

South Abington Woods Phase II

Newsletter April, 2021

Inside this issue

Happy Spring	P 2
Reminder	P 3
Welcome	P 4
Thank You	P 4
Novel	P 4
Social Club	P 5
Girl Scout Cookies	P 5
Pedestrians	P 6
Local Walking Trails	P 7
Relaxation Techniques	P 8
Northeastern Pennsylvania	P 9
First Friday	P 10
Everhart Museum	P 10
Silly Humor	P 11
Emergency/Fire/ Hospitals/Police	P 12
POA Executive Board Members	P 13
POA Committee Chairs	P 13



HAPPY
Easter!



HAPPY
Passover



Happy
Spring





Association Dues

The 2nd quarter POA dues are due on April 1st. Payments must be received on or before April 10th to avoid penalty charges.

From the Landscape Committee

Please take a moment to review the Landscape Regulations; click on the link below:

[Landscape Regulations – South Abington Woods Phase II POA \(sawp2poa.com\)](http://sawp2poa.com)

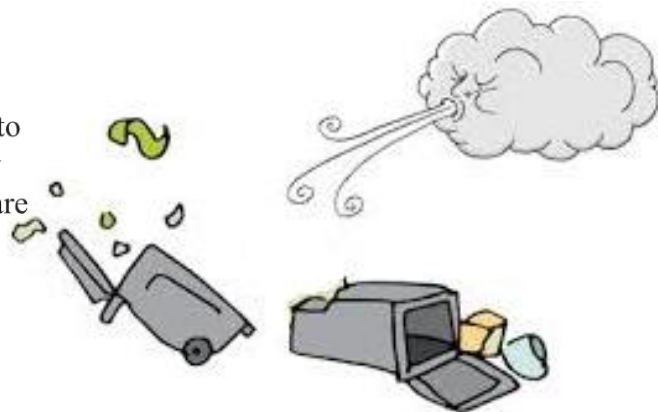
Volunteers Needed

Landscape Committee Chairperson, Virginia Loughlin, is retiring from her position. A volunteer is needed to fill the position. Virginia graciously volunteered to work with the new chairperson until they are fully on board.

Loose Trash

Oh those Spring winds!! We would like to remind residents to ensure the lids on their trash cans and recycle bins are tightly secured to avoid spilled trash and recyclables. Recycle lids are available to purchase; contact the Executive Board at poaexecutiveboard@gmail.com.

Thank you for your continued cooperation.



Bird Feeders

Please be reminded – no bird feeders in common areas - Covenant 13.d.

Thanks for your cooperation.



New neighbor Erica Keisling

Unit 25

thank you

A big thanks to our snow removal committee, Joe Cognetti and Margaret McNulty. It was a very busy season and all went well.

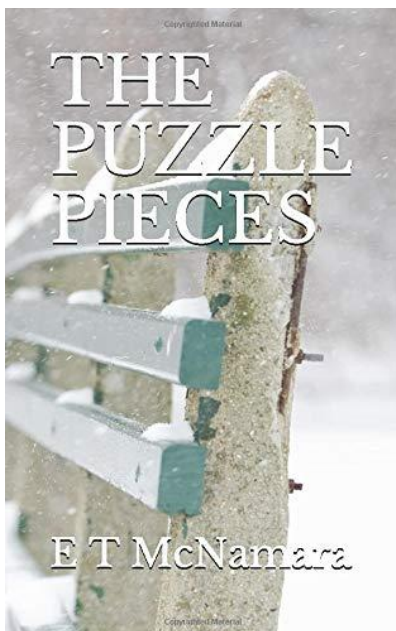
Thanks to John Bendick for keeping the snow stakes in place.

Thanks to our Executive Board for their diligence and commitment to our community.

Thanks to our committee members for their hard work ensuring things are done efficiently and timely.

Introducing a Novel By Our Neighbor

Gene McNamara



This is the story of a young woman who struggles to save her past life, as well as her future, when it is mysteriously turned upside down as the result of an accident. Hoping that love will enable her to set things straight once again, she sets out on a mission to restore her life as it had once been, and in doing so, to win back the true love she once had. But first she must overcome the many obstacles blocking her from achieving her goal. With the help of her family and her best friend, she tries to discover the difference between what is real and what is not. A series of twists will keep readers guessing right up to the very end.

[Click here to purchase at Amazon](#)

[Back to top](#)

From The Social Club

Although the winter has been bleak for all of us, with the exception of the snowbirds, better weather and outdoor get togethers are in sight!

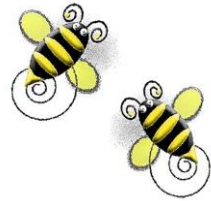
As the weather improves, we will convene our open driveway meetings again. All are welcome to those and it's a great place to meet your new neighbors and catch up with the not so new.

In May, Joe and I hope to start small gatherings in our home and hope that others will follow suit. We will limit these to 4 or 6 invitees who will mainly be neighbors whom we have not met. In June, I will be calling residents to see if they would volunteer to do this in their home.

Hopefully, toward the end of April Mannings Ice Cream Truck will start appearing in Abington Woods.

Stay healthy and please check on your neighbor.

~Ruth



Visit our website at www.sawp2poa.com



Drive Thru Girl Scout Cookie Sale

Saturdays 2:00 to 4:00 p.m. through April 10th at South Abington Park



By: Larissa Newton

Laws vs. Safety Tips

The rights and duties of pedestrians vary greatly depending on the situation.

It's important to familiarize yourself with [Pennsylvania laws](#), as well as [common-sense safety tips](#).

LAW: Walk on sidewalks whenever they are available. If no sidewalk is available, **you must walk on the left side of the road, facing traffic.**

TIP: Never assume a driver sees you. Make eye contact with drivers as they approach you to make sure you are seen.

LAW: Motorists must yield to pedestrians crossing the street at marked and unmarked intersections BUT the pedestrian must either be within the crosswalk or affirmatively indicate an intent to cross.

TIP: Be visible at all times. Wear reflective materials, apply reflective tape, or use a flashlight at night.

TIP: Cross streets at crosswalks or intersections whenever possible.

LAW: Pedestrians shall not suddenly leave a curb or other place of safety and walk or run into the path of a vehicle which is so close as to constitute a hazard.

TIP: Keep alert at all times. That means putting away your electronic devices so you can stay focused on the road.

Tips for the Motorist

The onus of safety doesn't rely solely on the pedestrian. As a motorist – especially in densely populated areas – it's important to always be aware of your surroundings.

Use extra caution when driving in hard-to-see condition, such as nighttime or in bad weather.

It's illegal to pass vehicles stopped at a crosswalk. There may be people crossing that you can't see.

Slow down and pay attention when approaching or turning at a crosswalk.

If you are turning right at an intersection, and the pedestrian has a lit WALK signal, the pedestrian has the right of way.

Don't engage in distracted driving. Taking your eyes off the road, your hands off the wheel, or your mind off driving can have deadly consequences; a person engaged in distracted driving is up to four times more likely to be involved in a collision.



Please be reminded the speed limit on Country Club Road and Wyndham Road is 20 mph.

Local Walking Trails

[Directions](#)

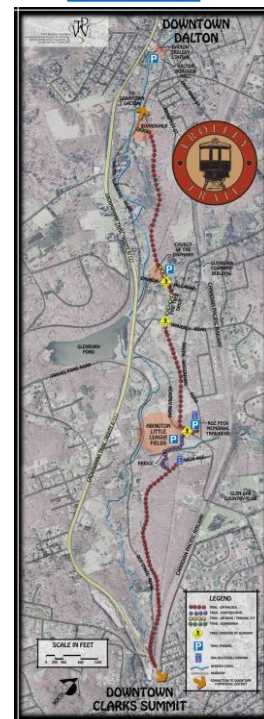
Trolley Trail – Clarks Summit to Dalton

The Clarks Summit to Dalton segment of the Trolley Trail follows 2.8 miles of the old Northern Electric Trolley rail bed. [Countryside Conservancy](#) created and maintains the trail, which is a popular spot for walking and biking.

The trail follows gravel and earthen paths through the forest and includes a connector trail to the Ackerly Little League Fields. The smooth surface and gentle grade make it a fun, easy trail for all ages.

The Trolley Trail runs from Old State Road in Clarks Summit to South Turnpike Road in Dalton. Additional trailheads and parking are available along the way.

The Trolley Trail also has a segment from Keystone College to Factoryville. Countryside Conservancy plans on expanding the trail so that it eventually connects Clarks Summit to Lake Winola.



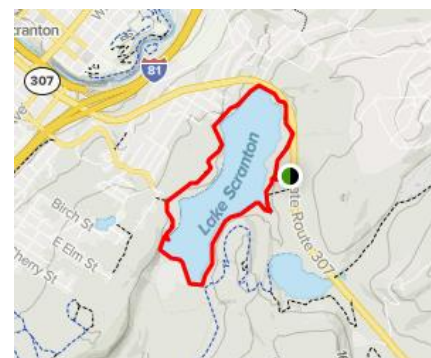
Lake Scranton Loop

Lake Scranton Loop is a 3.8 mile moderately trafficked loop trail located near Scranton, Pennsylvania that offers the chance to see wildlife and is good for all skill levels. The trail is primarily used for walking, running, and nature trips and is best used from March until November.

Length **3.8 mi**

Elevation gain **209 ft**

Route type **Loop**



[Directions](#)

South Abington Recreation Park

The South Abington “Rec” Park is located at 642 Northern Boulevard, adjacent to the South Abington Elementary School.

The Walking Trail starts at the Basketball Court and ends at Layton Road. There are two covered bridges along this trail. The trail is used by many throughout the region, and is decorated during the holiday season along with the remainder of the Park.

All dog walkers are asked to pick up a “doggie bag”, compliments of Abington Veterinary Referral Center, before you begin your walk.

Please refrain from walking on school grounds – especially when buses are loading and unloading.

Relaxation Techniques for Stress Relief

To effectively combat stress, you need to activate your body's natural relaxation response.

Deep breathing

With its focus on full, cleansing breaths, deep breathing is a simple yet powerful relaxation technique. It's easy to learn, can be practiced almost anywhere, and provides a quick way to get your stress levels in check. Deep breathing is the cornerstone of many other relaxation practices, too, and can be combined with other relaxing elements such as aromatherapy and music. While apps and audio downloads can guide you through the process, all you really need is a few minutes and a place to sit quietly or stretch out.

How to practice deep breathing:

- Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.
- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

If you find it difficult breathing from your abdomen while sitting up, try lying down. Put a small book on your stomach, and breathe so that the book rises as you inhale and falls as you exhale.

Progressive muscle relaxation

Progressive muscle relaxation is a two-step process in which you systematically tense and relax different muscle groups in the body. With regular practice, it gives you an intimate familiarity with what tension—as well as complete relaxation—feels like in different parts of your body. This can help you react to the first signs of the muscular tension that accompanies stress. And as your body relaxes, so will your mind. Progressive muscle relaxation can be combined with deep breathing for additional stress relief.

Consult with your doctor first if you have a history of muscle spasms, back problems, or other serious injuries that may be aggravated by tensing muscles.

Practicing progressive muscle relaxation:

- Start at your feet and work your way up to your face, trying to only tense those muscles intended.
- Loosen clothing, take off your shoes, and get comfortable.
- Take a few minutes to breathe in and out in slow, deep breaths.
- When you're ready, shift your attention to your right foot. Take a moment to focus on the way it feels.
- Slowly tense the muscles in your right foot, squeezing as tightly as you can. Hold for a count of 10.
- Relax your foot. Focus on the tension flowing away and how your foot feels as it becomes limp and loose.
- Stay in this relaxed state for a moment, breathing deeply and slowly.
- Shift your attention to your left foot. Follow the same sequence of muscle tension and release.
- Move slowly up through your body, contracting and relaxing the different muscle groups.

It may take some practice at first, but try not to tense muscles other than those intended.

Northeastern Pennsylvania

Northeastern Pennsylvania (NEPA) is a geographic region of the U.S. state of Pennsylvania that includes the Pocono Mountains, the Endless Mountains, and the industrial cities of Scranton, Wilkes-Barre, Pittston, Hazleton, Nanticoke, and Carbondale. A portion of this region constitutes a part of the New York City metropolitan area.

Unlike some other parts of the Rust Belt, some of these communities are experiencing a modest population increase. Some parts of the region, specifically Monroe and Pike counties, rank among the fastest growing areas of the state.

Northeastern Pennsylvania comprises Bradford County, Carbon County, Columbia County, Lackawanna County, Luzerne County, Monroe County, Montour County, Northumberland County, Pike County, Schuylkill County, Sullivan County, Susquehanna County, Wayne County and Wyoming County. The region overlaps with the Pocono Mountains, the Endless Mountains, the Wyoming Valley, the Coal Region, Pennsylvania Dutch Country, and, by some definitions, the Lehigh Valley.

County	2015 Population	2010 Population	Area
Bradford County	61,281	62,622	1,161 sq mi (3,007 km ²)
Carbon County	63,960	65,249	387 sq mi (1,002 km ²)
Columbia County	66,672	67,295	490 sq mi (1,269 km ²)
Lackawanna County	211,917	214,437	465 sq mi (1,204 km ²)
Luzerne County	318,449	320,918	906 sq mi (2,350 km ²)
Monroe County	166,397	169,842	617 sq mi (1,598 km ²)
Montour County	18,557	18,267	132 sq mi (342 km ²)
Northumberland County	93,246	94,528	478 sq mi (1,238 km ²)
Pike County	55,949	57,369	567 sq mi (1,469 km ²)
Schuylkill County	144,590	148,289	783 sq mi (2,028 km ²)
Sullivan County	6,328	6,428	452 sq mi (1,171 km ²)
Susquehanna County	41,666	43,356	832 sq mi (2,155 km ²)
Wayne County	51,198	52,822	751 sq mi (1,945 km ²)
Wyoming County	27,800	28,276	405 sq mi (1,049 km ²)
Total	1,328,010	1,349,698	8,426 sq mi (21,823 km²)

Bradford is the largest county by area; Luzerne is the most populous county

Source - Wikipedia

First Friday Scranton

First Friday Scranton features a wide variety of cultural events found in some of the city's best restaurants and cafes, as well as galleries, boutiques, and other small businesses.

All events associated with First Friday Scranton take place from 5:00 to 9:00 p.m in a walk-able, close knit footprint, though a trolley bus is available to provide shuttle service at designated stops.

First Friday Scranton serves as a conduit to artists, connecting them to prospective venues, art lovers seeking entertainment, and venues looking to attract new customers.

For over 10 years First Friday Scranton has been a foundational event fostering growth and supporting local businesses and the arts in Downtown Scranton.



[Everhart Museum – Natural History, Science, and Art \(everhart-museum.org\)](http://everhart-museum.org)

Founded in 1908, the Everhart Museum is one of the oldest museums in the state of Pennsylvania and part of the early 20th-century regional museum movement. Monies and initial natural history collections were provided by Dr. Isaiah Fawkes Everhart, a Scranton physician and Civil War veteran. Everhart conceived that the Museum would serve not only the immediate City of Scranton but the whole of Northeast Pennsylvania.

The original focus of the Museum was to create a comprehensive display of the state's native birds, animals, and other wildlife. The Museum building was expanded in 1928 with two gallery wings added to display ethnographic and archaeological collections. In the 1940s, a significant collection of American folk art was given to the Museum, complementing its earlier holdings in the areas of Japanese, African, and Oceanic art. Collecting continued throughout the 20th-century with holdings added in 19th-century and contemporary American art and regionally-made Dorflinger glass.

The building itself is a masonry structure designed in a *Beaux-Arts* style in keeping with the “City Beautiful” movement of the early 20th-century. Fifteen gallery spaces provide display area for both permanent and temporary exhibitions. The Everhart Museum is located in Scranton's [Nay Aug Park](#) and is fully accessible to the general public on a five day/week schedule.

**WHAT DO YOU CALL
A PIG THAT DOES
KARATE?**

A pork chop.

Parade

**Why did the
nurse need a red
pen at work?**

**In case she needed
to draw blood.**

**Why do bees have
sticky hair?**

**Because
they use
honeycombs.**

**What do you call
a train carrying
bubblegum?**

A chew-chew train.

**Why did the
golfer bring two
pairs of pants?**

**In case he got
a hole in one.**





South Abington Township Police Department

Police calls are handled through the Lackawanna County Communications Center. When dialing 911 for emergencies or 342-9111 for non-emergencies, it is imperative that you inform the dispatcher that you reside in South Abington Township.

The Department operates 24 hours a day and provides basic ambulance service for our area.

Full time staff are present from 8 AM through 4 PM, Monday through Friday. The telephone number for direct access is 570-587-8715. The police fax number is 570-586-4342.

South Abington Township Police Department, along with the Lackawanna County District Attorney's Office, sponsors a Prescription Drug Drop Off Box, located in the Township Building's lobby at 104 Shady Lane Road, Chinchilla.

[Website](#)

Chinchilla Hose Company of South Abington Twp. PA

113 Shady Lane Rd
PO Box 311, Chinchilla, PA 18410

Non-Emergency: 570-586-5726
Emergency: 911

[Website](#)



Geisinger Community Medical Center

1800 Mulberry St, Scranton, PA 18510
570-703-8000

[Website](#)

Moses Taylor Hospital

700 Quincy Ave, Scranton, PA 18510
570-770-5000

[Website](#)

Regional Hospital of Scranton

746 Jefferson Ave, Scranton, PA 18510
570-770-3000

[Website](#)

South Abington Woods Phase II POA Executive Board

Alan Myers	Chairperson
Jim Specht	Secretary
Jeanette Stauffer	Treasurer
Virginia Loughlin	
Lorraine Rosenberry	
Joe Cognetti	
Regina Peters	
POA Executive Board Email	poaexecutiveboard@gmail.com
South Abington Woods Phase II Website	www.sawp2poa.com

South Abington Woods Phase II POA Committee Chairpersons

Financial Records Committee	Lorraine Rosenberry
Insurance Compliance Committee	Eugene McNamara
Landscaping Committee landscapingpoa@yahoo.com	Virginia Loughlin
Newsletter Committee	Lorraine Rosenberry
Snow Removal Committee snowremovalpoa@gmail.com	Joe Cognetti
Architectural Committee poaarchitecturecomm@gmail.com	Gene Arthur

