Where WARRIORS Belong

Welcome to

esu.edu
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,

Marcia G. Welsh, Ph.D.
President
"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.

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

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ADVICE to new students from ESU alumni

“The things I wish I knew freshman year!”
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.

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.”
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](http://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](http://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](http://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](http://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.

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

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.poconotreventures.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.

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.

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.

Hop on the MCTA’s Pocono Pony bus in front of Kemp Library on Smith Street.
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 Kittatiny Visitors Center, the Dunnfield Creek/Appalachian Trailhead, and Lake Lenape trailhead.
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!

**Did you KNOW?**

**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
- East Stroudsburg University
- @ESUniversity
- East_Stroudsburg_University

**Connect with Athletics**

- @ESUWarriors
- @ESUWarriors
- ESU Warrior Athletics
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.

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

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.
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, Chuck-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 | 570-421-433

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 | 570-216-5240

**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 Croadsdale 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., Stoudsburg | 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

Ski 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
8278 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
## 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 WKZR 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 WNEP-16 Scranton
- Channel 8 NBC WBRZ-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 WQX-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

## Local Shopping Malls
- **Stroud Mall** (with JC Penney)  
  North 9th Street (Route 611 North)  
  Stroudsburg | 570-424-2770

### 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

### 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
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 Bharathi 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?

<table>
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<tr>
<th>QUESTIONS ABOUT:</th>
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<th>or CALL …</th>
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<tr>
<td>Academic Requirements</td>
<td>Faculty adviser or Department of Academic Enrichment and Learning, Rosenkrans East (or see University Catalog)</td>
<td>Adviser’s # or 6700</td>
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<tr>
<td>and Course Schedules</td>
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<tr>
<td>Admissions and Orientation</td>
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<td>Director of Career Development, University Center, 2nd Floor</td>
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<tr>
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<td>University Center, 2nd Floor, Room 277</td>
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<td>University Center, Room G-7</td>
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<td>Lehigh Valley Hospital-Pocono ExpressCARE, 100 E. Brown St. (corner of Prospect Street), East Stroudsburg</td>
<td>272-762-4378</td>
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<tr>
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<td>Title IX Coordinator, Sycamore Suites, Ground Floor or Director of Employee Relations &amp; Workforce Diversity, Reibman Administration Building</td>
<td>2277 or 3656</td>
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<td>Director of Undeclared Advising, Rosenkrans East</td>
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