

# Winter

2022

## Conestoga Community News

### Inside this Issue

Lines Freezing?	2
Meet Our Staff	3
Free Covid Tests	3
Fall Leaves	3
Good Petiquette	3
Think Spring	3
Community Notices	3
Assistance Available	4
Beat The Winter Blues	6-7
Winter Bucket List	8
Find your Dream Home	9
Recipes	10
Kids Page	11

### Heat Tape

You must have operating heat tape on your water lines to avoid the lines from freezing. Replacing water lines is both costly and inconvenient for you. A red light showing the heat tape is working is not always a good indicator of working heat tape. Make sure your lines are warm to the touch. It is your responsibility to keep your lines from freezing. (See page 2 for more information).

### Snow Removal


Keep streets clear so the plows can do their job. Do not approach snow removal contractors. Should you have any concerns with snow removal, contact A. Hunter, NOT the snow plow operator.

### Uninspected Vehicles

Please make sure your vehicles have current inspection stickers and the vehicles are operational. Vehicles that are inoperable and/or uninspected will be towed from the community.

### Insurance

As a reminder, your lease agreement requires you to carry homeowners insurance. Should something happen to your home due to wind, a fallen tree, or an act of God, it is your homeowner's insurance that would pay for the damages. Without homeowner's insurance, you are responsible for damages that occur to your home. You would end up paying for those damages out of your pocket. Homeowner's insurance is reasonably priced. If you don't have it, you should contact an agent today.



To appreciate the beauty  
of a snowflake,  
it is necessary to  
stand out in the cold.

**Checks** must be written to T&A CHMP not A. Hunter. Rental payments can be made online at: [www.ahunter.com](http://www.ahunter.com)

# Keeping Your Lines from Freezing Is Your Responsibility

Our office has been taking approximately 10 emergency pages per weekend in regards to residents stating, “I have no water”.

Every time the temperature drops below freezing, these calls flood our office. 99% of the time, the frozen lines occur because a resident did not install heat tape and/or did not check that the heat tape is working properly. We have received calls where people forgot to plug in their heat tape. Residents tell us their heat tape is working, but upon further inquiry, we discover that the resident knew that it wasn't working. We have discovered that if a resident can't afford a plumber to resolve their frozen lines, they call our office. It's important to note that if your lines freeze, your water lines can break along with our water meter. You would be responsible for the repair costs of both your lines and the water meter, which can be very expensive.

**Taking the time to install and plug in your heat tape will prevent you from paying for costly repairs.**

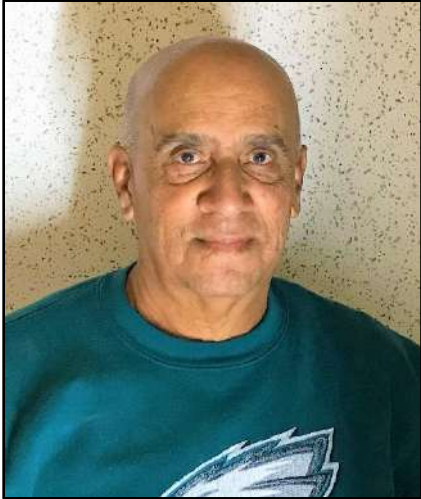
We care about our residents. If a community is without water, we want to be informed and assist in resolving the problem. However, it is unfair to expect our staff to take all of these emergency calls when a resident was negligent in preventing their lines from freezing. **As a reminder, calls to our office that are not true emergencies are billed to the resident at \$25.00.**

Going forward, if you do not have water, please take the following steps before calling the office:



- 1) Check with your neighbors. If they have water, then most likely your heat tape is not working and your lines are frozen.
- 2) Check your heat tape, is it working? Is it warm to the touch? Even if the light is on, it may not be working. You need to touch it to see if it's warm.
- 3) Check to make sure you plugged in your heat tape.
- 4) You are responsible for all plumbing and plumbing fixtures from ground level to and throughout your home. If any of these lines are not insulated, your lines will freeze.
- 5) **If you call us, and we send a plumber, and the plumber determines your lines froze, you will be responsible for the bill. Plumbing bills can be expensive, especially during the night or on weekends.** Don't think that because you call and tell us you have no water, we will send out a plumber and pay for it. We can send out a plumber, but if the issue is because your lines have frozen, you will be responsible for paying that bill. We don't do "payment plans" ...where we pay the plumber and then you make payments to us.
- 6) If we discover that your "emergency" call was due to your lines freezing, and it's no fault of the community lines, you will be billed the fee for calling in an emergency that is really your responsibility.

## Meet Our Staff



John Santana  
Inspector

John Santana joined our team in 2015. John takes care of daily bank and post office runs, delivering product for A. Hunter, and Inspecting several communities we manage. John is well liked by our residents and takes pride in making sure our communities are looking their very best.

## Free Covid-19 Tests

The federal government has launched a website at [www.covidtests.gov](http://www.covidtests.gov) that allows each household in the USA to order a package of four at-home tests, free of charge. Patients do not need insurance to order and shipping is free.

## Fall Leaves

If you have not cleaned up/collected your Fall leaves, you need to complete this task.

## Good Petiquette

You must clean up after your dog on a daily basis/every time you take them outside.



## Think Spring

In the middle of winter, it's hard to think about Spring. However, Spring is just around the corner... and Spring brings spring cleaning. Please start preparing for the following:

**Lawn Care:** Please take care of your lawn this Spring... this includes weeding.

### Power Washing/Skirting Repairs:

Now is the time to take note if your home will need power washing or skirting repairs in the Spring. We will be sending letters if your skirting needs repaired or your home needs power washed.



## Community Notices & Items for Sale

This is your section. Please email us anything you would like advertised, or published in your newsletter.

Email: [ahunternewsletter@yahoo.com](mailto:ahunternewsletter@yahoo.com).

Spring Newsletter submission deadline: February 28th



# LIHWAP may be able to assist you with overdue water and wastewater bills.

## What is LIHWAP?

The Low Income Household Water Assistance Program (LIHWAP) is a temporary emergency program to help low-income families pay overdue water bills. LIHWAP is a grant. You do not have to repay it.

## To receive help...

- Apply starting January 4, 2022.
- You don't have to be on public assistance.
- You need to have an unpaid water bill.
- You can either rent or own your home.

## How does LIHWAP work?

LIHWAP Crisis grants may be available if you have an emergency situation and are in jeopardy of losing your water service. You can receive one Crisis grant for your drinking water service and one Crisis grant for your wastewater service, up to \$2,500 each.

## Crisis situations include:

- Past-due water bills.
- Termination of utility service.
- Danger of having utility service terminated (received a notice that service will be shut off within the next 60 days).

## How do I apply?

- Apply online at [www.compass.state.pa.us](http://www.compass.state.pa.us).
- Request an application by calling the Statewide Customer Service Center at 877-395-8930 or call PA Relay at 711 for the hearing impaired.
- Applications are available at your local county assistance office.

## To apply, you will need:

- Names of people in your household;
- Dates of birth for all household members;
- Social Security numbers for all household members;
- Proof of income for all household members; and
- A recent water bill.

## Who is eligible?

You may qualify for a LIHWAP grant if:

- You must have an overdue water bill that you are responsible for paying.
- Your household income meets the following income guidelines:

### INCOME GUIDELINES

Household Size	Maximum Annual Income
1	\$ 19,320
2	\$ 26,130
3	\$ 32,940
4	\$ 39,750
5	\$ 46,560
6	\$ 53,370
7	\$ 60,180
8	\$ 66,990
9	\$ 73,800
10	\$ 80,610

Each Additional Person  
Add \$ 6,810

After your application is processed, you will receive a written notice that will tell you if you qualify. If eligible, it will tell you the amount of your grant.

## Affordable Housing..

- Customized Homes
- 2-4 Total Bedroom(s)
- 2 Bathrooms
- Approx. 1000-2000 sq ft
- Energy Efficient
- Air Conditioning
- Vaulted Ceilings
- Hardwood Floors
- Slate Entry
- Family Room and Living Room
- Beautiful plumbing, faucets and the latest appliances
- Affordable
- Financing Available
- Homes must adhere to strict guideline administered by the Federal HUD Code



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# How to Beat the Winter Blues

By Sara Lindberg

If colder weather and shorter days cause you to feel the winter blues, you're not alone. It's not uncommon to experience fatigue, sadness, difficulty concentrating, and a disruption in your sleep schedule during the winter season. The good news? There are things you can do to beat the winter blues.

"People feel sad sometimes, and there is nothing wrong with that. In fact, having emotions is part of what makes us all human and not something that we want to extinguish," says Gaveras.

For many people, Gaveras says, the fall and winter months precipitate some gloom and sadness, and a lot of that is related to the lack of sunlight.

"During the winter months, people leave their home in the dark, spend all day in an office with no windows, and then leave work to commute home again, in the dark. That can affect most people's dispositions," she says. If you're working from home, and not getting outdoors before work or during your lunch hour, you may not be leaving your home at all now that it turns dark earlier.

## 7 Tips to Help Beat the Winter Blues

While you may not be able to change the weather or amount of daylight during the winter, you can practice good self-care to help you feel better. Here are 10 strategies you can try to beat the winter blues.

### **Take a Break from the News**

Being indoors more often means an increase in screen time. And if this time is spent consuming a non-stop news cycle, you may feel an increase in the winter blues. To help minimize stress, sadness, and despair from the news, try to limit the amount of time you spend in front of a screen. If possible, schedule, at most, one hour for news. You can watch this in one sitting or break it up into chunks.

### **Boost Your Mood with Food**

A simple change to boost your mood is to consider the food you eat. Consuming protein with breakfast, lunch, and dinner can enhance mood and prevent sugar and carb cravings later in the day. Also, including foods high in vitamin D such as fatty fish, fish oil, and vitamin D fortified foods like milk, orange juice, breakfast cereal, yogurt, and other food sources can help balance mood. According to one meta-analysis, researchers found that people with depression have low vitamin D levels, and people with low vitamin D are at a greater risk of depression. If you are not getting enough vitamin D in your diet or through sunlight, talk to your doctor about taking a supplement, especially in the winter months.

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## Keep Up Your Sleep Routine

Sleep is a huge component of mood. Without adequate, regular sleep, psychologist Kelly Donahue, PhD, says our circadian rhythm can get disrupted, which also disrupts cortisol rhythms and impacts hormone production. To improve your sleep, Donahue recommends:

- **Go to bed and wake up** at the same time every day.
- **Follow a simple bedtime routine** that signals rest, such as taking a bath, turning down the lights, or drinking a cup of herbal tea.
- **Expose yourself to light** as soon as you wake up.
- **Sleep** in a cool, dark room.
- **Don't use electronics** in your bedroom.
- **Write all of your worry thoughts on a piece of paper** before bed so that if you wake up in the night, you can tell your mind you don't need to worry because the thoughts are captured on paper and will be waiting for you to tackle in the morning.

## Do Some Physical Activity

Physical activity has been shown to boost mood, decrease the symptoms of depression, and reduce stress. Start slowly and build up to 30 to 60 minutes a day, five days a week, of aerobic exercise, strength training, yoga, or other fitness-related activities. Getting outside daily, even for a few minutes a day, can make a huge impact on your mood.

## Try the 10x10x10 Plan

It's not uncommon to feel overwhelmed, lethargic, and unmotivated to exercise when feeling depressed. So, instead of committing to one longer workout, break the time up into chunks. For example, if your goal is to walk 30 minutes a day, divide the time into three mini-workouts of 10 minutes each. Take one walk in the morning, another in the early afternoon, and one before it gets dark.

## Call on Your Support System

Loneliness and isolation tend to make the effects of the winter blues worse. That's why your support system, which may include friends, family, co-workers, and sponsors, should be on speed dial. "If 2020 taught us anything, it is that human contact and socialization is important to our mental health," Gaveras says. And when you are dealing with the winter blues, finding a way to spend time with supportive people is key to boosting your mood. This may include walks outdoors, talking on the phone, or coffee dates (virtual or in person, depending on your circumstances).

## Seek Out the Sun

Getting outside needs to be a priority during the winter months. Symptoms are worsened by a lack of sun exposure, soaking up the sun—even in winter temperatures—is critical. Being in the sunlight helps balance serotonin activity, increases melatonin production, balances your circadian rhythm, and increases vitamin D levels, which can lead to an improved emotional state. If you cannot get outdoors, move a chair, work station, or kitchen table next to a window that gets sunlight. Aim to sit in this location for at least one to two hours a day. If one sitting is not possible, break the time into shorter chunks throughout the daytime hours.

The winter blues can take a toll on your physical and mental health. And while you can't change the season, you can make choices to help minimize the effects of feeling down.

If lifestyle interventions like those listed above are not providing enough relief, you may want to schedule an appointment with your doctor or mental health expert.

# Winter Bucket List 2022

## Go to a museum

PLAY A NEW BOARD GAME

*Go Sledding*

Build an indoor snowman

Make snowman food

bake Cookies

CATCH SNOWFLAKES ON YOUR TONGUE

Have an indoor picnic



Play with snow

make hot Chocolate

## Feed the birds

GO ICE SKATING

Eat snow cones

Make borax snowflakes

Have a PJ day

## Make Valentines

BUILD A BLANKET FORT

*Curl up under a blanket and watch a movie*





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# Find Your Dream Home





## Striped Delight

### Ingredients

- 1 ½ cups graham cracker crumbs
- 1/4 cup sugar
- 1/3 cup sugar
- 1 package (8oz) cream cheese, softened
- 1/4 cup sugar
- 2 tablespoons milk
- 1 container (8oz) Cool Whip, thawed
- 2 packages (4 serving size) Jello brand Instant Pudding & Pie Filling (chocolate)
- 3 ½ cups cold milk

### Directions:

- 1) Combine graham cracker crumbs, ¼ cup sugar and melted butter. Press firmly into bottom of 13x9" pan. \* time saver...Use 2 graham ready pie crusts.
- 2) Beat cream cheese with sugar and 2 tablespoons of milk until smooth. Fold in half of the whipped topping. Spread over pie crust.
- 3) Prepare pudding as directed on package, using 3 ½ cups milk. Pour over cream cheese layer.
- 4) Chill several hours, or overnight.
- 5) Spread remaining whipped topping over pudding.
- 6) Garnish with grated chocolate or chopped nuts (if desired). Serves 15



## Parmesan Crusted Ranch Mayo Chicken

### Ingredients:

- ½ cup mayonnaise
- 1 tablespoon Ranch Dip mix (powder)
- ¼ cup Parmesan cheese
- Panko bread crumbs
- 4 chicken breasts

### Directions:

- 1) Mix Mayonnaise, ranch dip mix, and parmesan.
- 2) Spread mix on top of chicken breasts.
- 3) Sprinkle with bread crumbs.
- 4) Bake on a cookie sheet at 425° for ½ hour or at 350° for an hour.



## Candied Pecans

### Ingredients:

- 2/3 cup white sugar
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 1 egg white
- ½ tablespoon water
- ½ tablespoon vanilla
- 1 pound pecan halves

### Directions:

- 1) Preheat oven to 250°
- 2) Mix sugar, cinnamon, and salt together in a storage baggie.
- 3) Whisk egg white, water, and vanilla together in a separate bowl until frothy.
- 4) Toss pecans in the egg white mixture.
- 5) Toss coated pecans into sugar mixture and mix until evenly coated.
- 6) Spread coated pecans onto a parchment covered baking sheet. Bake for 1 hour, stirring every 15 minutes.

# KIDS PAGE

## WORD SEARCH

- |           |               |
|-----------|---------------|
| BLIZZARD  | BOOTS         |
| CHILLY    | COLD          |
| FIREPLACE | FROSTY        |
| FROZEN    | GIVING        |
| GLOVES    | HAT           |
| HOLIDAYS  | HOT CHOCOLATE |
| ICE       | ICE SKATE     |
| ICICLE    | MITTENS       |
| PINE TREE | SCARF         |
| SNOW      | SNOWBALL      |
| SNOWFLAKE | SNOWMAN       |
| SNOWSUIT  | WIND          |
| WINTER    |               |



1. What falls but never gets hurt?



2. Who is Frosty's favorite aunt?



3. Why was the snowman looking in the bag of carrots?



1. A snowflake

2. Aunt Artica

3. He was picking his nose