

TOWN TOPICS



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First Day Hikes

Friday, January 1, 2021 at 10:00am to 11:30am or 1:00pm to 2:30pm Get out and get hiking in Jacobsburg on the first day of 2021! Join them for one of two moderate 2-mile hikes at Jacobsburg. They will explore the forests and creek-side trails. The hikes will leave at 10:00 AM and 1:00 PM. The meeting location will be emailed to participants with the registration confirmation.

Dress for the weather, wear comfortable hiking shoes, bring a snack water bottle. Participants over the age of two are required to wear a face mask. Participants are required to maintain a safe distance from staff and visitors during the program. Registration is required.

More information call 610-746-2801 or [email jacobsburgsp@pa.gov](mailto:jacobsburgsp@pa.gov). You can view and register for community programs online at <http://events.dcnr.pa.gov/>. If you need an accommodation to participate in a program please contact the park office at 610-746-2801 or jacobsburgsp@pa.gov.

Virtual Story Hour

Bangor Public Library Story Time- Penguins will be held Dec 8, 2020 10:00 AM Join Zoom Meeting <https://zoom.us/j/9475606272>...

Meeting ID: 947 560 6272. Passcode: KrH8xT

Hazardous Weather

NWS confidence is growing for a storm system to impact the area Friday night through Saturday night. Excessive rainfall leading to flooding is possible, especially in areas that experienced flooding earlier this week.

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.

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>

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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SEALED BIDS

The Pen Argyl Area School Board will receive bids for Lawn Mowing until 10:00am on Wednesday, December 9, 2020. Bids will be publicly opened in the District Office at Wind Gap Middle School. Specifications may be obtained at the District Office of the Secretary of the Board, Pen Argyl Area School District Office, 1620 Teels Road, Pen Argyl, PA 18072. 610-863-3171. A mandatory pre bid meeting will be held at 10:00 am December 9, 2020 at the District Office, 1620 Teels Road, Pen Argyl, PA 18072. The Board Reserves the right to accept or reject any part or parts, or all bids.

Pen Argyl Area School Board
Jamie N. Achenbach, Secretary

MARKETPLACE —316—

*December is Magical at Wind Gap
Marketplace 316!*

**Join Us This Weekend for Our First Craft
Fair/Small Business Vendor Pop Up Event!**

Saturday Will Feature Many Vendors
Including: Lula Roe, Dot Dot Smile and Other
Independent Reps and Many Crafters!

**SUNDAY WILL INCLUDE PET
PICTURES WITH SANTA FROM
11-2!**



**Pocono Pet Pantry Will Also be Here
Collecting Donations and Giving Out Info!**

Food Trucks Will be on Premises

**ALL OUR REGULAR VENDORS WILL BE
HAVING GREAT BARGAINS!**

**WEEKENDS ARE SPECIAL AT WIND GAP
MARKETPLACE 316!**

**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-12Noon. Curbside pick-up provided. Questions? Please call 610-863-6677

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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.

Granted emergency authorization by the U.S. Food and Drug Administration, 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, identified early, does not yet 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.

Portland Food Pantry

Portland Food Pantry will be CLOSED Monday Monday December 7. They plan on reopening Monday December 14.

NWS Forecast - December 3

Thursday

Sunny, with a high near 47. Southwest wind 5 to 15 mph.

Tonight

Mostly cloudy, with a low around 32. Southwest wind around 5 mph.

Friday

A chance of snow before 8am, then a chance of rain and snow between 8am and 9am, then a chance of rain after 9am. Mostly cloudy, with a high near 47. Southwest wind 5 to 15 mph. Chance of precipitation is 50%. Little or no snow accumulation expected.

Friday Night

Rain likely, mainly after 1am. Cloudy, with a low around 37. Southwest wind around 5 mph becoming calm. Chance of precipitation is 60%. New precipitation amounts between a quarter and half of an inch possible.

Saturday

Rain likely, mainly before 1pm. Mostly cloudy, with a high near 43. North wind 5 to 15 mph. Chance of precipitation is 60%. New precipitation amounts between a quarter and half of an inch possible.

Saturday Night

A chance of rain and snow before 11pm, then a chance of snow showers. Mostly cloudy, with a low around 29. Chance of precipitation is 30%. New precipitation amounts of less than a tenth of an inch possible.

Sunday

Mostly sunny, with a high near 38.

Sunday Night

Partly cloudy, with a low around 25.

Monday

Mostly sunny, with a high near 39.

Monday Night

Partly cloudy, with a low around 25.



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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. Bring a friend.

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. 1 and 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. Each cheesecake is 6" in diameter. There are 4 flavors available: Plain, Raspberry, Chocolate Peanut Butter Cup Cost is \$12 each. Delivery December 18th.

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.

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HAPPENINGS

December 3

Pearl Harbor Program

The Slate Belt Heritage Center will post a Pearl Harbor Program on their Facebook page November 19 by 7:00 p.m.

The program, given by James Paynter, will look at the attack on Pearl Harbor on December 7, 1941. Mr.

Paynter, a graduate of Bangor High School, served in the Navy from 1967–69, and has spent many years studying the events on “the day that will live in infamy.”

Paynter will be sharing stories from people who were there the day of the attack, showing pictures of the ships that were at Pearl Harbor at the time of the attack, as well as other presenting other artifacts and displays. Facebook page address is Slate-Belt-Heritage-Center-SBHC.

December 6

Free Community Dinner

The East Bangor United Methodist Community Church welcomes you to a FREE “Mac ‘n Cheese

with Ham” on Sunday, Dec. 6th from 4:00-4:30 p.m.

The church is located at 136 W. Central Ave. (Rt. 512), East Bangor, PA. Questions? call 610-588-4453 or visit <http://ebumc.org/>.

December 8

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Meeting ID: 947 560 6272. Passcode: KrH8xT

January 1

First Day Hikes

Friday, January 1, 2021 at 10:00am to 11:30am or 1:00pm to 2:30pm Get out and get hiking in Jacobsburg on the first day of 2021! Join them for one of two moderate 2-mile hikes at Jacobsburg. They will explore the forests and creek-side trails. The hikes will leave at 10:00 AM and 1:00 PM. The meeting location will be emailed to participants with the registration confirmation.

Dress for the weather, wear comfortable hiking shoes, bring a snack and a water bottle. All participants over the age of two are required to wear a face mask in order to participate. All participants are required to maintain a safe physical distance from staff and other visitors at all times during the program. Registration is required.

More information call 610-746-2801 or [email jacobsburgsp@pa.gov](mailto:jacobsburgsp@pa.gov).

You can view and register for community programs online at <http://events.dcnr.pa.gov/>. If you need an accommodation to participate in a program please contact the park office at 610-746-2801 or jacobsburgsp@pa.gov.

Ackermanville Cookie Sale

The Ackermanville UMC will hold a Cookie Sale this year instead of their annual Cookie Walk. This will be a drive-thru event Saturday, December 12th, 9 AM til ?



.Just tell them what size box (Large - \$12 / Small - \$6) and they will bring a pre-packaged box out to you.

They are still the same home-baked, delicious cookies we are known for.

You may order ahead by calling 610-588-7818 or email at ackermanvilleumc@gmail.com with your name, phone number and how many of each size box you would like.

Please specify if you have a peanut allergy.

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State Food Assistance Available for the Holidays

State officials have encouraged Pennsylvania residents to take advantage of food assistance programs, if needed, over the holidays.

“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.

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“Food insecurity was a problem for millions of Americans before March 2020,” said Teresa Miller, secretary of the Department of Human Services. “And it’s only gotten worse.”

Redding and Miller encouraged the use of several state-funded and charitable food service programs, especially as the holiday season approaches. amid. unprecedented surge in covid-19 infections.

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 strung 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. 6 – 9:00am – 2nd Sunday Of Advent, Holy Communion, Service In Fellowship Hall & Zoom

Dec. 8 – 1:00pm Welca Meeting

Dec. 13 – 9:00am – 3rd Sunday Of Advent, Holy Communion; Service In Fellowship Hall & Zoom

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.

State Wildfire Dangers

With hunting and outdoors activities increasing at a time when woodlands and brush are becoming increasingly dry, DCNR is urges residents to guard against increased wildfire dangers. State officials note the current dry and unseasonably mild period comes at a time when wildfire dangers normally are high, and critical conditions can develop almost overnight in many forested areas of Pennsylvania.

Rain is expected this week throughout the state, but Bureau of Forestry officials note crews now are battling a wildfire that has scorched an estimated 600 acres on State Game Lands 221, Monroe County.

With several deer and small-game hunting seasons open, woodlands visitors are urged to be especially careful with smoking and fires amid dry vegetation. Property owners should always consider the weather and conditions when burning outdoors.

If it's windy or dry, burning should be postponed until conditions change.

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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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](#)

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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*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.



BUSINESS HOURS

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 Fri 8:00 AM - 6:00 PM • Sat 8:00 AM - 2:00 PM

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A to Z Performance Engines

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Bangor Library New Books

November 14 -- November 19

Adult Fiction

Angel's Peak by Robyn Carr
 Forbidden Falls by Robyn Carr
 Moonlight Road by Robyn Carr
 Wild Man Creek by Robyn Carr
 The Archer by Paulo Coelho
 The Law of Innocence by Michael Connelly
 Marauder: A Novel of the Oregon Files by Clive Cussler
 Fortune and Glory: Tantalizing Twenty-Seven by Janet Evanovich
 Love Your Life: A Novel by Sophie Kinsella
 The Kingdom by Jo Nesbo
 Three Women Disappear by James Patterson
 The Pact: A Love Story by Jodi Picoult
 A Picture of Love by Beth Wiseman
 Shakeup by Stuart Woods

Adult Non-Fiction

Humans by Brandon Stanton
 Dearly: New Poems by Margaret Atwood
 The Truths We Hold: An American Journey by Kamala Harris

Easy Fiction

Bonaparte Plays Ball by Margery Cuyler
 Hello Little Dreamer by Kathie Lee Gifford
 Share Some Kindness, Bring Some Light by Apryl Stott

Junior Non-Fiction

Dinosaurs: Fact and Fable: Truths, Myths, and New Discoveries! By Seymour Simon

Young Adult Fiction

Darkness Within by Erin Hunter
 Kingdom of the Wicked by Kerri Maniscalco

DVDs

The Mummy
 Bill & Ted Face the Music
 Epic

Blue Mt. Community Library

October 2020

New Fiction

Secrets of My Heart, Tracie Peterson
 Mrs. Lincoln's Sister, Jennifer Chiaverini
 House of Privilege, Mike Lawson
 The Lies that Bind, Emily Giffin
 Her Last Flight, Beatriz Williams
 What You Wish For, Katherine Center
 The Woman in the Woods, John Connolly
 The Pull of the Stars, Emma Donoghue
 The Last Trial, Scott Turow
 The Banty House, Carolyn Brown
 Salt Air Secrets, Joanne DeMaio
 Girl From Widow Hills, Megan Miranda
 The Request, David Bell
 Someone Else's Secret, Julia Spiro

New Non-fiction

More Than Love, Natasha Gregson Wagner
 Too Much and Never Enough, Mary Trump

New Juvenile

The Chubby Cheek Chipmunk, Allie Kat
 The Berenstain Bears and the Baby Chipmunk, Stan Berenstain

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.

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

#MaskUpPA

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.



#MaskUpPA



Area Road Work

Upper Mount Bethel and Lower Mount Bethel Townships. Road name: PA 611. Between: Martins Creek Belvidere Highway and PA 512 06:00 AM To 11:00 AM. Lane restrictions. Start date: 12/2/20. Est completion date: 12/4/20

Upper Mount Bethel and Lower Mount Bethel Townships. Road name: PA 611. Between: Martins Creek Belvidere Highway and PA 512 Lane restrictions 06:00 AM To 11:00 AM. Start date: 11/30/20. Est completion date: 12/1/20

Moore Township. Road name: Scenic Drive. Between: Mountain View Drive and Bushkill Drive. Lane restrictions 06:00 AM To 06:00 PM. Start date: 11/30/20. Est completion date: 12/4/20

Plainfield Township. Road name: Sullivan Trail. Between: Uhler Road and PA 512. Lane restrictions 02:00 PM To 07:00 PM. Start date: 11/30/20. Est completion date: 12/4/20

Stroudsburg Borough Road name: PA 611/7th Street North. Between: PA 191/Broad Street and Main Street. Lane restrictions 07:30 AM To 03:00 PM. Start date: 12/3/20. Est completion date: 12/3/20

Interstate 80 West. Between: Exit 298 (PA 611) and Exit 293 (JCT I-380) Lane restriction 09:00 AM To 03:00 PM. Start date: 12/1/20 Est completion date: 12/2/20

Stroudsburg Borough and Stroud Township Road name: PA 191. Between: PA 611 and Northampton County Line. Lane restrictions 09:00 AM To 03:00 PM. Expect delays and please use caution driving through the work zone. Start date: 11/30/20. Est completion date: 11/30/20

PA 191. Between: PA 611 and Northampton County Line Lane restrictions 09:00 AM To 03:00 PM. Start date: 12/4/20. Est completion date: 12/4/20

Interstate 80 East Between: Exit 305 (Main Street) and Exit 308 (East Stroudsburg) Lane restriction 07:30 AM To 03:00 PM. Expect significant delays and please use caution driving through the work zone. Start date: 12/3/20. Est completion date: 12/3/20

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Weona Park Book Sale

The 100th Anniversary History of Weona Park book sale will be available on November 24th. The cost is \$25.00 with checks payable to "Pen Argyl Athletic and Park

Association." The Book may be purchased at the Weona Park Pavilion on Tuesday, November 24th and Tuesday, December 1st from 6 to 8 pm. The Book may also be purchased at the Pen Argyl Small Business Outdoor Market on S. Robinson Avenue on November 28th from 10 am to 3 pm. Please wear a mask and practice social distancing.

Contact Walt Cole at 610-863-6472 if you have any questions.

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.

Plainfield Trail Closure

The section of the Plainfield Township Recreation Trail which is located between Engler Road and Gall Road will be closed to all pedestrians and cyclists starting on September 21, 2020. This section of the trail will remain closed until further notice. The closure is necessary in order to repair a section of the trail which was damaged due to excessive stormwater runoff events.

Please contact the Plainfield Township Municipal Office at 610-759-6944 with any questions. Thank you for your anticipated patience and understanding as the Township takes the necessary steps to maintain the Plainfield Township Recreation Trail to ensure that current and future generations will be able to enjoy the trail.

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.

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.



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 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.

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PROTECT OUR COMMUNITY: MASK UP.

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.





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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.

Annual Old Time Christmas

Stroudsburg (PA) – Quiet Valley announces its 30th Annual Old Time Christmas

Quiet Valley Living Historical Farm will present its 30th annual Old Time Christmas event on December 5, 6 and December 12, 13 with candlelit tours leaving approximately every 15 minutes beginning at 3:00 p.m., with the last group going out at 7:00 p.m.

More than any other holiday, Christmas celebrations center on the traditions of our families and our heritage. Begin a new tradition with your family this year during an outing to Quiet Valley Living Historical Farm, where the Christmas customs of the past are brought to life. From the softly glowing lantern light and luminaries to complimentary hot chocolate and cookies, Old Time Christmas is sure to become a favorite holiday pastime for many years to come.

Gather around a bonfire while you wait for your visit to the 1800s to begin. Guides in period clothing will lead guests on their journey into the past beginning with a glimpse at a Victorian era Christmas and their Christmas Putz, a homemade nativity and village scene.

The living Nativity, located in the barnyard, includes the Quiet Valley farm animals and offers a look at the foundation of this special celebration and includes a soloist and scripture readings. Experience a rustic Christmas of the early 1800s in the upper barn. At the one room schoolhouse the school marm leads both the musicians and guests in singing their favorite seasonal carols. There is plenty of nervous excitement as folks await a visit from the Belschnikel, a traditional Pennsylvania German character who made his rounds during the Christmas season. He is the one who really knows if you were naughty or nice.

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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 of the hardest working women that exemplifies the “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.

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Chronic Wasting Disease



With the 2020 hunting season underway in Pennsylvania, the Department of Agriculture released recommended best management practices to help protect hunters and their families against Chronic

Wasting Disease (CWD).

The following best management practices are recommended :

- Do not shoot, handle or eat meat from wild deer or elk that look sick, act strangely or are dead. Keep in mind that most CWD-infected deer do not look or act sick.
- Report any sightings of sick or abnormal-acting wild deer or elk to the PA Game Commission.
- If you are hunting in or near a disease management area, place your deer's head in PA Game Commission collection containers to submit it for CWD testing.
- If you have your deer or elk commercially processed, consider asking that your animal be processed separately to avoid mixing meat from multiple animals.
- It is recommended that processors take extra care to thoroughly clean equipment after processing each wild deer.
- When field-dressing or processing deer: Wear latex or rubber gloves, minimize how much you handle the organs, particularly brain or spinal cord tissue. Do not use household knives or other kitchen utensils for field dressing. Double bag high-risk parts and dispose of in an approved landfill.

“At this time, current published scientific studies support the hypothesis that there is a strong species barrier protecting humans from CWD,” said State Veterinarian Dr. Kevin Brightbill. “To date, there have not been any documented cases of humans being infected with CWD.”

After considering published scientific studies and best management practices, if hunters hunting outside of a Disease Management Area (DMA) are still concerned, they can have their deer tested for an \$80 fee through the PA Animal Diagnostic Laboratory System (PADLS). An FAQ on testing locations, fees and process can be found on the PADLS website or to learn more about CWD in Pennsylvania visit pgc.pa.gov.

Celtic Pysanky Egg Class

BETHLEHEM, Pennsylvania, — Supporting its mission of promoting and preserving Celtic heritage through music, arts, dance, history and literature, Celtic Cultural Alliance announces a Celtic Pysanky Egg Class on December 5, 2020. The cost of the class is \$25.00. Register at: https://www.celticfest.org/celtic_pysanky_egg_class

Join us for a delightful afternoon of instruction on how to create Pysanky eggs. Instructor Lane Rundle will combine two cultures, Ukrainian and Celtic, in a fun class by creating a Pysanky egg with a Celtic design.

Pysanky stems from the Ukrainian verb “pysaty” which means “to write.” Originally only practiced at Easter, the art is now one to create and cherish all year long. Pysanky are decorated through a process of wax and dyes called batik. In this class, you will place a Celtic wax design on one egg and then dye it and remove the wax to reveal your creation.

All of the supplies will be given to complete one Celtic design. It is suggested you bring an egg container or vessel to transport your creation home safely.

The event will take place at the Cultural Outreach Office, 902 4th Ave., Suite 2, Bethlehem PA 18018 with CDC COVID-19 guidelines in place. For more information, please call Marcie Mulligan, Director of Cultural Outreach, at 610-868-9599.

For more information: www.celticfest.org

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.

Weona Park Book Sale

The 100th Anniversary History of Weona Park book sale will be available on November 24th. The cost is \$25.00 with checks payable to "Pen Argyl Athletic and Park Association."

The Book may be purchased at the Weona Park Pavilion on Tuesday, November 24th and Tuesday, December 1st from 6 to 8 pm. The Book may also be purchased at the Pen Argyl Small Business Outdoor Market on S. Robinson Avenue on November 28th from 10 am to 3 pm. Please wear a mask and practice social distancing.

Contact Walt Cole at 610-863-6472 if you have any questions.

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.



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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.



5G's Mainstream Moment: What That Means for You

5G is all over the news. So, what is it, anyway?

Like 3G and 4G LTE before it, 5G is the next generation technology that many of today's newest smartphones use to access the internet, run apps and send and receive data.

As the experts at T-Mobile explain, each new generation, or "G," has been noticeably faster than its predecessor, and 5G is the most massive leap yet. 5G is also improving wireless coverage in many rural and underserved areas and works better indoors.

5G unlocks potential scenarios such as downloading full-length HD movies to your device in mere seconds; teaching interactive lessons via virtual or augmented reality; or getting real-time data on driving conditions as you cruise along the highway. The possibilities are endless.

5G has most recently been in the headlines because Apple just announced the iPhone 12, its newest smartphone and the company's first with 5G technology. 5G phones have been widely available in the U.S. since 2019 from Samsung, LG and OnePlus, but the much-heralded arrival of Apple's iPhone 12 is the next major milestone to make 5G mainstream.



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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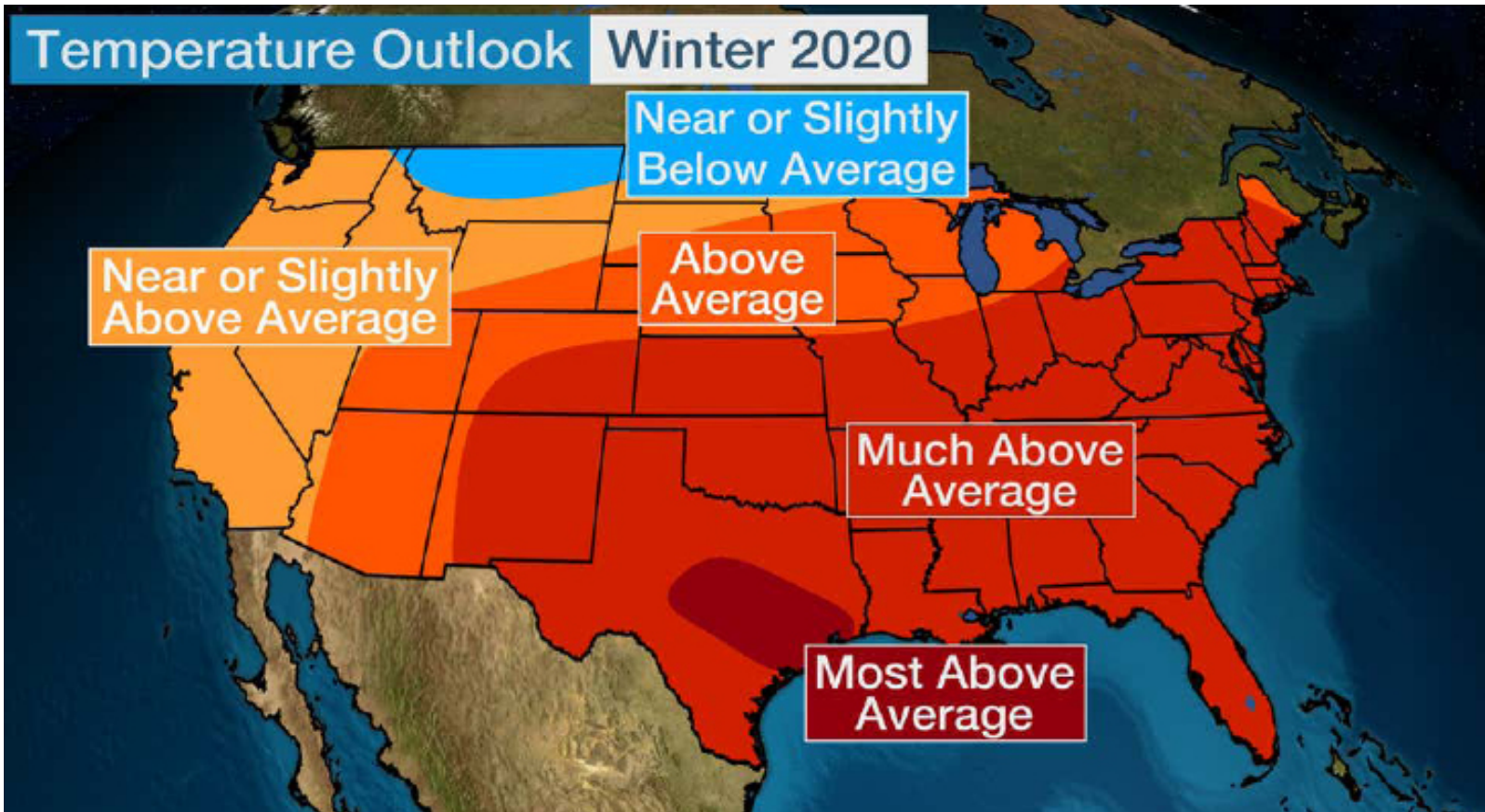
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Very Mild Winter Weather Possible in the Slate Belt

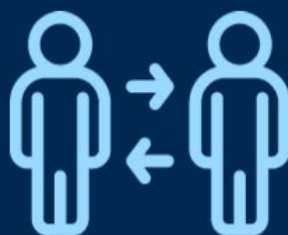
The December 2020 - February 2021 temperature outlook, from The Weather Company, an IBM Business, predicts a milder winter, but doesn't necessarily preclude snow. This is the result of a weather pattern in the Pacific Ocean known as La Niña thousands of miles from the Slate Belt.

“From a historical perspective, the increasingly strong La Niña event would force an exceedingly warm winter across [the] southern/eastern U.S.,

especially late winter and early spring, with colder air across western Canada and parts of the northwestern and north-central U.S.,” said Todd Crawford, chief meteorologist at The Weather Company.

.In the East, the jet stream tends to turn north, as high pressure dominates over the South and Southeast, pushing warmer air up the East Coast.

La Niña winters tend to be snowier from the Northwest and Rockies to the Great Lakes, upstate New York and northern New England.



STOP THE SPREAD

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

Baskets for Nursing Home

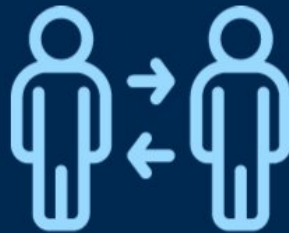
Please, if anyone could donate a basket or something for the Slate Belt Nursing Home raffle by this Friday that would be fantastic !!!! They haven't received many at all this year.

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 downtown Bangor.



STOP THE SPREAD