

# GOOD NEIGHBOR GUIDE 2022–23



**EAST  
STROUDSBURG  
UNIVERSITY**

*It is essential that the students, faculty, staff and alumni of East Stroudsburg University share a common commitment to stewardship, service and sustainability in our neighborhood, our community, our region. We must continue to look out for one another with compassion, trust and respect in our words and actions in order to overcome challenges and to build unity today and for generations to come.*

— Interim President Kenneth Long

A Message From  
**Kenneth Long**  
*Interim President, East Stroudsburg University*



Dear Neighbor,

At ESU, we strive to be good neighbors by living and working in and contributing to the community life of our Pocono region.


As a University, we are very proud of our history in education and community service. Our students, faculty, and staff continue to be part of our community and provide services and support within our local borough and surrounding communities.

On behalf of everyone at East Stroudsburg University of Pennsylvania, I invite you to partner with us as we make our community a more friendly and safe environment for all. With your help, we can continue to work together to enrich our community.

Best wishes,

A handwritten signature in black ink that reads "Kenneth Long". The signature is written in a cursive, flowing style.

Kenneth Long, Interim President

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## Get to Know Your Neighbors

Take the time to introduce yourself to the residents in the houses immediately around you. If you are uncomfortable reaching out, a great start is a simple gesture of greetings (such as waving hello) to initiate a polite relationship. No matter who your neighbor was previously, every neighbor is singular and unique. It is important to get to know each person individually and give each the opportunity to demonstrate he or she can be a good neighbor.

## Be Courteous and Respectful

Our community is filled with neighbors with many different lifestyles that include varied family situations (small children, teenagers, retired, elderly, professional, students), different work and sleep schedules, and diverse comfort levels with pets. Consideration and understanding of these differences is important to develop great relationships in order to limit your impact on others' lifestyles. Awareness of your lifestyle and routine helps to bridge rapport with those around you.

## Communication is the Key

Good neighbor relationships are rooted in positive dialogue. Open communication provides opportunities for both parties to ask questions about the community's needs and expectations as it relates to yard maintenance, trash collection, gatherings and more. An open line of communication can prevent minor concerns or issues from turning into major conflicts between neighbors.

## Be Willing to Give a Helping Hand

All neighbors need assistance at some point. If you notice your neighbor's yard has litter in or around the yard from storms, animals or other situations, ask if they need help picking it up and be conscious of your litter. If you have an elderly neighbor who needs assistance, extend them your help to rake leaves from their yard, or clear the snow from their porch or sidewalk. Be proactive and lend a hand, you will see how positive your help can be.

## Follow Community Ordinances & Avoid Fines

Borough ordinances and codes are crucial to good neighbor relations as they set the expectations for the community. Ordinance topics include, and are not limited to, **parking, noise, garbage, snow and ice removal, and rental properties**. To see a list of all the Borough codes please visit the following sites:

East Stroudsburg Borough Codes: <http://ecode360.com/EA0636>

Stroudsburg Borough Codes: <https://ecode360.com/ST0247>

## Join ESU at Campus Events

ESU has many opportunities for education and entertainment. We encourage you to join us by enrolling in classes, celebrating ESU traditions such as Homecoming and Family Weekend in the Fall, attending a musical performance, or theatrical play, visiting the planetarium and natural history museum, cheering at a collegiate sporting event, helping with a community service project or participating in programs. To see what is happening during the year and to get involved, please visit the ESU calendar of events website found at [www.esu.edu](http://www.esu.edu).

## Campus and Community Safety

ESU Police Department patrols the campus 24/7, and as necessary, with the support of Stroud Regional Police and PA State Police. Safety is everyone's job so if you are walking alone on or off-campus, please be alert of your surroundings. Always be an active bystander to ensure you and your fellow students are as safe as possible.

**Campus police: 570-422-3064. For Emergencies always dial 911.**

# COMMUNITY CONTACTS

► **East Stroudsburg Borough**

24 Analomink Street, East Stroudsburg, PA 18301 • 570-421-8300

► **Stroudsburg Borough**

700 Sarah Street, Stroudsburg, PA 18360 • 570-421-5444

► **Sign up for *ESU in the Community*, a weekly e-newsletter designed to keep you—our loyal friends—apprised of things happening on our campus! [esu.edu/community](http://esu.edu/community)**

*For inquiries requiring an expedient response, please call:*

► **Stroud Area Regional Police Department (SARPD)**

100 Day Street, East Stroudsburg, PA 18301 • 570-421-6800

► **Student Health Services**

**Student Exclusive Location:** Lehigh Valley Hospital–Pocono

200 East Brown Street, East Stroudsburg, PA, 18301 • 272-POC-4ESU or 272-762-4378

- E-card required for care
- Student Health Fee covers ambulatory services
- Student insurances may be accepted for advanced medical care that may include: lab work, x-rays, imaging, emergencies, specialist referral, etc.

**Hours:** Monday through Friday, 8 a.m.–5 p.m.; Saturday and Sunday, 10 a.m.–2 p.m.

**Access to Lehigh Valley Hospital—Pocono Express Care**

200 East Brown Street, East Stroudsburg, PA • 570-476-3700

**Hours:** Open 7 days, 8 a.m.–8 p.m.

For more information, please visit [www.esu.edu/health-and-wellness/express-care.cfm](http://www.esu.edu/health-and-wellness/express-care.cfm)

► **Police/Emergency/EMS/Fire... 911**

## EAST STROUDSBURG UNIVERSITY

Commuter Student Services.....	570-422-3055
Counseling and Psychological Services.....	570-422-3277
Office of Accessible Services Individualized for Students.....	570-422-3954
Residential and Dining Services .....	570-422-3460
Student Activity Association (SAA)* .....	570-422-3291
Student Conduct and Community Standards.....	570-422-3461
University Police Non-Emergency/Campus Escort.....	570-422-3064
University Title IX/Sexual Harassment.....	570-422-2277
Warrior Athletics .....	<a href="http://www.esuwarriors.com">www.esuwarriors.com</a>
Warrior Food Pantry .....	<a href="http://www.esu.edu/foodpantry">www.esu.edu/foodpantry</a>
Wellness Education and Prevention.....	570-422-3298

\*SAA offers attorney consultation services free of charge for students on many issues, including landlord-tenant.

@ESUniversity



**Notice of Nondiscrimination:** East Stroudsburg University of Pennsylvania is committed to equal opportunity for its students, employees and applicants. The university is committed to providing equal educational and employment rights to all persons without regard to race; color; religion; national origin; ancestry; sex; age; marital status; familial status; sexual orientation; gender identity and expression; genetic information; disability; status as a veteran; or any other characteristic prohibited under applicable federal or state law. Each member of the university community has a right to study and work in an environment free from any form of racial, ethnic, and sexual discrimination including sexual harassment, sexual violence and sexual assault. (Further information, including contact information, can be found on the university's website at: [esu.edu/titleix](http://esu.edu/titleix).) In accordance with federal and state laws, the university will not tolerate discrimination. This policy is placed in this document in accordance with state and federal laws including Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, Sections 503 and 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and the Civil Rights Act of 1991 as well as all applicable federal and state executive orders.

For more information, assistance or special accommodations, please call 570-422-3422.