

A GUIDE TO YOUR **UNIVERSITY TOWN**

Living in Stroudsburg & East Stroudsburg



**EAST STROUDSBURG
UNIVERSITY**

2020

Where everything you want in a college is closer than you think.



WELCOME TO



**EAST
STROUDSBURG
UNIVERSITY**

Where WARRIORS Belong

esu.edu

Welcome to **ESU!**



Dear WARRIOR,

Welcome to East Stroudsburg University!

When I think back to my days as a student, I can remember making the most of every opportunity to explore – not only the campus but the surrounding communities – in order to truly make the most of everything that was available to me. I hope that this copy of the *University Town Guide* will help you do the same.

On the pages that follow, you'll be inspired by the top things to see and do in the Pocono Mountains region, learn more about how to maintain a safe space while on- and off-campus, test your knowledge of how well you know our campus by checking out the university trivia, and discover all the places you'll need to explore in the town guide section near the back of this book. There are so many wonderful things to do, see and enjoy!

Additionally, there's a campus map for those who may need some help getting accustomed to your new home away from home and some valuable information about public transportation in the region from the Monroe County Transit Authority. There's also a page called "Have Questions?" that is intended to help you in all types of situations. Don't be afraid to reach out and get assistance – be curious! For those who favor social media connections, you can get the latest news by connecting with our official ESU Twitter, Instagram, Facebook and Flickr accounts.

Lastly, my hope for you is that you'll make the most of every opportunity and experience that comes your way; make a difference, get involved and learn all you can to achieve your goals. Thank you for choosing to study at ESU. You'll quickly know, if you don't already, that this is Where Warriors Belong!

Best,

A handwritten signature in black ink, reading "Marcia G. Welsh".

Marcia G. Welsh, Ph.D.
President

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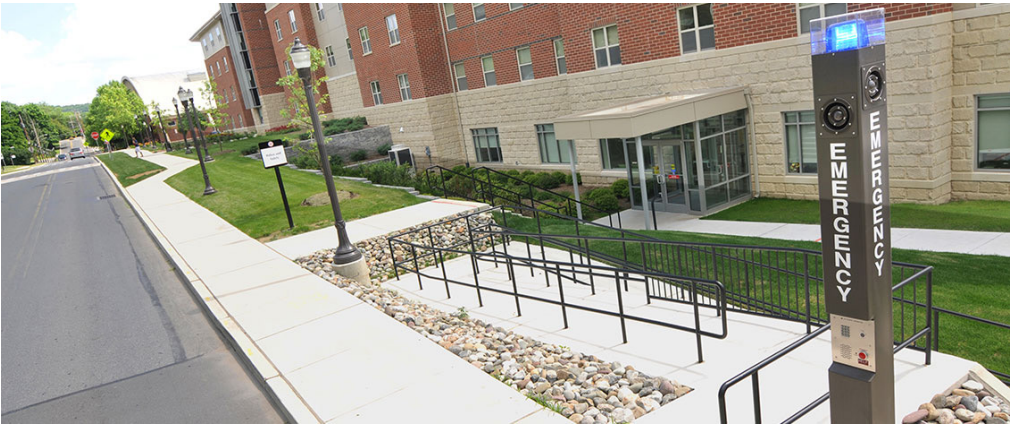
Collecting for WARRIOR Food Pantry

Debra Kuchinski, left, owner of Brodhead Brew in East Stroudsburg, collected items last fall for the WARRIOR Food Pantry, a collaboration with St. Matthew's Church that gives a hand to ESU students who need help obtaining food and personal hygiene items during the academic year. Also shown are Dr. Amy Freeman, ESU's director of Health and Wellness, and Robert Moses, pantry volunteer and former director of residence life at the university. *Donations of snacks, beverages, paper goods, baking supplies, prepared meals, breakfast items, sauces, soup, canned fruits or proteins, pasta, rice, potatoes, hygiene or beauty products and cleaning supplies are welcome* — Email Dr. Freeman, afreeman11@esu.edu

ADVICE to new students from ESU alumni

"The things I wish I knew freshman year!"

- Take advantage of every opportunity. Don't feel restricted by stigmas or preconceived ideas. ESU has so many excellent opportunities — get involved!
- Don't be afraid to jump outside of your comfort zone. Those experiences will teach you a lot and help you grow in so many more ways than you thought were even possible.
- Try to be fiscally responsible (i.e., track loans and financial aid) and use the Career Development Center – it is there to help!
- Do not compare your college experience to anyone else's — make it your own.
- Take advantage of your professor's office hours. This is a great time to get extra help.
- Slow down and enjoy college. Make these years count and enjoy the moments with your friends!
- These years will change your future forever — academically, of course, but also socially. You will likely meet some lifetime friends. Keep an open mind, leave "home" behind, get out of your shell, take chances, dare to be somebody, dare to be great!
- Learn how to balance work and fun. Study hard, and play hard. You will make memories. It's up to you to do four years of things worth remembering!
- Get to know the professors in your major. They can guide you to where you want to be and help you succeed.
- Always keep copies of your course syllabuses on your laptop.
- Bring your laptop for repair (all labor FREE) to the Help Desk in Stroud 303.
- Have fun and enjoy the college experience, but remember your biggest priority is your academics.



STAY SAFE on campus

As you enjoy your new freedom living on campus, remember these few simple things to stay safe:.

- Lock the door each time you leave your room. If you live on the ground floor, keep your windows locked also.
- Walk or study with friends. Avoid working, studying or being alone in buildings, residence halls, or on the campus grounds.
- Know where the emergency phones are located. (They have blue lights).
- Report suspicious activity to University Police at Ext. 3064. In the event of campus emergencies, please **dial 911**.
- Don't leave valuables displayed in your room.
- Don't prop open outside doors.
- Don't admit any unescorted persons into the residence halls. Don't allow strangers into your room.

Don't walk alone

Call the Student Escort Service at Ext. 3064 from a campus phone or 570-422-3064 from a cell phone for an escort to anywhere on campus.



LiveSafe

The **LiveSafe mobile app** makes the campus a safer place by preventing crime and improving incident response through the use of smartphones.

Students in a situation where they cannot speak on the phone or when they see something suspicious can send texts, photos or video through the app, which is monitored by the ESU Police Department.

"With the app, students can report an array of incidents such as accidents, thefts, vandalism, suspicious activity and assaults," explained ESU Chief of Police, William Parrish. "They can report tips anonymously, which we hope will make some students more comfortable."

The app also provides:

- **Fast access** to emergency phone numbers that initiate location tracking
- **Live chat** with safety officials
- **A safety map** that pinpoints incidents on or near campus
- **SafeWalk**, a GPS-tagged tool that allows friends to watch out for each other through location monitoring and group chat

Text messages are monitored between 8 a.m. and 3 a.m. every day, and emergency numbers and SafeWalk may be used 24 hours a day.

"This is a great tool for students walking home late at night," said Chief Parrish. "If students have to walk across campus to their residence hall, a friend can track them until they reach their destination."

The Pocono Mountains Visitors Bureau, 1004 Main St., Stroudsburg, offers maps, brochures and booklets. • poconomountains.com.



*Attraction availability may change due to state coronavirus (COVID-19) restrictions.
Call to confirm status with these locations.*

Top Local Things to See and Do 2020

Bushkill Falls

12 miles northeast via U.S. Route 209

• 138 Bushkill Falls Trail

www.visitbushkillfalls.com

Bushkill Falls, the “Niagara of Pennsylvania,” is a series of eight waterfalls that cascade deep inside a privately owned 300-acre park. One of Pennsylvania’s most famous scenic attractions and hiking spots.

Callie’s Candy Kitchen

17 miles north via Route 191
to Route 390, Mountainhome

www.calliescandy.com

The Callie family has been making candy and pretzels for generations and invites you to watch and taste. Two buildings about three miles apart: one is the pretzel factory, and the other one is the candy kitchen.

Camelback Resort and Mountain Adventures

10 miles west —

Interstate 80 Exit 299 Tannersville

www.camelbackresort.com

This large resort, just 15 minutes away from campus, offers fun and adventure year-round. With indoor and outdoor waterparks, a zip-line treetop adventure course, snowboarding, skiing and snow tubing.

Columcille Megalith Park

Six miles south —

2155 Fox Gap Road, Bangor
(Route 191 south of Stroudsburg)

www.columcille.org

A unique spot of myth and mystery, featuring more than 90 huge standing rocks and stone structures, intended as a place for meditation and tranquility. Inspired by the ancient Celtic isle of Iona.

The Crossings Premium Outlets

10 miles west —
 Interstate 80 Exit 299 Tannersville
www.premiumoutlets.com

With 100 name-brand outlet shops, The Crossings includes Gap Factory Outlet, Kate Spade New York, Michael Kors, The North Face, Under Armour, Polo-Ralph Lauren, Adidas, Aéropostale, Calvin Klein, Coach, Nike, J. Crew and many others.

Deer Head Inn

Four miles southeast — I-80 Exit 310
 5 Main St., Delaware Water Gap
www.deerheadinn.com

The reknowned Deer Head Inn is the oldest continuously running jazz club in the U.S. Live music every Thursday (no cover charge) through Sunday in an informal setting.

Delaware Water Gap National Recreation Area

Route 611 S to Delaware Water Gap and Route 209 N to Milford
www.nps.gov/dewa

Hike the Appalachian Trail and other park trails, or swim, fish and boat. The 70,000-acre park follows the Delaware River from Delaware Water Gap to the village of Milford, and is an outdoor playground all year. On summer weekends and holidays, you can even take the FREE River Runner bus through the park. Bring bikes, canoes and kayaks, too.

See summer bus information on Page 7

Kalahari Waterpark Resort

24 miles northwest — Interstate 80 to Interstate 380 to Route 940
 250 Kalahari Blvd., Pocono Manor
www.kalahariresorts.com

Get a day pass and enjoy the largest indoor waterpark in the country. Kalahari Pocono is an African-themed resort featuring 220,000-square feet of fun. Enjoy surfing or body boarding, a waterslide, water roller coaster, and a relaxing lazy river. Or check out the 40,000 sq. ft. interactive arcade, virtual reality gaming arena and escape room.

Pocono Raceway, Long Pond

25 miles west — Interstate 80 to Exit 284, then south on Route 115
www.poconoraceway.com

Come out in the summer to see two major NASCAR stock car races, this year in a “doubleheader” events June 25-28. Other events staged throughout the year, including race schools where you can drive the track.

Pocono TreeVentures

10 miles northeast via U.S. Route 209
 1575 Fairway Villas Blvd., East Stroudsburg
www.poconotreeventures.com

Climb, balance and zip through 66 elements for a 14-acre aerial forest adventure. Five courses of varying difficulty include aerial ropes course, racing zip lines, and tree climbing walls.

Shawnee Playhouse

Four miles northeast —
 552 River Rd., Shawnee-on-Delaware
www.theshawneeplayhouse.com

The Shawnee stage is home to theatrical performances, children’s shows and other events all year. The private performing arts organization stages everything from musicals to thought-provoking drama.

Sherman Theater

524 Main St., Stroudsburg
www.shermantheater.com

Check out the bands coming to one of the best live-act venues in the Poconos. The Sherman, a restored vaudeville theater, is the place to be for great concerts and a pretty sweet nightlife.

Stony Acres

10 miles north — Marshalls Creek
www.esu.edu/stonyacres

Stony Acres is a 119-acre wildlife sanctuary and outdoor recreational facility owned by the students of ESU. Activities include a challenge course, adventure and conservation camps, hiking, picnicking, camping, paintball, Frisbee golf, and volleyball. Borrow outdoor equipment for free.

Monroe County Transit Authority
RED ROUTE

Here are the convenient stops on the MCTA's Red Route bus service from campus.
Transfer to other routes to visit Mount Pocono, Effort and the Delaware Water Gap National Recreation Area.



www.gomcta.com

Getting around by bus

Riders are asked to wear masks during the state coronavirus (COVID-10) restrictions.

The Monroe County Transportation Authority offers local bus service from a stop at Kemp Library on Smith Street. “Pocono Pony” buses stop on campus Monday through Saturday. No service on Sundays.

ESU is on the **RED ROUTE** (see map, opposite page), which goes from the Eagles Glen/Eagle Valley shopping area in East Stroudsburg to the Giant Market on Route 611 in Bartonsville. Buses stop at ESU about once an hour, with buses running from 6 a.m. until about 9:30 p.m. (Check schedule online for exact times.)

The other main route is the **BLUE ROUTE**. Transfer at Giant Market to go north to Mount Pocono, with stops at Northampton Community College, the Crossings Outlets, and Mount Airy Casino Resort.

A new “Flex Connect” bus service can take you other places — you just need to make a reservation for the trip. The **ORANGE FLEX** service heads west to Brodheadsville and Effort. **VIOLET FLEX** service covers the medical offices on Route 447 in East Stroudsburg. **YELLOW FLEX** service goes to Delaware Water Gap and Marshalls Creek.

See the MCTA website for details of these and other transportation services.

The MCTA uses a “smart card” system called the **MoGo Transit Card**.

A student one-time one-way fare is \$1 with ID. A daily student pass is \$2, a seven-day student pass is \$10, and a 30-day student pass is \$35.

Transfers to other routes are included in these student passes (including transferring to flex route service), and are valid for up to two hours traveling the same direction.

But the best deal for frequent bus travelers is a \$150 semester pass, good for 155 consecutive days, which is available at the Student Activity Association office in University Center. All student cards expire on June 30, but you can transfer balances to a new card.

You can also buy a reloadable card on the bus. Use it to store and use passes and add cash value to receive fare discounts.

The MCTA has an app you can download to keep the bus schedule handy on your smartphone. You can also sign up to receive text messages when the next bus is due at your location.

You can use the Transit app on your smartphone to find bus times that match your destination and schedule.

Routes and schedules subject to change.

Check out the up-to-date details online: www.gomcta.com.



FREE summer River Runner, Hiker Shuttle buses

On summer weekends and holidays, you can ride the MCTA bus for FREE to spots in the Delaware Water Gap National Recreation Area.

The free River Runner and Water Gap Hiker Shuttle services run Saturdays and Sundays from Memorial Day weekend through Labor Day, plus Monday summer holidays.

The River Runner goes from Delaware Water Gap north to Milford Beach. Catch that bus at the park-and-ride lot at Exit 310 in Delaware Water Gap. Or from campus, you can ride the Red Route west to Stroudsburg High School and transfer to DWG Connector, which will take you to the River Runner.

The River Runner stops at the Shawnee Inn, the four river access points, and many trailheads, including the McDade Trail. Rent a bike, canoe or kayak — the bus has a trailer so you can take them with you! Dogs also welcome on the River Runner.

The Water Gap Hiker Shuttle takes hikers from the DWG park-and-ride to the Kittatinny Visitors Center, the Dunnfield Creek/Appalachian Trailhead, and Lake Lenape trailhead.



Did you KNOW?

Our **Schisler Museum** and **McMunn Planetarium** are open to the public.

■ We are one of the few universities in the world designated as a **3-D Stratasys Super Lab**. ■ Our campus is only 70 miles from **New York City** and 90 miles from **Philadelphia**. ■ Students own a 119-acre **off-campus student recreation area** that includes a lodge, cabins and a small lake. ■ The **Appalachian Trail** runs through the Poconos, and is only four miles from campus. ■ We are one of the top 40 universities which **excel in transfer support**. ■ We are among the few Pennsylvania universities that **do not require SAT or ACT scores** for admission. ■ As of Fall 2019, over 40 percent of first-time ESU undergraduates are **First Generation students**, the first students in their family to continue their education beyond high school. ■ Our DNA Laboratory is one of only a few in the country that specializes in **wildlife forensics**. ■ We offer **58 bachelor's, 21 master's and two doctoral programs**. ■ Our students are studying **all around the world**, at universities in China, Spain, Germany, the Netherlands and Costa Rica. ■ **ESU interns** are found at Disney, The World Health Organization, Pocono Raceway, and more. ■ We are a member of the Pennsylvania State Athletic Conference, and we have **600 student-athletes** competing on **22 Division II teams**. Field hockey has advanced to the **NCAA Division II tournament** for five straight years!

CONNECT

DIGITAL TO DOs:

Sign up for text alerts.

Get the word right away about weather closings and emergency situations. Go to esu.edu/emergency.

Check your ESU email.

Read *Warrior Notes* every day to keep up with the latest news and events on campus.

Visit the myESU portal.

Register for classes, check your grades, access your transcript, and a lot more!

Get Social at ESU



@ESUniversity



@ESUniversity



East Stroudsburg University



@ESUniversity



East_Stroudsburg_University

Connect with Athletics



@ESUWarriors



@ESUWarriors



ESU Warrior Athletics



EAST STROUDSBURG WARRIORS



MEN'S TEAMS

Baseball	Track and Field –
Basketball	Indoor
Cross Country	Track and Field –
Football	Outdoor
Soccer	Wrestling

WOMEN'S TEAMS

Acrobatics & Tumbling	Softball
Basketball	Swimming
Cross Country	Tennis
Field Hockey	Track and Field – Indoor
Golf	Track and Field – Outdoor
Lacrosse	Volleyball
Soccer	Wrestling



ESU on track at Pocono Raceway

ESU's logo was featured on the hood of NASCAR driver Gray Gaulding's car at Pocono Raceway last summer. Gaulding, who visited ESU's campus and met with President Marcia G. Welsh, Ph.D., represented ESU in the Xfinity Series race called the Pocono Green 250 Recycled, sponsored by J.P. Mascaro & Sons, a Pennsylvania solid waste company.



Baltimore Ravens

Dr. Santiago Solis, second from left, ESU's vice president for campus life and inclusive excellence, was honored last fall by the Baltimore Ravens and the National Football League for his work with CASA, an organization that helps the Latino community in Maryland, Pennsylvania and Virginia. In addition to on-field recognition at a Ravens game during Hispanic Heritage Month, the NFL donated \$2,000 to CASA. With him, from left, are Dr. Deb Moriarty of Towson University; Hernan Morales; and Jesus Perez, CASA board of directors.

NFL honors ESU VP for involvement

ESU Vice President for Campus Life and Inclusive Excellence, Santiago Solis, Ed.D., was honored by the Baltimore Ravens and the National Football League as part of a series of special events during Hispanic Heritage Month last October.

During the Ravens' home game against the Cincinnati Bengals, Solis received the NFL's Hispanic Heritage Leadership Award in recognition of his contributions as a Hispanic leader while he lived in the Baltimore area.

In addition to the award, Dr. Solis was also asked to select an agency that would receive a \$2,000 donation from the NFL.

Solis identified CASA, an organization that is devoted to "employment placement, workforce development/training, health education, citizenship, and financial, language and literacy training to Latino and immigrant communities" throughout Maryland, Pennsylvania and Virginia.

Solis volunteered with CASA for 12

years in support of the organization's commitment to immigrants and advocacy for undocumented individuals.

Dr. Solis was named ESU's vice president for campus life and inclusive excellence in September, bringing more than 25 years of experience in diversity, education, administrative leadership and community involvement to this new role at ESU.

"Receiving this award was a great honor and humbling experience for me," said Solis.

"My hope is that this recognition will inspire students and others to do all they can to lift up and help their communities. It's all about getting involved and making a difference in the lives of those around us."

Civic engagement is extremely important to Solis, and he looks forward to continuing the efforts of ESU's students, faculty and staff who contribute to volunteer and service initiatives to benefit the Poconos region.



Student robotics project wins at statewide STEM conference

Using a retrofitted robot arm from the 1990s, three East Stroudsburg University computer science students won the top Math and Computer Science award at last fall's conference on STEM (Science, Technology, Engineering and Math) for universities in Pennsylvania's State System of Higher Education.

Under the guidance of Computer Science Professor Haklin Kimm, seniors Nicholas Khouri, Melissa Schneider, Donald Punger and Kurtis Trego worked for about a year to demonstrate how older robotics parts can be used with new ones and still work effectively.

"Our goal was to take a very, very old robot arm and move it with a Super Nintendo controller," said Khouri. "It was a research idea that explores how we can take legacy pieces of technology and manipulate them with new, modern technology," making it more affordable.

The students refitted the robot arm – dubbed Rhino – with a camera so it could discern its surroundings and act on them. The endeavor honed the students' skills at building the computer hardware and creating the software to run it.

"It can pick up different color balls, it can identify the colors," said Schneider. "It can also pick up, say, a Coca-Cola soda can completely by itself without being controlled by anything."

Kimm was especially pleased at how well the students worked together to find

solutions to stumbling blocks along the way.

"Being able to work as a team is important in the field," he said. "They know how to communicate, they know how to find the problem, and they know how to solve the problem together."

The students kept the cooperative spirit going despite the inevitable setbacks.

"When a board would break, the computer would break, the camera would fall off or a motor stopped working, all these little things were design flaws we had to refine," said Khouri.

Kimm and the students see Rhino's potential.

"By creating a robot that can be driven very effectively with our driver – as opposed to using its own remote control from the 90s – it expands the arm's potential to do more modern things," Khouri said. "So the more that we fine-tune its position and its tracking, the more advanced projects we can do with this setup."

For example, in a line of a conveyor belt of fruit, it could pick out the rotten fruit.

"As we perfect the arm's precision, we'll be able to start looking at how that could be applied to medicine and engineering and all types of industries," Khouri said.

The STEM conference was a great opportunity to network and see what other students in the field are working on, Schneider said. It attracted more than 140 participants with more than 70 presentations from 10 PASSHE universities.



Accounting student earns Big Four internship with PwC

ESU junior Michael Tomei was interviewed for a PricewaterhouseCoopers accounting internship in late October, and by the end of the day he was asked to start three months later.

That's impressive, considering how selective PwC can afford to be as one of the Big Four accounting firms. Tomei, vice president of ESU's Accounting Society, went to work in PwC's Center City Philadelphia office full-time.

"They deal with a lot of different industries, like health care, construction, and the military," says Tomei. "So I'll be able to learn a lot about how different types of accounting work."

Dr. Sylvester Williams, dean of ESU's College of Business and Management, says the prestigious internship will give Tomei a big advantage in the job market.

"It's a great process for the firm to vet the student for permanent employment after they graduate," Williams says. "So to get an internship with a company like the one he's working with, that's a big deal."

Thom Elicker, a member of ESU's Accounting Advisory Board, confirms the selectivity of the Big Four accounting firms. He was director of human resources for Ernst & Young's Philadelphia office before retiring in 2009.

Elicker said he used to go on college campuses that had large accounting programs and recruit students. Today students are likely to do internships first,

but he recalls the recruiting process for jobs: "So maybe there are 50 to 100 resumes that get dropped for a particular job. Then the recruiter culls those down to 20 students they'd like to interview. About six may be asked into the office for a further interview. Two may get an offer, and because of multiple offers, you would expect one out of every two to say yes."

"It's really the cream of the crop who go into the Big Four accounting roles," Elicker says.

And this is a great time to get into accounting, Williams says, because so many baby boomers are retiring. "You've got to replace them," he says. "That's why there's huge demand for accounting students."

The College of Business and Management hopes to offer a new course called Accounting Information Systems to teach programs like QuickBooks, and a higher-level class in Microsoft Excel. "We want to make sure we're doing things that leaders in the industry are saying are important skills for the students to have," he says.

Tomei had a summer internship with Chestnuthill Township, where he lives, where he created a manual and an online inventory system. But he thinks his interviews at PwC "helped seal the deal" because firms emphasize not just technical ability but also social skills.

"I want to perform the best that I can because these internships are like basically tryouts to get a full-time offer," he says.



Attending the 2019 World Summit of Nobel Peace Laureates in Mexico last fall, from left: Kennedy Sheeley; Mary Ellen McNish, senior adviser to the Nobel Laureate Summit Secretariat in Rome; Dr. Sam Quainoo; Layne Taylor; Ahmadu Jalloh; Annalise Cole; Tom Pettit, and Mariah Ramos.

ESU leaves Mark of Peace in Mexico

Samuel E. Quainoo, Ph.D., professor and chair of political science and economics, and six of his students attended the World Summit of Nobel Peace Laureates in Mexico last fall, representing ESU among more than 1,600 people there.

The theme of the gathering was “Leave Your Mark for Peace,” which addressed social and economic development, indigenous cultures, global demographics, global media responsibility in peace building, rule of law and international cooperation, and peace education.

“It is very important to bring people together,” said Kennedy Sheeley, a graduate student studying history who was on the trip. “And that is what this conference is all about, making peace with one another.”

Her favorite workshop was on open communication, which she noted is a major component of working well with people.

“Especially between countries, and opposite parties, because you always want to be open to compromise,” said Sheeley. “That seminar applied to anything in life such as personal relationships, friendships, or advocating for yourself.”

Ahmadu Jalloh, a graduate student studying political science, was humbled to be able to sit in the same room with Nobel Peace Prize laureates such as the former president of Colombia, Juan Manuel Santos.

Nine other Nobel winners attended, including Frederik Willem de Klerk, former

president of South Africa, and Lech Walesa, former president of Poland.

“A big theme was about reaching people” Jalloh said. “If you want to do something, you can’t sit around and wait for it. You must take action.”

Quainoo, who has attended six World Summit of Nobel Peace Laureates, presented a workshop on “Globalization: The Good, The Bad, and The Evil,” which he said was well attended.

“The discussion was so intense that we exceeded our time,” said Quainoo. “It was a little nerve-racking, but it was such a privilege, and a prestigious event to be able to contribute.”

The students stressed their thankfulness to the university for helping to fund the trip.

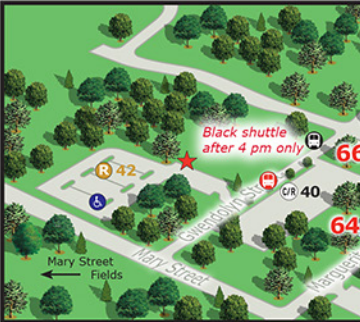
“ESU is really good with helping students get these outside experiences. I wouldn’t have been able to go if it weren’t for their assistance,” Sheeley said.

“One of the main objectives of the conference was to inspire,” she said. “Meeting different people from all over the world, and meeting people with the same goal as me – I left really inspired.”

Also attending were junior Annalise Cole, and senior Tom Pettit, both political science majors, and Mariah Ramos, a graduate student studying management and leadership. Layne Taylor ‘18, who is studying international relations at Howard University, also joined the trip.
















← ESU Innovation Center, University Ridge Apts., East on East Brown Street



East Stroudsburg University
200 Prospect Street
East Stroudsburg, PA 18301
877-230-5547
www.esu.edu

A member of Pennsylvania's State System of Higher Education

Symbol Key

-  Commuter Student Parking
-  Faculty & Staff Parking
-  Resident Parking
-  University Ridge Parking
-  Commuter & Resident Parking
-  Visitor Parking
-  Accessible Parking Available
-  Parking
-  ESU shuttle bus black (local) stop
-  ESU shuttle bus red (local) stop
-  ESU Shuttle bus Silver (express) stop
-  Emergency Telephone (Blue Light)
-  Emergency Telephone (Yellow Box)

Note: Assigned Motorcycle parking can be found in the following parking lots: Lot 5, Lot 8, Lot 23, Lot 30 and Lot 55.



Innovation Center
Located 1.4 miles East on East Brown Street
Shuttle by request only

1. DeNike Center for Human Services
3. Abeloff Center for the Performing Arts
4. President's Residence
5. Reibman Administration Building
6. Gessner Science Hall
8. Computing Center
9. Stroud Hall
10. McGarry Communications Center
11. Eiler-Martin Stadium
12. Rosenkrans Hall
13. Zimbar-Liljenstein Hall
14. Center for Hospitality Management
15. University Center

16. Facilities Management Complex
17. Utility Plant
18. Institutional Storeroom and Garage
19. Dansbury Commons
20. D.G.S. Field Office
21. Facilities Management Annex
22. Flagler-Metzgar Center
23. Upward Bound Center [285 Normal Street]
24. Laurel Residence Hall
25. Monroe Hall
26. Minsi Residence Hall
27. Shawnee Residence Hall

28. Linden Residence Hall
32. Lenape Residence Hall
33. Koehler Fieldhouse & Natatorium
34. Dave Carlyon Pavilion
36. Kemp Library
37. Moore Biology Hall
38. Fine and Performing Arts Center
40. 420 Normal Street
42. Spangenburg Farm Barn & Storage [106 Smith Street]
43. Mitterling Field Storage
45. Whitenight Field Locker Room
54. University Apartments



- 55. 216 Smith Street
- 59. Joseph H. & Mildred E. Beers Lecture Hall
- 60. Office of Multicultural Affairs
[96 Normal Street]
- 61. 434 Normal Street
- 62. 411 Normal Street
- 63. ROTC [427 Normal Street]
- 64. Facilities General Services
[162 Marguerite Street]
- 65. 417 Normal Street
- 66. 432 Normal Street
- 68. Henry A. Ahnert Jr. Alumni Center
- 69. Mattioli Recreation Center

- 70. Warren E. '55 & Sandra Hoeffner
Science and Technology Center
- 72. Conference Services
[403 Normal Street]
- 73. Philosophy & Religious Studies
[428 Normal Street]
- 76. Procurement and Contracting
[145 Ridgeway]
- 80. ESU Innovation Center
[Dr. Jane Huffman Wildlife Genetics Institute
562 Independence Road]
- 82. Hemlock Suites
[Campus Police, Residence Life]

- 83. Hawthorn Suites
[Fitness Center]
- 85. Sycamore Suites
[Health & Wellness, Title IX,
Student Conduct & Community Standards]
- HS ESU Health Services at Lehigh Valley
Hospital - Pocono
- UR University Ridge Apartments

Sport Management major interns with Philadelphia Eagles

Nick Herrmann was driving to Philadelphia in spring 2019 to attend a Phillies baseball game when he got a phone call that would change his vantage point.

Herrmann, a senior majoring in sport management, was accepted by the Philadelphia Eagles as a guest services intern, a full-time position that required him to live in Philadelphia.

Herrmann, one of 10 interns the Eagles selected out of about 3,000 applicants, worked in guest services with a focus on employee scheduling and staffing the many events held at Lincoln Financial Field.

Sleep was hard to come by, especially on game days when he had to be at the stadium by 6 a.m. for a 1 p.m. kickoff. He didn't see much of the games.

"It's definitely not a typical 9-to-5 job," he said. "Things come up and change constantly, and there are a lot of different things you have to do. You have to stay late, work multiple events. ... It's a lot of fun, don't get me wrong, but it's a lot of work."

Herrmann turned down an enrollment offer at Temple University to attend ESU, and said choosing his major was one of the best decisions he's made.

"The ESU sport management department is awesome," Herrmann said. "They are so hands-on. I really wanted to be close to home and I have been able to bounce a lot off of my professors."

Herrmann, a soccer fan, spent summer 2018 earning three credits as an intern with Bethlehem Steel FC, a professional soccer team based in Chester. That experience led to him to want something bigger for his 12-credit senior internship. He applied to three Philadelphia pro teams: the Union, in Major League Soccer; the 76ers, in the NBA; and the Eagles.

After the Eagles called, he had to take a test with 90 seconds to answer a group of questions as they popped up on a computer screen. He then had a 30-minute, in-person interview in Philadelphia.



"It was two weeks until I got the call that I was accepted," he recalled. "I sweated that out. It was a long two weeks."

There were daily challenges at the internship. The hardest part, he joked, was telling his friends that he couldn't get them Eagles tickets.

"That was insane," he said. "I got that all the time. I was just an intern. I was at the bottom. But my ID badge said, 'ticket sales,' so that made it worse."

Dr. Sylvester Williams, J.D., dean of the College of Business and Management, said landing a good internship is key to getting a good job after graduation.

"Lots of data says that students who have at least one internship during their college experience have an 87 percent chance of getting a full-time job in their major," Williams said.

"An internship is very important, and the earlier the better. There are different degrees of internships. The Tier-1 internship, one like the Philadelphia Eagles, sets the table for other things students may be able to get involved in. (Herrmann) is getting real-world experience and is starting his career in a very positive way."



Student honored for life-saving action

ESU student Kyle Mackay, third from left, was honored for performing the Heimlich maneuver on a choking National Park Service employee last summer while he was intern in the Delaware Water Gap National Recreation Area. Mackay, a senior majoring in recreation services management, was recognized by the DWGNRA, ESU, and state Rep. Rosemary Brown. Shown with him, from left, are Mackenzie Strunk of Rep. Brown's office; L. Patrick Ross, chair, ESU Council of Trustees; ESU President Marcia G. Welsh, Ph.D., and three DWGNRA representatives: Rainey McKenna, outreach and education coordinator; Carla Beasley, chief of interpretation, education and partnerships, and John Lambert, chief of maintenance.



ESU earns Pennsylvania National Guard distinction

Last fall ESU earned the Pennsylvania National Guard Association's designation "Guard-Friendly School," and alumna Rosie Carillo '19 was a finalist for the Best of the Best Guard Member award. Shown accepting ESU's award, above, is June Pepe, left, assistant director of veterans services and records. At right is Shelly Echeverria, project manager at Lewis Strategic, PLLC.

NOTE: Businesses listings are provided only for your convenience, and are neither endorsed nor recommended by the university.

dining out

Restaurant availability may change due to state coronavirus (COVID-19) restrictions. Some are offering takeout or delivery service. Call to confirm status of these restaurants.

Alaska Pete's Roadhouse Grill

Route 209, Marshalls Creek | 570-223-8575

Antojos Latin Cravings (Colombian)

628 Main St., Stroudsburg | 570-664-6996

Arlington Diner

834 N 9th St., Stroudsburg | 570-421-2329

Barley Creek Brewing Co.

Sullivan Trail, Tannersville | 570-629-9399

Beer House Café

13-15 Crystal St., East Stroudsburg | 570-420-7522

Besecker's Diner

1427 N. 5th St., Stroudsburg | 570-421-6193

The Bistro | River Room

at Shawnee Inn, Shawnee | 570-424-4000

Brodhead Brew Coffee House

85 Crystal St., East Stroudsburg

Cedars Mediterranean Grill

10 N 8th St., Stroudsburg | 570-422-6399

The Charcuterie

548 Main St., Stroudsburg | 570-421-3222

Churrasqueria La Morena BBQ

620 Main St., Stroudsburg | 570-422-1110

The Cure Café

517 Main St., Stroudsburg | 570-664-2888

Derailed Taphouse

59 Crystal St., East Stroudsburg | 570-420-7877

D.W. Dawgs

35 Crystal St., East Stroudsburg | 646-573-4282

El Merengue Restaurant (Spanish)

348 N. 9th St., Stroudsburg | 570-234-3205

Flood's

732 Main St., Stroudsburg | 570-424-5743

Fruit-A-Bowls

9 Crystal St., East Stroudsburg | 570-730-4010

Garlic Prime Steak & Seafood

907 Main St., Stroudsburg | 570-476-6555

The Gem and Keystone Brewpub

River Road, Shawnee | 570-424-0990

Goldberg's Original Bagels and Deli

265 Prospect St., East Stroudsburg | 570-664-2250

Golden Star (Chinese)

7 Crystal St., East Stroudsburg | 570-420-1966

Huddle House

838 Seven Bridges Rd., East Stroudsburg | 570-424-8245

Ichiban Hibachi Japanese Steak House

410 Lincoln Ave. East Stroudsburg | 570-420-0440

Landmark Restaurant

809 Seven Bridges Rd., East Stroudsburg

(U.S. Route 209) | 570-426-1370

Mamasita's House (Puerto Rican)

214 N. Courtland St., East Stroudsburg | 570-422-1004

Marita's Cantina (Mexican)

745 Main St., Stroudsburg | 570-424-8355

Momento Pizzeria & Restaurant

1159 N. 9th St., Stroudsburg | 570-422-1040

Newberry's Yard of Ale

622 Main St., Stroudsburg | 570-517-0130

Nino's Italian Hot Dogs

572 Main St., Stroudsburg | 570-730-4988

NYC Street Grill

534 Main St., Stroudsburg | 570-664-8000

Peppe's Ristorante (Italian)

Routes 447/209, East Stroudsburg | 570-421-4460

Perkins Restaurant & Bakery

1215 W. Main St., Stroudsburg | 570-421-6263

Philly Steaks

632 Main St., Stroudsburg | 570-872-9199

Pocono Bagels & Deli

47 Washington St., East Stroudsburg | 570-424-0440

The Roasted Tomato

at Budget Motel, 320 Greentree Dr.,
(I-80 Exit 308) East Stroudsburg | 570-424-5451

Royal Caribbean Bakery & Restaurant

31 Crystal St., East Stroudsburg | 570-424-1903

Saen Thai Cuisine

1 Buttermilk Falls Road, Shawnee | 570-476-4911

Sarah Street Grill

550 Quaker Alley, Stroudsburg | 570-424-9120

Siamsa Irish Pub

636 Main St., Stroudsburg | 570-421-8434

Smuggler's Cove (Seafood)

2972 Route 611, Tannersville | 570-629-2277

Spice Route (Pan-Asian)

1135 N 9th St (Rt 611), Stroudsburg | 570-664-8283

Stroudsmoor Country Inn

Route 191, south of Stroudsburg | 570-421-6431

Sweet Creams Cafe

429 Main St., Stroudsburg | 570-421-7929

Sycamore Grille

92 Main St., Delaware Water Gap | 570-426-1200

Legendary Tannersville Inn

2977 Route 611, Tannersville | 570-629-3131

Thai Orchid

30 N 9th St., Stroudsburg | 570-421-1717

Thai Thani

768 Foxtown Hill Rd., Stroudsburg | 570-421-8118

Trackside Station Grill

50 Crystal St., East Stroudsburg | 570-424-3200

Warrior Bar & Grill

418 Main St., Stroudsburg | 570-730-4748

Willowtree Inn

601 Ann St., Stroudsburg | 570-476-0211

PIZZA

Benvenuto Pizza & Italian Family Restaurant

424 Main St., Stroudsburg | 570-421-2584

Goombas of New York, Inc.

720 Main St., Stroudsburg | 570-424-1123

Little Caesars

72 Washington St., Stroudsburg | 570-324-3700

Palumbo's Pizza

51 N. 3rd St., Stroudsburg | 570-421-8600

Stroud Pizzeria & Italian Restaurant

745 Main St., Stroudsburg | 570-424-2500

Tony's Restaurant & Pizzeria

57 Crystal St., East Stroudsburg | 570-424-0911

ICE CREAM STANDS

Big Star Drive-In (seasonal)

1833 W. Main St., Stroudsburg | 570-421-0547

Dairy Queen

U.S. Route 209, East Stroudsburg | 570-223-7333

Jimmy's Ice Cream & Creamery

75 Crystal St., East Stroudsburg | 570-664-8685

Kelly's (seasonal)

Route 611 South, Portland | 570-897-7681

Lewis's Drive-In (seasonal)

Bus. Route 209, Marshalls Creek | 570-223-0517

Rita's Italian Ice (seasonal)

1319 N. 5th St., Stroudsburg | 570-421-8099

FAST FOOD & FRANCHISE RESTAURANTS

POCONO PLAZA | East Stroudsburg

Arby's, Burger King, Cluck-U Chicken, Friendly's, Pizza Hut, Domino's

IN TOWN | Stroudsburg & East Stroudsburg

McDonald's, 330 Main St., Stroudsburg

KFC, 440 Main St., Stroudsburg

Dunkin'

- Unimart, 350 Prospect St., East Stroudsburg

- 823 Main St., Stroudsburg

- 246 N. Courtland St., East Stroudsburg

- U.S. Route 209, East Stroudsburg (I-80 Exit 309)

Subs Now, Uni-Mart, 350 Prospect, E. Stroudsburg

Subway, 136 N. 9th St., Stroudsburg

Wendy's, 612 N. Courtland St., East Stroudsburg

STROUD MALL | North 9th St., Stroudsburg

Inside mall: Auntie Anne's Pretzels, Gina & Son Pizza, Emilio's Place, Gyro King, The Curry Kitchen

At mall: Burger King, Texas Roadhouse

Near mall: McDonald's, Popeye's, Ruby Tuesday, Wendy's

ROUTE 611 | North of Stroudsburg

Olive Garden, Panera Bread, Five Guys Burgers and Fries, Sonic, Moe's Southwest Grill, Longhorn Steakhouse, Chili's, Red Robin, Red Lobster, Philly Pretzel Factory

fairs, festivals & big events

Event information may change due to state coronavirus (COVID-19) restrictions.

Confirm status of events by calling organizers.

Pocono NASCAR Doubleheader | June 25-28, 2020

Pocono Raceway, Long Pond | 1-800-722-3929

Shawnee Fireworks Display | July 3, 2020

Shawnee Mountain Ski Area, Shawnee-on-Delaware
570-421-7231

Pocono Mountains Music Festival

July 23-Aug. 1, 2020 | ESU, Buck Hill Falls, Pocono Mountain East High School | 570-616-0317

5K Master the Mountain Trail Run

August 8, 2020 | Shawnee Mountain Ski Area, Shawnee-on-Delaware | 570-421-7231

The West End Fair | Aug. 23-29, 2020

Route 209, Gilbert | 610-681-4293

Pocono State Craft Festival | Aug. 22 & 23, 2020

Quiet Valley Living Historical Farm, Stroudsburg
570-992-6161

StroudFest 2020 | Sept. 5, 2020

Downtown Stroudsburg | 570-420-2808

Pocono Garlic & Harvest Festival

Sept. 5 & 6, 2020 | Shawnee Mountain Ski Area, Shawnee-on-Delaware | 570-421-7231

Celebration of the Arts • Jazz & Arts Festival

Sept. 4-6, 2019 | Delaware Water Gap | 570-476-0331

Shawnee Celtic Festival | Sept. 19 & 20, 2020

Shawnee Mountain Ski Area, Shawnee-on-Delaware
570-421-7231

HarvestFest 2020 | Sept. 26, 2020

Downtown Mount Pocono, Route 611 | 570-778-2901

Pickle Me Poconos Festival | Sept. 26, 2020

Crystal Street, East Stroudsburg | 570-421-4433

Autumn Timber Festival | Oct. 10 & 11, 2020

Shawnee Mountain Ski Area, Shawnee-on-Delaware
570-421-7231

Black Bear Film Festival | Oct. 16-18, 2020

Milford Theater, Milford | 570-409-0909

Pocono Food Truck & Art Festival

Oct. 17 & 18, 2020 | Shawnee Mountain Ski Area, Shawnee-on-Delaware | 570-421-7231

Pocono Bacon Festival

Oct. 24 & 25, 2020 | Shawnee Mountain Ski Area, Shawnee-on-Delaware | 570-421-7231

Run for the Red Marathon & Half Marathon

May 16, 2021 | Pocono Summit to Stroudsburg

activities & attractions

*Attraction availability may change due to state coronavirus (COVID-19) restrictions.
Call to confirm status of these locations.*

ATTRACTIONS & FUN SPOTS

Big Wheel Family Roller Skating Center

3226 N. 5th St., Stroudsburg | 570-424-5499

McMunn Planetarium

Hoeffner Science & Tech Bldg., ESU | 570-422-2705

Mount Airy Casino & Resort

44 Woodland Rd., Mount Pocono | 877-682-4791

Pocono Family YMCA

809 Main St., Stroudsburg | 570-421-2525

Pocono Indian Museum

5905 Milford Rd. (U.S. 209 North), Bushkill
570-588-9338

Pocono Snake and Animal Farm

424 Seven Bridge Rd., East Stroudsburg
(U.S. Route 209, Marshalls Creek) | 570-223-8653

Quiet Valley Living Historical Farm

1000 Turkey Hill Rd., Stroudsburg
(Business Route 209 South) | 570-992-6161

Schisler Museum of Wildlife & Natural History

Hoeffner Science & Tech Bldg., ESU | 570-422-2705

Shawnee Mountain Festivals [See Page 19]

401 Hollow Rd., Shawnee-on-Delaware
570-421-7231

Stroud Mansion | Monroe Co. Historical Assn.

900 Main St., Stroudsburg | 570-421-7703

ADVENTURE PARKS

Adventure Center at Skytop Lodge

Skytop | 570-595-8988

Camelback Mountain Adventures

I-80 Exit 299, Tannersville | 570-629-1661

Kalahari Gorilla Grove Treetop Adventures

Route 940, Pocono Manor | 570-216-5489

Kittatinny Adventure Center

2130 Route 739, Dingmans Ferry | 570-356-2852

Pocono Mountain Adventures

2157 River Rd., East Stroudsburg
800-552-5653

Pocono TreeVentures – Aerial ropes course

1575 Fairway Villas Blvd. (U.S. Route 209 North)
East Stroudsburg | 800-446-0231

BOWLING

Sky Lanes Bowling Alley

100 Eagle Valley, East Stroudsburg | 570-421-7680

DRIVING EXPERIENCES

Pocono Raceway – Stock Car Racing Experience

Route 115, Long Pond | 570-646-2300

S&S Speedways – Indoor go-karts

7062 Business Route 209, south of Stroudsburg
570-420-5500

GOLF COURSES

Glen Brook Golf Club

2511 Hickory Valley Rd., Stroudsburg | 570-421-3362

Great Bear Golf Club

U.S. Route 209, Marshalls Creek | 570-223-2000

Mount Airy Golf Club

44 Woodland Rd., Mount Pocono | 570-243-5240

Shawnee Inn & Golf Resort

River Road, Shawnee | 570-223-1290

Terra Greens Golf Course

Route 447, East Stroudsburg | 570-421-0120

HIKING & OUTDOORS

Bushkill Falls

Route 209 North, Bushkill | 570-588-6682

Cherry Valley National Wildlife Refuge

2138 Croasdale Rd., Stroudsburg | 570-402-0223

Delaware Water Gap National Recreation Area

Kittatinny Point Visitors Center, Delaware Water Gap
908-496-4458

Dingmans Falls

224 Dingmans Falls Road, Route 209 North,
Dingmans Ferry | 570-828-2253

ESU Stony Acres Recreation Center

167 Adventure Dr., East Stroudsburg
(Marshalls Creek) | 570-422-3334

Hickory Run State Park

3613 Route 534, White Haven | 570-442-0400

Kettle Creek Environmental Education Center

8050 Running Valley Rd., Stroudsburg | 570-629-3060

Pocono Environmental Education Center

528 Emery Rd., Dingmans Ferry | 570-828-9695

MOUNTAIN BIKING/WATER SPORTS

Adventure Sports

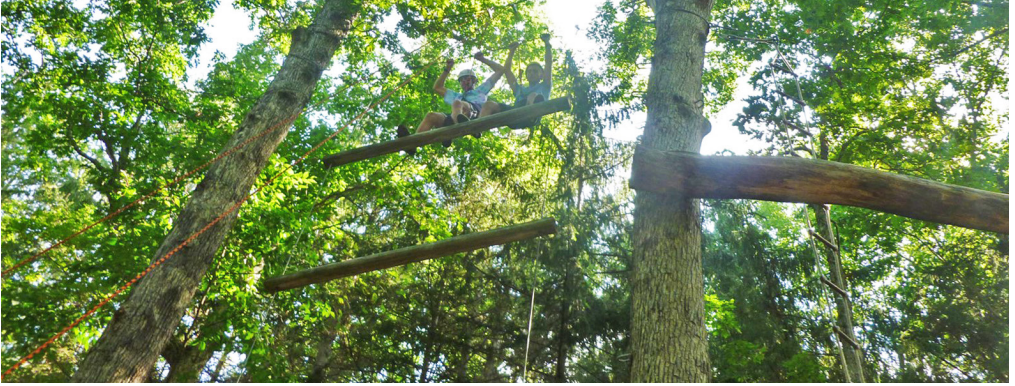
398 Seven Bridge Rd (Rt 209)
East Stroudsburg | 570-223-0505

Edge of the Woods Outfitters

110 Main St., Delaware Water Gap | 570-421-6681

Shawnee River Trips

Shawnee Inn & Golf Resort
River Road, Shawnee-on-Delaware | 570-424-4000



In the trees on the Challenge Course at ESU's student-owned Stony Acres Recreation Area.

Chamberlain Canoes

River Road, Minisink Hills | 800-422-6631

Jim Thorpe River Adventures

123 Lehigh Dr., Lehighton | 610-377-1230

Kittatinny Canoes

2130 Route 739, Dingmans Ferry | 570-356-2852

Lehigh Gorge State Park

Weatherly | 570-442-0400

Pocono Whitewater Adventures & Biking

1519 Route 903, Jim Thorpe | 570-325-3654

MOVIE THEATERS

Pocono Cinema & Cultural Center (3 screens)

88 South Courtland St., East Stroudsburg
570-421-6684

Cinemark Stroud Mall (12 screens)

North 9th St., Stroudsburg | 570-326-3264

The Casino Theatre (2 screens)

1403 Pocono Blvd. (Route 611) Mount Pocono
570-839-7831

PAINTBALL

Destination Earth Paintball at Fernwood

5785 Milford Rd., East Stroudsburg | 570-588-6661

Kittatinny Canoes Paintball

2130 Route 739, Dingmans Ferry | 570-356-2852

The Paintball Asylum

365 Camelback Rd., Tannersville | 570-629-3852

PARTICIPATION GAMES

Klues Escape Room

542 Main St., Stroudsburg | 570-688-6950

The Gamer's Edge

580 Main St., Stroudsburg | 570-421-3343

SKI AREAS

Blue Mountain Resort

1660 Blue Mountain Dr., Palmerton | 610-826-7700

Camelback Mountain Resort

I-80 Exit 299, Tannersville | 570-629-1661

Jack Frost/Big Boulder

I-80 Exit 284, Lake Harmony | 570-443-8425

Shawnee Mountain

401 Hollow Rd., East Stroudsburg | 570-421-7231

Kitti Big Bear

192 Karl Hope Blvd., Lackawaxen | 570-226-8585

SKY DIVING

Sky's The Limit

124 Airstrip Rd. (off Business Route 209)
East Stroudsburg | 570-420-1011

SUMMER OUTDOOR CONCERTS

Gazebo at Presbyterian Church of Mountain

Sundays 6-7:30 p.m., June through August
Main Street, Delaware Water Gap | 570-476-0345

THEATER – STAGE & CONCERTS

Elevé Dance Theater

3 Crystal St., East Stroudsburg | 570-234-5653

Pocono Cinema & Cultural Center

88 S. Courtland, East Stroudsburg | 570-421-6684

Shawnee Playhouse

552 River Rd., Shawnee | 570-421-5093

Sherman Theater

524 Main St., Stroudsburg | 570-420-2808

WATER PARKS

Camelbeach & Aquatopia Waterparks at Camelback Resort

I-80 Exit 299, Tannersville | 570-629-1661

Kalahari Resorts Indoor Water Park

Route 940, Pocono Manor | 570-216-5489

Great Wolf Lodge Water Park (Day Passes)

1 Great Wolf Dr., Scotrun | 570-688-9899

*See full listing of local events and activities
at Pocono Mountains Visitors Bureau
www.poconomountains.com*

shopping

Store availability may change due to state coronavirus (COVID-19) restrictions. Some have services available online. Call to confirm status of these businesses.

ANTIQUES

The Olde Engine Works

Market Place Antique Mall

62 N. Third St., Stroudsburg | 570-421-4340

Pocono Peddler's Village

246 Stadden Rd. (Route 611)

Tannersville | 570-629-6366

Portland Antiques & Collectables

413 Delaware Ave. (Route 611)

Portland | 570-897-0129

BAKERIES & SWEETS

Grandpa Joe's Candy Shop

730 Main St., Stroudsburg | 570-730-4600

Kitchen Chemistry Bake Shop

733 Main St., Stroudsburg | 570-213-7702

Royal Caribbean Bakery & Restaurant

31 Crystal St., East Stroudsburg | 570-424-1903

Sonia's Sweet Inspirations

927 N. 9th St., Stroudsburg | 570-664-6686

Stroudsmoor Inn Towne

25 Broad St., Stroudsburg | 570-517-0663

The Village Farmer

52 Broad St., Delaware Water Gap | 570-476-9440

BARGAIN OUTLETS

Odd-Lot Outlet Inc.

U.S. Route 209, East Stroudsburg | 570-476-1900

Big Lots

Eagle Glen, Business Route 209

East Stroudsburg | 570-424-3166

BOOKS & MUSIC

Carroll & Carroll Booksellers

740 Main St., Stroudsburg | 570-420-1516

Main Street Jukebox

606 Main St., Stroudsburg | 570-424-2246

GIFT SHOPS & CRAFTS

American Ribbon Craft and Fabric

827B Ann St., Stroudsburg | 570-421-7470

American Candle

Route 611, Bartonsville | 570-629-3388

Country Kettle

2523 Milford Road (Business Route 209)

East Stroudsburg | 570-421-8970

Michaels

Shoppes at Stroud, Route 611 North

Stroudsburg | 570-424-6020

Mountain Knits & Pearls

114 Washington St., East Stroudsburg | 570-424-7770

Pocono Candle Works, Inc.

1993 Milford Road (Business Route 209)

East Stroudsburg | 570-421-1832

Pocono Soap Gift Shop

10 N 7th St., Stroudsburg | 570-421-1791

ELECTRONICS

Best Buy

Shoppes at Stroud (Route 611) | 570-476-1421

FLEA MARKETS

Pocono Bazaar Flea Market

(Saturdays, Sundays and holidays)

1 Municipal Dr., Marshalls Creek | 570-223-8640

Blue Ridge Flea Market (Sat & Sun, Apr-Nov)

Route 33 South, Saylorsburg exit | 570-992-8044

FLORISTS & GIFT BASKETS

Bender Gardens

620 Phillips St., Stroudsburg | 570-421-2757

Bloom by Melanie

110 Washington St., East Stroudsburg

570-424-5222

Floral Boutique & Sweet Shop

13 N. 5th Street, Stroudsburg | 570-424-6662

Edible Arrangements

923 N. 9th St., Stroudsburg | 570-424-0999

HARDWARE & HOME IMPROVEMENT

East Stroudsburg Hardware

105 Crystal St., East Stroudsburg | 570-421-3810

Cramer's Home Center

320 N. Courtland St., East Stroudsburg

570-421-6121

The Home Depot

Pocono Commons, Route 611 North, Stroudsburg

570-476-6656

Lowe's

Crossroads Mall, Route 611 North, Bartonsville

570-213-6040

HOME GOODS

Bed, Bath & Beyond

Shoppes at Stroud, Route 611 North

Stroudsburg | 570-420-1356

HomeGoods

510 Lincoln Plaza, East Stroudsburg

570-421-2461

Target

Pocono Commons, Route 611 North, Stroudsburg

570-426-1050

Walmart

Pocono Plaza, 355 Lincoln Ave., East Stroudsburg
570-424-8415

LOCAL SHOPPING MALLS**Stroud Mall (with JC Penney)**

North 9th Street (Route 611 North)
Stroudsburg | 570-424-2770

The Crossings Premium Outlets

Route 611 (Sullivan Trail and Route 715)
Tannersville | 570-629-4650

OFFICE SUPPLIES**Staples**

7005 Route 611, Stroudsburg | 570-420-0600

SPECIALTY SHOPS**Frazetta's Fantasy Costumes**

186 S. Courtland, East Stroudsburg | 570-421-9054

The Gamer's Edge Comics and Games

580 Main St., Stroudsburg | 570-421-3343

Stroudsburg Foto Shop

724 Main St., Stroudsburg | 570-421-2830

SPORTING GOODS**Dick's Sporting Goods**

Route 611, Bartonsville | 570-421-7501

Dunkelberger's Sports Outfitter

585 Main St., Stroudsburg | 570-421-7950

Pocono Bike Company

601 Main St., Stroudsburg | 570-476-7931

Ready Set Run

431 Main St., Stroudsburg | 570-424-6431

THRIFT SHOPS**De Novo Clothing Exchange**

586 Main St., Stroudsburg | 570-424-1132

Salvation Army Thrift Store

285 Washington St., East Stroudsburg
570-421-5711

SHOPPING MALL DAY TRIPS**Lehigh Valley Mall**

Route 33 South to Route 22 West, Allentown

The Marketplace at Steamtown

I-81 North Exit 185, Scranton | 570-343-3400

Promenade Shops at Saucon Valley

Interstate 78 Exit 60A | Route 309 Center Valley,
south of Bethlehem | 610-791-9708

Rockaway Townsquare

I-80 East Exit 35, Rockaway, N.J.

Wyoming Valley Mall

I-81 and Route 309, Wilkes-Barre | 570-823-1224

local media**DAILY NEWSPAPERS****Pocono Record (Stroudsburg)**

570-421-3000 | www.poconorecord.com

The Morning Call (Allentown)

610-820-6566 | www.mcall.com

WEEKLY NEWSPAPERS**The Stroud Courier (ESU)**

www.thestroudcourier.com

The Pocono Times (East Stroudsburg)

570-421-4800 | www.thepoconotimes.com

RADIO STATIONS

90.3 FM WESS ESU | 570-422-3512

93.5 FM WSBG Stroudsburg | 570-421-2100

94.3 FM WVIA Pittston [NPR] | 570-655-2808

96.7 FM Pocono 96.7 | 570-420-9670

98.5 FM WKRZ Wilkes-Barre | 570-421-1079

99.9 FM WODE Easton | 610-258-6155

790 AM WAEB Allentown | 610-720-7900

840 AM ESPN 840 Stroudsburg | 570-421-2100

BASIC TELEVISION CHANNELS

Channel 2 CBS

WYOU-22 Scranton

Channel 3

MeTV (classic television)

Channel 4 Ind.

WFMZ-69 Allentown

Channel 5 FOX

WOLF-56 Wilkes-Barre

Channel 6 ABC

WPVI-6 Philadelphia

Channel 7 ABC

WNXP-16 Scranton

Channel 8 NBC

WBRE-28 Scranton

Channel 9 MY

WWOR-9 New York

Channel 10

Antenna TV (classic television)

Channel 11 CW

WSWB-38 Scranton

Channel 12 PBS

WLVT-39 Allentown

Channel 13 BRC

Blue Ridge TV-13 Poconos

Channel 14 QVC

QVC Shopping Network

Channel 15 HLN

CNN Headline News

Channel 16 MY

WQMY-53 WB/Scranton

Channel 17 HSN

Home Shopping Network

Channel 18 ION

WQPX-64 Scranton/WB

Channel 19

Grit (action/Westerns)

Channel 20

Laff (comedy films, sitcoms)

Channel 21

Comet TV (science fiction)

Channel 22

Stadium (sports)

Channel 23 PBS

WVIA-44 Scranton

Channel 24 PCN

Pennsylvania Cable Network

necessities & utilities

*Store and service availability may change due to state coronavirus (COVID-19) restrictions.
Some services available online. Call to confirm status with these businesses.*

NEARBY CONVENIENCE STORES

Wawa – Open 24 hours
233 Prospect St., East Stroudsburg
570-421-1227

Uni-Mart – Open 24 hours
350 Prospect St., East Stroudsburg
570-424-3180

NEARBY FOOD MARKETS

Giant Food
300 Lincoln Ave., East Stroudsburg | 570-476-2908

Walmart Supercenter
355 Lincoln Ave., East Stroudsburg | 570-424-8415

ShopRite
Stroud Mall, Ninth St., Stroudsburg | 570-424-5715

Weis Markets
695 N Courtland St. (Eagle Valley Corners),
East Stroudsburg | 570-421-8181

Earthlight Natural Foods
922 Ann St., Stroudsburg | 570-424-6760

NEARBY PHARMACIES

CVS | 7am-Midnight
250 S. Courtland St., East Stroudsburg
570-424-0830

Giant Pharmacy
300 Lincoln Ave., East Stroudsburg | 570-476-8834

Rite Aid
• 128 N Courtland St., East Stroudsburg
570-421-8665
• 228 Main St., Stroudsburg | 570-424-9096

Walgreens
1009 N. Ninth St. (Route 611), Stroudsburg
570-421-5025

Walmart Pharmacy
355 Lincoln Ave., East Stroudsburg
570-424-8415

DRY CLEANERS/TAILORING

Brite Cleaners
735 Main St., Stroudsburg | 570-421-0840

Clive's Alterations & Dry Cleaning
39 Washington St., East Stroudsburg
570-424-9139

Personal Touch Cleaners
730 Milford Rd. (Business Route 209), East Stroudsburg
570-476-4181

MEDICAL CARE

ESU Student Walk-in Care:
Lehigh Valley Hospital-Pocono ExpressCARE
100 E. Brown St., East Stroudsburg | 272-762-4378

St. Luke's Hospital-Monroe Campus
100 St. Luke's Lane, Stroudsburg | 866-785-8537

WELLNESS

MadTime Fitness
DePue Plaza, 2989 Rt. 611, Tannersville
Maximum Solutions Physical Therapy
66 S. Courtland St. #101, East Stroudsburg
570-420-0606

Pure Day Spa
770 Main St., Stroudsburg | 570-420-1818

TRANSPORTATION

Monroe County Transit Authority
Pocono Pony (local bus service)
www.gomcta.com | 570-839-6282
See Page 6-7

Martz Trailways (interstate bus service)
Route 611, Delaware Water Gap
570-421-3040

Pocono Cab Co. (taxi)
East Stroudsburg | 570-424-2800

WGM Transportation (taxi)
East Stroudsburg | 570-223-9289

Uber (car service) | uber.com

U.S. POST OFFICES

East Stroudsburg Post Office
200 S. Courtland St., East Stroudsburg
570-421-3310

Stroudsburg Post Office
701 Ann St., Stroudsburg
570-421-4250

SHIPPING SERVICES

FedEx Ship Center • Northeast Pack and Send
1155 N 9th St., Stroudsburg | 570-895-1000

FedEx Drop Boxes
• East Stroudsburg Post Office
• Stroudsburg Post Office

The UPS Store
221 Skyline Dr., Ste 208 Eagle Valley Mall,
East Stroudsburg | 570-420-1101

UPS Customer Center
2129 Rockdale Lane, Stroudsburg
800-742-5877

UPS Drop Box
• ESU, 400 Normal St., East Stroudsburg

PUBLIC LIBRARY

Eastern Monroe Public Library
1002 N. 9th St., Stroudsburg | 570-421-0800

NEARBY BANKS

ATMs on campus

- (Pennsylvania State Employees Credit Union)
- Outside University Center
 - Inside Dansbury Commons

Citizens Bank of Pennsylvania

814 Main St., Stroudsburg | 570-424-7172

ESSA Bank & Trust

- 75 Washington St., East Stroudsburg | 570-421-6272
- 744 Main St., Stroudsburg | 570-421-0661

First Keystone Community Bank

559 Main St., Stroudsburg | 570-424-9700

Pennstar Bank

107 Brown St., East Stroudsburg | 570-421-1122

Peoples Security Bank & Trust Company

705 Milford Rd., East Stroudsburg | 570-420-0432

PNC Bank

- 60 Washington St., East Stroudsburg | 570-476-2223
- 43 N. 6th St., Stroudsburg | 570-476-5016
- 1110 N. 9th St., Stroudsburg | 570-476-5077

Wells Fargo

400 Main St., Stroudsburg | 570-424-7909

Wayne Bank

Route 611 & Stroud Mall, Stroudsburg | 570-424-333

churches, temples & religious centers

*Some religious services are available online due to state coronavirus (COVID-19) restrictions.
Call to check availability.*

Calvary Bible Church

3 Pleasant Ridge Rd., East Stroudsburg
570-421-6047

Christ Episcopal Church

205 N. 7th St., Stroudsburg | 570-421-7481

Christian Missionary Alliance Church

36 N. 3rd St., Stroudsburg | 570-424-8722

Christian Science Church

760 Main St., Stroudsburg | 570-421-5571

Christian Life Assembly

2209 W Main St., Stroudsburg | 570-424-1179

Church of Jesus Christ of Latter-Day Saints

Sunrise Drive, Stroudsburg | 570-421-8269

ESU Campus Ministry Meditation Center

Stroud Hall 321 | 7am-5pm Monday-Friday

East Stroudsburg United Methodist Church

83 S. Courtland St., East Stroudsburg
570-421-3280

East Stroudsburg Presbyterian Church

55 Smith St., East Stroudsburg | 570-421-5821

First Baptist Church

160 N Courtland St., East Stroudsburg
570-421-7662

First Presbyterian Church

579 Main St., Stroudsburg | 570-421-7751

Grace Covenant Church

1 Fawn Rd., East Stroudsburg | 570-421-3331

Grace Lutheran Church

25 Lackawanna Ave., East Stroudsburg
570-421-6511

Holy Cross Greek Orthodox Church

1335 Stokes Ave., Stroudsburg | 570-421-5734

Holy Trinity Eastern Orthodox Church

1501 Trinity Court, Stroudsburg | 570-421-4455

Jewish Resource Center of the Poconos

727 Main St., Stroudsburg | 570-517-0811

Kingdom Hall of Jehovah's Witness

2030 Milford Rd., East Stroudsburg
570-424-9116

Labor of Love USA (nondenominational)

3218 N 5th St, Stroudsburg

Light of the World Church

831 Ann St., Stroudsburg | 570-420-8170

Pocono Grace Seventh-day Adventist Church

25 Lackawanna Ave., East Stroudsburg
570-420-9998

Saint John's Evangelical Lutheran Church

9 N 9th St., Stroudsburg | 570-421-8520

Saint Luke's Catholic Church

818 Main St., Stroudsburg | 570-421-9097

Saint Matthew's Catholic Church

Ridgeway St., East Stroudsburg | 570-421-2342

Salvation Army

226 Washington St., East Stroudsburg
570-476-0039

Seventh Day Adventist Community

411 Main St., Stroudsburg | 570-476-0039

Stroudsburg Islamic Center

133 N. 2nd St., Stroudsburg | 570-420-1793

Sringeri Vidya Bharahiti Foundation

327 Cays Rd., Stroudsburg | 570-629-7881

Stroudsburg United Methodist Church

547 Main St., Stroudsburg | 570-421-6020

Stroudsburg Wesleyan Church

915 N. 5th St., Stroudsburg | 570-421-0750

Temple Israel of the Poconos

660 Wallace St., Stroudsburg | 570-421-8781

Unitarian Universalist Fellowship

920 Ann St., Stroudsburg | 570-420-0580

Zion United Church of Christ

14 N. 8th St., Stroudsburg | 570-421-8670

HAVE QUESTIONS?

QUESTIONS ABOUT:	GO TO THIS OFFICE:	or CALL ...	570-422 + EXTENSION
Academic Requirements and Course Schedules	Faculty adviser or Department of Academic Enrichment and Learning, Rosenkrans East (<i>or see University Catalog</i>)		Adviser's # or 6700
Admissions and Orientation	Reibman Administration Building		3542
Alcohol, Tobacco, Other Drugs	Wellness Education & Prevention, Sycamore Suites, Ground Floor		3298
Athletic Information	Athletics Department, Koehler Fieldhouse		3642
Automobile Registration/Parking	University Police, Hemlock Suites		3630
Books and Supplies	University Store, University Center		2665
Student Events and Activities	Director of Student Engagement, University Center		3384
Career Planning and Placement	Director of Career Development, University Center, 2nd Floor		3219
Commuter Student Services	University Center, 2nd Floor, Room 277		3202 or 3384
Continuing Education	Director of Graduate & Extended Studies, Zimbar-Liljenstein Hall		3570
Dining Services	Residential & Dining Services, Hemlock Suites		3460
Disability Accommodations	Office of Accessible Services Individualized for Students (OASIS) Sycamore Suites, Ground Floor		3954
Employment (Work/Study)	Student Payroll, Reibman Administration Building		3962
Event Scheduling and Calendar	Conference Services, 403 Normal St.		3061
Fees, Tuition, Room and Board	Student Enrollment Center, Zimbar-Liljenstein Hall		2800
Financial Aid	Student Enrollment Center, Zimbar-Liljenstein Hall		2800
Fitness and Recreation	Campus Rec & Wellness, Mattioli Recreation Center		2977
Food Pantry	Saint Matthew's Church, 78 Ridgeway St., East Stroudsburg		3073
Gender and Sexuality Center	University Center, Room G-7		3614
Graduate Studies	Graduate & Extended Studies, Zimbar-Liljenstein Hall		3536
Graduation Services	Student Enrollment Center, Zimbar-Liljenstein Hall		2800
Honors Program	Director, Stroud Hall, 208		3318
Housing (On-Campus)	Residential & Dining Services, Hemlock Suites		3460
Identification Cards/eCards	Campus Card Center, University Center		2991
Illness	Lehigh Valley Hospital-Pocono ExpressCARE, 100 E. Brown St. (corner of Prospect Street), East Stroudsburg		272-762-4378
International Student Exchange	International Programs, Stroud Hall		3527
Lost and Found	University Police, Hemlock Suites		3064
Meeting Place Reservations	University Center		3767
In Residence Halls	Hemlock Suites		3460
All Other ESU Locations	Conference Services, 403 Normal St.		3061
Parents' Association	Dean of Student Life, Sycamore Suites, Ground Floor		3461
Parking Regulations	University Police, Hemlock Suites		3630
Personal Counseling	Counseling and Psychological Services, Sycamore Suites, Ground Floor		3277
Police	University Police, Hemlock Suites		3064
Records and Registration	Student Enrollment Center, Zimbar-Liljenstein Hall		2800
Room Changes	Director of your residence hall		
Sexual Harassment Complaints	Title IX Coordinator, Sycamore Suites, Ground Floor or Director of Employee Relations & Workforce Diversity, Reibman Administration Building		2277 or 3656
Student Teaching	Director of Field Experience, Stroud Hall		3471
Tutoring Services	Tutoring Center, Rosenkrans East		3515
Undeclared Majors	Director of Undeclared Advising, Rosenkrans East		6700
Veterans Services	Student Veterans Center, Zimbar-Liljenstein Hall		2830