

TOWN TOPICS

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Maintaining Hydration For Physical Activity



Proper hydration is one of the most important aspects of healthy physical activity. Drinking the right amount of fluids before, during and after physical activity is vital to providing your body the fluids it needs to perform properly. Sports dietitians assist athletes by developing individualized hydration plans that enhance performance in training and competition while minimizing risks for dehydration, over-hydration and heat illness and injury.

Hydration Goal

The overall goal is to minimize dehydration without over-drinking. Adequate hydration varies among individuals. Practical ways to monitor hydration are:

Urine color. The color of the first morning's urine void after awaking is an overall indicator of hydration status. Straw or lemonade colored urine is a sign of appropriate hydration. Dark colored urine, the color of apple juice, indicates dehydration. Bright urine often is produced soon after consuming vitamin supplements.

[READ MORE....](#)

How And Where To Recycle Old Cellphones

Phones and their batteries are some of the easiest electronics to recycle, according to Call2Recycle.

Remember to transfer any data and photos on your old phone to a new phone, or otherwise save your photos before performing a factory reset. Remember to remove the SIM card , if it's still there.

The company accepts all phones and batteries regardless of size, make, model or age. Call2Recycle can refurbish the device for resale or recycle the materials for a new device.

If you look hard enough, you can even get paid for recycling your phone.

If your phone is new enough, you may be able to trade it in to a carrier if you're buying a new phone, or sell it on the open market. Otherwise, if it's lost a lot of value, recycling may be your best bet for getting a dusty phone off your hands.

Best Buy accepts three phones per household per day, Lowes has recycling centers at every location, Home Depot takes phones up to 11 pounds, and Staples also takes phones.

Whole Foods works with Secure the Call to get 911 emergency-only phones to senior citizens and domestic



[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

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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.

Daily Weather Updates
sbttopics.com

MARKETPLACE
—316—

Last Minute Gifts at Wind Gap Marketplace 316!

- Shop Stocking Stuffers and Antiques and Collectables
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[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



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Pennsylvania Eagle Cam



[See Live](#)

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/>

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East Bangor UMC

Sun., Dec. 27

10 a.m. Worship Service ZOOM)

NWS Forecast - December 28

Today

A chance of rain and snow showers before 11am, then a slight chance of rain showers between 11am and noon. Partly sunny, with a high near 43. Southwest wind 5 to 10 mph. Chance of precipitation is 30%. Little or no snow accumulation expected.

Tonight

Partly cloudy, with a low around 27. West wind around 5 mph.

Tuesday

Sunny, with a high near 35. Northwest wind 5 to 15 mph, with gusts as high as 25 mph.

Tuesday Night

Mostly clear, with a low around 18. Northwest wind around 5 mph becoming calm in the evening.

Wednesday

Partly sunny, with a high near 38. Light and variable wind becoming south 5 to 10 mph in the afternoon.

Wednesday Night

A slight chance of snow showers after 1am, mixing with rain after 4am. Mostly cloudy, with a low around 29. Chance of precipitation is 20%.

Thursday

Showers likely, mainly after 1pm. Cloudy, with a high near 48. Chance of precipitation is 60%.

Thursday Night

Rain, mainly after 1am. Low around 39. Chance of precipitation is 80%.

New Year's Day

Rain. High near 52. Chance of precipitation is 80%.

Friday Night

Rain likely before 1am, then a chance of showers after 1am. Mostly cloudy, with a low around 37. Chance of precipitation is 60%.



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HAPPENINGS

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 on the second floor of the Library at 216 S. Robinson Ave. 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/

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.

All Aspects Restored & Recycled

All Aspects Restored & Recycled is OPEN Thursday, Friday & Saturday from 10-5 and Sunday 11-4; In addition, they 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.

Grace Lutheran Belfast

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

Slate Belt Dining Information Pages 8 & 9

COVID 19
CORONAVIRUS
DISEASE

CORONAVIRUS DISEASE 2019 (COVID-19)

You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Wash hands often with soap & water for at least 20 seconds.



www.cdc.gov/COVID19

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

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**

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.

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>

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.

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



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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

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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](#)

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



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**Daily COVID 19
Updates sbtopics.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 Samuelsson

Saving Freedom: Truman, the Cold War, and the Fight for Western Civilization 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



The first day of *astronomical* winter in the Northern Hemisphere is marked by the winter solstice, which occurs on Monday, December 22, 2020, at 5:02 A.M. EST.

For the northern half of Earth (the Northern Hemisphere), the winter solstice occurs annually on December 21 or 22. (For the Southern Hemisphere, the winter solstice occurs on June 20 or 21.)

Day of Least Light

Winter solstice is a day with the fewest hours of sunlight in the year, making it the "shortest day." Actually, sunrise continues to occur later each day. Today's sunrise is 7:22, December 31 is 7:25. The extra light results from later sunsets. Today's sunset is 4:38pm, December 31 is 4:45. giving us 4 minutes of more light. By January 10, sunrise finally begins earlier as the length of day extends to 13 minutes, 27 seconds.

Meteorological Winter

Meteorological winter (in the Northern Hemisphere) is the period from Dec. 1 through Feb. 29

Meteorologists define "winter" as the three coldest months of the year: December, January, and February, which seems to define the actual meaning of winter.

Benefits of Winter

Winter is good for the world around us. Many plants need shorter days and low temperatures to become dormant. This way plants can store up energy for new growth. If a fruit tree doesn't have enough chilling time, it will produce fewer, weaker buds.

Snow also acts as a giant water reservoir. Without it, there could be water shortages.

**Slate Belt Dining
Information Pages 8 & 9**

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

PA 33 Between: US 22 and PA 512. Work in shoulder areas 12:00 PM To 06:00 PM. Be alert for vehicles entering or exiting the highway from the shoulders. Start date: 12/28/20 Est completion date:

PA 33 Between: US 22 and PA 512. Daytime. Restriction 12:00 PM To 08:00 PM: Work in shoulder areas. Be alert for vehicles entering or exiting the highway from the shoulders. Start date: 12/28/20 Est completion date: 12/31/20

Newburg Road Between Rising Sun Court and Silver Crest Road. Daytime. Lane restrictions 08:00 AM To 04:00 PM for drilling work, Expect delays. Start date: 1/4/21 Est completion date: 1/21/21

Newburg Road Between: Werner Road and Georgetown Road Lane restrictions for drilling work 08:00 AM To 04:00 PM. Start date: 1/4/21. Est completion date: 1/21/21

PA 715. Between: PA 611 and PA 191. Lane restrictions 09:00 AM To 03:00 PM. Expect delays. Start date: 1/4/21. Est completion date: 1/21/21

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A historic day: Chantal Branco, RN, received the first COVID-19 vaccination at LVHN. Watch the recording on Facebook and feel the emotion of this moment.

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.



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.

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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.



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

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.

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>



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 block virus-laden particles emitted

should 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**

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 Coronavirus.

"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.

Although past experience was a huge help in learning



Arica With Masks Donated to SBRPD

to make masks she encountered some problems.

"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 Scavella



Arica Sewing a Mask

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.

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.

#MaskUpPA



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](http://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.

**Remember all the
restaurants and small
businesses that you've
asked for years and years
to donate to your clubs,
events, and organizations?
They're calling in a favor.
Answer the call.**

316 Marketplace in Wind Gap Has Something For Everyone

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

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 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.



Slate Belt Rising

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."

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.

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid touching your eyes, nose, and mouth.



cdc.gov/COVID19

COVID19: March 11, 2020 2:26 PM

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 Scavella (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.

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Risk of Animals Spreading COVID 19 to Humans in Low

A small number of pets worldwide, including cats and dogs, have been 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.

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.

Slate Belt Dining Information Pages 8 & 9

Bangor Library Book Sale

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



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





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

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 Commander.

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





Mrs Claus, Patti Guarry, Elf, Brandi Keppel and Santa Claus Craig Greenwood visit Santa Elves.
Photo: Candy Martin Belt & Beyond

Coronavirus Variant May Spread 70% Faster

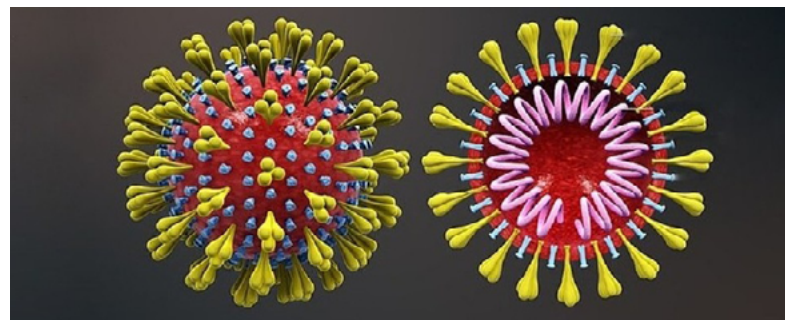
Just as vaccines begin to offer hope for a path out of the pandemic, officials in Britain this past weekend sounded an urgent alarm about what they called a highly contagious new variant of the coronavirus circulating in England.

Citing the rapid spread of the virus through London and surrounding areas, Prime Minister Boris Johnson imposed the country's most stringent lockdown since March.

But the estimate of greater transmissibility — British officials said the variant was as much as 70 percent more transmissible — is based on modeling and has not been confirmed in lab experiments, Dr. Cevik added.

Several experts urged caution, saying it would take years — not months — for the virus to evolve enough to render the current vaccines impotent.

"No one should worry that there is going to be a



single catastrophic mutation that suddenly renders all immunity and antibodies useless," Dr. Bloom said.

"It is going to be a process that occurs over the time scale of multiple years and requires the accumulation of multiple viral mutations," he added. "It's not going to be like an on-off switch."

The scientific nuance mattered little to Britain's neighbors. Worried by the potential influx of travelers carrying the variant, the Netherlands said it would suspend flights from Britain from Sunday until Jan. 1.



Christmas at UMBT Park. *Photo: Lisa Newberry Belt & Beyond*



Slate Belt Chamber of Commerce Santa's Elves Committee members. *Photo: Belt & Beyond*

How Vaccine Recipients Felt After COVID-19 Shots

Lehigh Valley, Pa. (Dec. 22, 2020) - Wondering how it feels the day after a COVID-19 vaccine? Since Thursday, Lehigh Valley Health Network has administered more than 1,000 vaccinations to front-line, high-risk workers and plans to vaccinate about 6,000 more in the coming days. Of those who received a vaccination, only three people reported side effects – one person had redness and swelling at the injection site, one had an itchy throat and the other had a fever. Symptoms for each person subsided quickly. Of the colleagues who had known severe allergies, no side effects were reported.

“Except for a sore arm at the injection site, much like how I felt when I got the flu shot, it is business as usual today,” said Jennifer Rovella, DO, LVPG Pulmonary and Critical Care Medicine. “I feel great knowing that this is the beginning to the end of the pandemic.”

Chantal Branco, RN, LVHN Patient Care Services, the first person in the region and at LVHN to receive the Pfizer authorized vaccine had a similar reaction. “I’m feeling great today. My left arm is a little sore but nothing that is keeping me from my normal daily activities.”

Glenn Thompson, RN, LVHN Emergency Services, said that getting the shot didn’t limit him in any way. “About 24 hours after getting the vaccine, I have no issues besides a slightly sore arm at the injection site.”

Marcelo Gareca, MD, LVPG Infectious Diseases, even went a bit further in describing that he was not impacted by the vaccine.

Bangor Elks Donates to Portland Food Pantry

Bangor Elks Lodge #1106 in partnership with the Elks National Foundation recently provided a donation of \$2000 to the Portland Food Pantry (PUMP) to assist with food and supplies needed to assist families through these struggling times.

Recently, the Elks Lodge presented a check for \$2000 to members and volunteers of the Food Pantry. The Portland / Upper Mt. Bethel Food Pantry (PUMP) was founded by Sherma LaBarre Godshalk in 1994 as an outgrowth of her dedication to provide food to needy families. It continued under her direction for twenty-one years until she passed away in 2015. It was then under the direction of Sherman LaBarre (Sherma’s father), in her honor, until his passing in December of 2020. It continues with its many, hard working volunteers.

The Bangor Elks Lodge continues its commitment to the community operating the Borough Park Train and the Annual Halloween Parade.

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USDA Rural Development

USDA Rural Development in Pennsylvania is calling for applications for Single Family Housing Repair Loans and Grants.

Also known as Section 504 Home Repair program, this provides loans to very-low-income homeowners to repair, improve or modernize their homes. It also provides loans and grants to elderly very-low-income homeowners to remove health and safety hazards.

In 2020, the program provided more than \$1.8 million in funding for repairs to 294 rural Pennsylvania homes. For questions and guidance regarding application requirements for the Single Family Housing Repair Loans and Grants Program, please contact:

Peter Fisher, James Rhea

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USDA Rural Development provides loans and grants to help expand economic opportunities and create jobs in rural areas.

This assistance supports housing, infrastructure improvements, business development, high-speed internet access, and community facilities such as schools, public safety and health care. For more information, visit www.rd.usda.gov/pa.

If you'd like to subscribe to USDA Rural Development updates, visit our GovDelivery subscriber page.

RECYCLE from page one

violence shelters. Just make sure you bring the charger.

You can also donate your gently used phones to Cell Phones for Soldiers. The program helps troops call their families at home for free.

Local communities may also take donations as part of a citywide drive.

You should also checking with your employer to see how it handles e-waste. You may be able to add a few items to the collection.

HYDRATION from page one

Sweat loss. Change in body weight before and after exercise is used to estimate sweat loss. Since an athlete's sweat loss during exercise is an indicator of hydration status, athletes are advised to follow customized fluid replacement plans that consider thirst, urine color, fluid intake, sweat loss and body weight changes that occur during exercise.

Minimize Dehydration

Dehydration can occur in virtually every physical activity scenario. It doesn't have to be hot. You don't have to have visible perspiration. You can become dehydrated in the water, at a pool or lake, or skiing on a winter day.

Dehydration results when athletes fail to adequately replace fluid lost through sweating. Since dehydration that exceeds 2 percent body weight loss harms exercise performance, athletes are advised to begin exercise well hydrated, minimize dehydration during exercise and replace fluid losses after exercise.

Be alert for conditions that increase your fluid loss through sweat.

Air Temperature: The higher the temperature, the greater your sweat losses.

Intensity: The harder you work out, the more you perspire.

Body Size and Gender: Larger people sweat more. Men generally sweat more than women.

Duration: The longer the workout, the more fluid loss.

Fitness: Well-trained athletes perspire more than less fit people. Why? Athletes cool their bodies through sweat more efficiently than most people because their bodies are used to the extra stress. Thus, fluid needs are higher for highly trained athletes than for less fit individuals.

Remember swimmers sweat, too. Like any athletic activity, when you swim, your body temperature rises and your body sweats to keep from overheating. You may not notice because you are in the water, but you can become dehydrated. Swimmers, from competitive athletes to families splashing around, need to drink fluids before, during and after swimming, even if you don't feel thirsty.