TOWN TOPICS

News Today - NOT Next Week

Vaccine Appointment Info Links Page 2

Bill to Help Farmers Support Agritourism

With Pennsylvania farmers facing ongoing challenges keeping their farms up and running to put food on our tables, the House has approved a bill that would remove barriers to agritourism and help farmers diversify.

Pennsylvania House Bill 101 creates the Agritourism Activity Protection Act to provide limited civil liability protections to people who offer agritourism activities on their farms, such as tourism or entertainment activities that allow people to tour, explore, observe, learn about, participate in or be entertained by an aspect of agricultural production, harvesting, husbandry or rural lifestyle that typically occurs on Pennsylvania farms.

The bill would require the farmer or other activity provider to post specific warning signs and have a signed, written agreement with a participant that they have acknowledged the risk of participating in the activity.

The protections would not apply if the farmer or provider acts in a grossly negligent manner, purposefully causes the participant injury, commits an action or inaction that constitutes criminal conduct and causes the participant injury, or recklessly fails to warn or guard against a dangerous condition that causes injury or damages to a participant.

The bill is now before the state Pennsylvania Senate for approval.

Winter Weather Advisory

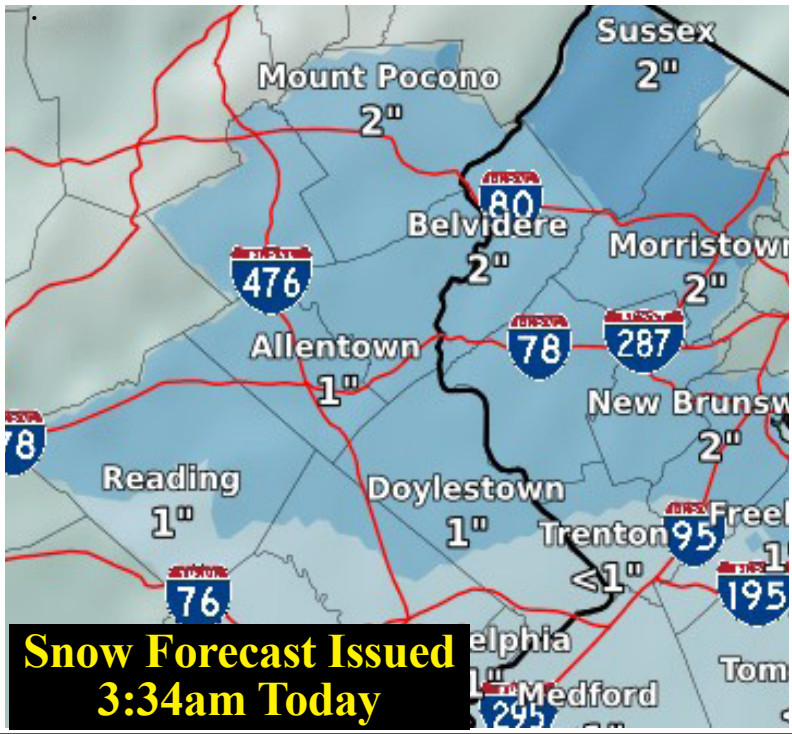
A Winter weather advisory now in effect until 4 pm est this afternoon for light snow is expected. Additional snow accumulations of an inch or two in the Slate Belt and he Pennsylvania counties of Monroe and Northampton and the New Jersey counties of Sussex, Warren and Morris. Until 4:00 PM this afternoon.

Expect slippery road conditions. The hazardous conditions will impact the morning commute.

Occasional light snow is expected, mainly through early afternoon.

Slow down and use extra caution if traveling.

The latest road conditions for your state can be obtained by calling 5 1 1.



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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Corinne Groff & Colin Kessler
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610-863-8444

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Marketplace316 Open

Marketplace316 is hosting pop up vendor events every weekend in January!

For January only, spots are $20 per weekend!!!!

Message them to see if they have availability for what you sell!

Send Message Here

Roseto Ice Skating

The Roseto Borough ice skating rink is open. starting today February 6. It will be open daily from 9am to 7pm as weather permits. The rink is located under the pavilion at Roseto Ball Park. The only open gate is the main entrance off McKinley and Denisco streets. Bring your own skates.

Bangor Facade Grants

Looking for a brighter outlook and a brighter facade. If you want to improve your storefront or your homefront, we can help you with dollars to spend on improvements.

Bangor, PA facade grants through Slate Belt Rising are first come, first serve. For more information check out the Slate Belt Rising website: http://www.slatebeltrising.org/services/

LVHN Vaccination Plans Page 18 (Click Here)

St.Luke's Vaccination Plan Page 18 (Click Here)

Magda Family Dental

BANGOR

323 Blue Valley Dr, (610) 588-1571

magdafamilydental.com

STROUDSBURG

17 South Sixth St.

(570) 420-9332

magdadental.com

Columbia Fire Lenten Dinners

Columbia Fire Co. begins Lenten dinners Feb. 19. Reservations only, seating times 5:00, 5:30, 6:15, 6:45, & 7:30.

Reservations: Ken Tillman @ 610-659-0130 if no answer call back, do not leave a message. Reservations begin February 17. No walk-ins.

Please follow Covid-19 protocol. New menu will be posted early in the week.

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Pennsylvania Eagle Cam

[See Live]

Blue Lotus Wellness Center

Breathe and connect to nature Sunday, March 21 at 11 am with this deeply focused Yoga Hike accompanied by an introduction to AromaTouch, which is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body. $20.

Tickets: **bluelotusnazareth.com/shop/ols/products/aromatouch-yoga-hike**

Daily Weather Updates
slatebeltweather.com

NWS Forecast - February 19

Friday
Snow, mainly before 1pm. High near 32. Northeast wind around 5 mph. Chance of precipitation is 80%. New snow accumulation of around an inch possible.

Friday Night
A slight chance of snow between 8pm and 11pm. Mostly cloudy, with a low around 19. Northwest wind 5 to 10 mph. Chance of precipitation is 20%.

Saturday
A slight chance of snow showers after 1pm. Partly sunny, with a high near 31. Northwest wind 5 to 15 mph. Chance of precipitation is 20%.

Saturday Night
Mostly clear, with a low around 16. Northwest wind 5 to 10 mph.

Sunday
Sunny, with a high near 35.

Sunday Night
Mostly cloudy, with a low around 20.

Monday
Snow likely before noon, then rain and snow likely between noon and 1pm, then rain likely after 1pm. Cloudy, with a high near 38. Chance of precipitation is 70%.

Monday Night
Snow likely, possibly mixed with sleet before 7pm. Mostly cloudy, with a low around 27. Chance of precipitation is 60%.

Tuesday
Partly sunny, with a high near 41.

Tuesday Night
Partly cloudy, with a low around 30.

Wednesday
Mostly sunny, with a high near 45.

Vendor/Craft Show Planned for June

The Washington Twp Fire Co. 920 Washington Blvd. will sponsor a Vendor/Craft Show June 6, 2021 from 10am - 4pm.

Vendors/Crafters if you are interest in a space our contact info is on the flyer. Spaces are $30 for (1) 10ft x 10ft or $50 for (2) 10ft x 10ft. All spaces are outdoors and will be socially distanced apart from other vendors. No access to Utilities (water, electric, wifi, etc). Applications must be mailed. Vendors will be accepted as first come, first serve.

Outdoor Event - Rain or Shine. Food and Drinks For Space Info contact, Aundrea Morrison 610-984-7101 or email bdjm@gmail.com

HELP WANTED

Pen Argyl Borough is seeking a detail oriented experienced administrative assistant. Individual will report directly to the Borough Manager. Qualified candidate must possess strong interpersonal skills, be reliable, organized and be able to maintain strict confidentiality. Expertise in Microsoft Office products and payroll applications is a requirement. Local Government experience is a plus. Submit resume to:

Robin Zmoda, Pen Argyl Borough, 11 N. Robinson Ave., Pen Argyl, PA 18072 or manager@penargylborough.com by February 26, 2021 . EOE

Kims Kozy Crochet

Introducing a little shop in Bangor that makes crocheted baby blankets, throw blankets, doilies, organic soaps, candles. CBD soaps and more.They also do custom orders on crochet items, soaps- must be ordered by loaf(10 bars), also do custom candles must order 12 or more to do custom order. Inquire within.

KimsKozyCrochet@yahoo.com

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Story Walk at Jacobsburg

A StoryWalk Weekdays and Weekends, Sunrise to Sunset is a trail with pages of a story book placed along the way.

This self-guided trail is a flat 1/3 mile walk good for families with young children. Start at the tree beyond our mailbox at 400 Belfast Rd./Gate B7 and end inside the garden with a special surprise!

The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Kellogg-Hubbard Library.

Attention Coffee Lovers

Oak & Crow Coffee is teaming up with Liberty Fire Company #2 to bring you the Dirty 30's "Smoke Eater" Dark Roast coffee. For each 12 oz bag purchased, Liberty Fire Company#2 will receive part of the proceeds. Since they are in the early stages of getting this rolling, it is not currently available on the website, but will be soon enough.

Mail-In Ballot Info

Registered voters who signed up to be on the permanent list to vote by mail will soon receive an application in the mail. Click on the link for an explanation for the reasons for the receipt of a mail-in ballot application and the options for its use.

https://vimeo.com/pacounties/review/508454728/64ee77919d

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.

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

https://rosetomailroom.com/

frontdesk@rosetomailroom.com

Friday Night Dinners

If you haven't given our Friday Night Dinners a chance yet, you are missing out!!

This coming Friday, Little Creek Barbecue is back with their award-winning BBQ! Make your reservations this week!

Call/text 484-484-8907

Email clevergirlwinery@gmail.com

Takeout Corned Beef & Cabbage Dinner

A takeout Corned Beef & Cabbage Dinner will be hosted by Christ Evangelical Lutheran Church, 703 S. Delaware Dr. (Route 611), Mt. Bethel (Stone Church) on Saturday, March 13.

Please call Chrissy at 610-588-080 to pre-order your Corned Beef & Cabbage dinner by March 10. Pick up the dinners from 3 pm to 6 pm. Dinners are $13 and include corned beef, cabbage, carrots, potatoes, pickled beets & a dessert.. For additional information call Chrissy at 610-588-0809.

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

A reminder for dog owners in Northampton County

All dogs over 3 months of age must be licensed. Lifetime licenses are available but, if you don't have one of those, you must purchase an annual license which is good from Jan. 1st to Dec. 31st.

Owners of unlicensed dogs can be subject to a fine of $300. Register on line or in person at the County Courthouse at 669 Washington Street, Easton, PA 18042. https://www.northamptoncounty.org/.../DOG-LICENSES.aspx..

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.

All-You-Can-Eat Breakfast

Bangor Elks Lodge #1106 All-you-can-eat-breakfast First Sunday of every month 7 am – 11 am. Starting Superbowl Sunday February 7th, 2021

100th Anniversary Weona

Purchase the 100th Anniversary History Book of Weona Park as a nostalgic present for a loved Pen Argyl resident. Loaded with tons of photographs and information and lovingly put together by Walt Cole. Please contact the author at 610-863-6472. Checks payable to Pen Argyl Park and Athletic Association. Mailing options available

East Bangor UMC

The East Bangor United Methodist Community Church 136 W. Central Ave. (Rt. 512) East Bangor

Thurs, Feb. 18 -7:00 p.m. Bible Study on Zoom

Sat., Feb. 20 -8:00 p.m. AA Meeting

Sun., Feb. 21 -10:00 a.m. Worship Live & on Zoom to sign-in, go to: ebumc.org

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

GCS Bird Walk

GCS has announced that this weekend's Annual Backyard Bird Count Winter Walk – has been postponed due to the amount of snow we have received in the last week and the lack of thaw and have rescheduled the bird walk to February 27 at 11am.

The ice on their path has GCS concerned for the participants. They hope for a little warm up in the coming weeks so that they can get back out there with you.

Feel free to reach out to them with questions or suggestions for some dates this spring and summer.

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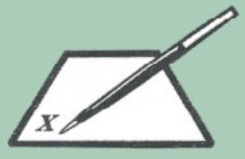
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Fax: 570-897-9048
Toll Free: 888-325-2433
www.mountbethelabstract.com

Where to Eat

Napoli Pizza

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

Slate Belt Diner

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

Daisy Family Restaurant

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

Three Brothers Pizza

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

More Info: Click Here

Mt. Bethel Diner

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

More Info: Click Here

Family & Friends Takeout

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

Gap Diner

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

TK's Restaurant

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

Little Creek BBQ

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

Fuher's Tavern & Grill

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

WHERE TO EAT continued on page 9

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610-881-4433
www.debbieinsurespa.com
debbie.pettinari.wz73@statefarm.com

Where to Eat

Sal's Pizza

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

Doughboys

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

Pen Argyl Pizza

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

More Info: Click Here

512 Restaurant

512 Restaurant 2 East Pennsylvania Ave, Pen Argyl. Tues-Sunday, Curbside and delivery. 610-881-4540.

More Info: Click Here

Detzi's Tavern

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

Slate Pub

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

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

More Info: Click Here

Broadway Pub

Broadway Pub 62 Broadway, Bangor. 610-452-9226. COVID Hrs. Tues-Sun (2-8).

More Info: Click Here

Daily Weather Updates slatebeltweather.com

Boar Barbecue

Boar Barbecue 690 Allegheny Road, Mt. Bethel. 484-908-3407. **CLOSED FOR SEASON.** 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. Please call us at (610)588-1773. More Info: Click Here

M &M Vineyards Open

M & M Vineyards 18 Shepherds Hill Dr. Bangor is open for **CURBSIDE** pick-up, carry-out, and wine tasting.

Hours: Friday: 2:00 PM - 8:00 PM, Saturday: 12:00 PM - 6:00 PM Sunday: 12:00 PM - 6:00 PM

Look for them on Facebook or see their website at. http://mmvineyards.com/

Dinky's Hours in Bangor

Dinky's Ice Cream Parlor on the corner of Rte 191 and Broadway in Bangor is open Thursday & Friday 3-8 Saturday & Sunday 12-8. Even with the COVID 19 restrictions you can still support your local businesses. More info **Click Here**

Clever Girl Winery Tasting Room Now Open

Clever Girl Winery's tasting room is now open at 15 Broadway in Bangor Fridays from 4:30-7:30pm, and Saturdays & Sundays from noon to 5pm.

They look forward to sharing their passion for wine with you. They are a 21 and over establishment.

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

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Bangor Library New Books

February 4 - February 11

Adult Fiction
The Viscount Who Loved Me
Adult Non-Fiction
J.K. Lasser's Your Income Tax 2021
Natural Disaster: I Cover Them. I am One. By Ginger Zee

Easy Fiction
Charlie and the Cheese Monster by Justin C. H. Birch
Love from the Crayons by Drew Daywalt
Now One Foot, Now the Other by Tomie DePaola
Coco: Read-Along Storybook and CD by Aaron Rivera-Ashford
The Starry Night by Neil Waldman

Large Print Fiction
Amish Front Porch Stories: 18 Short Tales of Simple Faith and Wisdom by Wanda Brunstetter
The Happy Camper by Melody Carlson
Shadow Woman: A Novel by Linda Howard
The Christmas Table by Donna VanLiere

Junior Fiction
Baby-Sitters Little Sister 2: Karen's Roller Skates by Katy Farina
Wings of Fire: The Graphic Novel Book 1: The Dragonet Prophecy by Tui Sutherland
Wings of Fire: The Graphic Novel Book 2: The Lost Heir by Tui Sutherland
Wings of Fire: The Graphic Novel Book 3:The Hidden Kingdom by Tui Sutherland
Rosa Parks: Freedom Rider by Keith Brandt

Junior Non-Fiction
Gone to the Woods: Surviving a Lost Childhood by Gary Paulsen
White House Winners: What You Don't Know About the Presidents by L. J. Tracosas

Young Adult Fiction
Bitterblue by Kristin Cashore
Winterblue by Kristin Cashore
A Vow So Bold and Deadly by Brigid Kemmerer
You Have a Match by Emma Lord

DVDs
Adventureland
In Time
Rambo III

Blue Mt. Community Library

New Books February2021

New Fiction:
The Return, Nicholas Sparks
The Sentinel, Lee Child
Things in Jars, Jess Kidd
The Law of Innocence, Michael Connelly

New Adult Large Print:
You Betrayed Me. Lisa Jackson
Piece of my Heart, Mary Higgins Clark
Autumn Skies, Denise Hunter
Fortune and Glory, Janet Evanovich
Little Wishes, Michelle Adams

New Nonfiction:
The Daughters of Yalta, Catherine Katz
Growing Up on the Gridiron, Vicki Mayk
The Truths We Hold, Kamala Harris

Weona Park Pool Study

To read about Pen Argyl's Pool Feasibility study
CLICK HERE

Blood Donors Needed

Miller-Keystone Blood Center is seeking donors. Recent storms have cancelled blood drives and supplies are running low. Miller-Keystone has 6 donor centers located throughout the region with extended hours. Anyone interested in donating should call 1-800-B-A-DONOR or make an appointment at https://www.giveapint.org/

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

COVID-19 VACCINATION PHASES IN PENNSYLVANIA

Phase 1A

- Long-term care facility residents

Health care personnel including, but not limited to:

- Emergency medical service personnel
- Nurses
- Nursing assistants
- Physicians
- Dentists
- Dental hygienists
- Chiropractors
- Therapists
- Phlebotomists
- Pharmacists
- Technicians
- Pharmacy technicians
- Health professions students and trainees
- Direct support professionals
- Clinical personnel in school settings or correctional facilities
- Contractual HCP not directly employed by the health care facility
- Persons not directly involved in patient care but potentially exposed to infectious material that can transmit disease among or from health care personnel and patients

Phase 1B

- People ages 75 and older
- People in congregate settings not otherwise specified as LTCF and persons receiving home and community-based services
- First responders
- Correctional officers and other workers serving people in congregate care settings not included in Phase 1A
- Food and agricultural workers
- U.S. Postal Service workers
- Manufacturing workers
- Grocery store workers
- Education workers
- Clergy and other essential support for houses of worship
- Public transit workers
- Individuals caring for children or adults in early childhood and adult day programs

Phase 1C

- People ages 65-74
- People aged 16-64 with high risk conditions causing increased risk for severe disease

Essential workers in these sectors:

- Transportation and logistics
- Water and wastewater
- Food service
- Housing construction
- Finance, including bank tellers
- Information technology
- Communications
- Energy, including nuclear reactors
- Legal services
- Federal, state, county and local government workers, including county election workers, elected officials and members of the judiciary and their staff
- Media
- Public safety
- Public health workers

Phase 2

- All individuals not previously covered who are 16 and older and do not have a contraindication to the vaccine (note that at this time, only the Pfizer-BioNTech product is approved for those age 16 and 17)

Heritage Center Program

The Slate Belt Heritage Center's program for February, Black History Month, will be presented by Jennie Dubin Rhodin, entitled "The African-American Experience in the Slate Belt", on Thursday, February 18, 2021. Based on her research for the upcoming SBHC publication of the same name, Ms. Rhodin will talk about the community that flourished in the Slate Belt, primarily between the 1890's and the 1970's.

Jennie graduated from NYU in 2013 and received her Master of Library Science degree with a certificate in Archives and Preservation from Queens College in 2016. She works in records management, creating records management programs and building physical and digital records repositories. She serves as Secretary on the Board of Directors for the Metro New York City chapter of ARMA, an international organization of information management and information governance professionals.

Ms. Rhodin's program will be posted on the Heritage Center's Facebook page on February 18, at Slate-Belt-Heritage-Center-SBHC. The Heritage Center is a non-profit 501©3 organization that preserves and teaches about the cultures and crafts of the Slate Belt area.

Vaccine Scams

The FBI has warned of one of the fastest-growing frauds in the U.S. right now — scams related to the COVID-19 vaccine.

Emails or online advertisements regarding a vaccine waiting list or offers to get vaccine doses shipped directly to your homeYou cannot pay money to put your name on a list to get the vaccine or get early access to the vaccine. Beware of generic greetings, grammar and spelling mistakes, or suspicious links and attachments in email messages

Phone calls or emails from a "vaccine distribution site" or "health care provider/insurance company" asking for your personal information.

In these instances, do not provide your social security number, credit card, or bank information

Social media posts with disinformation about the vaccine's origins and efficacy. Many times these may be accompanied with links to malware-laden websites or sites selling worthless and/or harmful products.

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Bangor soph Josh Giaquinto finishes a nice baseline drive with a reverse lay-up during the Slaters' 52-33 win over Northwestern. *Photo: Larry Cory*

PHOTO GALLERY

PHOTO GALLERY

Slaters Score Impressive 53-32 Win Over Northwestern

The Bangor Boys basketball team (7-2) celebrated Senior Night with a very impressive 52-33 win over Northwestern Wednesday night in Bill Pensyl Gym.

The Slaters' CJ Miles led the way with 32 points, scoring all of his points but one, in the first three quarters.

Using a pressure man-to-man defense, Bangor made life difficult for the Tigers offense, limiting them to just 14 points at halftime.

Meanwhile, an efficient offense scored from outside and inside to take a commanding 35-14 lead at half.

Miles scored 21 points in the half on drives, shots from the perimeter and six of seven from the free throw line.

Sophomore Justin Petersen scored nine in the game, Josh Giaquinto added five, Jimmy Merklinger 4, and Gabe Zeiba 2. Miles finished with 5 threes, Petersen 1, and Giaquinto 1.

Knights lose to Nazareth

Nazareth defeated Pen Argyl Wednesday 59-15 in a game played at Pen Argyl.

The Blue Eagles grabbed a quick 22-11 by the end of the first period and coasted from there.

Matt Raggozino scored 10 points for the Green Knights, including a pair of threes. Jillian Pysher, and Damian Tyminski added a basket each.

(l-r) Bangor Seniors, Gabe Zieba, Jace Eldridge, CJ Miles, and Caleb Ramthun were honored prior to the Slaters' Game with Northwestern last night. *Photo: Larry Cory*

Lady Slaters Win 53-26

The Bangor Girls (6-2) got back on the winning track with a 53-26 win over Northern Lehigh. The Slaters jumped out to lead of 18-9, at the end of the first quarter and gradually pulled away, outscoring the Bulldogs 29-10 in the second half.

Brynn Holland led the team with 15 points and Madison Kluska hit three from behind the arc and scored 13 points. McCormick Karaer added 8, Emma Stoudt and Emma Toth 6, and Madeline Stout 5. The Slaters had 11 turnovers to 19 by the Northern Lehigh.

Brynn Holland (21) led Bangor with 15 points in the Slater's 53-26 win. *Sbtt Photo Lynn Cistone*

PHOTO GALLERY

Spring Baseball News

Spring registration will be open from January 16, 2021 to February 19,2021 for the Competitive Rookies (8), Minors (9-10) and Majors (11-12).

Registration for Instructional also known as T-Ball (4-5) and Rookies (6-7) will be from January 16th to March 6th.

There will be an email going out to everyone in the next few weeks and registration will be accepted via the www.slaterbaseball.com website.

There will be COVID protocols in place that will be outlined in a separate document and will be presented during the online registration process. If anyone has any questions email stauffer.michael@hotmail.com

Games Rescheduled

The Pen Argyl JV & Varsity Boys and Girls Basketball games scheduled for February 9 have been rescheduled to February 11 at 5:00pm & 6:15pm respectively. Boys Senior Day ceremony will now begin approximately at 6:00pm immediately after the JV contest.

The Bangor girls game with NDGP has been rescheduled for February 17

Legion Baseball Sign-Ups

Roseto Legion will be holding Baseball sign ups on March 27, 2021 from 11 am to 1 pm for boys 16 to 18 years of age.

(Can not turn 19 before January 1, 2021)

And must live in the Bangor area School District.

Sign ups will be at the Roseto Legion 143 Garibaldi Ave, Roseto PA (Please enter from the rear of the Legion off of Roseto Ave)

If you can not make it to the live sign ups, you can email Steve at bvrschief71@gmail.com with your interest in playing.

Daily Weather Updates
sbtopics.com

Allen, Klaver, Jared Reto, Robert Curley and Managers Mylaina Shippers, and Abby Buck were honored during Bangor Wrestlng Senior night Wednesday. *Photo: Courtesy Bangor Athletics*

Landon Uhler pictured with coaches Richie Smith and Ken Brewer was presented the Douglas Communale Memorial Award.

Bangor 45 Pen Argyl 15

106 & 113 No Matches
120 - Landon Uhler pinned Hennessey Ruppert, 3:33
126 - Allen Klaver dec. Alex Moser, 2-0
132 - Robert Curley won by forfeit
138 - Lorenzo Reto dec. Zachary Poff, 7-0
145 - Caidan Poff pinned Dylan Ashenfalder, 4:52
152 - Riley Stapp won by forfeit
160 - Alex Klaver pinned Gian Greggo, 2:27
172 - Jared Reto won by forfeit
189 - Cole Dorshimer pinned Gabe Woolverton, 4:54
215 - Jose Fuentes-Maldonado pinMichael Culver, 1:14
285 - Aiden Compton won by forfeit

Bangor's Caidan Poff pulls his man to the mat during his 13-6 win by decision during Palisades' 39-31 win over Bangor for the Colonial League title. *Photo: Larry Cory* PHOTO GALLERY

Palisades 39 Bangor 31

106 - Magditch (P) won by forfeit.
113 - Cashman (P) won by forfeit.
120 - Landon Uhler (B) md. Logan Winters (P), 10-2.
126 - Robert Curley (B) won by forfeit.
132 - Allen Klaver (B) p. Nate Armstrong (P), 3:54
138 - Zach Poff (B) p. Bela Pavlinsky (P), 3:30
145 - Caidan Poff (B) d. Jon DeNato (P), 13-6.
152 - Mason Smeland (P) d. Alex Klaver (B), 9-5.
160 - Jared Reto (B) p. Alex Armstrong (P), 0:56
172 - Kelleher (P) p. Sam Woolverton (B), 1:22
189 - Ben Haubert (P) won by forfeit.
215 - D. Haubert (P) p. Gabe Woolverton (B), 2:56
285 - Austin Winters (P) p. Jose Fuentes (B), 5:39

Heritage Center Reopens

The Slate Belt Heritage Center has reopened for visitors for the remainder of the winter season. The Center will be open every Sunday, from 12:00- 3:00 until the beginning of April.

Their monthly presentations will continue to be posted on our Facebook page, Slate-Belt-Heritage-Center-SBHC. Their next presentation will be by Cullen King, entitled "Their Past, Our Future: Why our History Should Provide Hope Today." Cullen grew up in Pen Argyl, and attended the College of Wooster and the University of Michigan, focusing on Library and Archival Work. He served as an intern at the Slate Belt Heritage Center during the summer of 2020. He will speakabout the insights he gained as an intern about the importance of history, and discuss the website that he created for the Center

The presentation will be posted on the Center's Facebook page on Thursday, January 21st. All past programs are archived on the Facebook page as well. Please check out this interesting view of history and their place in it. The Slate Belt Heritage Center is a 501©3 organization, concerned with the preservation and teaching about the culture and artifacts of the various groups that settled in the Slate Belt

Cellar Door in Belvidere

Have you ever heard of The Cellar Door? It is a small business located in Belvidere, NJ. They carry so many fantastic items including Candleman Creations LLC candles and wax melts!

https://www.facebook.com/thecellardoormarket/

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.

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

St. Luke's Plan for Vaccinating Communities

St. Luke's has engaged in extensive preparations to expand COVID-19 vaccination access to the general population in a smooth, orderly and safe fashion.

St. Luke's thus far has concentrated its vaccination efforts on Phase 1a priority groups As they prepare for the state to move into the next phase as announced today, St. Luke's has developed a process to allow individuals to sign-up for notifications regarding the vaccine.

"We are proceeding in a thoughtful, orderly and safe way," says Jeffrey Jahre, MD, St. Luke's Senior VPMA regarding the Department of Health's announcement today. "As per the state, we are opening scheduling to individuals age 65+ and those with medical conditions. To avoid lines and chaos, we are prioritizing individuals at the highest risk starting with individuals 75+ and rapidly working down the list as we have supplies.

We anticipate that with increased supplies in manufacturing and the addition of other vaccines, like Johnson & Johnson's, that there will be rapid increase in our ability to accommodate the entire population."

As of today, anyone can pre-register for vaccination through the St. Luke's MyChart portal at www.sluhn.org/vaccine. Those who do not have a MyChart account may create one.

Alternatively, individuals who are currently eligible to receive the vaccine (health care providers, nursing home staff and first responders) may call, 1-866-STLUKES (785-8537), option 7.

After completing a brief questionnaire, MyChart users will be notified when it is their turn to schedule an appointment for the vaccine, which they will be able to do online.

If accessing MyChart via the St. Luke's mobile app, users can find the COVID-19 Vaccine pre-registration under "Questionnaires à Optional Questionnaires."

Questions related to MyChart can found here or by calling 1-866-STLUKES (785-8537), option 5.

LVHN COVID-19 Vaccination

If your are age 75 or older, or people age 65 and older as well as people ages 16-64 with serious medical conditions, you can receive a COVID-19 vaccination. Schedule your appointment today to get vaccinated at LVHN's first drive-through COVID-19 vaccination clinic at Dorney Park in Allentown Jan. 27, 8 a.m. to 4 p.m.

An appointment is required at this and all of LVHN's vaccination locations. The vaccination is free.

Making an appointment is easy.

Step 1: Sign in to MyLVHN

Make sure your account settings are correct (Log in and click "Menu," "Account Settings," and then edit).

Step 2: Make an appointment

When you are logged in to MyLVHN, you will see a notification that you have a COVID-19 vaccine to schedule. To set up your appointment, press "Schedule Now."

Press "Schedule now" to schedule your first dose of the COVID-19 Vaccine

While MyLVHN is the fastest, easiest way to schedule an appointment, another option is to call 833-LVHN-CVD (833-584-6283). The ability to schedule an appointment is dependent upon the supply of available vaccine at LVHN, which is determined by the State of Pennsylvania.

Odyssey Edu-camp

Odyssey Edu-camp is ready to TAKE OFF into the spring semester! Do you want your child to join us? Each morning students are guided and assisted through their online education program and three afternoons a week get to enjoy a fun filled afternoon day camp! Tuesdays feature gym, Wednesdays feature art, and Thursdays feature music!

If you are ready to join us sign your child up today, or learn more by visiting https://www.tuscarora.org/odyssey

Daily Weather Updates
sbtopics.com

Northampton County Drive-Thru COVID Testing

To get a test at the drive-thru site an individual must report or display one or more CDC-recognized symptoms of COVID-19. Please bring your ID and insurance card with you. Tests are free for Northampton County residents who don't have insurance.

NORTHAMPTON COUNTY COVID-19
DRIVE-THROUGH TESTING SITE

COORDINATED HEALTH

3100 Emrick Blvd. Bethlehem

Monday/Wednesday/Friday - 9AM - 4PM
Tuesday/Thursday - 11AM - 6PM
Saturdays - 9AM - Noon

Cornonavirus Variant May Spread 70% Faster

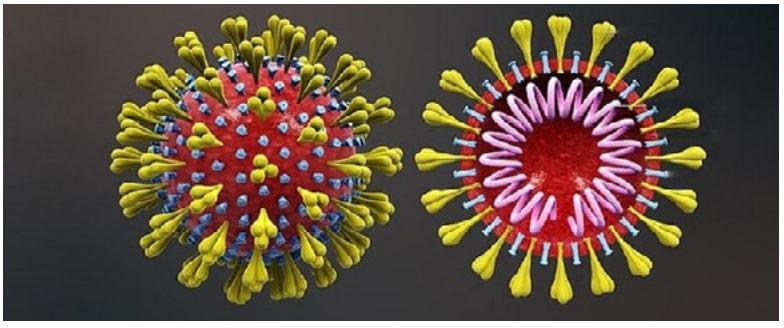
Just as vaccines begin to offer hope for a path out of the pandemic, officials in Britain this past weekend sounded an urgent alarm about what they called a highly contagious new variant of the coronavirus circulating in England.

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.

How to Talk About Terrorism With Kids

Murphy Moroney,MSN

Watching an angry mob storm the Capitol building in response to Trump losing a second term was incredibly disturbing.

While the destruction was hard enough to witness as an adult, many parents worry about how their kids will process such a dark event in US history. As an act of domestic terrorism that was incited by a sitting President, speaking with children about what happened is important.

Although parents might be hesitant to bring up the insurrection with young children, preschool-aged kids can digest a basic understanding of what happened, particularly if they saw images or video footage on TV.

How Do You Explain What Transpired at the Capitol Building to Kids?

Before diving into a serious conversation about the attack on the Capitol, Reena B. Patel, a parenting expert and educational psychologist, urges parents to create a safe space for kids of all ages by allowing them to ask questions and not forcing them to talk about the topic until they're ready.

She also emphasized the importance of listening to get kids' perspectives and using the word "sometimes" when talking about the event to remind children that not everyone acts in this manner.

What's the Best Way to Teach Kids About Patriotism?

"The best way is to discuss what patriotism is not. It is not using hate to make your opinion heard, harming others, or bullying others to change their views,"

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 disinfectig 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.

Takeout Food Tips

Getting takeout from your favorite restaurant for dinner? Use these tips to stay safe:

- Mobile phone order + pay online or by phone
- Accept take-out without in-person contact
- Stay 6 feet away from others
- Soap wash your hands after pickup

Unwanted Med Disposal

Residents are urged to remove expired, unwanted, or unused medicines from the home to reduce the chance of accidents or misuse and to prevent the drugs from entering the environment.

Most municipal buildings in Northampton County, including the Courthouse at 669 Washington St. in Easton, offer collection boxes for unused prescription medication.

In the Slate Belt go to ...

Washington Township 1021 Wash. BVLD, Bangor

Slate Belt Regional Police 6292 Sullivan Trail, Naz.

Jacobsburg Bridge Repair

Jacobsburg Road Between State Park Road and Belfast Road will be closed and detoured for repairs to the bridge over Bushkill Creek. Bridge Repair Type of restriction is 24 Hours starting Feb 1, 2021. Estimated Completion Date, February 2, 2021. The posted detour will route traffic on State Park Road, Sullivan Trail and Belfast Road. Allow for extra time and use caution driving through the area.

The bridge repairs are part of a $2.9 million contract to repair five bridges in the Lehigh Valley. Kriger Construction, Inc. of Scranton, Pa. is the general contractor.

Work on the bridge consists of bridge repairs including but not limited to structural repairs, deck repairs, concrete substructure repairs, masonry repairs, bearing repairs, joint repairs/joint sealing, painting, scour countermeasures and channel repairs, along with other miscellaneous construction.

Teen Intensive Art Workshop

Jacobsburg Community Programs will offer a Teen Intensive Art Workshop Mondays & Wednesdays, April 12 through May 24 at 5:30-7:30pm excluding April 28

Learn different forms of fiber art from artist in residency Mallory Zondag, www.mallorymakes.com. The processes will focus on wool felting and natural dying. Participants will take part in environmental lessons, led by center educators, designed to inform and inspire their art. The resulting artwork will be a unique cavity nest for wild birds to be displayed outdoors at a public reception. This workshop is free for teens ages 13-18 and attendance is required at all 12 sessions. Sessions will be held outdoors and may be rescheduled in response to weather and changing COVID-19 guidelines. Updates regarding COVID-19 guidelines will be provided to registered participants via email. REGISTER HERE

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@

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.

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.

Commercial Lease Program

Slate Belt Rising, a program of Community Action Committee of the Lehigh Valley (CACLV), is introducing a Commercial Lease Subsidy Program to attract new and expanding businesses to the Boroughs of Bangor, Pen Argyl, Portland, and Wind Gap.

This program will provide businesses the support they need to get off the ground, helping to build more vibrant downtown areas that attract more businesses and the talent needed to build a competitive economy, thus creating a stronger and more resilient community.

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

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.**

Vaccine's Period of Protection Uncertain

Director of the National Institute of Allergy and Infectious Diseases Dr Anthony Fauci said that at this stage there is not enough data to determine how long the protection offered by the Moderna or the Pfizer/BioNTech COVID-19 vaccines will last.

CEO of BioNTech Uğur Şahin also said he is optimistic the immunization effect of the vaccine would last for a year, but they won't know for sure until July 2021 because the data available at this time only dates back to July 2020, when they started their trial.

What you need to know

- There isn't enough data at this time to determine how long each vaccine will protect people
- BioNTech's CEO said trial patients need to be monitored for a full year to measure the long-term effectiveness of the vaccine
- The efficacy rate of vaccines is a measurement of how effective they are under ideal circumstances
- Although the vaccines protect people from COVID-19, experts don't yet know if it will prevent someone spreading the virus, so other precautions, such as masks, will still be important

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.

Animals and COVID 19

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

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

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

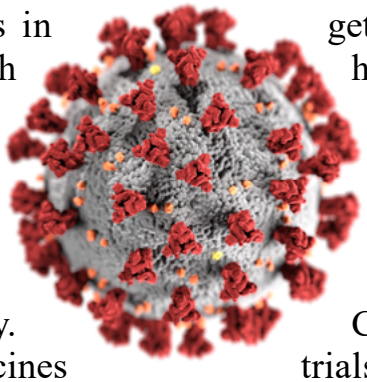
Can You Get Flu & COVID Vaccines Simultaneously?

No. according to the CDC. You should not get a COVID-19 vaccine and a flu vaccine at the same time. COVID-19 vaccines should be given alone with at least 14 days either before or after you get any other vaccines, including a flu vaccine. This is because there is currently limited information on the safety and effectiveness of getting other vaccines at the same time as a COVID-19 vaccine.

As more information becomes available, this recommendation may change. Your healthcare provider can help you decide the best vaccination schedule for you and your family

Fact COVID-19 vaccines will not give you COVID-19

None of the COVID-19 vaccines currently in development or in use in the United States, contain the live virus that causes COVID-19. There are several different types of vaccines in development. However, the goal for each of them is to teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building immunity. Learn more about how COVID-19 vaccines work.



It typically takes a few weeks for the body to build immunity after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and get sick. This is because the vaccine has not had enough time to provide protection.

FACT: COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests

Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States cause you to test positive on viral tests, which are used to see if you have a current infection.

How Vaccine Recipients Felt After COVID-19

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.

"I am feeling fine. My arm is no sorer than when I get the flu shot. It did not stop me from doing yoga at home last night, working yesterday and today, or shoveling snow this morning."

The U.S. Food and Drug Administration says that the most commonly reported side effects are pain at the injection site, tiredness, headache, muscle pain, chills, joint pain and fever. It's important to remember that even if you do experience some of these mild symptoms, they usually go away within a day or two and the symptoms are far milder than what most people experience when they are sick with COVID-19. Medical officials say the vaccine cannot cause a COVID-19 infection.

While the shot itself cannot make you contagious, it is important for everyone to continue wearing a face mask. Officials say it is unclear at this point if the vaccine prevents people from becoming infected with COVID-19 or if it prevents feeling sick when infected. That means you could still transmit virus after you've received your shot.

To learn more and ask a question, visit **https://www.lvhn.org/treatments/covid-19-vaccines.**