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The Pocono Mountains' Magazine

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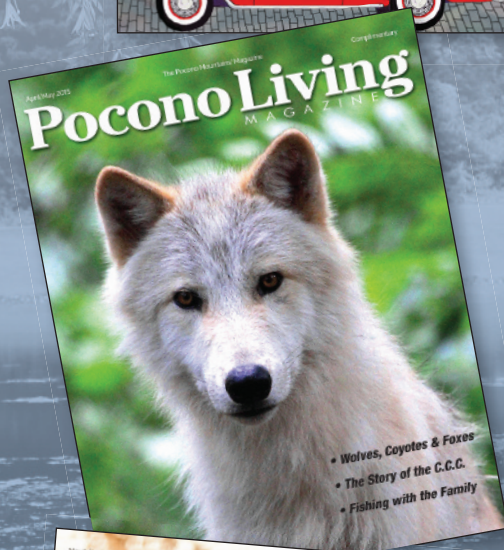
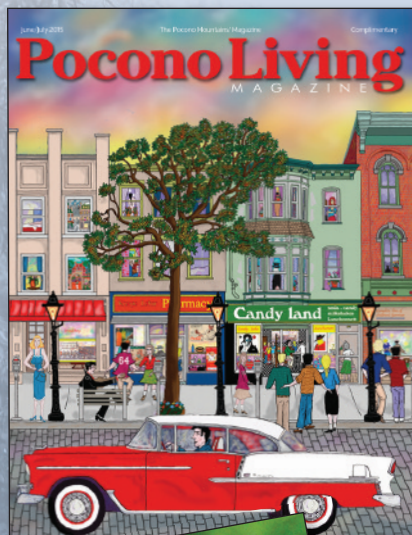
ANNUAL

PET LOVERS ISSUE

Pocono Magazines

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On the Cover: Photo courtesy of Morguefile

5 Tips for Packing the Car for a **Road Trip**

Ah, vacation. Whether you're heading to the beach or to the mountains, and whether your trip will take two hours or two days, you'll need to do some advance planning on how to pack up the car.

Thanks to improved automobile designs and the convenience of gadgets, today's road trips are generally more enjoyable than they used to be. Where you're headed and who's going on the trip will make a difference in how you pack. Babies require more equipment, and teenagers take up more room. Both age groups will be miserable on a car trip if you're not prepared.

Before you head out of town, consider these tips for packing the car.



PHOTO COURTESY OF MORGUERLE

How to Organize Your Luggage

Since the capacity and storage space varies from car to car, the general rule of thumb is to put the heaviest things as far forward and as close to the floor in the cargo area as possible. The goal is to keep the center of gravity low, reduce the weight over the wheels and prevent the car from becoming top-heavy.

In a car without a trunk, lighter items stored on top of the bulkier baggage should be secured so they don't fly forward in the case of a sudden stop. And don't pile your things to the ceiling. The driver should be able to see out of the rear window. Keep essential items (diapers, coats, change of clothes) within reach, and don't forget to take advantage of spaces under the seats.

In Case of Emergency

Let's just assume that before you head out on a road trip, you've already taken care of the preventative maintenance tasks, including changing the oil, checking the tires, replacing fluids and making sure the "check engine" and other warning lights are not illuminated.

Despite all your planning and preparation, "stuff happens" so it's best to be prepared. An emergency car care kit has the basics for addressing roadside emergencies, and many people

continued on next page



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equally important. Don't forget your cell phone charger. (And by the way, AAA can also get you discounts at hotels and attractions, and is useful for maps and trip planning.)

Prepare a Car Safety Kit

You never know what you'll need and when, so experts recommend packing the basics in a roadside emergency kit, including:

- First-aid kit
- Fire extinguisher
- Warning light, hazard triangles or flares
- Tire gauge
- Flashlight
- Jumper cables
- AAA membership card

Snacks and Meals

When the kids say they're hungry or thirsty, it's often code for "I'm bored." Be prepared with a collapsible cooler of healthy treats. That'll prevent you from making a pit stop for high-priced, salty or sugary snacks.

Bite size pieces of fruit, snack size bags of pretzels, animal crackers, and trail mix are nutritious and manageable choices. Choose bottled water and juice bags with straws for quenching thirst and reducing the chance of spills or dribbles. If you freeze the drinks in advance, they can help keep other beverages and food in the cooler chilly, and a melting drink takes longer to consume.



PHOTO COURTESY OF MORGUEFILE

Gadgets for the Road

The key to a successful road trip is to keep everyone entertained, especially when kids are involved. The days of singing "The Wheels on the Bus" to keep everyone alert are over. Many minivans and SUVs come with built-in DVD players. But if yours doesn't, you can buy one with two monitors that attach to the headrests. And don't forget to pack the movies.

Handheld electronic games are also useful for passing the time, as are books on CD. If you're tight on space, consider loading up an iPad with movies, books and games. Chances are everyone will want to get their hands on this versatile gadget, which even has maps among its many apps.

Road Trip Games

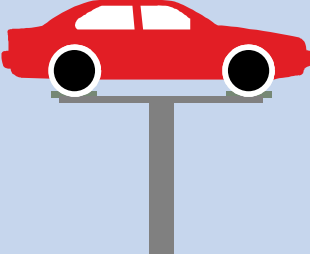
Despite the DVDs, handheld games, music and snacks, it always feels like it takes forever to get there. When your passengers start to get antsy, it's the perfect time to pull out those games and activities that only work on a road trip, like the license plate game. Depending on their age, your audience, who at first may be reluctant to participate, will probably join in on the fun of games. The good news is that these engaging games don't take up valuable space in the car. They just require enthusiasm, imagination and brain power.

When the inevitable question "When are we going to get there?" arises, point to the GPS or hand out a map, so passengers can follow the route and answer that question for themselves. 🗺️



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Best Bang For Your Buck **Travel Tips**



When to buy your airplane ticket

The world of airline ticket pricing is a mysterious one. Most travel experts like farecompare.com (sign up for free airfare alerts) and Travelocity agree, however, that by booking early in the week – on a Monday or Tuesday – you’ll pay less than buying your ticket over the weekend. According to Expedia, you should purchase your ticket 50 – 100 days prior to departure to snag the best deal. Within 14 days of departure is worst.

The best days to fly

Avoid flying on Monday, Friday and Sunday so you won’t jostle for space with the hordes of business people traveling to and fro. Flying on a Tuesday, Wednesday or Saturday will generally get you the cheapest tickets and the smallest airport crowds.




Roseanne Bottone

Roseanne Bottone is a regulatory compliance training instructor, former Peace Corps Volunteer, cancer survivor, grandmother, MBA, and freelance writer. She travels the country teaching business people about environmental and transportation safety regulations, and is a newspaper columnist. She's a homeowner in East Stroudsburg and lives with her daughter, grandchildren, two cats and a Rottweiler.

For additional air savings

If you want to avoid long lines and score even cheaper tickets consider very early morning flights or red-eyes. Opting for a connection can save up to 50 percent over a non-stop flight.

Do a search on Google or Bing entitled "how to travel with a carry-on bag." Mixing and matching outfits, rolling your clothes, and foregoing unnecessary items like toiletries you'll receive in a hotel, you can save a bundle compared to checking luggage with the airlines. Each bag you check costs \$25 to \$40, and that's each way! You'll be surprised how little you need when you're on the road and what a delight it is to travel light.

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*Enjoy summer favorites
from classics of the past*

Summer is the season when many of the best childhood memories are made. That's why introducing future generations to treasured pastimes is an ideal way to ensure classic summer moments live on for years to come.

Though the world has changed over the years, the simple pursuits of summers past can and should still live on. The long, warm days of the season are meant for making memories, and there's no better way to do so than by revisiting "throwback" summer pleasures.

Reminiscing on the Road

Whether traveling across the country or state, a road trip is a terrific way to bond with family while exploring the world away from home. When parents take their children on a road trip to their favorite childhood vacation spots, they can explore how the sites have changed over time, and gain a whole new experience through their kids' eyes.

continued on next page

On a warm sunny day,

not much can beat the cool taste of a delicious ice cream bar.

It probably even harkens memories of your youth, but the origins of this favorite frozen treat date back much further.

Long trips on the road don't have to require the latest technology like cell phones and tablets. To relieve boredom, parents can teach their kids classic road trip games from their youth, like I Spy, 20 Questions or the License Plate game. These timeless activities are a great way to have fun, pass time and encourage family bonding.

Nearby Neighborhood Fun

Closer to home, there are undoubtedly various ways to fill the steamy days of summer, which many of today's parents remember fondly from their own youth. As shocking as it may be for kids today to learn that summer fun can exist beyond video games, tablets and other electronic devices, "unplugged" family fun may be just what the season calls for.

In many areas, families can find fun summer activities right in their own backyards.

The joys of entrepreneurship with a lemonade stand at the end of the driveway can be just as fun for today's children as they were for their parents. Making and sharing "summer camp" style friendship bracelets creates memories. Creating a colorful world in the driveway or on the sidewalk with chalk can also bring out a child's artistic side, and can lead to other summertime favorites like hopscotch with friends.

Refreshing Summer Snacks

Nothing says summer like enjoying a frozen treat on a hot day, and many generations have fond memories of chasing the Good Humor Man driving that iconic Good Humor Truck down the street. Known as the original ice cream truck brand, Good Humor has been reimagining America's favorite candies and desserts as frozen treats for more than 90 years.

Just as other classic summertime traditions have modernized over the years, so has Good Humor. This year, the brand is introducing a new six-pack of Good Humor Girl Scouts Thin Mints bars, inspired by the classic Thin Mint cookie, which is available in grocery

stores nationwide. Other classic favorites have also been updated to offer fans more of what they love, from more strawberry flavor in the Good Humor Strawberry Shortcake bar to more OREO pieces in the Good Humor OREO bar to more peanut butter swirl in the Good Humor REESE'S peanut butter cup.

Learn more about summer's favorite frozen treats at www.goodhumor.com or on Facebook and Twitter.

A Tradition of Cool Summer Fun

On a warm sunny day, not much can beat the cool taste of a delicious ice cream bar. It probably even harkens memories of your youth, but the origins of this favorite frozen treat date back much further.

It all started in 1920, when Harry Burt created a delicious chocolate coating compatible with ice cream. After his daughter said it was too messy to eat, Burt froze sticks into the ice cream to make a handle, creating the first Good Humor bar, which was also the first ice cream on a stick.

That year, Burt outfitted a fleet of 12 street vending trucks with freezers and bells from which to sell his creations, and the original ice cream truck was born. Operators of those trucks – and many other mobile vehicles for years ahead – came to be known as the beloved Good Humor Man. In those early days, they were required to undergo a rigorous three-day training, in which they learned to tip their hats to ladies and salute gentlemen.



Today, the line of classic Good Humor sandwiches, bars and cones are available in several varieties nationwide in individually-packed single servings at convenience stores, drug stores, newsstands, parks, trucks, kiosks and entertainment venues, or in multipacks at grocery stores. 📍



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Education

Local Brownie Troop Supports the *Hope for Strength Breast Cancer Fund*

The Fund's continuing success depends on the collaboration with others. In May a local Brownie Troop (Hamilton Township) made beaded bracelets. The girls had a lot of fun doing something little girls like to do, learned about community service, received a specific badge (which they were very



Back Row: Becky Staples and Shay Urbina Co-Leaders
Middle Row: Alexandria Kozma, Kamrin Hock, Mariah Melendez
Front Row: Mia Melendez, Grace Staples, Cate Brinker and Abigail Dudsak



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proud of) and for some, honored a loved one who's been affected by this terrible disease. These beaded bracelets were sold during last Saturday's National Cancer Survivors Day at Camelbeach. The women were so happy to know they were wearing a piece of jewelry that was made by a local Brownie Troop. You'd think it was an Alex and Ani bracelet!

Brownie Troop #50720 from Stroudsburg. They meet at Hamilton Elementary and the girls are all eight years old. The images contain the following girls (left to right starting in the back rows). Missing from the photos is Eleanor Leon (she was sick that day). 🌱





Understanding the Individual Needs of Your Pet

For the millions of dog owners in the U.S., understanding the health issues associated with their dog's breed(s) can be critical for the nutrition, training and overall healthcare of furry family members.

PHOTO COURTESY OF MORGUEFILE



PHOTO COURTESY OF GETTY IMAGES

Ancestry and health in mixed breeds

For mixed-breed dog owners, having access to reliable ancestry information can be crucial. Understanding the breeds that make up their dog enables much more targeted care and in some cases, provides life-saving information. Mars Veterinary, the industry leader in canine genetic testing, is offering the next evolution of the canine DNA test, the Wisdom Panel® 3.0. With expanded breed screening coverage of more than 250 breeds, types and varieties, the test also includes potentially life-saving medical information with a new MDR1 Genetic Mutation screening.

MDR1 or Multi-Drug Resistance 1 is a genetic mutation found in some herding and sighthound breeds, as well as many mixed-breed dogs. The gene is responsible for production of a protein called P-glycoprotein, a drug transport pump that plays an important role in limiting drug absorption and distribution (particularly to the brain) and enhancing the excretion or elimination of many drugs used in dogs. Dogs with the MDR1-mutation may have severe adverse reactions to some common drugs, so it is important to test mixed-breed (and purebreds with the high-propensity breeds) dogs and for owners to share results with their veterinarian so they can provide the dog with the best possible care

Keeping canines healthy

From the tiny Chihuahua to the giant Great Dane, the number of recognized dog breeds is vast. But just as varied are the ailments and health issues commonly associated to each breed. Regardless of the type, pet owners who want to provide the best possible care for their best friend should follow these general tips for optimal health:

- **Visit the vet.**

Only your professional veterinarian will be able to assess the health of your dog. Prevention is essential for finding hidden diseases and illnesses in animals. Also, ask your vet for a body condition evaluation to check if your dog is at a healthy weight for its age and breed.

- **Get some exercise.**

Be sure to get your pet outside and active to keep muscles and joints healthy. Gauge the amount of exercise based on pet size and age to ensure it's getting the right amount of activity.

- **Know your pet's food.**

Based on age, size and breed, your dog will have different dietary needs. Speak with your vet about a proper nutrition plan to support your dog's overall health and keep its weight in check.

By understanding more about the breeds in your furry friend, you can make a focused plan for their best nutrition, health and overall wellbeing. For more information about the Wisdom Panel® 3.0 test, visit www.WisdomPanel.com. 🐕



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For Healthier Pets, Watch Their **Weight**

Obesity and being overweight are human health problems that get a lot of attention from -doctors and the media. What hasn't gotten as much attention is the fact that many pets are suffering from the very same problems. The Association for Pet Obesity Prevention estimates that 88.4 million U.S. dogs and cats - 54 percent - are overweight or obese. And that can lead to health problems such as arthritis, diabetes, heart disease and even some cancers.



PHOTO COURTESY OF MORGUEFILE



Many pet owners aren't aware that their pets are overweight. A study from the U.S. Food and Drug Administration's Center for Veterinary Medicine found that 22 percent of dog owners and 15 percent of cat owners described their pets as being normal weight, when they were actually overweight or obese.

What's a little extra weight for your pet? A lot more than it is for you:

- Just two pounds of extra weight on a Chihuahua would be equivalent to more than 60 additional pounds on an adult human.
- Even just four pounds too many on a 10-pound Siamese cat would be equivalent to almost 40 extra pounds on a human.

Signs Your Cat is Overweight:

- Is it difficult to feel her ribs or spine?
- Is it difficult to see your cat's waist?
- Is her abdomen sagging?

Does your cat:

- Often appear tired and lazy?
- Hesitate when jumping onto furniture?
- Have difficulty grooming properly?
- Have matted hair on the back or tail area?
- Resist playing games?

Signs Your Dog is Overweight:

- Is it difficult to feel his ribs or spine?
- Is it difficult to see your dog's waist?
- Is his abdomen sagging?

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Pets

Does your dog:

- Often appear tired and lazy?
- Lag behind on walks?
- Pant constantly?
- Need help getting in the car?
- Resist playing games?
- Bark without getting up?

- ✓ Divide the daily allowance into several meals for the most efficient weight loss.
- ✓ Keep your pet in another room when preparing or eating your own meals.

What You Can Do

Adjust some of your feeding habits to help your dog or cat lose weight or maintain a healthy weight.

- ✓ Avoid feeding table scraps and snacks.

"It's important that you discuss your pet's weight and nutrition with your vet."

- ✓ Stick to the recommended daily feeding guide. You may want to weigh out the amount at the beginning of the day, to avoid accidental overfeeding

- ✓ If you have several pets, feed them separately.
- ✓ Don't leave any food lying around

You also need to make sure your pet is getting adequate exercise.





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Talk to Your Vet

It's important that you discuss your pet's weight and nutrition with your vet. Ask questions such as:

- ✓ What is the target weight for my pet?
- ✓ What are the health risks if my pet is overweight?
- ✓ What exercise program should I follow to help my pet reach target weight?
- ✓ Is there a therapeutic food you can recommend for my pet's health?
- ✓ How much and how often should I feed my pet?
- ✓ What appropriate treats are recommended for my pet?
- ✓ How many treats can I give?
- ✓ Can you provide written instructions or a booklet for weight management?
- ✓ What can I do to help my pet get more exercise?

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Pets

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Preventive tips for pet owners

Rising temperatures are a double-edged sword for pet lovers. Warmer days create the perfect setting for a run through the park or a game of fetch. But these warm days also provide an ideal environment for pests that can have a serious impact on your pet's health.



PHOTO COURTESY OF PIXABAY

Tiny but mighty

Both fleas and ticks are small but dangerous. Fleas are ravenous and can consume 15 times their own body weight in your pet's blood. A serious infestation can cause your pet to become anemic. It is common for pets to have sensitivity to flea saliva and just one bite can cause a severe allergic reaction, leading to painful and intense itching. Fleas also transmit a variety of diseases such as bartonella and typhus, as well as tapeworms.

Female ticks can consume more than 100 times their body weight in your dog's blood, which can lead to anemia. Their bites may trigger allergic reactions, but even more dangerous are the diseases they can transmit, such as Lyme

continued on next page

SOURCE: FAMILY FEATURES
TO COURTESY OF GETTY IMAGES

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disease and Rocky Mountain spotted fever, which can also be transmitted to humans.

Treat and prevent pests

The best way to protect your pet and your family is to manage exposure to pests and take preventive measures to keep them at bay. New PetArmor Plus for dogs or cats contains fipronil, the No. 1 veterinarian-recommended active ingredient,* and (s)-methoprene – the same active ingredients found in FRONTLINE Plus, but costs up to 40 percent less than vet prices.**

Each monthly dose kills fleas, flea eggs, flea larvae, ticks and chewing lice. And because it is fast acting, long lasting and kills eggs and larvae, it helps to stop the re-infestation cycle.

Protecting against infestations

When you see fleas or ticks on your pet, there is a good chance that they are in your home as well. Simply

treating your pet won't rid the problem entirely, because you risk re-infestation until pests are fully eradicated.

Household sprays, carpet powders and foggers kill fleas nesting in the home. Thoroughly vacuum and wash any carpeting, furniture or linens, including beds and pillows that your pet may have come into contact with.

Although you won't be able to control the outdoor environment as easily as the home, you should also treat your yard so that pests aren't reintroduced every time your dog or cat ventures outside. Prevent fleas and ticks from jumping onto pets when outside by spraying the yard and treating around the home's foundation to kill any potential flea populations. In addition to using a pet-safe insect

"It's important that you discuss your pet's weight and nutrition with your vet."

repellent, cut down tall brush and grasses near the house or pet runs to reduce a pet's exposure to fleas and ticks.

Learn more about the health risks associated with fleas and ticks, and find additional prevention tips, at www.petarmor.com.



PHOTO COURTESY OF MORGUEFILE

How to Check for Fleas and Ticks

Adult ticks are often visible to the naked eye, so you may be able to spot them on short-haired pets. But with longer haired pets, it's best to do a thorough inspection with a fine-toothed comb.

Signs your pet may have fleas can include flea dirt (small dark flakes), excessive itching or scratching, redness and inflammation, hot spots and pale gums. You may also see adult fleas on your pet's coat and skin.

Follow this advice from the experts at PetArmor to find and eliminate fleas and ticks on your pet:

1. First, use a fine-toothed metal flea comb. Run the comb along your pet's back or underbelly, making sure the comb comes in contact with the skin.
2. If you pull out any fleas or ticks, immediately drown them in a nearby bowl of soapy water.
3. Have your pet stand on a white sheet or towel. Then brush or rub your pet's coat. Small black specks on the white sheet or towel are more than likely fleas or flea dirt. Flea dirt can also look like sand.
4. Apply a monthly topical preventive treatment such as PetArmor Plus to keep pests from coming back.
5. Also be sure to treat your home and yard to prevent a recurrence.

Choosing a preventive treatment

No two pets are the same, so it's a good idea to consult with your veterinarian before you begin a flea and tick preventive program. Some questions to keep in mind as you're determining the best treatment for your pet include:

- Is a topical or oral treatment most appropriate for my pet?
- How costly is the treatment?
- Can I get the treatment from a retailer over the counter, or is it available only through the veterinary office?
- Does it kill eggs and larvae to prevent the re-infestation cycle?
- How quickly does it begin working and how long will it last?
- Is it waterproof?
- Is it safe for breeding, pregnant and lactating animals?

**GFK 2014 Vet Recommended Flea and Tick Products September 2014.*

***PetArmor® Plus is not manufactured or distributed by Merial. FRONTLINE® is a registered trademark of Merial. Pricing comparison based on average veterinarian retail price survey of FRONTLINE® Plus (December 2014) and MSRP of PetArmor® Plus (January 2015). Data on file. 🌲*

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Siamsa Authentic Irish Pub *in Stroudsburg*

Siamsa is an authentic Irish Pub situated on Main Street in downtown Stroudsburg. Built in Ireland and shipped to the Poconos in 2004. Everything about this establishment is genuinely Irish. As soon as you enter the downstairs bar at Siamsa you will be impressed by the old world and traditional ambience of a true Irish Pub. It is possible you may even be greeted by an Irish brogue or served by one of their Irish staff.

Owners Brendan Gilsenan and Des Conboy were born in the west of Ireland and are now residents in Stroudsburg. Siamsa offers delicious food, friendly and experienced staff and of course the best pint of Guinness you will find this side of the pond.

Open for lunch and dinner every day with live entertainment every weekend. One of Siamsa's most popular dishes is Fish and Chips. It is prepared with a light, golden batter that is crispy on the outside, with 8 ounces of moist and flaky cod fish on the inside. The platter is served with a proprietary, home-made tarter remoulade; a seafood dressing combining tartar sauce, and flavored with capers, mustard, onions, herbs and spices. A bit tangy, it is the perfect complement as a dipping sauce. Served with malt vinegar and Chips that are so delicious one would almost say they are addictive.

On the second floor you will find an elegant dining room with a full bar and cozy fireplace. It is the perfect place to host your next event, from rehearsal dinners, Bridal showers, Christenings, Weddings, Office parties to name a few. You can choose from a casual



Fish and Chips

buffet to the finest steak, fish and chicken dishes around. There are also excellent bar packages available for parties, providing a varied and cost effective way to celebrate your special event.

Siamsa prides itself in offering its customers the highest level of service, friendliness and professionalism that will ensure your event will be a memorable one. *Slainte* ("cheers" in Gaelic)! 🍀



Contact information:

Siamsa Irish Pub
636 Main Street,
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570-421-8434

siamsairishpub@gmail.com
www.siamsairishpub.com



Mulching Can Keep Your Lawn Healthy



When working in the yard, you may be tempted to simply bag your yard clippings and set them out to the curb for pick-up. But experts say that mulching grass clippings is a much better alternative for the health of your lawn and the health of the planet.

“Mulching is hands down one of the best ways to maintain a beautiful, low-maintenance lawn,” says Daryn Walters, at Exmark Manufacturing, a manufacturer of turf care equipment. “It’s free and it’s great for lawn health.”

Mulching feeds the lawn nutrients and organic material, and can even help with moisture retention.

CONTENT & PHOTO: STATEPOINT

Furthermore, mulching can help you greatly reduce your family’s contribution to landfill waste, points out Walters. Of all the municipal solid waste collected in the United States, 13.5 percent of it is comprised of yard trimmings, according to the EPA.

For best results, try these lawn care tips:

- **Practice the 1/3rd Rule:** Never cut more than 1/3 of the length of the grass blade when mowing, to avoid clippings accumulating on the surface and making your lawn susceptible to disease. Additionally, this will improve the productivity of your mower, as cutting more than that can bog it down with clippings.



Your yard trimmings
are not trash –
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and free fertilizer.

■ **Use a Mulching Mower:** Consider investing in a commercial mower to regain productivity that can decrease when mulching. Manufacturers such as Exmark offer mulching-specific blades on both their walk-behind and zero-turn riding mowers, designed to deliver maximum productivity and cut-quality when mulching.

■ **Ditch the Chemicals:** There's no need to pay for chemical fertilizers to give your lawn what it needs to thrive. Mulching feeds the lawn nutrients and organic material, and can even help with moisture retention – which can significantly reduce the time and expense you spend on watering the lawn.

More information about mulching, lawn care and mowers can be found at www.Exmark.com. 🌱

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Finance

Financial *Fibs*

5 Lies to Stop Telling Yourself

On the path to credit damage are various fibs people tell themselves to avoid dealing with the hard truth: humans don't like change. There's no shame in the occasional flub, but continuing bad financial behavior only leads to bigger problems in the future.

Americans have become accustomed to living a lifestyle accompanied by debt. The negative side effects of debt have been minimized to a mere inconvenience, something to be dealt with at a later time. In fact, according to figures from the Federal Reserve, the total U.S. outstanding consumer debt was \$3.33 trillion as of January 2015. This figure includes car loans, student loans and revolving debt, but not mortgages.

"Sound and responsible financial management starts with facing the realities of our individual financial circumstances," said Scott Smith, personal finance expert and president of CreditRepair.com. "Truthfully evaluating our income level, debt obligations, spending habits, savings habits and future financial goals will get you started on the right path to living a responsible financial life."



PHOTO COURTESY OF GETTY IMAGES

Smith recommends avoiding the following self-deceivers:

1. *I don't know what my credit score is, but that's okay. I'll only need it when I decide to buy my next car or finally purchase a new home.* It's very important to know your credit score and responsibly manage it in every situation in life. Credit scores are not only used for securing a loan, but also for insurance pricing, job applications and rental agreements.

2. *I'll just take a little from my savings account, but I'll pay it back next month.* Don't borrow against yourself. Having an established savings plan is very important in every stage of life. If a circumstance comes up that demands you pull funds from your savings plan, make sure to get back on the savings train as quickly as possible.

3. *Investing is too complicated and besides, only the rich get richer.* Most of the time the "rich get richer" because of their discipline. Investing and saving is important for everyone, regardless of their current financial situation.

4. *Maybe if I turn my voicemail off the debt collectors will stop calling.* Dealing with debt collectors can be very frustrating and sometimes even intimidating, but consumers do have rights protecting them and debt collectors have laws that govern their ability to pester you.

5. *I deserve a break. I'll just charge my vacation and pay it back later.* Although circumstances sometimes arise that require the use of credit to cover unexpected expenses, those situations should be minimized as much as possible. If credit card debt is incurred, pay it off as soon as possible. The interest charged is a serious penalty and is not worth the instant gratification that a vacation or expensive pair of shoes may bring.

The bottom line: self-improvement is a tall order, but making excuses for poor financial judgment will do nothing to improve your life. Focus on ways to enhance your financial situation now. Your future self will thank you.

For more tips on managing your money, or your credit, visit www.CreditRepair.com, a site that empowers every individual to achieve the credit scores they deserve and enjoy a lifestyle of greater opportunity. 🏡

CONTENT: FAMILY FEATURES

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OUTSMART

Identity Thieves this Summer

If you're planning a vacation this summer, make sure you also plan to protect your identity.

Vacation time is an excellent time for identity thieves to spring into action. In fact, nearly one in ten consumers have experienced identity theft while traveling and three in ten victims said it took more than a week to resolve the crime, according to a recent study.¹ I don't know about you, but the last thing I want to do is spend time resolving fraud issues when on vacation.

So the best solution is to try to outsmart identity thieves before you leave town. Here are five tried-and-true tips:

1) Stop mail and deliveries. Ask the post office to hold your mail until you return. But request a “postal hold” instead of a “vacation hold” so it’s not so obvious to postal clerks that you will be gone. Also stop regular deliveries like water or fruit so packages don’t pile up at your front door. It’s also a good idea to ask a neighbor to watch your home and bring in any unexpected deliveries that you may receive.

2) Leave important cards and documents at home. Clean out your wallet and remove all but one or two credit cards. The less you take on vacation, the less can get stolen or lost. This goes for your checkbook, too. It should be left at home, along with your Social Security card, passport (if you’re not traveling out of the country) and any credit cards you’re not using. Be sure to lock up these documents in your house.

3) Use credit – not debit – cards when traveling. It’s much harder for a thief to steal money using your credit card than a debit card. Thieves can use debit cards without your PIN, by pushing the credit button and forging your signature. This gives them a direct line to your bank account.

4) Inform your bank and credit card companies of your trip. Let your bank and credit card companies know where you’ll be on vacation. This is especially true if you plan to travel internationally; otherwise, if they see an overseas transaction, they might freeze your card, thinking it was stolen.

5) Don’t post your location on social media sites. I know it’s fun to post photos of your trip on Facebook and other social media sites. But unless your posts are secure, it’s not a good idea. It just lets everyone know that you aren’t home. Use a little willpower and post those photos when you get back.

With these precautions, it’s highly unlikely that your identity will be stolen and you can enjoy your trip knowing you did the best you could to outsmart identity thieves.

Bon voyage!

For more information on protecting your identity, visit the ProtectMyID® blog. 

Courtesy AAA North Penn

Footnotes:

¹ Experian ProtectMyID® Summer Travel Survey Report, conducted by Edelman Berland, June 2014.



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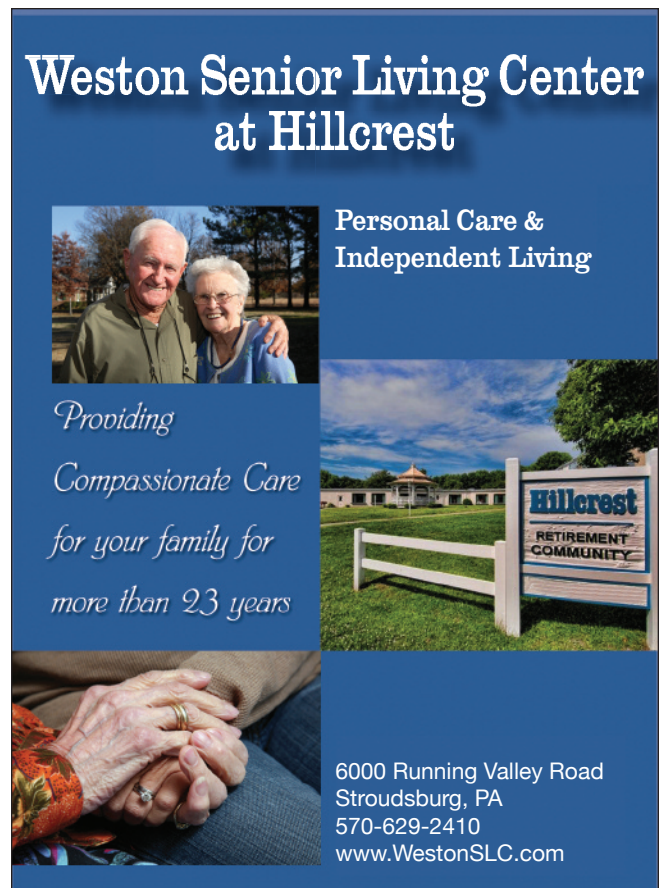
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PHOTO: JULIA FREEMAN-WOLPERT



High-Tech Stroke Care Saves Lives

There's a saying in stroke care, "Time is Brain." The reason? Not too long ago, the outlook was bleak for most people who suffered from stroke. Today doctors can treat the stroke while it's happening and minimize the damage.

"Telestroke medicine is a step forward in providing state-of-the-art stroke therapies to patients in community hospitals," said Leroy Nickles, MD, MBA, Medical Director of Pocono Medical Center's Emergency Services. "Using two-way audio-video technology, telestroke systems allow stroke experts at academic medical centers to virtually interact

with a patient in a hospital miles away as though the patients were right in front of them."

Most strokes happen when blood flow to part of the brain is interrupted by a blockage in a blood vessel. In such cases the clot-dissolving drug called tissue plasminogen activator (tPA) can dissolve the blockage and restore blood supply. In order for the drug to be effective, it must be given within three hours of stroke onset and in some cases up to 4.5 hours.

The problem is that too few people have access to an experienced team of stroke experts. In fact, a significant number of those who have a stroke don't receive these clot-busting drugs. When there is a delay in care, or the person does not receive the drug, the result may be permanent disability or a lost life.

Still, not all stroke patients are candidates for tPA. If a stroke is caused by a ruptured blood vessel, for example, the blood-thinning tPA can increase the bleeding. That's why before tPA can be safely administered, a patient must undergo a battery of tests including a neurological exam and brain imaging.

"Through our new telestroke program, neurologists and neurosurgeons at Thomas Jefferson Hospital for Neuroscience in

Philadelphia work with our emergency physicians via the high-tech, robotic system to perform on-call consultations,” said Dr. Nickles, who oversees PMC’s Certified Primary Stroke Center and Telestroke Program. “We can now get a neurology consult 24/7 from a top ranking comprehensive stroke center in the country and have that neurologist decide if the patient is a tPA candidate. The result is that our stroke patients receive the best possible treatment plan, in a shorter period of time.”

According to the National Stroke Association, stroke is the fourth

leading cause of death, and a leading cause of serious, long-term disability in adults. That’s why everyone needs to know about stroke and what to do. First, never ignore symptoms or think the problem will go away on its own. Second, be sure you can name all the symptoms of stroke.

Remember, the symptoms of stroke come on quickly, within minutes or seconds. Beyond **FAST** here are other symptoms you should know:

- Numbness or weakness of the arm, leg or face
- Confusion or trouble understanding

- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache

Pocono Medical Center recently received Advanced Certification for Primary Stroke Center by The Joint Commission and the American Heart Association/American Stroke Association. This certification is only given to hospitals that can demonstrate that they meet high standards of stroke care. It’s very rewarding to be able to provide this level of stroke care to our community. 🏥



Leroy Nickles, MD, MBA is Board certified by the American Board of Emergency Medicine. As the Medical Director of Pocono Medical Center’s Emergency Services, he oversees PMC’s Certified Primary Stroke Center and Telestroke Program.

FAST is an easy acronym to remember in order to recognize the sudden signs of stroke:

FACE DROOPING - Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven?

ARM WEAKNESS - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY - Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” Is the sentence repeated correctly?

TIME TO CALL 9-1-1! If someone shows any of these signs, even if the symptoms go away, call 9-1-1, and get the person to the hospital immediately. Check the time so you’ll know when the first symptoms appeared.



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📅 July 2 - July 5

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📅 Sunday, July 5

Summer Canoe Paddle

1:00-3:00pm

\$5

Enjoy summer out on the water! Paddle a canoe...and try out our new kayaks! Beginners are welcome – we teach you everything you need to know. Dress appropriately – you may get wet. *Call to reserve a canoe.*

📅 Saturday, July 11

Frog Frolic

1:00-3:00pm

\$5 per person

Join us for a fun afternoon at the ponds and streams! Learn about some of our frog friends as we gently catch and release these hopping amphibians. *Wear boots and plan on getting a little wet and muddy!*

Moonlit Drumming

6:30-9:30pm

\$30 adult / \$15 child

Master drummer, *Maxwell Kofi Donkor*, is back for another unforgettable experience. Enjoy an introductory lesson and a drumming circle under the moonlit sky. Don't miss this great event! No experience necessary. *Call to reserve a drum.*

📅 Sunday, July 12

Sunday for Singles Nature Hike

1:00-3:00pm

Free

Enjoy a guided hike on a PEEC trail. This program is all about exploring nature and meeting new people.

Little Eco Explorers: Beavers

10:00-12:00pm

\$5 per child

It's a new program for 3-6 year olds! Join us for a story, craft, and activity focusing on a particular critter. *Call for details.*

📅 Saturday, July 18

Ecozone Discovery Room!

1:00-4:00pm

\$2 per person

Climb into a bald eagle's nest, crawl into a bat cave, and dig in a fossil pit! Explore this indoor discov-

ery room and enjoy hands-on exhibits on natural history, sustainability and the local environment. *No registration required*

Bridge the Gap Kayak Paddle

5:00-7:00pm

Free

Come join us for a free kayak paddle on our Pickereel Pond. Beginners are welcome—we will teach you everything you need to know! Dress appropriately—you may get wet. Spaces are limited; call to reserve a kayak! Funding for this program provided by the William Penn Foundation.

Nature at Night

8:00-9:30pm

Free for members / \$5 for non-members

A summer evening is the perfect time to head outside. Take a walk in the woods, listen for frogs and look at the stars.

📅 Sunday, July 19

Summer Canoe Paddle

10:00am-12:00pm

\$5

Enjoy the summer out on the water! Paddle a canoe... and try out our new kayaks! Beginners are welcome – we teach you everything you need to know. Dress appropriately – you may get wet. *Call to reserve a canoe.*

📅 Saturday, July 25

Bridge the Gap: Wild Edibles Walk

10:00am-12:00pm

Free

Nature provides food for us in the form of many plants. Join us on a hike focused

on wild edibles. No collecting will be done within the Park.

📅 Saturday, July 25

Earthen Healing

1:00-3:00pm

\$5

Come join us for a new program about the remarkable healing properties of plants. We'll teach you which native and garden species cure various ailments and how to prepare them for use.

📅 Sunday, July 26

Bridge the Gap Kayak Paddle

10:00am-12:00pm

Free

Come join us for a free kayak paddle on our Pickerel Pond. Beginners are welcome—we will teach you everything you need to know! Dress appropriately—you may get wet. Spaces are limited; call to reserve a kayak! Funding for this program provided by the William Penn Foundation.

Butterfly Walk

1:00-3:00pm

\$5

Learn about the wonderful world of butterflies! Join David Trently on a search through the fields and around the ponds for butterflies and dragonflies. Call early - spaces fill up fast!

Ecozone Discovery Room!

1:00-4:00pm

\$2 per person

Climb into a bald eagle's nest, crawl into a bat cave, 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.

📅 July 31 - August 2

Women's Weekend

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Get away from it all! Enjoy a relaxing weekend that includes a nature hike, canoeing, campfire, and more. This wonderful program includes two nights lodging in a yurt or cabin and six meals. Register early!

📅 Sunday, August 2

Bridge the Gap Kayak Paddle

10:00am-12:00pm

Free

Come join us for a free kayak paddle on our Pickerel Pond. Beginners are welcome—we will teach you everything you need to know! Dress appropriately—you may get wet. Spaces are limited; call to reserve a kayak! Funding for this program provided by the William Penn Foundation.

Frog Frenzy

1:00-3:00pm

\$5 per person

Join us for a fun afternoon at the ponds and streams! Learn about some of our frog friends as we gently catch and release these hopping amphibians. Wear boots and plan on getting a little wet and muddy.


📅 Saturday, August 8

Bridge the Gap: Day Hike

9:00am-12:00pm

Free

Join us for an interpretive hike of our Tumbling Waters trail. The Tumbling



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hike of our Tumbling Waters trail. The Tumbling Waters trail is a 3 mile loop, with a beautiful waterfall at the half-way mark. Please wear sturdy footwear and bring a water bottle. We will provide the snacks!

PRO SERIES: Ferns and Lycophytes, with Bill Olson
1:00-4:00pm
\$20

Learn from the experts. Join *Bill Olson*, acclaimed botanist, for an in depth look at ferns and lycophytes of the area. End the day in the lab, using microscopes for an up close look. Spaces limited - call to reserve a seat in the van.

Sunday, August 9

Summer Canoe Paddle
10:00am-12:00pm
\$5

Enjoy the summer out on the water! Paddle a canoe... and try out our new kayaks! Beginners are welcome - we teach you everything you need to know. Dress appropriately - you may get wet. Call to reserve a canoe.

Ecozone Discovery Room!

1:00-4:00pm
\$2 per person
Climb into a bald eagle's nest, crawl into a bat cave, 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.

August 14 - 21

Pocono Quilt Camp

August 14-16
(\$205 / \$155 commuter)
August 16-21
(\$395 / \$345 commuter)
Join Patti Shreiner for a relaxing time at the 16th annual Quilt Camp! Stay for a day, the weekend, the week, or for the entire time! Work on the focus projects, a different one each day, or work on any of your own. Supply list will be provided. Focus projects: Quilted purse, jelly roll quilt, silk dyed scarf. Includes lodging and meals!

Saturday, August 15

Bridge the Gap: Kayak Paddle

10:00am-12:00pm
Free
Come join us for a free kayak paddle on our Pick-erel Pond. Beginners are welcome—we will teach you everything you need to know! Dress appropriately—you may get wet. Spaces are limited; call to reserve a kayak! Funding for this program provided by the William Penn Foundation.

Dragonfly Walk

1:00-3:00pm
\$5
Learn about the wonderful world of dragonflies! Join *David Trently* on a search through the fields and around the ponds for dragonflies and butterflies. Call early - spaces fill up fast.

Starlit Drumming

6:30-9:30pm
\$30 adult / \$15 child
Master drummer, *Maxwell Kofi Donkor*, is back for

another unforgettable experience. Enjoy an introductory lesson and a drumming circle under the night sky. No experience necessary. *Call to reserve a drum.*

📅 Sunday, August 16

Frog Frenzy

1:00-3:00pm

\$5 per person

Join us for a fun afternoon at the ponds and streams! Learn about some of our frog friends as we gently catch and release these hopping amphibians. *Wear boots and plan on getting a little wet and muddy.*

Sunday for Singles

Nature Hike

1:00-3:00pm

Free

Enjoy a guided hike on a PEEC trail. This program is all about exploring nature and meeting new people.

📅 Saturday, August 22

Summer Canoe Paddle

10:00am-12:00pm

\$5

Enjoy the summer out on the water! Paddle a canoe... and try out our new kayaks! Beginners are welcome – we teach you everything you need to know. Dress appropriately – you may get wet. *Call to reserve a canoe.*

📅 Sunday, August 23

Ecozone Discovery Room!

1:00-4:00pm

\$2 per person

Climb into a bald eagle's nest, crawl into a bat cave, and dig in a fossil pit! Explore this indoor discovery room and enjoy hands-on exhibits on natu-

ral history, sustainability and the local environment. *No registration required.*

📅 August 28 - 29

Bioblitz!

7:00pm-7:00pm


Free

Join us for a survey of the plants and animals located within the Park. We'll be sending out teams of experts and volunteers to find and identify as many species as possible.

Additional activities will also be offered at PEEC.

Pre-registration required.

Call for additional details 🌿



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PHOTO COURTESY OF MARLANA HOLSTEN





The Parting Shot

Local photographer James Chesnick provides this photo of the wild & scenic Delaware River as it flows lazily through the Delaware Water Gap National Recreation Area.





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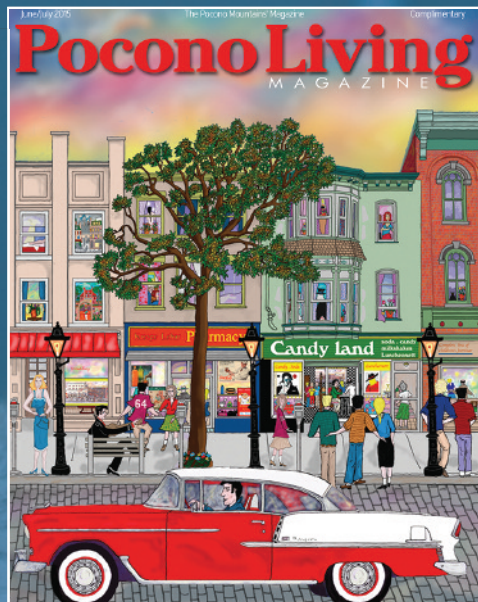
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