TOWN TOPICS

News Today - NOT Next Week

Weather.....3
Happenings.....5
Dining.....8,9
Librarys.....11
Road Work.....13

St. Luke's nurse Sonia Iparraguirre, RN, was the first to receive the COVID-19 vaccine at St. Luke's University Health Network Thursday. READ STORY *Photo: St. Luke's University Hospital*

Slate Belt Rising Commercial Lease Subsidy Program

Slate Belt Rising, a program of Community Action Committee of the Lehigh Valley (CACLV), is introducing a Commercial Lease Subsidy Program to attract new and expanding businesses to the Boroughs of Bangor, Pen Argyl, Portland, and Wind Gap. This program will provide businesses the support they need to get off the ground, helping to build more vibrant downtown areas that attract more businesses and the talent needed to build a competitive economy, thus creating a stronger and more resilient community.

"This will serve as an incentive for new businesses to open or other businesses to expand in the Boroughs of Bangor, Pen Argyl, Portland, and Wind Gap," said Stephen Reider, Director of Slate Belt Rising. "Our goals are to lower commercial vacancy rates, provide economic opportunity and create more vibrant business districts that are welcoming for residents and visitors alike."

READ MORE....

Whether you are buying or selling a home, finding the right Realtor is the most important step. You need a Realtor with knowledge of today's changing market; someone with integrity and service to you. We pride ourselves in all those qualities and invite you to visit us

EXPERIENCE ... EXCELLENCE

www.slatebeltexecutives.com

Joe & Nancy Kessler
Corinne Groff & Colin Kessler
REALTY EXECUTIVES
31 W. First St. Wind Gap, PA 18091
610-863-8444

EQUAL HOUSING OPPORTUNITY

REALTY EXECUTIVES

REALTOR

Heritage Center Closing

The Slate Belt Heritage Center has announced that they will be closing immediately, due to the increased State Covid restrictions.

They will remain closed until January 4, although that date may change, depending on future state directives.

Anyone wishing to purchase one of the Center's books or other historic items may do so by calling the Center at 610-599-4993 and leaving a message. The machine is checked on a regular basis.

Library Holiday Hours

Bangor Public Library will be closed Thursday, December 24 and Friday, December 25 for Christmas. They will re-open Saturday, December 26th normal hours.

MARKETPLACE 316

Last Minute Gifts at Wind Gap Marketplace 316!

- Shop Stocking Stuffers and Antiques and Collectables
- Unique Hand-Crafted and Vintage Jewelry
- Great Markdowns on Holiday Decor
- Meats & Produce / Shelf Stable Beef Stick and Jerky
- Local Craft Vendor Event Continues

All Our Regular Vendors Will be Having Great Bargains!

Weekends Are Special at Wind Gap Marketplace 316!

www.MarketPlace--316.com
316 N. Broadway, Wind Gap, PA 18091
Sat. & Sun. 8 a.m.-4 p.m.
www.marketplace-316.com

CLICK HERE

Food Pantry

Did you know The Salvation Army of Pen Argyl has a food pantry?

If you or anyone you know are in need of food, you are welcome to come Tuesdays from 10AM-12 Noon. Curbside pick-up provided. Questions? Please call 610-863-6677

Save when you insure your home and auto with ERIE. You can have superb insurance coverage, outstanding service, great rates and discounts too. Take advantage of ERIE's multi-policy discount and we're willing to bet your tail will be waggin'. Also ask us about ERIE's other available discounts.

Robin Tinsley
Sabatino Insurance Agency Inc
17 S Robinson Ave
Pen Argyl,PA 18072-1765
ROBIN@SABATINOINS.COM
610-863-6033

Discounts, rates and coverages vary by state and are subject to eligibility and applicable rates and rules. ERIE® insurance services are provided by one or more of the following insurers: Erie Insurance Exchange, Erie Insurance Company, Erie Insurance Property & Casualty Company, Flagship City Insurance Company and Erie Family Life Insurance Company (home ofices: Erie, Pennsylvania) or Erie Insurance Company of New York (home ofice:Rochester, New York). Not all companies are licensed or operate in all states. Not all products are offered in all states. Go to Erie insurance.com for company licensure and territory information. S1693 10/15

Trinity Lutheran Christmas Eve Service

Trinity Lutheran Church, 404 Broadway, Bangor, will hold an in-person, outside worship service Christmas Eve at 8:00pm in front of the church steps, lasting for about 30 minutes. There will be carol singing and a short sermon. All participants must wear a mask and are encouraged to bring their own chair if they wish to sit for the service. Please dress warmly. The outside service will be cancelled and will become a Zoom service in case of inclement weather.

Santa Coming to Roseto

Santa is coming to Roseto. The Columbia Fire Co. Will be driving Santa around town on Saturday December 19. We will be leaving the fire hall at 1:00pm. When you hear the sirens come out and see Santa.

Roseto Mailroom Offers Pack, Ship And Drop-Off

The Roseto Mailroom offers a local Pack & Ship and Drop-off location for both UPS and FEDEX. We are located between Easton and East Stroudsburg on route 191 in the borough of Roseto PA.

Authorized ship center for UPS and FEDEX. Drop off location for UPS and FEDEX. USPS shipping available.

https://www.facebook.com/rosetomailroom/
https://rosetomailroom.com/
frontdesk@rosetomailroom.com

NWS Forecast - December 18

Today
Mostly sunny, with a high near 31. Calm wind becoming northwest around 5 mph in the morning.

Tonight
Mostly clear, with a low around 7. North wind around 5 mph becoming calm after midnight.

Saturday
Partly sunny, with a high near 32. Calm wind becoming southwest around 5 mph.

Saturday Night
Mostly cloudy, with a low around 19. Southwest wind around 5 mph becoming calm.

Sunday
A slight chance of rain and snow showers after 1pm. Cloudy, with a high near 36. Calm wind becoming south around 5 mph. Chance of precipitation is 20%.

Sunday Night
Mostly cloudy, with a low around 27.

Monday
Mostly cloudy, with a high near 38.

Monday Night
Mostly cloudy, with a low around 27.

Tuesday
Partly sunny, with a high near 39.

Tuesday Night
Mostly clear, with a low around 22.

Wednesday
Partly sunny, with a high near 38.

Wednesday Night
Mostly cloudy, with a low around 28.

Thursday
A chance of rain and snow showers. Mostly cloudy, with a high near 43. Chance of precipitation is 30%.

Women's Wellness Group

Women's Wellness Group starting is held Thursday Nights from 6:30 to 7:30 at A Clean Slate Recovery Center in Bangor. Join, this free and confidential group and learn the pathways of wellness with other women in a safe, fun, and healthy environment. Guest speakers and other professionals will be participating at various meetings.

BMCL December Hours

The Blue Mountain Community Library will be open on Fridays in December. Craft packets for our Story Time are available. The Library will be closed Dec. 24, 25 and 26 all shifts and pm shift on Dec. 31. We will be closed on Jan.1and will open Sat., Jan 2nd am shift for Book Nook Sale only. Call 610-863-3029 for info or to make an appointment to use the library.

Cheesecake Fund raiser

Pocono Cheesecakes are on sale for the Blue Valley Rescue Squad. Cheesecake is 6" in diameter and come in 4 flavors: Plain, Raspberry ,Chocolate Peanut Butter Cup Cost is $12 each. Delivery December 18th.

NCC Virtual Craft Fair

BETHLEHEM, PA Northampton Community College's (NCC) Alumni Association is holding its Annual Craft Fair online now through December 18. More than 45 crafters are offering their unique, hand-crafted items, including seasonal goods, jewelry, wood decor, accessories, pet treats, gourmet chocolates and foods, and much more. The event is free and shoppers can browse for the perfect gift at www.northampton.edu/virtualcraftfair.

View Online: http://northampton.meritpages.com/news/ncc-annual-craft-fair-goes-virtual/17961

Struggling With Substances?

People struggling with substances can now walk in for drug and alcohol assessments at the Clean Slate Bangor, 100 South First Street St, Bangor 610-452-9348 Mondays from 10am - 12pm Many times this is the first step toward treatment and a new life.

Duke's Sporting Goods
Authorized Dealer
Owner Duke Bloodworth
22 Broadway
Bangor,PA 18072
Team Sports Equipment And Uniforms
• Work & Occupational Wear
• Screen Printing
• Embroidery Services
• Digital Color Printing
Banners, Decals & WALL BANGERZ, Wall Posters (FATHEAD TYPE)
COACHES & PARENTS SAVE TIME & $$$!
VOLUME DISCOUNTS ON ACCESSORIES & EQUIP
"GOAL POSTS TO SOCKS AND EVERYTHING IN BETWEEN"
Phone 610-588-2958 Fax 610-588-8461
E-Mail: dukessports@fastnet

SERVING THE SLATE BELT & LEHIGH VALLEY
JOHN T. SCHIMMEL
PUBLIC ACCOUNTANT
1400 NORTHAMPTON ST. EASTON, PA 18042
Phone: (610) 253-4000 q Fax: (610) 258-FAX4
E-Mail: john_schimmel@yahoo.com

Hometown BRAND CENTER
APPLIANCE SALES, SERVICE & SUPPORT

OVER 25 BRANDS
CLICK HERE FOR STORE INFO - www.hometownsaves.com

HAPPENINGS

December 18

UMBT Christmas Events

On Friday, December 18th at 7pm, your children can attend a Zoom Meeting with Santa Claus where Santa will speak with your child, one on one, and talk to your child about what they want for Christmas.

If you are interested in the Zoom Meeting with Santa, email johnabermingham@aol.com and he will send you a form to fill out so Santa has all the necessary information about your child or children.

You will be provided with a link to the Zoom Meeting with Santa the week of December 14th.

On Saturday, December 19th you can bring your children to the Upper Mount Bethel Community Park to get a socially distanced picture with Santa.

Last but not least, they will be having their Christmas Home Decorating Contest again this year – details for this are coming soon.

December 20

Church Bell Christmas Concert

Church Bell Christmas Concert Richmond United Methodist Church will offer a free concert using our steeple-based Carillon to provide Christmas music, both sacred and secular. The concert will be held on Sunday, December 20th at 3:00 in the afternoon.

January 2

Book Nook Sale

The Blue Mt. Community Library will hold a Half-Price Book Nook Sale on Saturday, Jan 2 from 9:00 am to 1:00 pm.

Anyone wishing to come into the Library must call for a scheduled appointment. 30-minute time slots will be assigned with a maximum of 3 people per time slot.

The Book Nook is located on the second floor of the Library at 216 S. Robinson Ave., Pen Argyl, PA. The phone number is 610-863-3029.

Masks are required and gloves will be provided by the Library. You do not need to be a member of the BMCL to purchase books or Gift Certificates. For information, visit our website at www.bmcl.org or find us on Facebook at www.facebook.com/bmclpenargyl.

BAHS Offers Virtual Winter Concerts

The BAHS Virtual Winter Concerts will premiere on Tuesday, December 22nd at 7:30 PM in the school's "Virtual Theater" at **www.bangor.k12.pa.us/Page/1067**

New Year's Day Pork and Sauerkraut Dinner

Belfast Wesley UMC has decided to cancel this year's dinner on January 1, 2021 due to the Covid-19 virus. They will look forward to seeing all again on 1/1/2022.

Cancelled

They thank you for your understanding and have a very happy and healthy New Year!

Portland Christmas Caroling

Christmas Caroling will be held in Portland from 6-8pm December 20. Carolers should meet at Refiners Fire Ministry at 5:45 pm. They will have cofffee or cocoa before they go.

Slate Belt Dining Information Pages 8 & 9

State Food Assistance

Pennsylvania State officials have encouraged all Pennsylvania residents to take full advantage of all food assistance programs, if needed, over the holiday season.

"Pennsylvania's food assistance programs were built for times like these and no one should be too shy to take advantage of what they have to offer," said Russell Redding, secretary of the Pennsylvania Department of Agriculture.

But those assets haven't stopped the covid-19 pandemic from destabilizing personal finances and causing heightened food insecurity for millions of residents. Compared to 2018, when roughly 11% of adults in Pennsylvania were food insecure, Redding said 15.5% experience the issue this year.

The difference is even starker when it comes to children in the state. In 2018, 15% children experienced food insecurity. That number has climbed to 24% in 2020.

Local food pantries saw greater demand especially early in the pandemic and through the summer, with miles-long lines at each weekly distribution and millions of pounds of food provided.

"Food insecurity was a problem for millions of Americans before March 2020," said Teresa Miller, secretary of the Department of Human Services.

All Aspects Restored & Recycled

All Aspects Restored & Recycled is OPEN Thursday, Friday & Saturday from 10-5 and Sunday 11-4; In addition, we are open Monday- Wednesday or evenings, by appointment.

They are located at 1086 S Delaware Drive in Upper Mount Bethel, PA 18343, on Route 611 across from Twin Gap Farms in Stone Village. Gift Certificates and shipping are also available

Call 610-509-5881 to schedule or private message them.

Going Green Throughout This Holiday Season

The holiday season brings an increase in energy use and household waste. Each year, from Thanksgiving to New Year's Day, household waste in the U.S. increases by more than 25 percent.

Go homemade -- Decorations, table center pieces, and gifts can all be made from reused or recycled materials. Use evergreen trimmings to make wreaths and collect pinecones and other materials to use in a fun craft. Popcorn, citrus, and other dried fruits can create colorful garlands that birds love as well.

Switch to LED -- LED Christmas lights use 90 percent less electricity than regular incandescent Christmas lights. They are safer, sturdier, and more long-lasting. Since they use less energy, more lights can be stung without overloading an electrical outlet.

Ditch the disposables -- While washing dishes may be the last thing anyone wants to do after a big holiday meal, disposable plates and cutlery are a huge source of waste during the holidays. Use newspaper or fabric scraps to wrap gifts; and be sure to save the wrapping paper, bags, and boxes you get to re-use next year.

Pick the right tree -- Support a local tree farm which can help stabilize soil, protect water supplies, and provide refuge for wildlife. Buy a live root ball tree native to your area to enjoy indoors for the holidays and plant it in your yard in the spring.

Snowshoes and Hiking Poles Available

Monday thru Friday, 8:00 AM-2:30 PM at Jacobsburg Visitor Center, 400 Belfast Road, Nazareth

Borrow snowshoe equipment to use on Jacobsburg's trails this winter! Snowshoes are available for folks of any age or shoe size, including small children.

Snowshoes will not be made available during times of insufficient snow cover, at least six inches of snow is required. To borrow equipment, you must provide a driver's license or other form of state issued identification. More information call 610-746-2801 or email jacobsburgsp@pa.gov. Check their website for current winter conditions and snow depth: https://www.dcnr.pa.gov/StateParks/WinterReport/Pages/default.aspx

Grace Lutheran Belfast

Dec. 20 - 9:00am – 4th Sunday Of Advent, Holy Communion; Service In Fellowship Hall & Zoom

Dec. 24 – 7:00pm – Family Christmas Eve Candlelight Service On Zoom

Dec. 27 – 9:00am – 1st Sunday Of Christmas; Service In Fellowship Hall & Zoom

Christmas Trees For Sale

Are you looking for your perfect Christmas tree?

Come out and support your local fire department. Rescue fire company is having their annual Christmas tree sale at 209 Pennsylvania Avenue in Bangor, their hours are Monday and Friday 5:00 to 9:00 Saturday and Sunday 12:00 to 8:00 pm.

Please follow all CDC guidelines. Masks are required.

CDC Expands the Definition of 'Close Contact'

The Centers for Disease Control and Prevention released new guidelines on Wednesday regarding what counts as "close contact" with someone who has COVID-19.

The expanded definition includes brief but repeated exposure to others with the virus that adds up to 15 minutes over a 24-hour period. Previously, the CDC defined close contact as spending 15 consecutive minutes or more within six feet of someone with COVID-19.

This makes mask-wearing even more important for preventing transmission

KLINE'S AUTO REPAIR
460 South First St. Bangor, Pa ~ 610-588-4140
www.klinesautorepair.com
AUTO REPAIRS
MAJOR or MINOR
Bruce J. Kline

Mt. Bethel Abstract
Complete Title Insurance Services
Susan McKean
President
3013 N. Delaware Drive
Mt. Bethel, PA 18343
Phone: 570-897-9047
Fax: 570-897-9048
Toll Free: 888-325-2433
www.mountbethelabstract.com

Where to Eat

Napoli Pizza

Dine-In, pick up & delivery. 610-588-1455, 444 S 1st St, Bangor. M- Sat 11-9. Sun. 12-8, Tue - Closed. More Info: Click Here

Slate Belt Diner

Open for take out. Outdoor Dining 610-452-9205, 370 Blue Valley Drive. More Info: Click Here

Daisy Family Restaurant

Open 11-9 Sun-Thurs. 11-10 Fri. & Sat. Order by phone for curbside pickup and have your food brought to your vehicle, or order at the counter and take it with you. 6589 Sullivan Trail Wind Gap, (610) 863-4044. Cash or credit still accepted. More info: Click Here

Three Brothers Pizza

Three Brothers Pizza is now open in the former Plainfield Diner on Sullivan Trail. Dine In 7am- 10pm Call 610-863-4950 to order.

More Info: Click Here

Mt. Bethel Diner

Mt. Bethel Diner open for Dine-In and Take-Out Mon - Sun 8am - 7pm. Call ahead to order 570-897-6409, 2600 N. Delaware Drive, Mt. Bethel,Pa 18343.

More Info: Click Here

Family & Friends Takeout

Family and friends country restaurant is open for take out at are window or curbside pick up. Full menu available. Call for daily specials 610-759-7477. They are located on route 512 in wind gap next to Albanese garden center. More info: Click Here

Gap Diner

The Gap Diner in Wind Gap is open for dining-in Sun.-Wed 6am-Midnight and 24 hrs Thurs, Fri, & Sat. More info: **Click Here**

TK's Restaurant

TK's will open June 5 in their outdoor seating and To Go services. 7am - 11pm 7 Days A Week. 570-897-6112. There will be a 75-minute limit for each table service if instructed by staff.NO MORE than 10 people per table unless you are a family from the SAME household. To See menu: Click Here

Little Creek BBQ

Hours: Thurs, Fri & Sat 2-7. Sun. 12-5. Closed Mon, Tue, Wed. 610-588-3831.More info: Click Here

Fuher's Tavern & Grill

Fuhrer's Tavern & Grill at 104 Main St., Portland has opened (previously O'Neill's Place) Non-smoking. Families welcome. Masks required. No bar seating Table seating at 25% capacity. Reservations not required but suggested. Outside seating available. Open 10 am - 9 pm. Kitchen open 11-9, last seating at 8 .last call for food and drinks at 8:30. (570) 897-5590.

WHERE TO EAT continued on page 9

TOM AHEARN
Licensed
Electrician

Ahearn Electric
and Home Improvment

COMMERICAL & RESIDENTIAL ELECTRIC
Serving the Lehigh Valley & Poconos

Bangor, PA - 484-515-1134: e-mail: tfajr@epix.net

Web: ahearnelectrichomeimprovement.com

State Farm

Debbie Pettinari Agency
106 S. Broadway, Wind Gap, PA
610-881-4433
www.debbieinsurespa.com
debbie.pettinari.wz73@statefarm.com

Where to Eat

Sal's Pizza

Sal's Pizza 487 E. Moorestown Road, Wind Gap. 610-863-7665. Open daily 11am -9pm. Closed Tuesday More Info: Click Here

Doughboys

Original Doughboys Pizza and Restaurant, 230 W. Moorestown Rd, Wind Gap. Open 11-9 daily. 610-759-3776. More Info: Click Here

Pen Argyl Pizza

Pen Argyl Pizza 510 E. Main St, Pen Argyl. 610-863-6670. M-Sat (11-10) Sun (10-10)
More Info: Click Here

512 Restaurant

512 Restaurant 2 East Pennsylvania Ave, Pen Argyl. Tues-Sunday, Curbside and delivery. 610-881-4540.
More Info: Click Here

Detzi's Tavern

Detzi's Tavern 570 North Lehigh Ave., Wind Gap. 863-9882. Open 4 -7:30. and Noon-7:30 Wed., Thurs, Fri & Sat. More Info: Click Here

Slate Pub

Slate Pub 509 E. Main St., Pen Argyl. 610-881-4700. Opens 12. Tables both under and outside the tent. No reservations will be taken at this time. All social distancing and government mandates will be followed.

- Masks must be except at the table.
- No more than 4 people per table.
- Tables must remain 6' apart

More Info: Click Here

Broadway Pub

Broadway Pub 62 Broadway, Bangor. 610-452-9226. COVID Hrs. Tues-Sun (2-8).
More Info: Click Here

Daily COVID 19 Updates sbtopics.com

Boar Barbecue

Boar Barbecue 690 Allegheny Road, Mt. Bethel. 484-908-3407. **CLOSED FOR SEASON.** More Info: Click Here

JT Grill

JT Grill at Miller's Egg Ranch on Route 12, East Bangor is serving breakfast and lunch from 10am-3pm Tuesdays through Saturdays! Tuesday, June 9th lunch special:Italian Hot Dog with Beverage Outdoor seating available. More info: Click Here

Five Points Grill & Pub

Five Points Grill & Pub 1001 Mt. Bethel Highway, Mt. Bethel. 610-588-1773. Reservations are highly encouraged! It helps make your dining experience run as smoothly as possible. Beginning August 11.
New hours are:
Tuesday-Wednesday (3pm-10pm)
Thursday-Saturday (11am-11pm)
Now open Sunday (12pm-8pm)
Please call us at (610)588-1773
More Info: Click Here

These Restaurant listings are free because of the limitations placed on eateries due to the Coronavirus pandemic. If you have any other listing you want to add contact Slate Belt Town Topics sbtopics@rcn.com or call 610-863-1988

6 PACKS FOR SALE

MT. BETHEL BEVERAGE

Beer Soda Lottery Ice Tobacco

VISA MasterCard

www.mt-bethel-beverage.com
3 Mt. Bethel Plaza, Rt. 512
Hours: Mon-Thurs 9-8:30, Fri-Sat 9-9
Sunday 10:00-5pm - 570-897-BEER

PENNSYLVANIA LOTTERY

AT VCA, WE CARE

Get to know our professional, friendly team with a "Welcome" **FREE FIRST EXAM** at our convenient location!

SPECIAL OFFERS:
- Senior Citizen Tuesdays (10% OFF non-discounted services*)
- VCA Care Club® Wellness Plans**

VCA AVH ANIMAL HOSPITAL
1027 Blue Valley Drive, Pen Argyl, PA 18072
610-863-7111 VCAavh.com

*Free initial health exam for new clients only. Not to be combined with any other offer. Not good towards boarding, grooming, prescription and non-prescription medication, and retail items. Not good towards emergency and/or specialty veterinary services. Coupon good for up to two pets (dogs or cats only) per household. Redeemable only at a general practice VCA Animal Hospital. For pet owners who are aged 18 and older. Offer expires on 12/31/2016. Cashier Code: 700.500. ** VCA CareClub® Wellness Plans are preventive pet healthcare plans and are not insurance plans. VCA CareClub® Wellness Plans do not cover any services which are not specifically identified in the VCA CareClub® Wellness Plan purchased.

VCA®

BUSINESS HOURS
Mon 8:00 AM - 8:00 PM • Tue 8:00 AM - 6:00 PM
Wed-Thu 8:00 AM - 8:00 PM
Fri 8:00 AM - 6:00 PM • Sat 8:00 AM - 2:00 PM

A life worth living
Is a life worth insuring.

Live your life to the fullest knowing your family can continue the one you envisioned for them—even when you're gone. Purchase insurance today to protect their tomorrow.

Schedule time to discuss your needs today.

Jewel Williamson-Burns, CLU®, RIC
Financial Associate
18 Mauch Chunk St, Nazareth, PA 18064
610-746-0344
jewel.williamson-burns@thrivent.com
connect.thrivent.com/jewel-williamson-burns
CA Insurance 0M53186

This is a solicitation for insurance. A licensed insurance agent/producer may contact you. This contract has exclusions, limitations, and terms under which the benefits may be reduced, or the contract may be discontinued. For costs and complete details of coverage, contact your licensed insurance agent/producer.
Thrivent is the marketing name for Thrivent Financial for Lutherans. Insurance products issued by Thrivent. Not available in all states. Licensed agent/producer of Thrivent.
Thrivent.com/disclosures. 295861 R8-20

DALE ALBERT'S GARAGE Inc.

• Oil Change •
• Tires -Tune-Ups •
• Wheel Alignment •
• Major or Minor Repair •
• PA Emissions and Inspection •

A to Z Performance Engines

19 Blue Valley Drive, Bangor
610-588-1902 Fax 588-1887
stodd86@frontier.com

Bangor Library New Books

December 4 -- December 10

Adult Fiction
Daylight by David Baldacci
Tom Clancy: Shadow of the Dragon by Marc Cameron
Piece of my Heart: An Under Suspicion Novel by Mary Higgins Clark
Sword Song by Bernard Cornwell
The Lords of the North by Bernard Cornwell
This Time Next Year by Sophie Cousens
The Chicken Sisters by K. J. Dell'Antonia
Dark Tides: A Novel by Philippa Gregory
Moonflower Murders: A Novel by Anthony Horowitz
How to Raise an Elephant by Alexander McCall Smith
Deadly Cross by James Patterson
The Awakening by Nora Roberts
The Queen's Gambit by Walter Tevis

Large Print Fiction
Shakeup by Stuart Woods

Adult Non-Fiction
The Old Farmer's Almanac: Calculated On a New and Improved Plan for the Year of Our Lord 2020
Guinness World Records 2021
A History of Magic, Witchcraft & the Occult
Crushing: God Turns Pressure Into Power by T.D. Jakes
Carville's Cure: Leprosy, Stigma, and the Fight for Justice by Pam Fessler
A Parent's Guide to Saving for College and Career Training with 529 Plans: Route 529 by Patricia Roberts
The MeatEater Guide to Wilderness Skills and Survival by Steven Rinella
The Rise: Black Cooks and the Soul of American Food by Marcus Samulsson
Saving Freedom: Truman, the Cold War, and the Fight for Western Civillization by Joe Scarborough
No Time like the Future: An Optimist Considers Mortality by Michael Fox
Dolly Parton: Songteller, my Life in lyrics by Dolly Parton
Is This Anything? By Jerry Seinfeld

Easy Fiction
The Mermaid by Jan Brett
Mission Defrostable by Josh Funk
Goodnight Bubbala: A Joyful Parody by Sheryl Haft
The Library Bus by Bahram Rahman and Gabrielle Grimard
Roy Digs Dirt by David Shannon
How to Catch a Yeti by Adam Wallace
Unicorns are the Worst by Alex Willan

Easy Non-Fiction
My Little Golden Book about Ruth Bader Ginsburg

Junior Non-Fiction
This is Your Time by Ruby Bridges
The Book Rescuer: How a Mensch from Massachusetts Saved

Richmond Church Bell Christmas Concert

Church Bell Christmas Concert Richmond United Methodist Church will offer a free concert using our steeple-based Carillon to provide Christmas music, both sacred and secular. The concert will be held on Sunday, December 20th at 3:00 in the afternoon. Because our Church Bell Carillon is located in our Sanctuary steeple, we invite you to park in the parking lot, remain in your car, and enjoy the music.

Hot chocolate, coffee and light snacks will be available in a socially-distanced way, as well as a listing of all of the music to be played and a brief history of some of the songs.

In this time of COVID-19, when trying to hold any kind of indoor concert has challenges, this concert can be enjoyed without ever entering a building, and can be heard in the comfort of your own vehicle. Richmond UMC is located at 8538 South Delaware Drive, Bangor, PA 18013. For more information, please call (610) 588-7317 or e-mail RichmondUMC@epix.net

County Assistance

In light of Pennsylvania's eviction moratorium expiring on August 31st, Lamont McClure reminds residents that Northampton County has approximately $3.6 million available for rental assistance, rapid rehousing and utility payments. The Department of Human Services and the Department of Community and Economic Development worked together to develop the Community Mediation and Eviction Diversion Program (CMED). CMED offers experienced mediators, emergency financial assistance and rapid rehousing to prevent homelessness. Contact: Third Street Alliance at 610-438-1763 or email Ziana Keith at zkeith@thirdstreetalliance.org

Hotline for Human Services

Northampton County has a 24-hour Emergency hotline for all Human Services-related emergencies. Anyone struggling with a mental health crisis, abuse, neglect, suicidal thoughts, evictions, substance abuse, food insecurity, etc. can call 610-252-9060 for help and referrals.

Confidential Grief Group

A Clean Slate is partnering with Kainoa's Ohana to start their 6-week confidential grief group for parents/caretakers who have lost their child to a stigmatized death (addiction/suicide).

This has been a very powerful group that has filled a need in our area. This group caps at a small number so please pass this on to anyone who may benefit. They are looking at starting Saturday mornings in mid-October. For more information or to sign up contact jana@recoveryrevolution.org 610-599-7700.

COVID 19 Test Site

A new COVID-19 drive-through testing site opened in Northampton County Monday.

The new site opened at Coordinated Health on 3100 Emrick Boulevard in Bethlehem Township. The site will be open Monday through Friday from 10 a.m. to 4 p.m. Saturday hours will be available twice a month from 9 a.m. to noon. The drive-through testing center is in the parking area to the rear of the Coordinated Health Building and is separate from patient parking and routine patient care.

Quiet Valley Announces Virtual Farm School

Stroudsburg (PA) – In September Quiet Valley introduced a class for students in online or hybrid learning situations due to COVID restrictions. These classes, held in Quiet Valley's Engel Education Center, will be continuing for the next semester on Mondays and Tuesdays beginning January 11. The cost is $60/week ($10/week discount if paid by the month).

Students in grades 3-8 participating in online or hybrid learning can spend their day at Quiet Valley working on their teacher-assigned classwork with the assistance of trained educators. Students will also have the opportunity to help out on the farm, try historical crafts and cooking, and learn about history through the Quiet Valley homestead.

There are a limited number of spots available and social-distancing measures are in place.

All money raised is used to support the mission of our non-profit historic farm museum and its educational programs. For more information visit www.quietvalley.org or call 570-992-6161.

Area Road Work

Moore Township: Road name: Scenic Drive. Between: Mountain View Drive and Bushkill Drive. Lane restrictions 06:00 AM To 06:00 PM. Expect delays and please use caution driving through the work zone. Start date: 12/14/20. Est completion date: 12/18/20

Bangor Borough. Road name: Main Street. Between: PA 512 and Lake Minsi Drive

Lane restrictions 06:00 AM To 11:00 AM. Expect delays and please use caution driving through the work zone. Start date: 12/14/20. Est completion date: 12/18/20

PA 33: Between: US 22 and PA 512. No restriction for shoulder work 12:00 PM To 06:00 PM. Start date: 12/14/20. Est completion date: 12/18/20

Interstate 80: Between:Exit 293 (I-380) and Exit 284 (PA 115). Restriction: Eastbound lane restriction - 9 am to 12 noon. Westbound lane restriction - 12 noon to 3 pm. Start date: 12/15/20 Est completion date: 12/15/20

Interstate 80 West: Between: Exit 299 (PA 715) and Exit 293 (JCT I-380) Lane restriction 09:00 AM To 04:00 PM. Expect delays and use caution driving through work zone.Start date: 12/14/20 Est completion date: 12/17/20

Interstate 80 Between: Exit 304 (US 209 to PA 33) and Exit 310 (PA 611) Restriction 04:00 PM To 12:00 AM:Be alert for lane restrictions on I-80 east and west.This will be a mobile operation. Start date: 12/14/20Est completion date: 12/16/20

Interstate 80 East/West Between: Exit 304 (US 209 to PA 33) and Exit 310 (PA 611). Lane restriction for moving operation 12:00 AM To 08:00 AM.Start date: 12/14/20. Est completion date: 12/15/20

Daily Weather Updates
sbtopics.com

Malachowski & Son, LLC
Mt.Bethel, PA
Providing Quality Service for 30 Years...
- Plumbing • Well Pumps
- Air Conditioning Service & Install
- Certified Water Treatment Installers
- Bathroom Remodel • New Home Construction
- Furnace Cleanings • Heating Service & Repairs

570-897-5443
www.malachowskiandson.com

RICHARD M. SHAPLIN
FINANCIAL SERVICES

Richard Shaplin Sr. *Richard Shaplin Jr.*
610-559-5197
308 Spring Garden Street • Easton,PA 18042
Securities offered through Royal Alliance Associates, Inc., Member FINRA,SIPC.

Ruggiero
Funeral Home, LLC
Stephen Ruggiero, Supervisor
Serving The Slate Belt For Over A Century
Traditional Funerals - Serving All Faiths
Full Service - Cremation - Pre-planning
For More Information and Obituaries See
www.ruggierofuneralhome.com
Independently Owned by Stephen J. Ruggiero
126 PENNSYLVANIA AVE., PEN ARGYL, PA
PH: 610-863-5750 FAX: 610-863-8537

"Romeo" Photo: Mark Lasher

Library's Foreign Language Vocabulary Builder

The Bangor Public Library announces that it has added LingoLITE to its online reference offerings which helps users learn basic words and phrases in 30 languages using interactive native speaker videos.

"Foreign language training and references are very popular at the library, but in the past, we've never been able to offer one source for learning so many languages using such an interactive video format, so we're very excited to offer this database to our patrons," says Kathleen Lynch, Director at Bangor Public Library.

LingoLITE is a vocabulary builder and contains thousands of native speaker video clips in 30 languages including Spanish, French, Italian, German, Chinese, Japanese, Chinese, Farsi, Hindi, German, Swahili, Thai, and 18 others. Anyone can access LingoLITE using the library's computers, or from anywhere in the world from the library's portal at www.bangorlibrary.org with their library card.

LingoLITE was designed anyone who wants to learn basic terms and phrases in a new language. The resource has glossaries for greetings, introductions, food, transportation, relations, numbers, and more.

This is an example of the Library's mission to increase its coverage of topics that are of interest to its diverse population of patrons young and old.

St. John's Cemetery

Donations for St. John's Cemetery in Bangor are being accepted for maintenance. You can mail them to St. John's Cemetery c/o Carol Hummel, 136 Messinger Street, Bangor, Pa 18013.

PUMP Needs Your Help

With an increase of 30%-40% of people coming because of COVID-19, PUMP is currently serving 150 - 175 families who receive food weekly from the pantry. All the food is distributed by approximately 30 to 40 volunteers.

Food supply also has risen 25%-30% and continues to come from donations, Second Harvest, Trader Joe's, Northampton County and Salvation Army.

They are asking at this time for the communities cooperation in helping secure the funds to purchase a parcel of land and construction of a new building.

Donations can be sent directly to Portland Upper Mt. Bethel Food Pantry Inc. P.O. Box 69 Portland Pa. 18351 or visit the PUMP at 111 State St.Portland Pa.. Mondays from 9:30 AM to 12 PM.

Struggling With Substances?

People struggling with substances can now walk in for drug and alcohol assessments at the Clean Slate Bangor, 100 South First Street St, Bangor 610-452-9348 Mondays from 10am - 12pm Many times this is the first step toward treatment and a new life.

2021 PA Fishing Licenses

2021 PA fishing licenses are now on sale from the PA Fish and Boat Commission. Licenses, permits and gift vouchers can be purchased online or by visiting retail license issuing agents. Valid immediately for up to 13 months through Dec. 31, 2021. Multi-year options are also available in increments of 3, 5, and 10 years. https://www.fishandboat.com/Pages/default.aspx

Slate Belt Dining Information Pages 8 & 9

Bangor Spellers Beat Pen Argyl

A large crowd attended a spelling bee between five graduates of Bangor High school class of 1938 and five graduates of Pen Argyl high school class of 1938.

The participants from Bangor were: Aurelia Sleeman, Theresa Falcone, Antonette DeFrank, Helen Nicholas and Vera Buzzard. Those from Pen Argyl were: Evelyn Stine, Joyce Parker, William Dawe, Lawrence Hendershot, and Joseph Braido.

Pen Argyl was the first to lose one contestant. He was followed by another from Pen Argyl, two of Bangor and then two more from Pen Argyl, leaving Joseph Braido to defend his school against three girls from Bangor.

During intermissions soap box derby entrants gave remarks about their derby car and hopes of winning a future race.

Joseph Braido finally went down under a difficult word leaving the Bangor high team victorious.

The last two remaining standing of each team, were Aurelia Sleeman and Theresa Falcone of Bangor and Joyce Parker and Joseph Braido of Pen Argyl who will be taken to Philadelphia, Aug. 27 for an educational tour.

Grants Save Money and Reduce Pollution

Harrisburg, PA – Grant funding for energy efficiency and pollution prevention projects for small business owners and farmers is still available from the Pennsylvania Department of Environmental Protection (DEP) through the Small Business Advantage Grant program.

"This grant program was created with small businesses and farmers in mind. There are tremendous monetary savings available to Pennsylvania's small business owners by installing energy-efficient equipment, such as boilers, LED lighting, and Energy Star certified heating, ventilation, and air conditioning systems," said DEP Secretary Patrick McDonnell. "Pennsylvania farmers can also benefit by using these funds to undertake projects which will divert sediment and nutrient runoff from our waterways."

Pennsylvania farmers and other small business owners with 100 or fewer full-time employees are eligible for the grants. Projects must save the business a minimum of $500 and 25 percent annually in energy consumption or pollution related expenses. Natural resource protection projects are exempt from the minimums; however, the projects must be able to quantify sediment and nutrient reductions into nearby waterways.

Businesses can apply for 50 percent matching funds for equipment or materials, up to $7,000, when adopting energy-efficient or pollution prevention equipment or processes. Applications are considered on a first come, first served basis, and will be accepted until fiscal year 2020-21 funds are exhausted, or Monday, April 12, 2021, whichever occurs first.

The complete grant application package is available by visiting the DEP Small Business Ombudsman's Office's site.

To contact the Small Business Ombudsman's Office, call 717-772-5160 or email raepadvantagegrant@pa.gov.

The Time Has Come For National Mask Mandates

Some people wear eye-catching colorful neck gaiters. They think that they are just more comfortable to wear than a face mask.

More stylish? Perhaps. More comfortable? Maybe. But as effective? Not necessarily.

With more states requiring face coverings indoors to prevent the spread of COVID-19, gaiters and bandannas have become popular accessories, particularly among college students and other young adults.

But tests show those hipper face coverings are not as effective as surgical or cloth face masks. Bandannas, like plastic face shields, allow the virus to escape out the bottom in aerosolized particles that can hang in the air for hours. And gaiters are often made of such thin material that they don't trap as much virus as cloth masks.

Masks are the easiest — and cheapest — way to save U.S. lives. The time has come for a national mask mandate.

It's time to trust science rather than a bunch of political conspiracy theories. If we all work together, we all can go back to work, enjoy going out to eat, kids can go to school, play sports and engage in other activities.

Blue Mountain Library Virtual Christmas Fundraiser

Honor or Memorialize a family member or pet by purchasing an ornament for their Virtual Christmas Tree. Your virtual ornament will be posted on their Facebook page

Ornaments are $5.00 each. No limit to the number you request,. Blue Mountain Community Library, 216 S. Robinson Avenue, Pen Argyl. 610 863-3029 www.bmcl.org They accept cash or checks.

Pennsylvania Upgrades COVID 19 Protocols

Traveler Testing

Dr. Levine issued an order requiring anyone who visits from another state to have a negative COVID-19 test within 72 hours prior to entering the commonwealth.

If someone cannot get a test or chooses not to, they must quarantine for 14 days upon arrival in Pennsylvania.

Pennsylvanians visiting other states are required to have a negative COVID-19 test within 72 hours prior to their return to the commonwealth or to quarantine for 14 days upon return to Pennsylvania.

This order, which takes effect on Friday, November 20, does not apply to people who commute to and from another state for work or medical treatment.

Strengthened Masking Order

Masks are required to be worn indoors and outdoors if you are away from your home.

When outdoors, a mask must be worn if you are not able to remain physically distant (at least 6 feet away) from someone not in your household the entire time you are outdoors.

When indoors, masks will now be required even if you are physically distant from members not in your household. This means that even if you are able to be 6 feet apart, you will need to wear a mask while inside if with people other than members of your household.

This order applies to every indoor facility, including homes, retail establishments, gyms, doctors' offices, public transportation, and anywhere food is prepared, packaged or served.

Colleges and Universities

The departments of Health and Education issued recommendations for colleges and universities to implement a testing plan for when students return to campus following the holidays. These recommendations include establishing routine protocols for testing.

Colleges and universities should have adequate capacity for isolation and quarantine and should be prepared to enforce violations of established policies such as mask wearing and physical distancing.

Annual Heritage Center Preservation Awards

The Slate Belt Heritage Center is now accepting applications for its Annual Preservation Award, which seeks to acknowledge individuals who have performed exemplary acts to promote and preserve the culture and heritage of the Slate Belt. Candidates may be an individual or group and may be nominated by themselves or another party.

There are three categories: Initiative Award, Architectural Award and Special Focus Award. Detailed descriptions of these categories, as well as the criteria involved may be found on the Heritage Center's web site, SBHC.org, and Facebook page, Slate-Belt-Heritage-Center-SBHC. Nominations will be accepted this fall and will be reviewed in January. Awards will be presented in June 2021.

Interested parties may obtain an application at the Heritage Center on Sundays from 12 – 3, at all local municipal offices or by contacting Jason Huggan at 484-754-2480. Please help us recognize those people who are working to preserve our history.

Wearing Masks Protects You and Others

Wearing a mask protects the wearer, and not just other people, from the coronavirus, the Centers for Disease Control and Prevention emphasized in an updated scientific brief issued Tuesday. And the protective benefits of masks are stronger the more people wear masks consistently and correctly, the agency says.

When the CDC first recommended that Americans wear cloth face coverings back in April, it cited evidence that the coronavirus could be transmitted by asymptomatic people who might not be aware of their infectiousness – a group estimated to account for more than 50% of transmissions. The agency says masks should block virus-laden particles emitted by an infected person.

In a report updated Tuesday, the CDC says that is still the primary intention of wearing masks. But it also cites growing evidence that even cloth masks can also reduce the amount of infectious droplets inhaled by the wearer.

"This messaging is key to increase adherence and interest in mask wearing. I am thrilled!" Dr. Monica Gandhi, an infectious disease physician with the University of California, San Francisco, said in a tweet Tuesday.

Ghandi argued in a recently published paper that wearing masks can reduce the severity of illness with COVID-19, even if the wearer does become infected.

Growing Body Of Evidence Suggests Masks Protect Those Wearing Them, Too

As for which mask to choose? The CDC notes that when it comes to cloth masks, multiple layers made of higher thread counts do a better job of protecting the wearer than single layers of cloth with lower thread counts.

How Rapid-Result Covid Testing Can Save Lives.

by David Leonhardt *New York Times*

Reducing the spread of Covid-19 over the next several months — while vaccines are being distributed — has the potential to save more than 100,000 American lives, as I explained earlier. So how can we reduce the spread?

Some of the ways are well-known: consistent messages from national leaders; mask wearing; hand washing; and fewer indoor gatherings. But there is one other promising strategy, many experts believe:

Much more testing, especially tests that return results almost immediately, rather than a day or two later.

These tests, often known as antigen tests, could sharply cut the number of new infections by causing many more people who have the virus to enter quarantine. Germany and Italy have used antigen tests recently to help greatly reduce new cases. Several U.S. colleges have also used blanket testing — including slower-turnaround tests — to minimize outbreaks.

"There's clear evidence that test-and-isolate works," Paul Romer, a Nobel Prize-winning economist at N.Y.U., told me. As Jennifer Nuzzo, a Johns Hopkins epidemiologist, said, "It can make a big difference, provided it's coupled with other things."

I went through it myself this week. I called several pharmacies and clinics in my areas until I found one offering a test to anybody who wanted one, and I drove there one one afternoon.

Slate Belt Dining Information Pages 8 & 9

Chamber of Commerce Business Person of the Year

Kim Green Little Creek Bar-B-Cue

Kim has been in business for over 11 years and runs a successful woman owned take out restaurant located just outside of Bangor. As stated on her nomination "Kim is one of the hardest working women that I know. She exemplifies the meaning of "Blood, Sweat and Tears" in maintaining her business." She works side by side with her staff, has a big heart and supports many nonprofit organizations and events in the Slate Belt region.

Chamber of Commerce Volunteer of the Year

Faith Sarisky

Faith has volunteered her time and efforts to "Beautify Bangor Murals and continues to work above and beyond in the borough of Bangor." Her efforts have created over 25 murals by many local artists in the downtown area. Through her connections with her real estate business she was able to secure funding to assist with materials and artists costs for each mural. She seeks no reward other than to make the Slate Belt more aesthetic to the eye and the promotion of all businesses within the area.

Senate Bills Strengthen PA.Mental Health Coverage

The State Senate approved legislation to ensure that mental health and substance use disorders receive the same level of care as other health issues, according to Senator Mario Scavello (R-40).

.House Bill 1696 and House Bill 1439 would strengthen enforcement of the federal Mental Health Parity and Addiction Equity Act of 2008 by ensuring insurance plans provide mental health care that is similar to coverage for other diseases and illnesses. The bills also require insurers annually attest to steps they have taken to comply with the law.

The current system of enforcement relies on addressing complaints from consumers who may not know about the law or fully understand the services that are included in their health plan. The package of bills would ensure all insurers offer customers the level of care and services that are required by law.

"This legislation solidifies the Insurance Department's role in regulating insurer compliance with mental health parity and requires insurers to legally attest to compliance efforts and makes certain public disclosures of those efforts. It's a second layer of accountability," Scavello said. "Together, these bills will establish Pennsylvania as a leader in the regulation of insurer compliance with federal mental health parity."

The measures will be sent to the governor to be signed into law.

Diet Can Affect How Well You Sleep

With the coronavirus pandemic, school and work disruptions and a contentious election season contributing to countless sleepless nights, sleep experts have encouraged people to adopt a variety of measures to overcome their stress-related insomnia. Among their recommendations: engage in regular exercise, establish a nightly bedtime routine and cut back on screen time and social media.

But many people may be overlooking another important factor in poor sleep: diet. A growing body of research suggests that the foods you eat can affect how well you sleep, and your sleep patterns can affect your dietary choices.

Researchers have found that eating a diet that is high in sugar, saturated fat and processed carbohydrates can disrupt your sleep, while eating more plants, fiber and foods rich in unsaturated fat — such as nuts, olive oil, fish and avocados — seems to have the opposite effect, helping to promote sound sleep.

They, however, cannot explain, for example, whether poor diet precedes and leads to poor sleep, or the reverse.

(L-R) **June Hess, Heidi Bates and Clare Osmun display a wreath made by the Bangor Women's Club.**

2021 PA Fishing Licenses

2021 PA fishing licenses are now on sale from the PA Fish and Boat Commission. Licenses, permits and gift vouchers can be purchased online or by visiting retail license issuing agents.

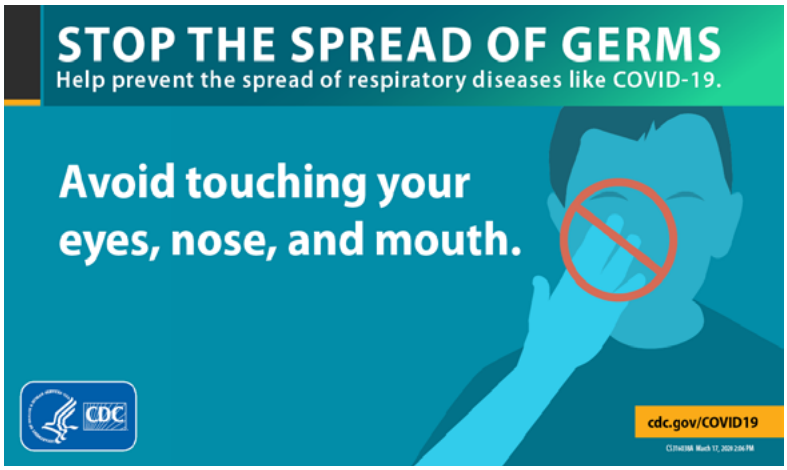
Valid immediately for up to 13 months through Dec. 31, 2021. Multi-year options are also available in increments of 3, 5, and 10 years.

https://www.fishandboat.com/Pages/default.aspx

Home Heating Assistance

LIHEAP is a federally funded program that helps individuals and families pay their heating bills through home heating energy assistance grants. It also provides crisis grants to help in the event of an emergency or if a resident is in danger of losing his or her heat due to broken equipment, lack of fuel or termination of utility service.

The income eligibility guidelines for LIHEAP are set at 150% of the federal poverty income level. For example, the income limit for an individual is $18,735; for a couple, the limit is $25,365; and for a family of four, it is $38,625. Residents may apply for LIHEAP online or by contacting the County Assistance Office in their county of residence.



Slate Belt Dining Information Pages 8 & 9

High-Risk Activities for Getting COVID 19

Here are examples of activities and situations that can increase your risk of exposure to COVID-19:

- Going to a large social gathering like a wedding, funeral, or party.
- Attending a mass gathering like a sporting event, concert, or parade.
- Being in crowds — for example, in restaurants, bars, airports, bus and train stations, or movie theaters.
- Traveling on a cruise ship or river boat

Tips to avoid getting and spreading COVID-19

In public:

Wear a mask in public settings, including on public transportation and in transportation hubs such as airports and stations.

Stay at least 6 feet (about 2 arms' length) from anyone who is not from your household.

Bathrooms and rest stops:

Wash your hands with soap and water for at least 20 seconds after using the bathroom and after you have been in a public place.

If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Getting gas:

Use disinfecting wipes on handles and buttons at the gas pumps before you touch them (if available).

After fueling, use a hand sanitizer with at least 60% alcohol. When you get to your destination, wash your hands with soap and water for at least 20 seconds.

Academic Writing Mentorship at the JCC

The JCC's new student writing sessions offer high school and college students one-on-one assistance and mentorship on their academic writing assignments held Mondays-Fridays 10am-5:30pm, 45 minutes (By Appointment) In-person or via Zoom

Beyond her role as the JCC's Youth and Camp Director, Kristen Johnson has a master's degree in English from George Mason University and taught composition and literature courses full-time at West Point (the US Military Academy) for three years prior to moving to the Lehigh Valley. During those years, she also served as the assistant director of West Point's Writing Center.

Contact Kristen Johnson at 610-435-3571 or kjohnson@lvjcc.org to schedule.

COVID Anxiety Grows Tips to Avoid Crisis

(StatePoint) Among mask mandates, social distancing, outspoken political views and personal challenges from the COVID-19 pandemic, there is a heightened risk for public spaces turning into places of conflict.

According to experts at the Crisis Prevention Institute (CPI), the global leader in de-escalation training for over 40 years, mentally preparing and practicing responses can best ensure non-confrontational experiences.

CPI has identified probable areas of conflict and how to best mitigate tension. They recommend embracing four simple techniques to prevent and reduce conflict:

1. Avoid judgment. Listen and focus on the feelings behind the message.

2. Don't take it personally. ATell yourself, "This may not be about the two of us; it may be about other issues in their life." Or repeat to yourself, "I'm going to be respectful. I'm going to be respectful."

3. Control your reactions. You can't control another person's behavior, but you can control how you react. Avoid using facial expressions, gestures and language that could make another person feel anxious or defensive.

4. Be prepared if you have to engage. Have a plan to acknowledge and redirect. Here are some things you could potentially say:

- "Yeah. This year has been difficult on everyone."
- "I can understand where you're coming from."
- "We'll all be glad when this pandemic is behind us."

More info: visit www.crisisprevention.com.

During a particularly tense time in our nation's history, having a few techniques at the ready can help you avoid conflict wherever you are.

St. Luke's Provides First Outpatient COVID-19 Drug

St. Luke's University Health Network has established one of Pennsylvania's first outpatient COVID-19 treatment programs – a monoclonal antibody infusion center at St. Luke's Easton Campus.

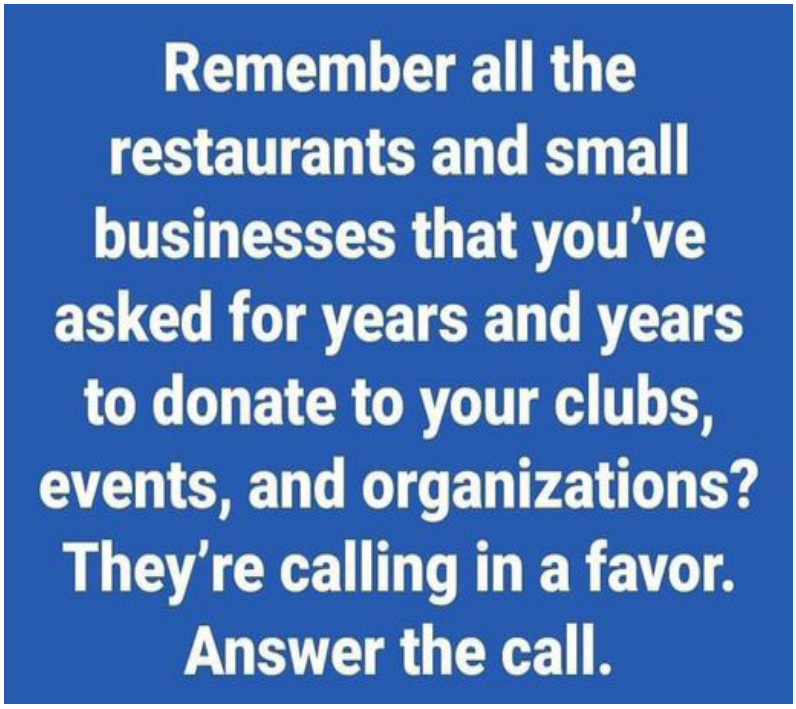
The Easton Campus infusion center offers patients bamlanivimab, an experimental drug developed by Eli Lilly that is similar to a product President Donald Trump received after contracting the virus last month.

A second infusion center is on track to open next week at St. Luke's Warren Campus in Phillipsburg, N.J.

Monoclonal antibodies block the virus' attachment and entry into human cells. Infusion has been found to be particularly effective in preventing the need for hospitalization in select, higher-risk patients including those who are 65 years of age or older and whose infection, doesn't require supplemental oxygen.

Patients who wish to be treated with bamlanivimab may schedule an appointment after receiving a prescription from a St. Luke's primary care physician or through a St. Luke's CareNow walk-in center or emergency room. Supplies, dictated by the state, could be subject to limitations.

Monoclonal antibody infusion is one part of St. Luke's two-pronged strategy for caring for COVID-19 patients at home.



Physical Therapy Legislation Improves Access

HARRISBURG – Legislation that will improve access to physical therapy in Pennsylvania was approved by the Senate on Wednesday and is set for enactment into law, according to Senator Mario Scavello (R-40).

House Bill 862 would allow Pennsylvania to enter a Physical Therapy Licensure Compact with other states, increasing access to physical therapy services by decreasing licensure barriers and permitting licensed physical therapists to work in multiple states or more easily relocate to Pennsylvania.

The Physical Therapy Compact Commission is the national administrative body whose membership consists of all states that have enacted the compact and are responsible for its oversight. In order to practice in Pennsylvania under the compact, physical therapists must:

- Have a valid physical therapist license with no board-imposed limitations in Pennsylvania.
- Have not had any adverse licensing actions against them within the past two years.
- Notify the commission that compact privileges are being sought.

Under House Bill 862, the compact becomes operative between Pennsylvania and other states through action of the governor. Sixteen states are currently part of the Physical Therapy Compact. Several states have enacted compact legislation and will begin to issue and accept compact privileges over the course of the next year.

State Will Receive Monoclonal Antibodies

Harrisburg, PA - Secretary of Health Dr. Rachel Levine today announced the federal government will be distributing monoclonal antibodies to healthcare systems throughout the commonwealth. Monoclonal antibodies are proteins built in a laboratory that mimic the immune system's ability to fight off harmful antigens, like the COVID-19 virus.

"The department will determine which healthcare systems receive allocations based upon county case counts," Dr. Levine said. "Then, the federal government will distribute the antibodies to the respective healthcare systems to further help communities struggling with the spread of COVID-19. Monoclonal antibodies may provide short term protection from the SARS-CoV-2 virus for appropriate COVID-19 patients."

The healthcare partners who receive the monoclonal antibodies will then ensure that patients who meet the criteria will be able to receive this treatment in a range of different distribution settings. Health care systems will determine eligibility for the antibodies based upon the U.S. Food and Drug Administration (FDA) emergency use authorization

The drug for the investigational monoclonal antibody therapy, bamlanivimab, for the treatment of mild-to-moderate COVID-19 in adult and pediatric patients is specifically directed against the spike protein of SARS-CoV-2, designed to block the virus's attachment and entry into human cells. Bamlanivimab is not authorized for the patients who are hospitalized or require oxygen therapy due to COVID-19.

Advertise Your Business,

FREE **Organization , Online Events** **FREE**

e-mail Us at sbtopics@rcn.com

Risk of Animals Spreading COVID 19 to Humans in Low

A small number of pets worldwide, including cats and dogs, have been be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19.

Based on the limited information available to date, the risk of animals spreading COVID-19 to people is considered to be low.

Until we learn more about how this virus affects animals, treat pets as you would other human family members to protect them from a possible infection.

Because there is a risk that people with COVID-19 could spread the virus to animals, CDC recommends that pet owners limit their pet's interaction with people outside their household.

- Keep cats indoors when possible and do not let them roam freely outside.
- Walk dogs on a leash at least 6 feet (2 meters) away from others.
- Avoid public places where a large number of people gather.
- Do not put a mask on pets. Masks could harm your pet.

There is no evidence that the virus can spread to people from the skin, fur, or hair of pets. Do not wipe or bathe your pet with chemical disinfectants, alcohol, hydrogen peroxide, or other products, such as hand sanitizer, counter-cleaning wipes, or other industrial or surface cleaners. Talk to your veterinarian if you have questions about appropriate products for bathing or cleaning your pet

Baskets for Nursing Home

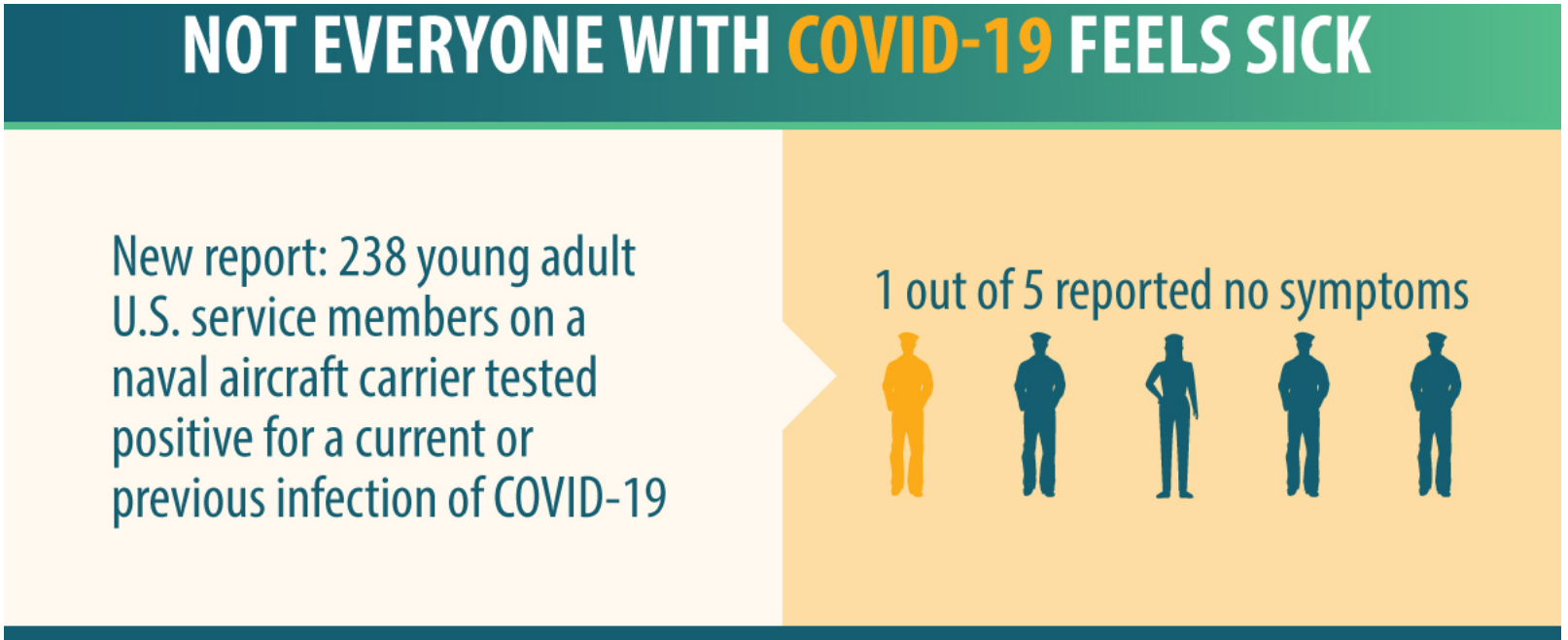
Please, if anyone could donate a basket or something for the Slate Belt Nursing Home raffle by this Friday that would be fantastic !!!! They haven't received many at all this year.

Book Update

Here is a book update for Expressions Thru Glass. There are a lot of children's books on the porch. Something like 6 or 7 boxes. From Pre school to teens. Plenty of adult books also. Fiction, non fiction, self help, reference, cookbooks, etc.

Bangor Library Book Sale

The Annual Book Sale Continues at the Bangor Public Library in downown Bangor.



Japan Attacks Hawaii, Guam, Philippines, Causing 350 Deaths; Roosevelt Wants War

(PEARL HARBOR DECEMBER 7, 1941)

The battleship USS Arizona remains sunken with half of the dead at Pearl Harbor on board.

Dec. 8, 1941 - On December 7, 1941, the Japanese military launched a surprise attack on the United States Naval Base at Pearl Harbor, Hawaii. Since early 1941 the U.S. had been supplying Great Britain in its fight against the Nazis. It had also been pressuring Japan to halt its military expansion in Asia and the Pacific.

With the Japanese attack on Pearl Harbor, the U.S. could no longer avoid an active fight. On December 8, U.S. President Franklin Delano Roosevelt asked Congress for and received a declaration of war against Japan. On December 11, Germany and Italy, allied with Japan, declared war on the U.S. The United States had entered World War II.

Bangor Civilian Defense Duties Are Outlined

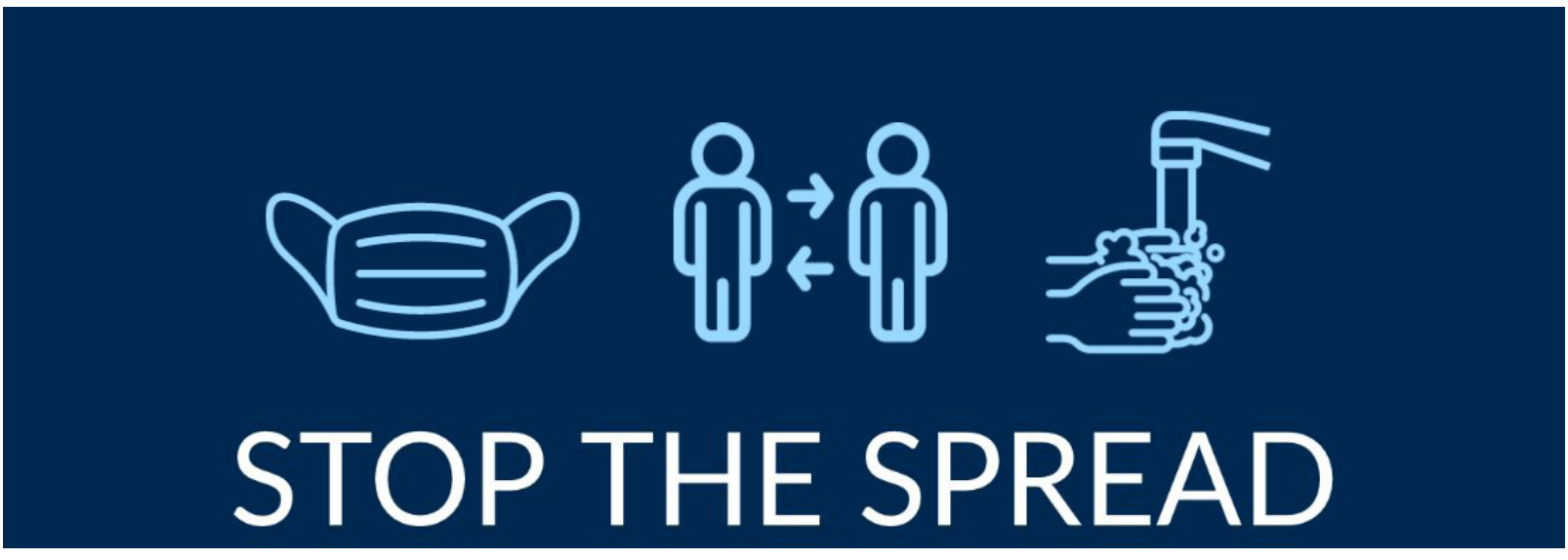
Dec. 8, 1941 - The Bangor Council of Civilian Defense received instructions Thursday night from Chairman J. Lawrence Davis and H, O. Eisenberg. vice chairman.

The woman's group headed by Mrs. Lulu Wells, district chairman, and the following representing the respective wards: Mrs. Charles R. Steinmetz, 1st; Mrs. Melvin Messinger, second; Mrs. Blake Williams, third; Mrs. Russell Evans, fourth. Reports were submitted by Chairman Davis, Raymond H. Jackson, air warden, and William Roberts, chief observer for the Bangor Interceptor

Pen Argyl Post Volunteers Are Needed

Dec. 8, 1941 Many volunteers have been registered to assist in the manning of **the observation post south of Pen Argyl,** being sponsored by the Charles Nelson Lobb American Legion post. The observation is in constant contact with Mitchel Field, New York City.

There are still observers needed for the two three-hour shifts from midnight to 6 a.m. Persons are requested to get in touch with Mr. Williams, Hugh X. Hughes. post commander; Allen Gist assistant chief observer or Walter Everett. The post is on 24-hour duty. Arthur Smith of Pen Argyl has volunteered his services for 12 hours a day.



PEARL HARBOR continued from page 1

Japanese Admiral Isoroku Yamamoto conceived the Pearl Harbor attack and Captain Minoru Genda planned it. Two things inspired Yamamoto's Pearl Harbor idea: a prophetic book and a historic attack. The book was The Great Pacific War, written in 1925 by Hector Bywater, a British naval authority. It was a realistic account of a clash between the United States and Japan that begins with the Japanese destruction of the U.S. fleet and proceeds to a Japanese attack on Guam and the Philippines. When Britain's Royal Air Force successfully attacked the Italian fleet at Taranto on November 11, 1940, Yamamoto was convinced that Bywater's fiction could become reality.

On December 6, 1941, the U.S. intercepted a Japanese message that inquired about ship movements and berthing positions at Pearl Harbor. The cryptologist gave the message to hersuperior who said he would get back to her on Monday, December 8. On Sunday, December 7, a radar operator on Oahu saw a large group of airplanes on his screen heading toward the island. He called his superior who told him it was probably a group of U.S. B-17 bombers and not to worry about it.

The Japanese attack on Pearl Harbor began at 7:55 that morning. The entire attack took only one hour and 15 minutes. Captain Mitsuo Fuchida sent the code message, "Tora, Tora, Tora," to the Japanese fleet after flying over Oahu to indicate the Americans had been caught by surprise. The Japanese planned to give the U.S. a declaration of war before the attack began so they would not violate the first article of the Hague Convention of 1907, but the message was delayed and not relayed to U.S. officials in Washington until the attack was already in progress.

The Japanese strike force consisted of 353 aircraft launched from four heavy carriers. These included 40 torpedo planes, 103 level bombers, 131 dive-bombers, and 79 fighters. The attack also consisted of two heavy cruisers, 35 submarines, two light cruisers, nine oilers, two battleships, and 11 destroyers.

The attack killed 2,403 U.S. personnel, including 68 civilians, and destroyed or damaged 19 U.S. Navy ships, including 8 battleships. The three aircraft carriers of the U.S. Pacific Fleet were out to sea on maneuvers. The Japanese were unable to locate them and were forced to return home with the U.S. carrier fleet intact.

The battleship USS Arizona remains sunken in Pearl Harbor with its crew onboard. Half of the dead at Pearl Harbor were on the Arizona. A United States flag flies above the sunken battleship, which serves as a memorial to all Americans who died in the attack.

Bangor Schools Ready For Defense Emergency

Dec. 9, 1941 -At a special meeting in the Bangor High school. Superintendent H. O. Eisenbuerg informed the members of the school board that the public schools of Bangor were preparing themselves in the line of defense and were ready for any eventuality.

Announcement was made of a second defense meeting at the high school Monday night when an emergency rescue squad, now being organized would meet for the first time. It was decided to haveat least one fire drill and one air raid drill each week for the duration of the emergency.

Northampton County Defense Prepared for Emergencies

Dec. 9, 1941 - Northampton County Industrial establishments, civilian defense leaders and police heads lost little time Monday in local defense necessities made by the unheralded thrust Sunday by Japanese forces against the United States possessions in the Pacific Ocean.

Lieut. F.C. Miner, executive officer of Troop D. Motor Squadron, Pennsylvania Motor Police with headquarters in Bethlehem, revealed that the branch was working on an emergency basis.

All leaves of absence have been cancelled. All time-off duty has been cancelled. The motor police are now working under a plan devised some time ago for use in an emergency such as present in the United States.

The Bethlehem Steel Co. has set precautions against any subversive activities installing severe regulations shortly after the outbreak of hostilities Sunday.

All Stories Courtesy Morning Call Archives from 1941

No Local Winter Sports Until January

The Colonial League will delay the start of its winter sports seasons until January 11 because of the increased spread of the COVID 19.

Schools voting in favor of the measure are Bangor, Catasauqua, Moravian Academy, Northern Lehigh, Saucon Valley, Southern Lehigh and Wilson.. Opposed are Palisades, Palmerton, Pen Argyl, Northwestern Lehigh, Notre Dame and Salisbury.

League officials also decided, by a 8-5 vote, against individual schools playing league games before January 11, even though the schools agreed to play. Voting for playing league games were Palmerton, Pen Argyl, Palisades, Northwestern Lehigh and Notre Dame

League officials also voted 11-2 to cut the number of league basketball games from 12 to 10 for girls and boys teams. Wrestling matches were cut from eleven to eight.

The league has decided to play boys and girls basketball tournaments the weekend of February 12-13, ending February. 19.

The fields have been enlarged from six to eight teams based on league winning percentage. To qualify, teams are required to play at least five league games.

The league schedule in boys and girls basketball was slated to begin Friday and wrestling, this Saturday.

No Spectators

The league also has decided not permit any spectators to winter sports basketball games or wrestling matches. The only exceptions be would senior night sor a special event such as a player reaching 1,000 points or some other special occasion.

Bangor Cancels ALL Sports Activities Until January 4

"**Due to rising COVID-19 cases and following the guidance from the Lehigh Valley Health Network and St. Luke's University Health Network, the District has decided to suspend all winter athletic activities until January 4, 2021. This includes all practices, scrimmages and competitions,**" according to a statement from school officials.

First Snowfall

Photos: Jackie Hower

St. Luke's Vaccination

St. Luke's nurse Sonia Iparraguirre, RN, was the first individual to receive the COVID-19 vaccine at St. Luke's University Health Network Thursday afternoon.

"I am so happy to be part of this momentous step to end the pandemic," Iparraguirre, of Bethlehem, said. "I want people in our community to know that the vaccine is safe, and that if they want it, they should get it. It protects their health and the health of our community."

Earlier this year, as St. Luke's University Health Network began preparing for the COVID-19 pandemic, its dedicated health care workers stepped to the forefront. Iparraguirre, who works on Priscilla Payne Hurd Pavilion 8, was literally on the front line as she admitted the first COVID-19 patient at St. Luke's University Hospital in Bethlehem.

Iparraguirre was recently honored for her contributions to St. Luke's pandemic mobilization and her commitment to the health of the community by the Hispanic Chamber of Commerce of the Greater Lehigh Valley during its annual gala. Streamed from SteelStacks in Bethlehem on October 8, the theme of the gala was "The Heroes Among Us."

"Sonia embraced this unknown challenge with true grace and professionalism," says Rebecca Boyer, BSN, RN, Patient Care Manager, Priscilla Payne Hurd Pavilion 8. "She not only played a vital role in providing quality patient care, she went above and beyond in providing the intangibles that played such a crucial and meaningful role during this uncertain time."

These intangibles, Boyer explains, included comforting patients on isolation, spending time to listen to patients crying in fear of the effects of COVID-19, and facilitating communication with these patients' family members.

"Sonia is an outstanding example of St. Luke's commitment to caring for COVID-19 patients and all those we serve in our community," says Janice Concilio, St. Luke's COVID-19 Incident

Slate Belt Rising

The program will provide financial support to a minimum of five businesses during their first six months of operation. Selected businesses will receive 100% of rent payments (up to $1,500 monthly) for their first three months and 50% of rent payments (up to $750 monthly) for their next three months. The lease payments will be made for six consecutive months.

Slate Belt Rising anticipates that this will advance the economic viability of the Slate Belt through business development, job creation, and promotion of Slate Belt small businesses within and outside the community.

Any new business opening or moving into one of the boroughs or an existing business looking to open a second location within one of the boroughs may be eligible for the program. Applicants must be planning to lease between 500-5,000 square feet of first floor, market-rate office or retail space for a minimum 2-year term.

Applications are currently open and being accepted until February 12, 2021. For full guidelines and application, visit **slatebeltrising.org.**

St. Luke's nurse Sonia Iparraguirre, RN, was the first to receive the COVID-19 vaccine at St. Luke's University Health Network Thursday.

316 Marketplace in Wind Gap Has Something For Everyone

The new Marketplace 316 in Wind Gap is very impressive. It offers a place for Local Antiques and Collectables, Artisans, Resellers & Foods, only found in Wind Gap. PHOTO GALLERY

J's Royal Family, Unique Finds, Flay'd Meats, Candy Pickers, and Uncle Chuck's & Son's Furniture are just few of many vendors.

Despite the COVID 19 pandemic, Marketplace 316 first opened July 4th to the delight of avid flea marketers.

The North Broadway location is a huge improvement over the former Wind Gap Flea Market. The new Flea Market appears to be twice the size it was a few years ago, allowing far more vendors to set up shop.

Although I'm not a weekend, flea market junkie, I occasionally enjoy going to Saylorsburg, Jake's on Route 100, Adamstown, PA and a place in Front Royal, Va. I'm happy to say that I am definitely adding Marketplace 316 to my list of favorites.

They are open Saturdays and Sundays from 8am to 4pm at 316 North Broadway, Wind Gap. Visit their website at www.marketplace-316.com.

Eagle Scout Helps Preserve Minsi Fish Hatchery History

Completed in 1960, the Poliskiewicz Trout Hatchery was in operation for three years prior to the construction of Lake Minsi. The hatchery and surrounding area near the east side of Lake Minsi were condemned in 1963 in order to build the lake. The hatchery was under ownership and operation of Philip, Joseph, and Peter Poliskiewicz, three brothers, who lived on the property adjacent to the hatchery.

The fish, primarily Brook and Rainbow Trout, were sold for both stocking and food. Unfortunately, due to its location, the hatchery fish had many natural predators. These included snakes, raccoons, herons, and kingfishers.

The first section of the hatchery is the spring, where water flow was obtained. This provided a steady, clean freshwater source for the hatchery. The spring empties into a long raceway where the wooden gates that separated different aged fish are still visible. At the end of the raceway is a large holding pond, which at the time of operation, was circulated by a pump to keep the water fresh.

To your left was a short trail marked with yellow paint which follows along the spring, raceway, and holding pond. It is about a five to ten-minute walk and will bring you back to this location so that you can continue along the lake trail. As you walk along the trail you will see how the hatchery operated. Please be mindful of any wildlife you may encounter along the pathway and in the waterways, including the watercress that grows in the spring and the raceway. This project was updated and completed by Jackson F. Krei Troop 146, White Township, NJ. For his Eagle Scout service project.

The original kiosk and research were completed by Aaron Knecht, Troop 37, Portland, PA. For his Eagle Scout service project.

Jackson offers a Special thanks to Northampton County Parks, and Phil Poliskiewicz for providing information about the hatchery, and everyone else that was part of the project.

NOT EVERYONE WITH COVID-19 FEELS SICK

New report: 238 young adult U.S. service members on a naval aircraft carrier tested positive for a current or previous infection of COVID-19

1 out of 5 reported no symptoms

PAHS Junior Arica Wieder Sews and Donates 350+ Masks

by Larry Cory

Pen Argyl High School junior Arica Wieder recently made over 350 masks for people to wear as protection from the Cornonavirus.

"I first made them for my mom,sister and I to keep us safe when we went to the store," Arica said. " Then I began making them for other family members and friends to keep them safe."

Since then, she has been recognized by the Slate Belt Regional Police Department by posting her picture on their Facebook page for donating 100 homemade face masks.

She also has donated over 350 masks to various places such as Lehigh Valley Pocono Hospital, Slate Belt Health & Rehabilitation Center, Lehigh County coroner, food bank, and more.

She already had learned to sew from her Grammy Wanda. In ninth grade she bought a sewing machine to make a skirt, hair crunches and a replica civil war nurses uniform for her ninth-grade honors history project.

Athough past experience was a huge help in learning to make masks she encountered some problems.

Arica With Masks Donated to SBRPD

"I had trouble finding enough fabric, elastic, and thread for my mom to buy so I could donate in large amounts," she said. "I started using the loops to the loom maker I had until I got elastic."

Once her system was up and running she was able to make a mask in 20-30 minutes, which was an improvement over the 45 minutes needed on her first try.

"I am beyond honored by what Arica is and has been doing," said her mother,"Amanda. "She truly has a caring, sweet old soul. She always puts others feelings and needs first. I am so happy our surrounding community is able to benefit and see her generosity."

Arica At SBRPD

Rep. Ann Flood, Arica & Sen. Mario Scavello

Arica Sewing a Mask