

# Covington Corner

20 Moffat Drive, Covington Township, PA 18444 570-842-8336  
Covingtontwp.org Volume 31 December 2011

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Deborah Biondo



## Santa Claus is Coming to Town!

Covington Township will once again host their annual Christmas Open House at the Moffat Estate on Saturday, December 3rd from 2-6 p.m. and Sunday, December 4th from 1-5 p.m. This is a free gift offered to the community.

All North Pocono organizations are invited to decorate a special tree within the mansion for this festive occasion. Contact Marlene Beavers at 840-6959 if you or your group would like to participate in this way.

The mansion is absolutely beautiful when decorated for the holiday season and we urge you to join the celebration as Santa arrives in a horse drawn wagon amidst the songs of carolers. There will be a tree lighting at 5 p.m. on Saturday. **Santa looks forward to listening to your child's Christmas "wish list" and graciously permits photographs while doing so.....don't forget your camera!**

**At Santa's Workshop your child will create ornaments and other charming crafts.** Gifts will be presented to children and complimentary holiday refreshments will be offered to all.

Add this special event to your Christmas tradition. Supervisors, Marlene Beavers, Tom Yerke and the Recreation Committee are working diligently to create another successful Covington Township event. We hope you can join us!



2010 CHRISTMAS OPEN HOUSE

# Covington Township At Your Service

Main Office 842-8336 Kate Tierney, Secretary (9 am to 4 pm Monday - Friday Moffat Estate)

Board of Supervisors 842-8336 Thomas M. Yerke, Chairman (Regular Meeting 7:00 pm—1st Tuesday of each month, Work Session-7:00 pm- last Tuesday of month Moffat Estate)

Police Department 842-6400 Chief Bernie Klocko

Fire Department 842-4130 Clyde Jones, Fire Chief

Zoning Officer 842-0457 William J. Wright (9:00 am to noon Mon-Fri or by appt. Moffat Estate)

Zoning Office Secretary 842-0457 Deborah Biondo (8:00 am to 4:00 pm Tuesday - Thursday Moffat Estate)

Planning Commission 842-8791 Denise Hokien, Secretary (Work Session 7:30 pm -1st Wed. of month, Regular Meeting-3rd Wed. of month Moffat Estate)

Building Inspector 842-4607 David Lamm (by appointment)

Zoning Hearing Board 842-0457 Deborah Biondo

Department of Public Works 842-8356  
Thomas M. Yerke, Director

Sewer Authority Office Manager 842-0757 Ann Bentler (10:00 am to 6:00 pm Mon-Fri at Route 435 Building) Meetings held on the 2nd Tuesday of each month at 7:00 pm

Recreation Committee 842-8336 (Meeting 3rd Thursday of month 7:00 pm Moffat Estate)

Pavilion Rental 840-6959 Marlene Beavers

Real Estate Tax Collection 842-8336 Kate Tierney (Tuesday 9:00 am-12:00 & 1:00 pm -3:00 pm, Wednesday & Thursday 9:00 am -11:00 am or by appointment)

2011 Wage Tax Collector 842-8791 Denise Hokien

2012 Wage Tax Collector 866-701-7206 Berkheimer

Sewage Enforcement Officer 842-9333  
George VanBrunt

District Magistrate 842-2111 John Mercuri, Esquire

Township Engineer 842-4310 Civil Design Partners Inc.

## EVENTS RECENTLY HELD AT THE MOFFAT ESTATE

### ASHTON BENEFIT

The Lamm Family would like to express their sincere appreciation to the many businesses and individuals who made the recent "Paws in the Park" celebration, in honor of Meredith Lamm Ashton, a tremendous success.

This years Car Show was held on August 14th. Unfortunately the weather did not cooperate fully but the show was a financial success and will enable the Kramer family to continue to provide scholarships in the name of their son William Kramer. The family expresses their sincere appreciation to everyone who made the event a success. Next years date is slated for August 12, 2012. Plan to attend.



### CAR SHOW

Residents of Covington Township were treated to an end of the summer party on September 10th. During the afternoon, children enjoyed a variety of activities including sack races, three legged races, tug-o-war and other games under the supervision of Tina Williams, Kiera Dietz, Eileen Beavers and Crystal Beavers. During the evening hours, everyone enjoyed family friendly country music and comedy provided by "The Airport Pickers" with Junior Stout. Refreshments were enjoyed by all. Marlene Beavers would like to thank those who assisted in making this event a success. A special thanks to Bill's Shop Rite, Tom Yerke, Ron Beavers, John Bauman and Kim Bocchichio.



### END OF SUMMER PARTY

The Covington Township Police Department would like to express their appreciation to the Covington Board of Supervisors and the many individuals and businesses who provided financial support and prizes for the annual Fishing Derby held on October 9th. A special thanks to Legg's Towing, Pocono Transportation, S&H Supply, S&H Construction, Secret Garden Designs. The Pampered

Pooch, Bill's ShopRite, R&R Donati, Bob Matchulat, George VanBrunt, Marlene & Jake Beavers as well as the Covington Township Independent Fire Company. Everyone had a whopping good time!



### FISHING DERBY

# **Covington Township ZONING HEARING BOARD**

The Zoning Hearing Board is comprised of three members with staggered terms and two alternate members approved by the Board of Supervisors.

The Zoning Hearing Board has the exclusive jurisdiction to hear and render final adjudications in the following matters:

- (1) Substantive challenges to the validity of any Land Use Ordinance.
- (2) Appeals from the determination of the Zoning Officer including, but not limited to, the granting or denial of any permit.
- (3) Applications for variances from the terms of the Zoning Ordinances. Variances from the Ordinance as are permitted under Section 910.2 of the Pennsylvania Municipality Code.

The Zoning Hearing Board meetings are held quarterly at 7 pm at the Senior Center and are open to the public.



Zoning Hearing Board 2012 from left to right, *standing*: Member, Edward Snyder; Solicitor, Myles McAliney; Chairman, Robert Howells; Alternate, Addie White; *seated*: Alternate, Consuelo Brown; Vice Chairman, Janet Brown; Secretary, Deborah Biondo



## FOR YOUR INFORMATION

Researchers at the Harvard School of Public Health studied the nutritional habits of 400,000 people and found that a daily serving of processed meat; 1 hot dog or 2 slices of bacon, increases the risk of developing diabetes by 51%. Unprocessed red meat such as steak or hamburger is less damaging, but still causes a nearly 20% spike in diabetes risk. More than 25 million adults have diabetes.

## DONATE YOUR OLD AND WORN FLAG TO STRAUCH FUNERAL HOME.



**US Flag Code:**  
The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning.

When a flag becomes too worn to properly symbolize our country and freedom, it should be properly disposed of by burning in a dignified manner. Strauch Funeral Home would be honored to take your old flag and cremate it with a deceased veteran. Please call for more information.

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**“Character is like a tree and a reputation like a shadow. The shadow is what we think of it; the tree is the real thing.”**  
~ Abraham Lincoln

**FOUND 10-5-2011:** keys to a GM Blazer in the Moffat Estate parking area by the playground **11-1-11** sunglasses after BOS meeting in mansion parking lot Call 842-0457 to claim

**CAN YOU AFFORD A \$250 FINE?**



STOP

TO SAVE THEIR LIVES

That is exactly what you will be required to pay if you fail to stop at a school bus when it is flashing red lights. In addition to the mandatory \$250 fine, you will receive a loss of your license for 60 days and five additional points on your driving record.

Whether you are driving on a two lane, three lane or four lane highway, you must stop whenever a **school bus's lights are flashing red.**



# December

				<p><u>Thursday 1</u> <u>Jefferson Township</u> Christmas Open House Dec. 3rd 3-6 pm Santa Visit &amp; Tree Lighting 689-7028</p>	<p><u>Friday 2</u> <u>Moscow United Methodist Church</u> - Breakfast with Santa Dec. 3rd 9-11 am Reservations 689-2163</p>	<p><u>Saturday 3</u> <u>Covington Twp</u> Christmas Open House 2-6 pm <u>Maple Lake Methodist Church</u> Christmas Craft Show 9am -1pm 842-6776 Recycling 9-11 am</p>
<p><u>Sunday 4</u> <u>Covington Township</u> Christmas Open House 1-5 pm 842-0457</p>	<p><u>Monday 5</u> <u>NP Senior Center</u>- Holiday Collection for NP Food Pantry Call for list of items needed 842-6727</p>	<p><u>Tuesday 6</u> <u>NP High School</u> Christmas Concert 7 pm  Board of Supervisors Regular Meeting 7 pm</p>	<p><u>Wednesday 7</u>  Planning Commission Work Session 7:30 pm  PEARL HARBOR DAY</p>	<p><u>Thursday 8</u>  "If you're going to be thinking, you may as well think big." <i>Donald Trump</i></p>	<p><u>Friday 9</u>  "Don't interfere with anything in the Constitution. That must be maintained, for it is the only safeguard of our liberties." <i>Abraham Lincoln</i></p>	<p><u>Saturday 10</u>  "As a child my family's menu consisted of two choices: take it or leave it." <i>Buddy Hackett</i></p>
<p><u>Sunday 11</u> <u>Moscow Volunteer Fire Company</u> - Cookie Walk Noon- 6 pm Homemade cookies for sale</p>	<p><u>Monday 12</u>  "All I can do is be me, whoever that is." <i>Bob Dylan</i></p>	<p><u>Tuesday 13</u>  Sewer Authority Meeting 7 pm</p>	<p><u>Wednesday 14</u> <u>Covington Township</u> - Christmas Home Decorating Contest Judging 6-10 pm</p>	<p><u>Thursday 15</u> <u>Covington Township</u> - Christmas Home Decorating Contest Winners Reception 7 pm</p>	<p><u>Friday 16</u>  "Intelligence without ambition is like a bird without wings." <i>Salvador Dali</i></p>	<p><u>Saturday 17</u>  Recycling 9-11 am</p>
<p><u>Sunday 18</u>  " I have never seen a bad television program, because I refuse to. God gave me a mind, and a wrist that turns things off." <i>Jack Paar</i></p>	<p><u>Monday 19</u>  "Has this world been so kind to you that you should leave with regret? There are better things ahead than any we leave behind." <i>C.S. Lewis</i></p>	<p><u>Tuesday 20</u>  "Treasure each other in the recognition that we do not know how long we shall have each other." <i>Joshua Liebman</i> <b>HANUKKAH BEGINS AT SUNDOWN</b></p>	<p><u>Wednesday 21</u> <u>NP Senior Center</u> - Holiday Party &amp; Entertainment 10 am  Planning Commission Regular Meeting 7:30 pm</p>	<p><u>Thursday 22</u>  "Laughter is the sun that drives winter from the human face." <i>Victor Hugo</i>  FIRST DAY OF WINTER</p>	<p><u>Friday 23</u>  " Keep close to nature's heart..&amp; break clear away, once in a while, &amp; climb a mountain or spend a week in the woods. Wash your spirit clean." <i>John Muir</i></p>	<p><u>Saturday 24</u>  "He who has not Christmas in his heart will never find it under a tree." <i>Roy L. Smith</i></p>
<p><u>Sunday 25</u>  CHRISTMAS DAY</p>	<p><u>Monday 26</u>  "Nothing will work unless you do." <i>Maya Angelou</i></p>	<p><u>Tuesday 27</u>  Board of Supervisors Work Session Meeting 7 pm</p>	<p><u>Wednesday 28</u>  "Adopt the pace of nature: her secret is patience." <i>Ralph Waldo Emerson</i></p>	<p><u>Thursday 29</u>  "Time is what we want most, but what we use worst." <i>William Penn</i></p>	<p><u>Friday 30</u> <u>NP Senior Center</u> - New Year's Brunch &amp; Celebration 10:30 am</p>	<p><u>Saturday 31</u> </p>

## VISIT OUR NEW WEBSITE

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**ATTORNEY JOHN J. MERCURI**

**570-842-4574**

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## FIND YOUR NAME

The name of a township resident, selected randomly from computer account records, is "hidden" in this newsletter. Find your name and you will receive a complimentary gift. If you find your name, claim the reward by calling the township office at 842-0457 by 12/15. Last issues winner was Samuel Hrobuchak, whose name was hidden at the bottom of page 9. Unfortunately, no prize was claimed.

<p><u>Sunday 1</u></p> <p><b>2012</b></p> <p><b>NEW YEAR'S DAY</b></p>	<p><u>Monday 2</u></p>	<p><u>Tuesday 3</u></p> <p>Board of Supervisors Regular Meeting 7 pm</p>	<p><u>Wednesday 4</u></p> <p>Planning Commission Work Session 7:30 pm</p>	<p><u>Thursday 5</u></p> <p>"The pitcher has got only a ball. I've got a bat, so the percentage in weapons is in my favor and I let the fellow with the ball do the fretting." <i>Hank Aaron</i></p>	<p><u>Friday 6</u></p> <p>"There are more love songs than anything else. If songs could make you do something, we'd all love one another." <i>Frank Zappa</i></p>	<p><u>Saturday 7</u></p> <p>Recycling 9-11 am</p>
<p><u>Sunday 8</u></p> <p>"Pennies do not come from heaven. They have to be earned here on earth." <i>Margaret Thatcher</i></p>	<p><u>Monday 9</u></p> <p>"It takes a long time to grow an old friend". <i>John Leonard</i></p>	<p><u>Tuesday 10</u></p> <p>Zoning Hearing Board Organizational Meeting 7 pm</p> <p>Sewer Authority Meeting 7 pm</p>	<p><u>Wednesday 11</u></p> <p>"Life itself is the proper binge." <i>Julia Child</i></p>	<p><u>Thursday 12</u></p> <p>"Courage is being scared to death...and saddling up anyway." <i>John Wayne</i></p>	<p><u>Friday 13</u></p> <p>"In the depth of winter I finally learned that there was in me an invincible summer." <i>Albert Camus</i></p>	<p><u>Saturday 14</u></p> <p>"The time to repair the roof is when the sun is shining." <i>John F. Kennedy</i></p>
<p><u>Sunday 15</u></p> <p>"Leap and the net will appear." <i>John Burroughs</i></p>	<p><u>Monday 16</u></p> <p>"The time is always right to do what is right." <b>MARTIN LUTHER KING DAY</b></p>	<p><u>Tuesday 17</u></p> <p>"I saw the angel in the marble and carved until I set him free." <i>Michelangelo</i></p>	<p><u>Wednesday 18</u></p> <p>Planning Commission Regular Meeting 7:30 pm</p>	<p><u>Thursday 19</u></p> <p>Recreation Committee Meeting 7 pm</p>	<p><u>Friday 20</u></p> <p>"If you tell the truth, you don't have to remember anything." <i>Mark Twain</i></p>	<p><u>Saturday 21</u></p> <p>Recycling 9-11 am</p>
<p><u>Sunday 22</u></p> <p>"One man cannot hold another man down in the ditch without remaining down in the ditch with him." <i>Booker T. Washington</i></p>	<p><u>Monday 23</u></p> <p>"Life's like a movie, write your own ending. Keep believing, keep pretending." <i>Jim Henson</i></p>	<p><u>Tuesday 24</u></p> <p>"Judge each day not by the harvest you reap but by the seeds you plant." <i>Robert Louis Stevenson</i></p>	<p><u>Wednesday 25</u></p> <p>"A laugh is a smile that bursts." <i>Mary H. Waldrip</i></p>	<p><u>Thursday 26</u></p> <p>"That boy's as thick as a whale sandwich!" <i>Foghorn Leghorn</i></p>	<p><u>Friday 27</u></p> <p>"The true art of memory is the art of attention." <i>Samuel Johnson</i></p>	<p><u>Saturday 28</u></p> <p>"Better three hours too soon than a minute to late" <i>William Shakespeare</i></p>
<p><u>Sunday 29</u></p> <p>"As a well spent day brings happy sleep, so life well used brings happy death." <i>Leonardo DaVinci</i></p>	<p><u>Monday 30</u></p> <p>"That's all I can stand and I can't stand no more!" <i>Popeye</i></p>	<p><u>Tuesday 31</u></p> <p>Board of Supervisors Work Session Meeting 7 pm</p>				



# History of Martin Luther King Day

Martin Luther King Day was created in honor of Dr. King and his contributions to society. King was a leader during the Civil Rights Movement who encouraged minorities to stand up for their rights. His words still ring true today as they continue to inspire people of all races and creeds.

Born in Atlanta, Georgia on January 15, 1929, Martin Luther King, Jr. was the middle child of a reverend. He was an active member of his church and sang with the choir. At age fifteen (15), King was accepted to Morehouse University after skipping two grades in high school. By the time he was 26, he obtained two separate bachelor's degrees and a Doctor of Philosophy degree.

The starting point of the Civil Rights Movement occurred on December 1, 1955 when Rosa Parks refused to give up her seat for a white passenger on a public bus in Montgomery, Alabama. Parks was arrested for violating the Jim Crow laws. As a result, the head of the NAACP and Martin Luther King, Jr. supported a boycott of the bus company. This lasted for over one year. Dr. King received many threats and was even arrested. His arrest resulted in the U.S... Continued on page 10...



			<p><u>Wednesday 1</u></p> <p>Planning Commission Work Session 7:30 pm</p>	<p><u>Thursday 2</u></p> <p><b>GROUNDHOG DAY</b></p>	<p><u>Friday 3</u></p> <p>"A loving heart is the beginning of all knowledge." <i>Thomas Carlyle</i></p>	<p><u>Saturday 4</u></p> <p>Recycling 9-11 am</p>
<p><u>Sunday 5</u></p> <p>"We are all born for love. It is the principal of existence and its only end." <i>Benjamin Disraeli</i></p>	<p><u>Monday 6</u></p> <p>"Love can sometimes be magic. But magic can sometimes...just be an illusion." <i>Javan</i></p>	<p><u>Tuesday 7</u></p> <p>Board of Supervisors Regular Meeting 7 pm</p>	<p><u>Wednesday 8</u></p> <p>"Love isn't something you find. Love is something that finds you." <i>Loretta Young</i></p>	<p><u>Thursday 9</u></p> <p>"Come live in my heart, and pay no rent." <i>Samuel Lover</i></p>	<p><u>Friday 10</u></p> <p>"Love is not just looking at each other, it's looking in the same direction." <i>Antoine de Saint-Exupery</i></p>	<p><u>Saturday 11</u></p> <p><a href="#">Moscow Masonic Lodge - Valentine's night</a> at Woodloch Resort 6 pm tickets \$55 Information &amp; reservations 466-0348</p>
<p><u>Sunday 12</u></p> <p><b>LINCOLN'S BIRTHDAY</b></p>	<p><u>Monday 13</u></p> <p>"Let us always meet each other with a smile for the smile is the beginning of love." <i>Mother Teresa</i></p>	<p><u>Tuesday 14</u></p> <p>Sewer Authority Meeting 7 pm <b>SAINT VALENTINE'S DAY</b></p>	<p><u>Wednesday 15</u></p> <p>Planning Commission Regular Meeting 7:30 pm</p>	<p><u>Thursday 16</u></p> <p>Recreation Committee Meeting 7 pm</p>	<p><u>Friday 17</u></p> <p>"Sometimes the heart sees what is invisible to the eye." <i>H. Jackson Brown, Jr.</i></p>	<p><u>Saturday 18</u></p> <p>Recycling 9-11 am</p>
<p><u>Sunday 19</u></p> <p>"Life is the flower for which love is the honey." <i>Victor Hugo</i></p>	<p><u>Monday 20</u></p> <p><b>PRESIDENT'S DAY</b></p>	<p><u>Tuesday 21</u></p> <p>"Love is a canvas furnished by nature and embroidered by imagination." <i>Voltaire</i></p>	<p><u>Wednesday 22</u></p> <p><b>WASHINGTON'S BIRTHDAY</b>  <b>ASH WEDNESDAY</b></p>	<p><u>Thursday 23</u></p> <p>"Love is life and if you miss love you miss life." <i>Leo Buscaglia</i></p>	<p><u>Friday 24</u></p> <p>"Where there is love, there is life." <i>Mohandas Ghandi</i> <i>Scott Wilson</i></p>	<p><u>Saturday 25</u></p> <p>"If you want to be loved, be loveable." <i>Ovid</i></p>
<p><u>Sunday 26</u></p> <p>"A kiss makes the heart young again and wipes out the years." <i>Rupert Brooke</i></p>	<p><u>Monday 27</u></p> <p><b>ORTHODOX LENT BEGINS</b></p>	<p><u>Tuesday 28</u></p> <p>Board of Supervisors Work Session Meeting 7 pm</p>	<p><b>FEBRUARY</b></p>			

# How Did Groundhog Day Come About?

Groundhog Day, February 2nd, is the day the most famous groundhog in the world, Punxsutawney Phil, comes out of his hole after a long winter's hibernation to look for his shadow. If he sees his shadow, it's a sign that we are in for six more weeks of wintry weather. If he doesn't see his shadow, spring is just around the corner. The origin of Groundhog Day can be traced back to medieval Europe and the Christian celebration of Candlemas Day. Candlemas Day was a winter milestone, the midpoint between the first day of winter and the first day of spring. To celebrate, the clergy passed out blessed candles to everyone. The weather on Candlemas Day was very important. According to an old English song, "If Candlemas be fair and bright, Come Winter, have another flight; If Candlemas brings clouds and rain, Go Winter and come not again."

The Germans added the idea that if a hedgehog, cast its shadow on Candlemas Day, there would be six more weeks of bad weather (a 2nd winter). The first settlers in Pennsylvania were German, and they carried on the tradition, substituting a groundhog for a hedgehog. In 1886, a small-town Pennsylvania newspaper called *The Punxsutawney Spirit* printed the first official observance. The tradition stuck, and America and Punxsutawney Phil have celebrated Groundhog Day since.

The actual ceremony surrounding the Groundhog Day prediction was held in secret until 1966, and only the result was revealed to the public. Now, every February 2nd, people gather together at a wooded knoll called Gobbler's Knob, just outside Punxsutawney, PA (about 85 miles northeast of Pittsburgh), to see what Phil's prediction will be. Groundhog Day is the most light-hearted and whimsical of the February holidays, and it is steeped in centuries of tradition. Ask the locals, and they will tell you that Phil's predictions have never been wrong. Let's all cross our fingers and hope that Phil doesn't see his shadow this year, signaling that spring is on its way! from [Groundhog Day in Punxsutawney](#) by Ashleigh Frank



# FROM YOUR SUPERVISORS



- ⌘ During the past several months, the Board of Supervisors have had extended discussions relative to the proposed PP&L 230 kilovolt line which is expected to pass through a portion of Covington Township. Several members of the Board have attended open houses as conducted by PP&L officials to express their concerns and general objections to the line. As Township Solicitor, Attorney Brian Yeager was directed to look into the possibility of stopping the project. Attorney Yeager is of the opinion that a Pennsylvania Utility Commission approval makes it extremely difficult to stop.
- ⌘ The Board approved Berkheimer Associates for the collection of the Earned Income Tax beginning in 2012.
- ⌘ Approval to purchase 10 additional picnic tables for the estate grounds was passed unanimously by the Board.
- ⌘ A discussion relative to the use of four wheelers and racing bikes in the township extended through the last several meetings without any final decisions being made by the Supervisors.
- ⌘ A request from Clifton Township, regarding the possibility of Covington Township providing police services, is under discussion and being evaluated.
- ⌘ Use of the Moffat Estate grounds and renting of the Moffat pavilion have been extremely high through the end of October. Mr. Yerke and the Board are seeking additional funding to eventually enclose the pavilion and make it available to the community throughout the year.
- ⌘ Please remember - **if you are using the facilities (children's area, pavilion or estate grounds), we ask that you do your best to place all trash in the proper receptacles. All pets are expected to be on a leash and any droppings must be picked up and removed by the owner.**

# FROM THE ROAD DEPARTMENT



- ⌘ With the cold weather and accompanying snow ready to belt Northeastern PA the road crew would like to remind you of the following:
  - (1) During and immediately following a snow storm, do not park any vehicles on township roads.
  - (2) After a snow storm, the township prohibits pushing or plowing driveway snow back into the roadway. This will be enforced by our Police Department.
  - (3) It is generally not necessary to place reflectors denoting your property or driveway. During large storms they are likely to be destroyed by the plows.

# Basketball Court

A reminder that a regulation size basketball court, directly behind the Senior Center, is available to interested Covington residents. The court is open during daylight hours and residents are welcome and encouraged to use it.



**ATTENTION COVINGTON RESIDENTS:**  
It is imperative to post your new address on your home or mailbox. In the case of an emergency, correct addresses will make it significantly easier for the police or fire department to locate your home.

**NEWSLETTER ADVERTISING**  
Our newsletter is sent quarterly to approximately 1,000 households and/or businesses within the township. If you are interested in advertising in the next newsletter, please call Debbie Biondo at 842-0457. **The cost of a 2 1/2" x 2 1/2" advertisement is \$25.00 per quarter.**  
This is a great advertising bargain!



Ladies Auxiliary VFW Post 5207 Breakfast - 2nd Sun. of each month 9am-12 (adults \$5.00 child 12 & under \$2.00)

Moscow Fire/EMS Explorer Post 7—Meets alternate Tues. Moscow Fire Station, Main St. 7 pm. For young men & women of the NP area 14-19 years of age (842-7211)

NP Rotary Club—Meets at the Elmhurst Country Club Thurs. 6 pm in the summer, at alternate NP sites January through March (842-9988)

Minisink Lions Club—meets 1st & 3rd Thurs. at the VFW—contact Patrick Verastro (689-2843)

**Covington Fire Co. Women's Auxiliary**— Meets the 1st Mon. of each month at 7 pm call Betty for more information 842-0448

NP Kids Closet - supplies clothing to needy area children. Located in the basement of the Moscow Borough Building. We accept monetary donations payable to NP Kids Closet c/o Lynn Biondi, 1010 Forest Road, Lake Ariel, PA 18436  
NP Food Pantry— **St. Catherine's Church, Moscow every** Thurs. 12-1 pm Proof of Lackawanna County Full-time residency required. Dry goods donations appreciated. Drop at church.

Parish Buffet Breakfast—**St. Eulalia's Church, Elmhurst** 3rd Sunday of every month 8:30 am -12:30 pm in church hall (65+ \$5)(12-64 \$6)(6-11 \$3)(5+ under free)

Take Off Pounds Sensibly (TOPS)—each Tuesday 6:30 pm, Moscow Borough Building, Van Brunt St. Moscow  
Pierogi Sale—**St. Rita's Church, Gouldsboro \$6/dozen** 842-4995, 842-8692 or 842-4176

Jefferson Twp. Fire Co.—Station 29. All You Can Eat Breakfast first Sunday of every month 8 am—noon

NP Library - **(all weekly events) Children's Story Hour** Tues. & Thurs. 11 am, Bridge Club Fri. 12:30 pm, Family Movie Night last Fri. of each month 7 pm, Adult Book Club 3rd Thurs. 6 pm, Mexican Train Tues. 12:30 pm, Lap-sit Story Hour for children up to 2 years old Fridays at 10 am 842-4700

Business 2 Business—Meets every Thursday 8-9 am at **Friendly's in Dunmore (842-2808)**

Moscow Mason Lodge - Meets 2nd Thurs. of ea. Month, Lodge Hall, Green St. Moscow, Dinner 6:30, Meeting 7:30  
Cross Roads Assembly Church Elmhurst- Offers two worship services on Sun. at 9 and 11 am. 11 am includes a **children's program. Youth group meets 6:30 pm on Tues.** and Adult bible classes are offered on Wed. at 7 pm 842-1454

## History of Martin Luther King Day

Continued from page 5...

Supreme Court prohibiting racial segregation on public buses and transportation. His most well known achievement occurred in 1963 with the March on Washington for Jobs and Freedom. The most prominent black activists and minority leaders gathered with thousands of others who supported the cause. During this event, **Dr. King gave his famous "I Have a Dream"** speech that he is remembered for. In the following years, King went on to found the Southern Christian Leadership Conference and preached non-violent resistance against injustices that minorities were undergoing at the time. He felt that the non-violent disobedience would garner a great deal of media coverage, which would in turn lead to a feeling of sympathy in public circles.

Because of his views and efforts to **equalize minorities into an otherwise "white"** society, King was a hated figure during his day. When he went to Memphis, Tennessee in March of 1968 to support the black employees of the public works departments, he was assassinated while standing on the balcony of his hotel room. Through his efforts, blacks and minorities were eventually granted many rights that they might not have today were it not for Dr. King. The right to vote, the desegregation of public places and schools, labor rights and other basic rights were all promoted and granted because of his work.

It took fifteen years to create the federal Martin Luther King, Jr. holiday. Congress passed the holiday legislation in 1983, which was then signed into law by President Ronald Reagan.

Although the holiday is not as widely accepted as others are, it is still important to recognize what King did for minorities and the nation as a whole. Even if your business or school does not take the day off in remembrance of Dr. King, take a few moments on this day to reflect on everything Martin Luther King, Jr. achieved. ~ *By Shmuel Ross and David Johnson*

If your Organization would like to have scheduled events listed in our quarterly newsletter Calendar, submit via email to debiondocvtwp@yahoo.com or call 842-0457. The deadline for the next newsletter is March 15th, 2012.

HAVE ANY SUGGESTIONS OR COMMENTS FOR THIS NEWSLETTER? PLEASE CONTACT

DEBORAH BIONDO OR BILL WRIGHT AT 842-0457

# ASK THE PROFESSIONAL

As a new feature of our newsletter we will be talking to a number of North Pocono people who are considered extremely knowledgeable within their specialized field. We will be asking a question or two about topics which we believe will be of interest and value to you. If you should have a question about a specific topic and you are not sure where and how to get the answer, drop us a line and we will be glad to contact an expert for you.

*Jay Sochoka, R.Ph, is a community pharmacist who specializes in preventive medicine and practices in Covington Township. He is also the author of Fatman in Recovery: Tales from the Brink of Obesity available at Amazon.com*

Question: From your experience as a pharmacist, what are some things that residents could do to possibly reduce their need and reliance on prescribed medications?

Answer: When addressing the situation of medication reliance, more commonly known as dependence, it's important to remember the three main drug classes: opiates (*i.e.* Oxycontin, Vicodin, Percocet); psychiatric medications (*i.e.* Wellbutrin, Prozac, Xanax, and Valium [benzodiazepines]); and maintenance medications (for hypertension, cholesterol, and diabetes). Please note: Discontinuation of any drug should ALWAYS be done under the guidance of the prescribing physician.



Opiate and benzodiazepine overdoses cause more annual deaths than auto accidents. By far, they're the most dangerous drugs prescribed. Originally designed for short-term use, they are now prescribed as maintenance medications for pain and anxiety respectively. The body becomes dependent on them. Discontinuation causes withdrawal, so it must be gradual and under a doctor's care. I recommend yoga-stretching to relieve chronic pain and meditation to reduce anxiety.

Maintenance meds are the easiest to discontinue. Most cases are as simple as diet and exercise. A high-fiber, low-fat, moderate complex carbohydrate (brown rice, whole wheat pasta and bread), lean-protein diet is the way to go. Introduce exercise gradually. Walking and yoga are great for beginners. Remember, whether walking or running a mile, you burn the same amount of calories. Even as weight decreases, take all medications until your physician states otherwise. Sometimes genetics play a role and diet and exercise don't work, but they're worth a try.

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Psychiatric medications are incredibly difficult to discontinue and should be done ONLY under a psychiatrist's care. The general rule: once you take them, you stay on them for your own benefit. (Benzodiazepines are the exception.) I take medications to manage my bipolar disorder. When I miss a dose, I feel awful - racing heart, nausea and anxiety. Simply put, I go into withdrawal. Practicing yoga helps relieve anxiety and produces a sense of well-being.

Reducing or eliminating medications is an admirable, achievable goal. For your safety, don't do it alone; schedule an appointment with your prescribing physician to discuss your plan of attack.



# 2010 Grand Prize Winner

Covington Townships 2010 Holiday Decorating Grand Prize was awarded to the Pawlick Family on Dorantown Road for their incredible display of a "Christmas Wonderland". The Pawlicks were inspired by special joy and the Christmas spirit. They took home \$250 in cash! Why not try your hand at winning this years contest. See entry form on page 13.



## Holiday Recipe

This is but one of many terrific recipes (some of which we have sampled) which may enhance and make your holiday party a little brighter. If you have a favorite recipe, we are interested in obtaining a copy and we will publish it in one of our upcoming newsletters.

### Ricotta Cheese Cookies

From the kitchen of Linda Wright

1 Cup softened butter (2 sticks)	2 Cups granulated sugar	2 Teaspoons vanilla
1 Pound ricotta cheese	2 Eggs	1 Teaspoon baking soda
1 Teaspoon salt	4 Cups white flour	

#### ICING:

1/2 Cup melted butter (1 stick)	1 Teaspoon vanilla
2 Cups confectioners sugar	Milk



1. Preheat oven to 350° F. Line baking sheets with parchment paper.
2. In a large bowl, with the mixer at low speed, beat the sugar and butter until combined. Increase speed to high and beat until light and fluffy (about 5 minutes). Reduce speed to medium and beat in the ricotta, vanilla and eggs.
3. Reduce speed to low. Add flour, baking soda and salt; beat until dough forms.
4. Drop dough by level tablespoons, about 2 inches apart; onto the prepared baking sheets. Bake for about 15 minutes or until cookies are very lightly golden (cookies will be soft). With spatula, remove cookies to wire rack to cool. When cookies are cool, prepare icing.

ICING: In a small bowl, mix confectioners' sugar, butter and vanilla. Add milk, a little at a time until smooth and creamy. With small spreader, spread icing on cookies; sprinkle with coconut, colored sugar or candy sprinkles.

# 2011 2nd Annual Covington Township Home Decorating Contest

## Get into the Spirit of Christmas - Lighting up Covington Township!

Covington Township is looking for the most festive homes of the season! Judging is for exterior decoration only and homes will be judged on the evening of December 14th (lighting will be required). Judges decisions are final. Awards will be presented on December 15th at the Moffat Estate. Note: Previous Grand Prize winners may participate only once every five years.

All participants and sponsors will be invited to a reception at the Moffat Estate to share in Christmas cheer. Refreshments will be provided by the Covington Township Staff and Supervisors.

To enter, fill out the form below and return to: Light Up Covington Township Holiday Decorating Contest, 20 Moffat Drive, Covington Township, PA 18444 Forms can also be dropped off at the Municipal Office in the Moffat Estate on Route 435, Covington Township. Please be advised, contest winners may have photographs taken of their family and home for display at the mansion.

Questions? 842-0457



**2ND PLACE:** \$50 Cash (donated by Apple-tree Management), a \$100 Gift Certificate to Bills' ShopRite (donated by William Bracey) and a \$25.00 Gift Certificate to Mendicino's (donated by Gasper Mendicino)

**3RD PLACE:** \$50 Cash (donated by Apple-tree Management), a \$50 Gift Certificate to Bills' ShopRite (donated by William Bracey) and a \$25 Gift Certificate to Mendicino's (donated by Gasper Mendicino)

**4TH PLACE:** \$50 Cash (donated by John Mercuri Esq.) and two Gift Certificates to Kay's Pizza for Sunday Brunch (donated by Walter Woehrle)

## Covington Township Christmas Home Decorating Contest Entry

Must be received by December 7th, 2011

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

Telephone #: \_\_\_\_\_ Signature: \_\_\_\_\_

Directions to your home from intersection of Routes 502 & 435: *(use back if needed)*



Covington Township  
Board of Supervisors  
20 Moffat Drive  
Covington Township, PA  
18444

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# North Pocono Senior Center Information

OPEN MONDAY - FRIDAY  
8 AM to 2 PM

Call Barbara or Carlene 842-6727  
Looking for dominoes players,  
novice or pro.

Lunch and transportation available with  
reservation

SPEAKERS: monthly, call to receive a monthly calendar

GAMES: Pinochle Tournament  
9:30 am - 2 pm every 2nd & 4th Monday

BINGO Dinner 3-8 pm every 3rd Monday of the month

EXERCISE: *Tai Chi Class* 1:15 pm every Thursday

*Chair Exercises* 10:30 am every Wednesday

OTHER ACTIVITIES: Cards, Games, Wii bowling,  
Health Screenings, Free weights, Chair Exercise,  
Monthly Birthday parties, monthly Brunch 10:30 am and more!