled and focused all day long. Get connected to making nutrition the focus on page 6.

Check out the fall lineup of car cruises on page 8 and a great Pocono Secret article, by our very own LA Guzda on edible and medicinal plants at the Lacawac Sanctuary on page 18.

Leaves are falling, autumn is calling, enjoy all September has to offer and don't miss our October issue for more favorite area fall things to do!

The CM Team
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Make Nutrition the Focus of School Day

Meals

When planning for school days, "quick and easy meals" may be the first goal on your list, but as any busy parent knows, nutrition is also a top priority. The best meal choices for back-to-school season balance convenience with wholesome ingredients to help kids stay fueled and focused all day long.

If you're looking for a nutritious, quick recipe to help your family make it through the morning, this Pumpkin Pie Kefir Smoothie will be your go-to this fall. Made with Maple Hill's Vanilla Kefir, it's a wholesome and tasty way to serve up 100% grass-fed, organic dairy that's free from GMOs, hormones and antibiotics.

At dinner time, turn to practical and satisfying solutions like grilled chicken paired with Greek yogurt and pesto, which lets you savor those delicious flavors of grilled fare with a better-for-you marinade that takes chicken to the next level. For a well-rounded meal, serve with whole-wheat pasta and sun-dried tomatoes.

Staples like Maple Hill's 100% grass-fed organic dairy - rich in nutrients, free from GMOs, hormones, and antibiotics - make it easier to build meals that check all the boxes: convenient, nourishing and delicious. Plus, each product comes from farms that prioritize regenerative practices as nature intended. Consider this: 100% grass-fed organic dairy provides a 50% healthier ratio of omega 3:6 and 40% higher levels of CLA fatty acids compared to traditional organic dairy, so you can always feel good about what you're feeding your family.

To find more information about 100% grass-fed organic dairy and recipes fit for family nutrition throughout the school year, visit MapleHill.com.

Pumpkin Pie Kefir Smoothie

1/2 frozen banana
3 tablespoons pumpkin puree
1 cup Maple Hill Creamery Vanilla Kefir, plus additional for serving
20 grams unflavored collagen peptides
1 teaspoon vanilla extract
1 teaspoon pumpkin pie spice
1/4 cup ice
ground cinnamon, to taste

In high-speed blender, blend banana, pumpkin puree, 1 cup vanilla kefir, collagen peptides, vanilla, pumpkin pie spice and ice until smooth.

In glass, add drizzle of additional vanilla kefir, then layer smoothie on top. Sprinkle with ground cinnamon, to taste.

Family Features | Photo courtesy of Shutterstock #17444 | Source: Maple Hill





September — October

Every

Thur.	Waymart Cruisers—Waymart Hotel in Waymart	5-9 PM
5th	Lug Nuts Car Club of WVPA—Back Mtn. Bowl, Dallas	5 PM
6th	Western Wayne HS Hot Rod Club Car Show—Lake Ariel	10-2 PM
6th	NEPR AACA Cruise—Kost Tire, Kingston	3-6 PM
6th	A Car Gathering—Next to Ace Robbins, Tunkhannock	5 PM
7th	Villa Capri Cruisers—Home Depot, Dickson City	3-8 PM
12th	Montage Mt. Classics—South Side Shopping Center, Scranton	6-9 PM
13th	Tommy Gun Shooting Range Car Show—Honesdale	4-7 PM
12th	Montage Mt. Classics—Driscoll's Home Center, Old Forge	5-8 PM
19th	Villa Capri Cruisers—Perkins Restaurant, Scranton	3-8 PM
19th	Lug Nuts Car Club of WVPA—Back Mtn. Bowl, Dallas	5 PM
26th	Pocono Mt. Street Rods—Viewmont Mall, Dickson City	6-9 PM
27th	Ray Price All Mopar Show—Route 940, Mt. Pocono	9-2 PM
27th	Cruisin' Honesdale—HNB Lot, Route 6, Honesdale	3-6 PM
28th	The Hotel Cruise—The Newfoundland Hotel, Newfoundland	1-3 PM
28th	Montage Mt. Classics—South Side Shopping Center, Scranton	2-6 PM

3rd	Lug Nuts Car Club of WVPA—Back Mtn. Bowl, Dallas	5 PM
4th	NEPR AACA Cruise—Kost Tire, Kingston	3-6 PM
17th	Lug Nuts Car Club of WVPA—Back Mtn. Bowl, Dallas	5 PM
18th	Fall Festival & Car Show—The Shoppes at Montage, Moosic	11-2 PM
18th	Cruisin' Honesdale—Halloween Cruise, HNB, Rt. 6, Honesdale	3-6 PM
25th	Montage Mt. Classics—Driscoll's Home Center, Old Forge	1-3 PM
25th	Family Trunk/Treat—Next to Ace Robbins, Tunkhannock	3:30 PM
26th	St. Ann's Basilica Fall Car Cruise—Scranton	12-4 PM
26th	The Hotel Trunk or Treat—Newfoundland Hotel, Newfoundland	1-3 PM
31st	Villa Capri Cruisers—Peckville Assembly of God, Peckville	6-8:30 PM

More information, visit www.villacapricruisers.org or www.jandcawards.com



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Good Stuff

Finding the Right Mold Remediation Partner

How to Choose Wisely and Spot

RED FLAGS

Provided by Disaster Blaster

{ Imagine discovering unsightly patches of mold growing on your wall or ceiling. Unfortunately, with 70% of homes estimated to contain some sort of mold issue, this is much more common than most homeowners realize. }

What would you do? Where would you turn for help? Since the state of Pennsylvania doesn't require licensing for mold remediation companies, there are unfortunately a lot of unqualified, or downright shady, mold "removal" companies out there. Here are some tips for identifying a qualified mold remediation company that has the experience to address your mold issue for you!

They Market Mold Remediation as a Service they Regularly Provide

It can be confusing wading through a seemingly endless sea of contractors and companies, not knowing which one to choose. In fact, it's common to see contractors, home remodelers, roofers, cleaning companies, plumbers, carpet cleaners, and even handymen offer to address mold issues even though mold remediation services are not listed on any of their marketing materials, and they lack the qualifications, training, and equipment to address mold issues effectively.

In stark contrast, qualified mold remediation companies like Disaster Blaster will proudly list “mold remediation” in their marketing—front and center.

Why this is Important:

This has become a common scam in Pennsylvania where unqualified contractors that just see the chance to make a quick buck don't care if the work they perform is effective or provides any value to their customers.

Red Flags:

- Mold remediation is not listed as a service they provide or is referred to by less professional terms such as “mold removal” or “mold cleanup”.
- The company focuses primarily on unrelated services such as roofing or remodeling and seems to treat mold as an afterthought.
- They're vague about what mold remediation actually entails and offer little in the way of education or process transparency.

They Recognize Conflicts and Don't Perform Mold Testing

You may notice that some companies offer both mold testing and remediation services, and while this may sound convenient, it is a serious conflict of interest. Reputable industry guidelines recommend that testing and remediation should remain separate in order to avoid conflicts of interest, and qualified mold remediation companies will recognize and respect this. A company that has a bias in the results of mold testing might exaggerate the problem or recommend unnecessary work.

Why this is Important:

Mold testing and mold remediation work best as separate industries able to provide valuable checks and balances throughout the process. Both your mold tester and mold remediation company, for instance, should review the results of mold testing and reach a consensus on the extent of mold contamination in a property, allowing homeowners to get expert opinions from both sides. Mold remediation companies that don't recognize, or care about, this conflict of interest either lack experience or intend to take advantage of their control over both aspects of the process.

Red Flags:

- The same business offers testing and remediation, which is a recognized conflict of interest.
- They require you to hire them to perform testing as part of their inspection of the property. A qualified mold remediation company may recommend testing or provide guidance to assist

with where testing should be performed, but will not require you to use a particular tester or require you to allow them to perform testing in order to look at your mold issue.

- The company is unwilling to work with third-party testers or discourages independent verification.

They Develop a Clear Plan and Provide you with a Detailed Estimate

Mold remediation is a highly specialized service that requires advanced planning to ensure that the work is performed effectively and safely. Over the years, we've seen a lot of estimates from unqualified contractors and what is, and is not, in the estimate can be a real red flag for homeowners looking for a mold remediation company.

Why this is Important:

Qualified mold remediation companies will provide a detailed estimate that outlines the work they'll be performing, how they intend to contain the work area to prevent cross-contamination of mold spores, and how they arrived at their estimate cost. Some send a generic quote with a single price and vague promises. Others, however, take time to assess the home, asking questions, examining the affected areas, and then providing a written remediation plan with a detailed estimate.

Red Flags:

- The estimate or quote you receive doesn't contain a breakdown of the work they will be performing or how they determined the cost of the project.
- The estimate includes broad and unexplained line items like “remove mold” or “mold cleaning”, or tasks that they claim are “included” even though those tasks are not listed in the estimate.
- The estimate total or line item totals are suspiciously round numbers.
- The company is vague about timelines, materials, or the scope of work.
- They make promises that seem too good to be true or miracle products or procedures that allow them to perform the work cheaply, faster, or avoid standard tasks that other mold remediation companies are intending to perform.

Article continued on our website.

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, asbestos abatement, radon mitigation, and fire / smoke restoration services for decades, and are proud to have been named The World's Greatest Indoor Environmental Firm. For more about Disaster Blaster, as well as more helpful tips, please visit our website at: www.disasterblaster.com or call our office at (570) 963-1123.

living green

Book Share

Returns to Wayne County Fairgrounds

Submitted by Michele Long

SEEDS of Northeastern Pennsylvania (SEEDS) is proud to announce the return of the Free Book Share to the Wayne County Fairgrounds September 13 and 14. This is the only event in Wayne County that has no limit! The rules? Bring as many as you want. Take as many as you want. The goal is to see every book into a new home. Whether you bring ten, one, or none, you are welcome to browse the red metal building on the fairgrounds and fill your arms (bags and boxes) with literary loot.

The Free Book Share invites everyone—community neighbors, families, visitors, organizations, agencies, businesses, groups, artists, collectors, anyone. Create a home library, leave some in a waiting room or lobby, offer them in a Little Free Library, repurpose for arts and crafts projects...the possibilities are endless! There is always a large selection to choose from including children's books, non-fiction, literary greats, travel, the list is endless!

Free Books! | No limitations

**Saturday, September 13
from 9 am to 4pm**

**Sunday, September 14
from 9 am to 3pm**



Over the past several years, this annual FREE event has relocated over 150,000 pieces of media, and many went to new homes and families here in NEPA. It is one of the single largest recycling events in our area. This event won an Environmental Partnership Award in 2019 given by the Pennsylvania Environmental Council.

Do you have “a whole bunch of books” to drop off? Box ‘em up and bring them early! Place the number of books on the outside of each bag or box for quick calculating! The event tracks collection and distribution totals for bragging rights. Follow signs for donations during these times:

Book Donations Accepted | Not required

Thursday, September 11
from 12pm- 6pm

Friday, September 12
from 9am – 6pm

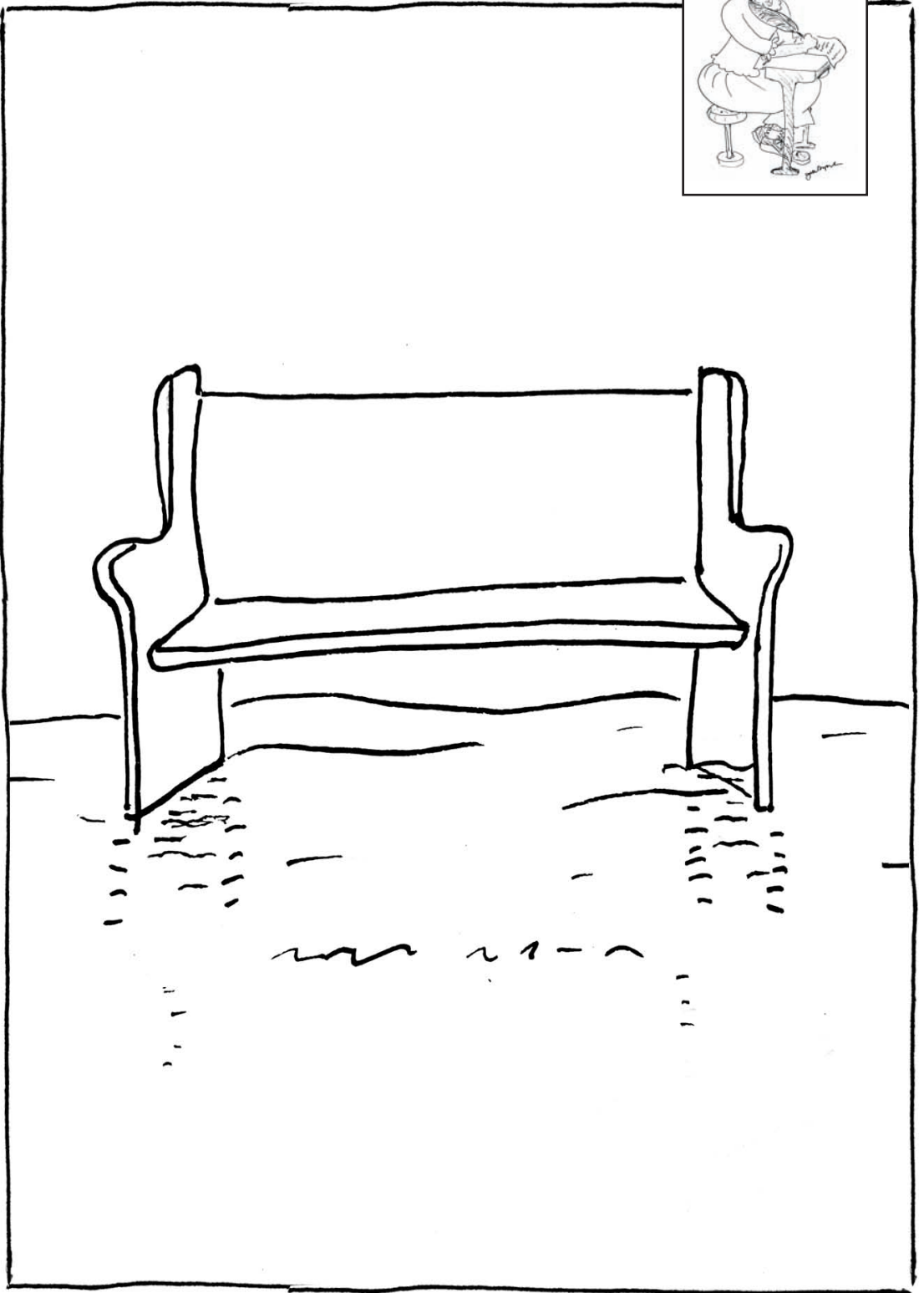
Saturday, September 13
from 9am - 12pm

No donations will be accepted after 12PM on Saturday.

This event is coordinated by SEEDS (Sustainable Energy Education and Development Support), a nonprofit environmental education organization based in Honesdale, promoting renewable energy and sustainable living in Northeastern Pennsylvania and the Upper Delaware region. Its goals include improving the health of our environment and local economy through energy efficiency and sustainability practices, such as energy conservation, healthy local food, and recycling. For more information about SEEDS, visit www.seedsgroup.net.



Michele Long – Michele is a lifelong resident of the area. She studied Criminal Justice at Shippensburg University after graduating from Wallenpaupack High School in 1986. She worked at the Pike County Conservation District for 20 years, retiring in 2023 as their Executive Director. In that time, she received numerous accolades for her work with the Pike/Wayne Conservation Partnership and on a statewide level worked with non-profits, state, local, and federal agencies promoting conservation initiatives in the northeast region. Michele is currently the Development Director for SEEDS.



ACTS OF NATURE

By The Reverend Mrs. Silence DoGood

Dear Editor,

I wasn't expecting an urgent call. I was waiting for the Atlas Pew Company, LLC, to deliver our new pews to the glass chapel which is part of our new church. Our old church burned to the ground in a horrific fire. I answered my cellphone.

Margaret Thistle is a long-standing member of my congregation and is the vice chair of our Sunday School board. As a happily married wife and mother of three, she brings stability and maturity to our curriculum and the administration of our Sunday School. Her mother Agnes would often volunteer with the children on Sunday.

Margaret called and said that her mother Agnes was dying and asked for me to be with her. I told her that I would call her back after I spoke to the delivery people.

Thoughts of my time in Boston when I was getting my MBA came racing back. Fiona Ryan was a dear friend who was getting her master's degree in clinical nursing. From time to time, we would speak of death, mostly from her nursing perspective. I vividly remember one discussion when she told me that generally people approach dying in two ways. Some want to be alone while others want to be with people. Apparently, Agnes wanted people with her.

The Atlas Pew Company said that they would be delayed because their manufacturing plant had been flooded and they had to hire extras to deliver my pews. I told them that the chapel is open and they should go ahead and install them. The architect had taped on the floor where the pews should go.

I thought of asking Willie, my husband, to be there when the pews were delivered, but he was in Scranton. He was giving a lecture at a university there on how to conduct an orchestra. He has a PhD in music from Bellingshire University in England. He is our church's organist and choir master and chose our new organ which is already installed.

As I drove to be with Agnes I thought of the new pews and how beautiful the glass chapel would look with them. We ordered Danish walnut pews with solid seats and backs. We also ordered a matching organ surround and lectern.

I held Agnes's hand. Margaret and I looked at each other. "You have been such a joy at Sunday School. The children, even the teenagers, have enjoyed your stories about growing up on a dairy farm. I think you have transferred your love of animals to them." Leaving was not easy, but I had to get back to the chapel.

The large Atlas Pew truck was in front of the chapel, and I could see men working inside. I was anxious to see how the pews looked. "No. No. No. You installed the pews backwards. They are facing the back door, not the front of the chapel."

I had to talk to myself. "Silence, you can handle this. Just take one step at a time."

The president of Atlas apologized and said they would fix it. He said that because of the flooding of their manufacturing plant, all of their regular staff were removing machinery, pews and raw-material wood from the facility. He said any damage to the chapel's floor from the incorrect installation would be fixed. He also said he would have his regular crew come out to properly complete the job.

Even on a day-to-day level we may think we are in control of our lives. The Greeks have a word for that which is hubris or pride. As I sat in my parlor having a cup of green tea, I realized how little control we have. We were only talking about the simple installation of pews in a chapel, yet unexpected death and floods turned plans into vapors. They disappeared.

Last Sunday my sermon was about humility. Yes, plan ahead as though we are in control but be aware that acts of nature have power over us.

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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LEVERAGING

Your IRA for Charitable Giving

..... Provided by Michael Krupa

Estate & Giving

How to make a meaningful impact with your RMDs.

Financial stability, legacy and personal fulfillment are just a few reasons why so many people aged 50 to 80 are committed to giving. A recent study revealed that 78% of this age group say giving plays a significant role in their lives.

These findings showcase the importance of incorporating charitable giving into your retirement planning conversations, so you can continue to make an impact on the causes you care about. Also, there are tax benefits to giving, making it even more rewarding to do good.

Turn RMDs into QCDs

Those who don't need their required minimum distributions (RMDs) to maintain their lifestyle can use qualified charitable distributions (QCDs) from their IRA to support the charities close to their heart while reaping tax benefits. During retirement, this strategy helps put the money to good use for favorite charitable missions.

The age to begin taking required distributions from your IRA has increased over the past few years from 70 1/2 to 73. But you can still begin making QCDs at age 70 1/2. While RMDs are typically treated as taxable income, QCDs up to \$108,000 for tax year 2025 will not be taxed. QCDs also satisfy your RMD. QCDs are a strategic way to donate to charities, reduce tax liability, support tax efficient charitable goals, while satisfying your RMD requirements.

Note that if your RMDs exceed the annual QCD limit, only the amount up to the limit will qualify as a QCD. This limit is indexed for inflation every year and will fluctuate.

When a QCD satisfies an RMD, it lowers your adjusted gross income. The distribution amount is also excluded from various tax formulas, so it can help you avoid higher taxes on Social Security benefits, Medicare Part B and D premiums, and the Medicare tax on investment income.

QCDs are beneficial for taxpayers who take the standard deduction or itemize. For those who itemize, the QCD does not count toward the maximum amounts deductible and allows donors to give beyond what they could in just cash and assets.

The fine print

To make the most of your charitable giving through QCDs, it's important to understand the related rules and regulations.

You must make the donation directly from your IRA to a qualified public charity. IRA withdrawals that are distributed to you first with the intent of donating do not qualify as QCDs. Your IRA custodian and financial advisor can help you make the distribution in accordance with guidelines to ensure it counts.

The donor must not receive any benefit in return for making the donation, such as tickets to an event or the option to use the funds to buy auction items.

QCDs from SEPs and SIMPLE IRAs are not permitted. And certain charities, like donor advised funds and private foundations, are not eligible to receive QCDs.

Make QCDs early in the year, because the first dollars withdrawn from an IRA count toward the RMD. You won't be able to offset earlier RMDs by making a QCD later.

SECURE 2.0 Act

The SECURE 2.0 Act has further changed the IRA inheritance landscape and may

provide even more incentive for transforming RMDs into QCDs.

Effective January 1, 2025, the law requires non-eligible IRA beneficiaries (children, for example) to spend down an inherited IRA within 10 years of the original owner's death, limiting the ability to enjoy prolonged tax-free growth. This is known as the 10-year rule.

The 10-year rule can have a major impact on beneficiaries from a tax standpoint, especially if they're still in their high-earning years. The money they'll be required to spend down is taxable income. Reducing the IRA balance and tax burden through QCDs can be especially helpful for beneficiaries of larger accounts, and those already taxed at higher rates. Only IRA beneficiaries that are 70.5 or older are eligible to make QCDs.

In addition to the 10-year rule, SECURE 2.0 expanded the QCD rules to allow for a one-time \$50,000 distribution from one or more IRAs to one of the following split-interest entities: a charitable remainder annuity trust, charitable remainder unitrust or charitable gift annuity. This option offers more flexibility in your charitable giving strategy.

Considerations such as these highlight the importance of having a comprehensive charitable giving conversation with your advisor if you're planning to be philanthropic in retirement. By preparing, you can develop a more strategic approach to charitable giving, ensuring that your contributions have the greatest impact for both you and the causes you support.

Raymond James does not provide tax advice. Please discuss these matters with your tax professional.



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POCONO

secrets

Lacawac Sanctuary

Edible & Medicinal Plant Walk with Heather Housekeeper

By LA Guzda

I recently joined a group of curious nature lovers at the beautiful Lacawac Sanctuary for an edible and medicinal plant walk led by the wonderfully named Heather Housekeeper (honestly, could there be a better name for a botanical guide?).



Each time I take part in one of these walks, I challenge myself to remember as much as possible. Over time, I've accepted that if I retain just two new things, I'm doing well. One day, I dream of stepping into my backyard and foraging an entire meal as I hike!

On this particular walk, I learned about several plants with fascinating uses:

- **Sweet Fern** – Its leaves can be brewed (5–7 at a time) to ease respiratory conditions, digestive troubles, and fevers. Crushed leaves also make a soothing poultice for wounds, burns, and insect bites.

- **Plantain (not the banana-like fruit, but the common lawn “weed”)** – Long valued in folk medicine, plantain is excellent for calming skin irritation, reducing inflammation, and even drawing out splinters.

- **Black Birch** – The inner bark can be eaten raw as an emergency food, while twigs and bark steep into a flavorful tea. Once harvested widely for oil of wintergreen (before the synthetic version took over in the 1960s), black birch sap can also be boiled into a rich, molasses-like syrup—



perfect for making authentic birch beer.

- **Goldenrod** – This plant surprised me with its versatility. Traditionally used to support bladder and urinary health, it's especially helpful for UTIs. Flowers and leaves infused in oil make a healing salve for wounds, burns, sore muscles, or arthritis pain—especially when blended with plantain, yarrow, and St. John's wort. As a tea with honey, goldenrod soothes sore throats, loosens mucus from the lungs, and delivers a dose of rutin, a powerful flavonoid that strengthens circulation and capillaries. Some even claim goldenrod outshines green tea in antioxidant power. But Northeast Pennsylvania offers many more healing plants worth noticing:

- **Yarrow** – A feathery wildflower often found in meadows and fields, yarrow has a long history as a wound-healing plant. Its leaves can be crushed and applied directly to cuts to help stop bleeding, while teas made from the flowers support digestion and reduce fever.

- **Stinging Nettle** – While its sting isn't pleasant, nettle is one of the most nutrient-rich plants in the forest. Once cooked or dried, the sting disappears, and nettle becomes a powerhouse food, rich in iron, calcium, and protein. As a tea, it supports kidney health and eases seasonal allergies.

- **Jewelweed** – Often found growing near poison ivy, jewelweed is nature's anti-

dote. Its juicy stems and leaves soothe rashes, insect bites, and minor burns. Native people and herbalists have used it for centuries as a reliable skin remedy.

- **Wild Violet** – These cheerful purple blossoms aren't just pretty. Their leaves and flowers are edible, full of vitamin C, and have cooling, anti-inflammatory properties. Violet syrups and teas are still used for coughs and sore throats.

- **Wild Mint** – Growing along stream-banks and damp soil, wild mint refreshes the senses and settles the stomach. A simple tea made from the leaves helps ease nausea and indigestion, while the fresh leaves are a delightful trail nibble.

Clearly, I learned far more than my usual “two things.” Heather's passion and deep knowledge made the walk inspiring and memorable. She offers books, a four-month intensive course, and custom programs for groups. Learn more at www.TheBotanicalHiker.com.

Special thanks to the Lacawac Sanctuary Foundation for hosting. With its stunning landscapes and year-round events, it's a place worth visiting often. To stay updated, sign up for their newsletter at www.Lacawac.org.

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SEPT '25

Ongoing Events

MONDAYS

Brewpub Bingo

6-8 p.m. Wallenpaupack Brewing Company, Hawley. Until Dec. 29. Free fun and the chance to win WBC prizes. Family-friendly event. Must be 21 to drink with ID. Free to play. Info: 570-390-7933 or content@wallenpaupackbrewingco.com.

THURSDAYS

Jazz Nights at Here & Now Brewing Company

6:30-9 p.m. Here & Now Brewing Company, Honesdale. Through Dec. 25. Musical guests appear weekly and each week takes you on a different journey of sound. Free. Info: 570-253-0700 or info@hereandnowbrewing.com.

THURSDAYS-SATURDAYS

Maple Syrup Tasting on the Farm

11 a.m.-5 p.m. Pocono Mountain Maple, Newfoundland. Through Dec. 19. Indulge in a tasting of all organic and kosher maple syrup flavors each with its signature taste. Visit the Farm Store café. Try a maple water tasting: all-natural hydrating electrolyte drink sourced directly from the maple trees. Info: 570-499-8974 or info@poconomtnmaple.com.

WEDNESDAYS, FRIDAYS-SUNDAYS

Live Music at the Brewery

Call for hours. Until Dec. 28. Wallenpaupack Brewing Company, Hawley. Enjoy live tunes from NEPA and Tri-State artists while sipping on delicious brews. Free. Info: 570-390-7933 or content@wallenpaupackbrewingco.com.

THURSDAYS, SATURDAYS

Boat House Yoga

9 a.m.-5:30 p.m. Pocono Mountain Maple, Newfoundland. Until Nov. 13. Awaken your body and spirit surrounded by nature's stillness. Water-based yoga classes offer a peaceful setting for flow, reflection, and renewal. Info: 570-499-8974 or social@poconomtnmaple.com.

THURSDAYS-FRIDAYS

Maple Syrup Tasting on the Farm

11 a.m.-5 p.m. Pocono Mountain Maple, Newfoundland. Until Dec. 19. Indulge in a tasting of all Organic and kosher maple syrup flavors each with its signature taste. Pair your tasting experience with complimentary treats from the Farm Store café. Top off your visit with a refreshing maple water tasting; an all-natural hydrating electrolyte drink sourced directly from our maple trees. Info: 570-499-8974 or info@poconomtnmaple.com.

THURSDAYS-FRIDAYS

Pocono Mountain Maple Tours

11 a.m.-5 p.m. Pocono Mountain Maple, Newfoundland. Until Nov. 22. Educational guided step-by-step tours of the maple syrup process from how it's sourced to the cooking process at the sugar shack. After your tour, enjoy the scenic views and don't forget to stop by the Farm Store. Tours are about 45 min. long. Call for starting times. Info: 570-499-8974 or info@poconomtnmaple.com.

FRIDAYS

Hawley Farmers' Market

2-5 p.m. Bingham Park, Hawley. Through Oct. Delicious fresh & local produce and more. All types of PA Preferred fresh & local produce in season. Rain or shine. Info: 570-226-1644 or hawleyfarmersmarket@gmail.com.

FRIDAYS-MONDAYS

Public Tours at Grey Towers

Noon-3 p.m. Grey Towers National Historic Site, Milford. Through Oct. 31. The home of Gifford Pinchot, America's first forester and founder of the USDA Forest Service. Info: 570-296-9630 or greytowers@fs.fed.us.

SATURDAYS

Wayne County Farmers' Market

9:30 a.m.-12:30 p.m. Next to Dave's Super Duper grocery store, Honesdale. Through Oct. 25. Fresh and local produce. All types of PA Preferred fresh and local produce in season. Items like microgreens, seasonal garden vegetables, cold brewed coffee, fresh eggs, meats, and of course fabulous baked goods. Free. Info: 570-488-5435.

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 gardenjones@yahoo.com.

SATURDAYS & SUNDAYS

Wallenpaupack Brewing Company Brewery Tours

Noon-6 p.m. Wallenpaupack Brewing Company, Hawley. Through Nov. 30. Step behind the scenes and discover where your favorite craft brews are made. Call to secure your spot or ask a beertender during your visit. Info: 570-390-7933 or content@wallenpaupackbrewingco.com.

SATURDAYS & SUNDAYS**Music on the Lawn at the Milford Community House**

1-3 p.m. Milford Community House, Milford. Through Sept. 28. Live music from local artists. Bring chairs or blankets and enjoy an afternoon out in the lovely town of Milford. The shows are weather permitting. Free. Info: 570-296-8700.

SATURDAYS & SUNDAYS**Dockside Live**

2-5 p.m. The Dock on Wallenpaupack, Hawley. Live music, tasty bites and great spirits. Info: 570-226-4388 or info@silverbirchesresortpa.com.

SUNDAYS**Milford Farmers Market**

10 a.m.-1 p.m. Historic Milford, 506 Broad St., Milford. Until Oct. 26. Stop by and shop for local goods. Rain or shine. Free. Info: milfordmarketpa@gmail.com.

September 1-30

THROUGH OCT. 1**Monster Trout Derby**

100 brown, brook and rainbow trout between five and 10 pounds will be stocked in the Lackawaxen River between Hawley and the village of Lackawaxen. They are tagged with a number corresponding to the sponsoring business. Details: 570-685-2010 or twoiverangers@gmail.com.

SEPT. 1, 11, 15, 16, 22, 23, 30**Ghost Tours**

7-8 p.m. The Sayre Mansion Inn, Bethlehem. Spirited 60-minute guided tour of The 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

SEPT. 6**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. Call to register. Info: 570-828-2319 or peec@peec.org.

SEPT. 6**Spiritualism at Historic Grey Towers**

11 a.m. & 2 p.m. Grey Towers NHS, Milford. What is spiritualism? What are its origins? How did Gifford Pinchot's religious & ethical background affect his interest in it? And who was Laura? Rev. Darrell Berger leads a presentation about Grey Towers and spiritualism in a one-hour event. Registration required. Info: greytowers/events.

SEPT. 6**Delaware Highlands Conservancy Meadow Party**

11 a.m.-4 p.m. Van Scott Nature Reserve of the Delaware Highlands Conservancy, Beach Lake. Activities for all ages, including an animal adapta-

tions presentation, puppet show, live music from local bands Little Sparrow and Playground, intro to fly fishing, guided trail walks, & crafts. The Conservancy provides snacks, & attendees encouraged to bring their own picnics, & a blanket or camp chairs. Free. RSVPs requested. Rain date, Sept. 7. Info: 570-226-3164 ext. 2 or rachel@delawarehighlands.org.

SEPT. 6**Alcohol Ink (4 tiles)**

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

SEPT. 6**Bird Bonanza**

1-3 p.m. Pocono Environmental Education Center, Dingmans Ferry. Spend time watching the feeders and putting together your own unique and custom bird feeder from a variety of recycled materials just in time for winter. PEEC will provide everything you need, but you are welcome to bring your own supplies. Call to register. Info: 570-828-2319 or peec@peec.org.

SEPT. 6**Summer Sounds - TJ Santiago**

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.

SEPT. 6**Rails and Tails: The Powerful Pups Excursion**

3 p.m. Honesdale Station, Honesdale. Celebrate Grandparents Day with the grandkids and enjoy a visit from their favorite cartoon pups, face painting, and games at the outdoor trackside venue. Info: 570-470-2697 or info@thetourbridgeline.net or thetourbridgeline.net.

SEPT. 6**Sugar Mountain: A Tribute to Neil Young**

8 p.m. The Milford Theater & Performing Arts Center, Milford. An ensemble of veteran musicians from NJ's vibrant music scene to faithfully replicate the songs of one of the most beloved singer/songwriters of our time -- Neil Young. Table seating tickets include cocktail service during the show (credit card required). The Milford Theater Bar will open one hour before showtime, offering a variety of wine, beer, cocktails, and concessions. Info: 570-300-5990 or marketing@milfordhospitalitygroup.com.

SEPT. 7**Introduction to Orienteering**

10 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Learn how to use a map & compass on PEEC's orienteering course. They'll show you the basics before you try to find all the points. Call to register. Info: 570-828-2319 or peec@peec.org.

SEPT. 7**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.

SEPT. 7

If Trees Could Talk: Guided Hike

11 a.m.-12:30 p.m. Grey Towers NHS, Milford. Dr. Paul Kovalski guides a walking tour that features the hidden and fascinating history of trees throughout the property. Registration required. Info: greytowers/events.

SEPT. 7, 19

Pocono Express Excursion

1 p.m. Honesdale Station, Honesdale. 1.5-hour round-trip. Info: 570-470-2697 or info@thetourbridgeline.net or thetourbridgeline.net.

SEPT. 7, 14

Pocono Express Excursion

4 p.m. Honesdale Station, Honesdale. 1.5-hour round-trip. Info: 570-470-2697 or info@thetourbridgeline.net or thetourbridgeline.net.

SEPT. 7, 14, 28

Deluxe Dinner Train Excursion

4 p.m. Honesdale Station, Honesdale. Info: 570-470-2697 or jhillier@thetourbridgeline.net or thetourbridgeline.net.

SEPT. 9

Bugs, Balance, and Biodiversity: The State of The Forests

1-2:30 p.m. In-depth look at the current state of Pennsylvania's woodlands. Program will explore how invasive pests, forest diseases, and wildlife dynamics affect forest health and resilience. Free program will be held virtually online; Zoom meeting details will be emailed to you after you register. Info: 570-226-3164 or steve@delawarehighlands.org.

SEPT. 11, 25

Senior Gathering

1:30-3:30 p.m. The Cooperage, Honesdale. Welcoming afternoons designed to bring older adults (60+) together in a warm and friendly setting. Light refreshments, engaging conversation, and curated programming in the heart of your community. Info: 570-253-2020 or thecooperageproject.org.

SEPT. 11, 25

Mobile Market at The Cooperage

3-5 p.m. The Cooperage, Honesdale. Offers better access to fresh local produce, meats and dairy for seniors and others in the community who want great local food. In the pocket park in front of the Cooperage. Info: 570-253-2020 or thecooperageproject.org.

SEPT. 12-14

Milford Readers & Writers Festival

The Milford Theater & Performing Arts Center, Milford. An amazing group of writers and performers bring you interesting and entertaining content. The festival aims to inspire and ignite conversations between people who love to read books and people who write them. Info: PikeArtworks@gmail.com.

SEPT. 12-14

Fall Flights: Birds and Brews

10 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. A wonderful weekend of bird watching and beer tasting. Enjoy guided hikes that teach how to identify birds by sight, sound, and habitat. Program is geared towards beginners and experts alike. Sat. night PEEC provides beverages from local breweries while you relax around the campfire. Includes two nights of lodging and meals from Friday dinner to Sunday lunch. Call or register online. Info: 570-828-2319 or peec@peec.org.

SEPT. 13

Arts and Crafts Fair in Bingham Park

9 a.m.-4 p.m. Bingham Park, Hawley. Approx. 100 vendors with truly unique handcrafted items; creative and distinctive gift ideas for that special someone or yourself. Rain or shine. Free. Info: 570-226-3191 or chamber@northernpoconoschamber.com.

SEPT. 13

Half Way to St. Patrick's Day!

10 a.m.-2 p.m. Newfoundland Farm Market, 994 Main St., Newfoundland. Come celebrate all things Irish. Rain date, Sept. 20. Free parking. Info: Facebook page or gardeningtones@yahoo.com.

SEPT. 13

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.

SEPT. 13

Sapphyre: A Sapphic Author Appreciation Event

11 a.m.-3 p.m. The Sayre Mansion Inn, Bethlehem. Celebrate the voices of sapphic literature with a day of author meet-and-greets, vendors, food, drinks, and more under the event tent. Special guests Lori Prince & Marisa Calin. VIP Package available. Info: 610-882-2100 or innkeeper@sayremansion.com.

SEPT. 13

The Fall Music Festival at Dorflinger

Noon-9 p.m. Dorflinger-Suydam Wildlife Sanctuary, Hawley. Music and friendship in honor of those you lost too soon are the annual theme of the Fall Music Festival. Old and new acts, including young musicians, will take the stage throughout the day. There will be food vendors, merch table, 50/50, special songs, and more. Info: 570-470-7632 or thefallmusicfestivalpa@gmail.com.

SEPT. 13

Alcohol Ink Markers

12:30-2 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.

SEPT. 13

Wilderness Walkabout

1-3 p.m. Pocono Environmental Education Center, Dingmans Ferry. Explore PEEC with Paul Kovalski, aka Dr. Dinosaur, as you hike one of the trails and

discuss the natural history of the park. Call to register. Info: 570-828-2319 or peec@peec.org.

SEPT. 13**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.

SEPT. 13**Acrylic Painting (lavender)**

2:30-4 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.

SEPT. 13**Alexander Markov**

5:30 p.m. Grey Towers N.H.S., Milford. Internationally celebrated violinist performs favorite classical masterpieces. Info: kindredspir@yahoo.com or 570-390-8699 (voice/text).

SEPT. 13**Nature at Night**

7-8:30 p.m. Pocono Environmental Education Center, Dingmans Ferry. A pleasant fall evening is the perfect time to head outside. Take a walk in the woods to listen for owls, look at stars, and enjoy the music of the night. Enjoy fun activities that test your night vision. Bring a flashlight. Call to register. Info: 570-828-2319 or peec@peec.org.

SEPT. 13, 14**Free Book Share**

9 a.m.-4 p.m. Wayne County Fairgrounds, Honesdale. No requirements to bring books. No limitations on how many you can take. The goal is to see every book into a new home. Whether you bring ten, one, or none, you are welcome to browse the red metal building on the fairgrounds and fill your arms (bags and boxes) with literary loot. Free. Info: 570-245-1256 or info@seedsgroup.net.

SEPT. 13, 14**Historic Joel Hill Sawmill & Antique Machinery Demonstration**

Sat., 10 a.m. & 1 p.m.; Sun., 1 p.m. 736 Duck Harbor Road (off Rt. 191), Equinunk. Open House at the water-powered, Civil-War-Era Joel Hill Sawmill. Volunteers give demo tours of the sawmill and the Thomas Cleveland Museum, which houses late 19th century tools and industrial machinery. The mill and museum are located off PA Route 191. Follow GPS or directional signs. Free. Info: equinunkhistory.com/events or 570-798-2420.

SEPT. 14**Beaver Ecology Hike**

10 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Learn about these charismatic critters and explore PEEC's indoor beaver lodge replica, then hit the trail to see the current beaver activity on campus. All ages welcome. Call to register. Info: 570-828-2319 or peec@peec.org.

SEPT. 14**Watercolor (abstract)**

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.

SEPT. 14**Pastels (open fields)**

12:30-2 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.

SEPT. 14**Wacky Science Adventures**

1-3 p.m. Pocono Environmental Education Center, Dingmans Ferry. Put on your lab coats and prepare to conduct some crazy experiments. You'll get to build your own rocket, create a cushion for an egg, and more. Prepare to get your hands a little dirty. Great for kids. Call to register. Info: 570-828-2319 or peec@peec.org.

SEPT. 15**Wayne Highlands Quilt Guild**

4-6 p.m. First Presbyterian Church, Hawley. Do you love to quilt? You're welcome to join & make new friends who share your passion for quilting. At each meeting there is a show & tell. At some meetings there are hands-on learning presentation, sewing of an item to donate to charity or a speaker. For more info, call Deb at 908-358-2670 or debszoo@gmail.com.

SEPT. 17**Late Summer Blooms Sip & Snip**

5:30-7 p.m. Gorgeous Floral, Hawley. Create a lovely vase arrangement of summer tones. Snacks and beverages provided. Call to reserve. Info: 570-576-0490 or info@gorgeous-floral.com.

SEPT. 17-18**DIY Solar Workshop**

7-9 p.m. Pike County Training Center, Hawley. Beginner-friendly event will teach you the basics of solar energy systems and walk you through designing and assembling the simple DIY setup. Free. Info: 570-245-1256 or info@seedsgroup.net.

SEPT. 18**"Pop-up" (sunflowers galore)**

6:30-8 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.

SEPT. 19**Magical Mystery Doors Presents: Zeppelin Reimagined**

8 p.m. The Milford Theater & Performing Arts Center, Milford. Groundbreaking experience that merges the timeless power of classic rock with the cutting edge technology of today. Their performances are a perfect blend of the old and the new, honoring the legendary hits while introducing unexpected twists and modern interpretations. Info: 570-300-5990 or marketing@milfordhospitalitygroup.com.

SEPT. 19-27**170th Annual Bloomsburg Fair**

Bloomsburg, Columbia County. Anne Wilson, Dustin Lynch, Oak Ridge Boys, Jeff Dunham, Cooper Alan, Ludacris, Third Eye Blind, Styx. Info: 570-784-4949 x4157 or 570-387-4157 or bloomsburgfair.com or info@bloomsburgfair.com.

SEPT. 20**Lackawaxen River Sojourn**

Registration: 8-9 a.m.; paddle 9:15 a.m.; dinner (optional): 5:30 p.m. Sycamore Point boating access, Honesdale. Lackawaxen River Trails hosts the 1st-ever sojourn starting in Honesdale at the newly opened Sycamore Point with stopovers in White Mills and ending in Hawley at Bingham Park. Info: info@lackawaxenrivertrails.org.

SEPT. 20**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. Free. Info: milfordmusicfest@gmail.com.

SEPT. 20**A Moveable Feast – A Milford Historic Walking Tour**

10 a.m.-Noon. Meet at Community House, Milford. Tour features tastings of some of Milford's favorite food spots and illustrate the many contributions made by the prominent Pinchot family since the 1880s. Rain or shine. Tickets and registration required. Info: greytowers/events.

SEPT. 20**Abstract Watercolor**

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

SEPT. 20**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.

SEPT. 20**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.

SEPT. 20**Pocono Express Excursion**

3 p.m. Honesdale Station, Honesdale. Info: 570-470-2697 or info@thetourbridgeline.net or thetourbridgeline.net.

SEPT. 20**Comedy Show Special Excursion**

6 p.m. Honesdale Station, Honesdale. Info: 570-470-2697 or info@thetourbridgeline.net or thetourbridgeline.net.

SEPT. 20**Owl Prowl**

7-8:30 p.m. Pocono Environmental Education Center, Dingmans Ferry. PA is home to a number of different species of owls. There are a handful of different species that live around PEEC. You may not find any, but you'll definitely hear them. Call to register. Info: 570-828-2319 or peec@peec.org.

SEPT. 20-OCT. 5**Celebrate Oktoberfest at WBC**

11 a.m.-9 p.m. Wallenpaupack Brewing Company, Hawley. Enjoy seasonal beers, German food, live music, games, stein-hoisting contests, and more. The main event is Sun., Sept. 28, from 11 a.m.-7 p.m., featuring the Berliner Bar, keg tapping at noon, and steinholding competitions at 3 p.m. Info: 570-390-7933 or content@wallenpaupackbrewingco.com.

SEPT. 21**Introduction to Orienteering**

10 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Learn how to use a map & compass on PEEC's orienteering course. They'll show you the basics before you try to find all the points. Call to register. Info: 570-828-2319 or peec@peec.org.

SEPT. 21**Murder Mystery Limited Excursion**

1 p.m. Honesdale Station, Honesdale. A buffet dinner at the trackside event venue in White Mills, and a murder mystery show. Info: 570-470-2697 or jhiller@thetourbridgeline.net or thetourbridgeline.net.

SEPT. 21**Signs of Fall Hike**

1-3 p.m. Pocono Environmental Education Center, Dingmans Ferry. Take a hike with PEEC and discover the science behind the wonderful season of fall. Discuss changing animal behavior, why leaves change color, and why it's the best season to be out and about. Call to register. Info: 570-828-2319 or peec@peec.org.

SEPT. 24**Hobo Lunch Train Excursion**

1 p.m. Honesdale Station, Honesdale. Info: 570-470-2697 or info@thetourbridgeline.net or thetourbridgeline.net.

SEPT. 24, 25**Pocono Foliage Express Excursion**

1 p.m. Honesdale Station, Honesdale. 1.5-hour round trip. Info: 570-470-2697 or info@thetourbridgeline.net or thetourbridgeline.net.

SEPT. 26**Settlers Cares Foundation Gala**

6-9 p.m. Silver Birches Resort, Hawley. Featuring silent and live auctions, a sumptuous dinner and a salute to a special honoree. Info: 570-226-4388 or info@silverbirchesresortpa.com.

SEPT. 26**Ryan Keberle & Collectiv do Brasil!**

7-9:30 p.m. The Cooperage, Honesdale. Brings together American composer/trombonist, Ryan

Keberle, with three of the leading voices from the Sao Paulo Brazilian jazz scene: Philip Silver on piano, Philip Brisa on bass, and Paul Vincent on drums. Info: 570-253-2020 or thecooperageproject.org.

SEPT. 27**Fall Guided Canal Park Tour**

10-11:30 a.m. D&H Canal Park at Lock 31, Rte. 6, Hawley. Immersive guided tour through the historic D&H Canal Park at Lock 31. Explore the rich history of the canal system and learning about the families who once lived here. Reserve your ticket today for an unforgettable journey through local heritage. Info: 570-253-3240 or kalogna@waynehistorypa.com.

SEPT. 27**Wacky Science Adventures**

10 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Put on your lab coats and prepare to conduct some crazy experiments. You'll get to build your own rocket, create a cushion for an egg, and more. Prepare to get your hands a little dirty. Great for kids. Call to register. Info: 570-828-2319 or peec@peec.org.

SEPT. 27**Angel Day!**

10 a.m.-2 p.m. Newfoundland Farm Market, 994 Main St., Newfoundland. Community yard sale day. Rain or shine. Free parking. Info: Facebook page or gardeningjones@yahoo.com.

SEPT. 27**Festival of Wood**

10 a.m.-5 p.m. Grey Towers NHS, Milford. Celebrate our natural and cultural wood heritage at Grey Towers. Enjoy a day of outstanding artisan-handmade crafts, arts, a music program, children's activities, Smokey Bear and Woody appearances and more. Free admission. Rain or shine. Info: greytowers/events.

SEPT. 27**Bird Bonanza**

1-3 p.m. Pocono Environmental Education Center, Dingmans Ferry. Spend time watching the feeders and putting together your own unique and custom bird feeder from a variety of recycled materials just in time for winter. PEEC will provide everything you need, but you are welcome to bring your own supplies. Call to register. Info: 570-828-2319 or peec@peec.org.

SEPT. 27**Pocono Foliage Express Excursion**

Noon & 3 p.m. Honesdale Station, Honesdale. 1.5-hour round trip. Info: 570-470-2697 or info@thetourbridgeline.net or thetourbridgeline.net.

SEPT. 27**Harvest Harmonies - Rick Horvath**

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.

SEPT. 27**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.

SEPT. 28**Acrylic Pour**

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

SEPT. 28**Introduction to Orienteering**

1-3 p.m. Pocono Environmental Education Center, Dingmans Ferry. Learn how to use a map & compass on PEEC's orienteering course. They'll show you the basics before you try to find all the points. Call to register. Info: 570-828-2319 or peec@peec.org.

SEPT. 28**Rising Notes: A Youth Music Circle**

1-3 p.m. Stoneworks Youth Center (behind The Cooperage), Honesdale. For 8-18 year olds. An informal, friendly atmosphere where young instrumentalists can enjoy playing for and with each other. Bring your own instruments. There is no pressure to perform. Free. Info: 570-253-2020 or thecooperageproject.org.

SEPT. 28**Pocono Foliage Express Excursion**

4 p.m. Honesdale Station, Honesdale. 1.5-hour round trip. Info: 570-470-2697 or info@thetourbridgeline.net or thetourbridgeline.net.

SEPT. 28**Nature at Night**

7-8:30 p.m. Pocono Environmental Education Center, Dingmans Ferry. A pleasant fall evening is the perfect time to head outside. Take a walk in the woods to listen for owls, look at stars, and enjoy the music of the night. Enjoy fun activities that test your night vision. Bring a flashlight. Call to register. Info: 570-828-2319 or peec@peec.org.

SEPT. 30**Mystery Zoom**

Noon-1 p.m. Delaware Highlands Conservancy. Engage with them each week on social media to try and guess the theme based on clues and questions they share. Each Zoom covers a different topic, so see if your guess was right. And if the topic sparks your interest, stick around and learn something new. Zoom meeting details will be emailed to you after registration. Free. Info: 570-226-3164 or

A person with blonde hair, wearing a white knit hat and an orange sweater, sits on a large, flat rock. They are looking out over a deep valley filled with trees in vibrant autumn colors of orange, yellow, and green. A river winds through the valley floor. In the foreground, there are green bushes with small brown flowers. The top of the image features decorative wavy lines in shades of green and blue.

PLAN YOUR FALL GETAWAY



@knl_photography_

Crisp air, colorful leaves, and endless ways to unwind or explore—the Poconos is the perfect place to experience autumn. Whether you're chasing outdoor adventures or cozy moments by the fire, you'll find incredible midweek offers to make your trip even sweeter. Start planning now at PoconoMountains.com/Offers.



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