

ASH WEDNESDAY

In 2023, like in every year, Ash Wednesday is the first day of the liturgical season of Lent. It always falls six and half weeks before Easter, beginning the Lenten season of preparation for Christ's Resurrection on Easter Sunday.

Origin

Ash Wednesday dates back to the 11th century. Yet, the tradition of receiving ashes has even earlier roots—to the ancient Hebrew custom of clothing oneself in sackcloth and dusting oneself with ashes as a sign of penance

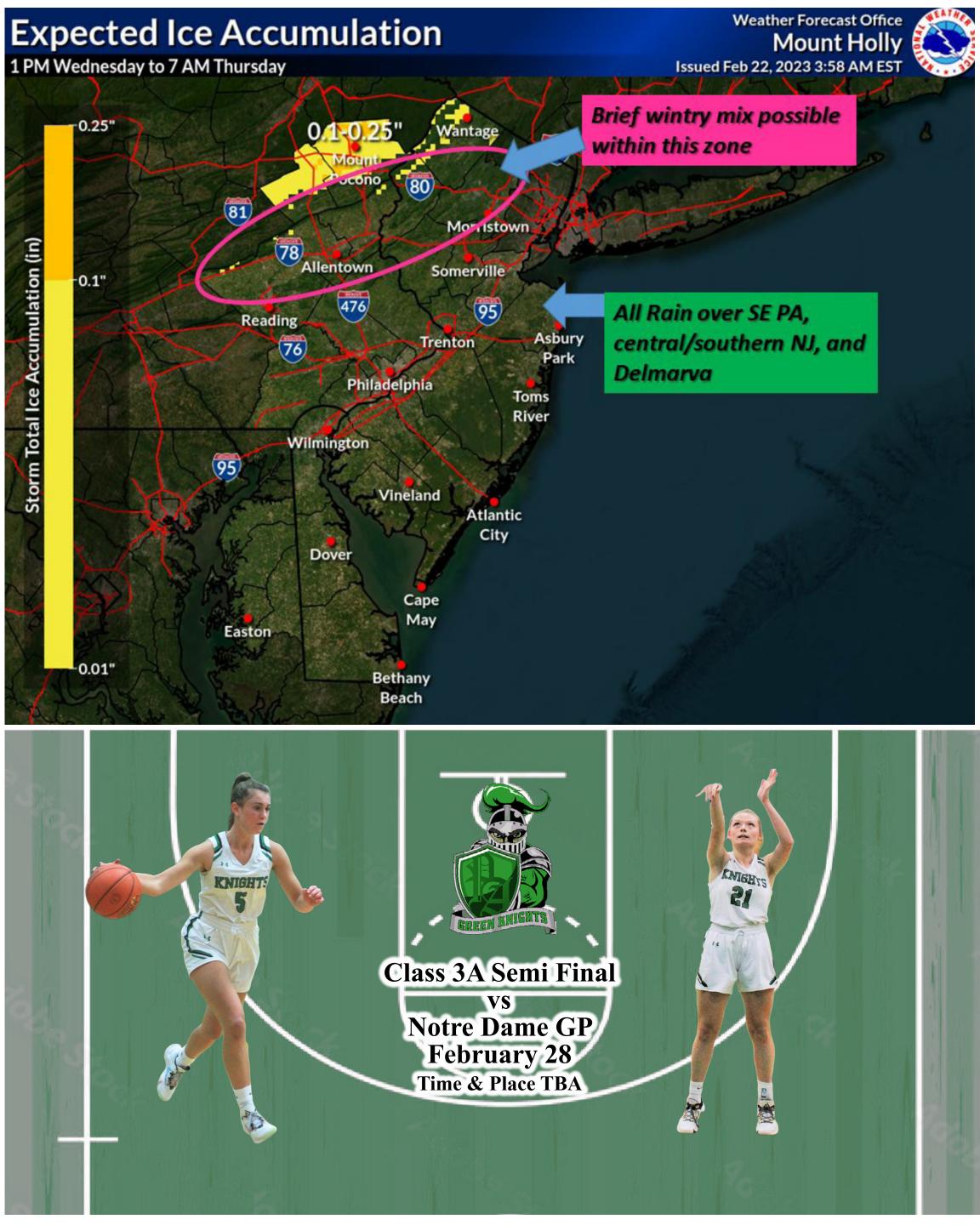
How Is The Date For Easter Determined Every Year?

The simple standard definition of Easter is that it is the first Sunday after the full Moon that occurs on or after the spring equinox. If the full Moon falls on a Sunday then Easter is the next Sunday.

Easter, also called Pascha or Resurrection Sunday, is a Christian festival and cultural holiday commemorating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial following his crucifixion by the Romans at Calvary

It marks the first day of Lent in Western churches. The ashes symbolize penance and the dust from which God made people. When priests mark Christian's forehead with the ashes they often say, "Repent and believe in the Gospel," or "Remember that you are dust, and to dust you shall return





Adult Bingo

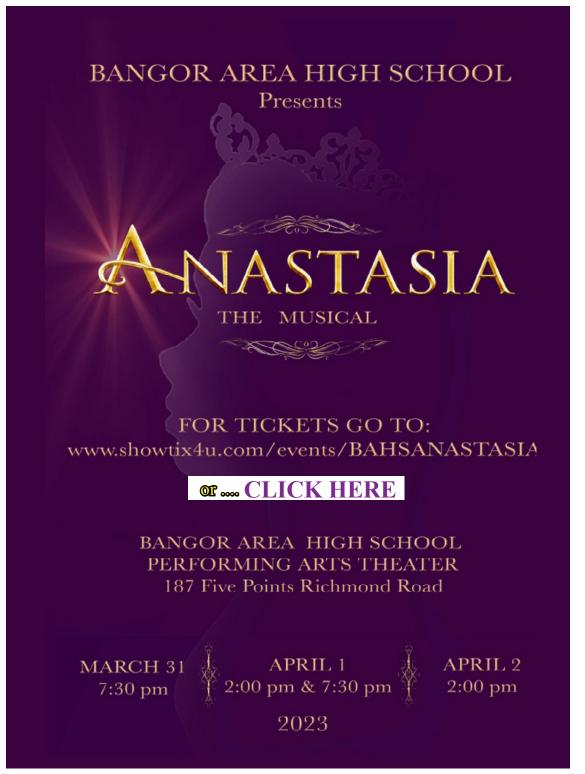
Adult Bingo at Wind Gap Fire Social Hall Saturday, April 29, 2023 at 4 pm Must Be +21

Doors open at 2 PM Bingo starts at 4!! 50/50 Raffle, Tricky Tray, Food and Beverages

Royal Pancake Breakfast

The Bangor High School Drama Department will be hosting the eighth annual pancake breakfast Saturday, March 11 from 8am to 11am with the cast of "Anastasia" at the Bangor Area High School cafeteria. Anastasia tells the story of the mystery surrounding a young woman thought to be the Russian princess that may have escaped the Bolshevik's assignation of the Romanov family. It's a wonderful musical filled with mystery, intrigue, suspense, and many heartwarming moments.

- Pancakes, Sausage, Coffee, Juice, Tea, Hot Chocolate
- Musical Performances
- Photo Opportunities
- Raffles
- 50/50
- Activities for Children of All Ages
- Questions? Call or Text Jen Fassl, 908-727-0090
- Tickets can be pre-ordered or purchased at the door.
- \$10 Ages 12 & Up, \$8 Ages 3-11, 2 years & younger free.
- Breakfast Pre-Order Form due no later than March 3, 2023.
- Pre-orders will be held at the door check in when you arrive. See BASD website for cancellations.



Lenten Dinners

Columbia Fire Company will begin our Lenten Dinners on Friday, February 24, 2023. We will be doing reservations only with seating times at 5:15, 5:45, 6:30, 7:15 & 7:45. Reservations can be made through Ken Tillman @ 610-659-0130. If no one answers, please call back and do not leave a message. Also, please do not leave any messages for reservations through the firehouse phone line. We will start taking reservations on Monday, February 20, 2023 anytime after 1:00 P.M.

Please note: Walk-ins will be on an availability basis only. They are not guaranteed and we strongly encourage making a reservation.

Their new menu will be posted soon! We look forward to seeing everyone and we thank you for your continued support!

Corned Beef & Cabbage Dinner

A Corned Beef & Cabbage Dinner will be held at Christ Evangelical Lutheran Church, 703 S. Delaware Dr. (Route 611), Mt. Bethel (Stone Church) on Saturday, March 11th from 3:30 pm to 7 pm. All you can eat meal includes dinner, water & dessert. Dine In or Take Out. For additional information call Chrissy at 610-588-0809.

Roseto Easter Bunny

Start planning now and mark your calendars. The Easter Bunny is coming to Roseto Ball Park April 1 at 11am. We also have coffee, juice and breakfast sandwiches available for purchase.

Age groups include: 0-3, 4-6, 7-10. Prize eggs in each group.

The Easter Bunny will be there.



Come Join us for a fun-filled event of Trick Hoops & Alley - Oops!

When you're in the stands, you're not just a spectator; you're apart of the fun show. Come and experience a magical display of tricks, coordinated ball handling, fancy passing and aerodynamic athletics combined with high-energy comedy and audience interaction. It's the Harlem Wizards vs. Slater All-Stars

DATE: Friday, March 3rd TIME: 7pm (doors open at 6pm)

Location: Bangor Area High School Gym (187 Five Points Richmond Rd)

All proceeds benefit the Bangor Area Middle School PTSO (Parent, Teacher, Student Organization)

Benchwarmer tickets \$95 Courtside plus tickets \$50 Reserved seats \$30 General admission \$20 Students \$15

Children 3 and under sitting on parents lap are free



To Buy Tickets Online Use The QR Code or: CLICK HERE

For more Info: Kim @ 484-241-0441 or Debbie @ 610-751-7692 bamsptso@gmail.com









Recent Pages 16-23

sbtopics@rcn.com

February 22, 2023

www.sbtopics.com

Slate Belt 7-Day Weather Forecast

Rain/Snow 40 Today ... Rain AM, Sunny PM 59 Thursday

National Weather Service Forecast - 6am Today

Today, Rain and snow before 2pm, then rain and sleet between 2pm and 4pm, then rain likely after 4pm. High near 40. Calm wind becoming south around 5 mph in the afternoon. Chance of precipitation is 100%. Total daytime snow and sleet accumulation of less than a half inch possible.

Tonight, Rain likely, mainly after 1am. Areas of fog after 1am. Otherwise, cloudy, with a low around 34. East wind around 5 mph. Chance of precipitation is 70%. New precipitation amounts of less than a tenth of an inch possible.

Thursday, A chance of rain before 7am, then a slight chance of showers between 7am and 1pm. Partly sunny, with a high near 59. West wind 5 to 10 mph. Chance of precipitation is 30%. New precipitation amounts of less than a tenth of an inch possible.

Thursday Night, Partly cloudy, with a low around 34. Breezy, with a south wind 5 to 10 mph becoming west 15 to 25 mph after midnight. Winds could gust as high as 35 mph.

Friday, Mostly sunny, with a high near 37. Windy, with a northwest wind 20 to 30 mph.

Friday Night, Mostly clear, with a low around 18. Blustery.

Saturday, A chance of snow showers after 1pm. Mostly cloudy, with a high near 33. Chance of precipitation is 30%.

Saturday Night, Mostly cloudy, with a low around 23.

Sunday, Mostly sunny, with a high near 48.

Breezy.

Sunday Night, Mostly clear, with a low around 25.

Monday. A chance of rain. Partly sunny, with a high near 46. Chance of precipitation is 40%.

Monday Night, Rain. Low around 36. Chance of precipitation is 80%.

Tuesday, A chance of rain. Partly sunny, with a

high near 51. Breezy. Chance of precipitation is 30%.precipitation is 30%.

PUBLISH YOUR EVENT To publish info about your event,

Special Events

e-mail sbtopics@rcn.com Please send in text form. Do not send photos of text.

February 23 **Slavery in Bethlehem**

The Rediscovered 1780 Register of Northampton County's Enslaved Persons February 23, 2023, 5:00 pm, John R. Austen Auditorium at Sigal Museum

During the American Revolution, local officials in Pennsylvania were required to compile a list of every enslaved man and woman in each county. Northampton County's "slave register" was thought to be lost-but it was rediscovered in June 2022! This register reveals surprising new information about enslaved men and women in Moravian Bethlehem and in its satellite communities.

This program is free for NCHGS members and \$5.00 for non-members.

More info: https://sigalmuseum.org/ contact/

Ukulele Class

Ukulele Class Thursday, February 23, 2023 at 6:30 pm. Event by A Clean Slate, 118 S 1st St Bangor.

Jim is coming, from Sync to teach us how to play the ukulele. He will bring the instruments..just show up with the willingness to learn and be prepared to have a fun night!

February 23,24

Project Feeder Watch Monitoring

Thursday, February 23 & Friday, February

CONTINUED PAGE 8



Debbie Pettinari Agency 106 S. Broadway, Wind Gap, PA 610-881-4433

Every 2 Minutes

Temperature

Wind, Rain

MORE

CLICK HERE

www.debbieinsurespa.com debbie.pettinari.wz73@statefarm.com



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Daily Schedule

Wednesday February 22

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm.

Blue Mountain Library - Open 10-12 & 6-8pm

Bangor Public Library - Open 1-8 **Slate Belt Senior Center** - Open 8-4. Blue Valley Farm Show

UMBT Planning Commission - Township Building, 7:30pm

Slate Belt YMCA - Open 6:00am - 8:00pm

Thursday February 23

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 7pm.

Blue Mountain Library - Open 10-12 & 6-8pm

Bangor Public Library - Open 1-8 **Slate Belt Senior Center** - Open 8-4. Blue Valley Farm Show

UMBT Planning Commission - Township Building, 7:30pm

Slate Belt YMCA - Open 6:00am - 8:00pmm

Friday February 24

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 7pm.

Blue Mountain Library - Open 10-12 & 6-8pm

Bangor Public Library - Open 1-8 **Slate Belt Senior Center** - Open 8-4. Blue Valley Farm Show

UMBT Planning Commission - Township Building, 7:30pm

Slate Belt YMCA - Open 6:00am - 8:00pm

Saturday February 25

Blue Mountain Library - Open 10-12 Bangor Public Library - Open 10-4 Slate Belt YMCA - 8-4 Slate Belt Heritage Center - Open 12-3

Hope, Faith & Recovery Group, every

Saturday, at A Clean Slate, 118 S. 1st, St. Bangor. 11:30am - 12:30pm

Sunday February 26

Fellowship Dinner - First UMC Bangor, 12:30-1:30.

Portland Sunday Sundaes - 6:30 - 8:00pm (Summer only)

Slate Belt Heritage Center - Open 12-3.

Slate Belt YMCA - 10-2

Monday February 27

Blue Mountain Library - Open 10-12 & 6-8pm Bangor Public Library - Open 1-8 Slate Belt Senior Center - Open 8-4. Blue

Valley Farm Show

Bangor Borough Council - Workshop, Bee Hive, 7:00pm

Pump - 8:30-11:30

UMBT Supervisors -7pm

Slate Belt YMCA - Open 6:00am - 8:00pm

Tuesday February 28

Blue Mountain Library - Open 10-12 & 6-8pm **Bangor Public Library** - Open 1-8 **Slate Belt Senior Center** - Open 8-4. Blue Valley Farm Show

Washington Twp. Recreation - 7pm **Roseto Zoning** - 7pm

Slate Belt YMCA - Open 6:00am - 8:00pm UMBT Zoning - 7pm Room, 7pm

Wednesday March 1

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 7pm.

Blue Mountain Library - Open 10-12 Bangor Public Library - Open 1-8

LMBT Recreation Board - 7pm, Centerfield building

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show

Slate Belt YMCA - Open 6:00am - 8:00pm Wind Gap Zoning - 7pm

Thursday March 2

Blue Mountain Library - Open 10-12 & 6-8pm Bangor Public Library - Open 10-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show

Bingo - Plainfield Fire Co., 6:30pm

Plainfield Environmental Advisory Board - Municipal Building, 7:00pm

Slate Belt YMCA - Open 6:00am - 8:00pm Wind Gap Planning - 7pm

Friday March 3

Bingo - Wind Gap Fire Co., 6:45.
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue
Valley Farm Show





CHEVROLET

Daily Schedule

Slate Belt YMCA - Open 5:00am - 9:00pm

Saturday March 4

Blue Mountain Library - Open 10-12

Bangor Public Library - Open 10-4

Mission of Love Soup Kitchen - N. Main St., Bangor. 11-2

Slate Belt YMCA - 8-4

Slate Belt Heritage Center - Open 12-3

Hope, Faith & Recovery Group, every Saturday, at A Clean Slate, 118 S. 1st, St. Bangor. 11:30am - 12:30pm

Sunday March 5

Fellowship Dinner - East Bangor UMC, 4-6.

Slate Belt Heritage Center - Open 12-3.

Slate Belt YMCA - 10-2

All-You-Can Eat Breaklfast -Bangor Elks 8-12pm. Adults \$10. Kid 6-12 \$6. Under 6 - Free.

Monday March 6

Blue Mountain Library - Open 10-12 & 6-8pm

Bangor Public Library - Open 1-8 **Slate Belt Senior Center** - Open 8-3:30. Blue Valley Farm Show

Pen Argyl Sewer Committee - 4:30

P.M. Council Chambers

Pen Argyl Municipal Authority - 5:00 P.M. Council Chambers

Washington Township Zoning Board - Municipal Building, 6:30

Roseto Borough Council -

Municipal Building, 7:30pm Lower Mount Bethel Supervisors - Meets Centerfield Building, 7pm

Portland Borough Council -

Borough Hall, 7:00pm **Pen Argyl Council -** 7pm Pen Argyl GFWC - St. John , Pen Argyl, 7pm

Slate Belt YMCA - Open 6:00am - 8:00pm

Pump - 8:30-11:30 Weona Park Pals - 7pm Wind Gap Boro Council - 7pm

Tuesday March 7

Bangor Public Library - Open 1-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show

Plainfield Township Planning Commission - Municipal Building, 7:00 pm.

Lower Mount Bethel Supervisors

Meets Centerfield Building - 7pm
 Pump - 8:30-11:30
 Slate Belt YMCA - Open 6:00am

- 8:00pm

Wednesday March 8

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm.

Blue Mountain Library - Open 10-12

Bangor Public Library - Open 1-8

LMBT Recreation Board - 7pm, Centerfield building

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show

Slate Belt YMCA - Open 6:00am - 8:00pm

Wind Gap Zoning - 7pm

Thursday March 9

Blue Mountain Library - Open 10-12 & 6-8pm

Bangor Public Library - Open 10-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show Bingo - Plainfield Fire Co., 6:30pm Slate Belt YMCA - Open 6:00am - 8:00pm

Friday March 10

Bingo - Wind Gap Fire Co., 6:45.

Blue Mountain Library - Open 10-12

Bangor Public Library - Open 1-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show

Slate Belt YMCA - Open 5:00am - 9:00pm

Saturday March 11

Blue Mountain Library - 10-12 Bangor Public Library - 10-4 Columcille Tours - Free. 9:30-11:30. Meet at Stone circle.

Slate Belt YMCA -8-4 Slate Belt Heritage Center -Open 12-3

Hope, Faith & Recovery Group, every Saturday, at A Clean Slate, 118 S. 1st, St. Bangor. 11:30am - 12:30pm

Sunday March 12

Breakfast - Bushkill Volunteer Fire C. 7:30-12:30.

Fellowship Dinner - Breaking Bread soup kitchen, 4:00pm. Cross Road Baptist, Bangor.

Slate Belt Heritage Center - Open 12-3.

Slate Belt YMCA - 10-2

Monday March 13

Blue Mountain Library - Open 10-12 & 6-8pm

Bangor Public Library - Open 1-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show

Pen Argyl Sewer Auth. - 4:30pm (If needed)

Pen Argyl Municipal Auth. - 5pm (If needed)

Bangor Borough Council - Meets Bee Hive Community Center, 7pm

Portland Council - 7pm Pump - 8:30-11:30 Upper Mount Bethel

Supervisors - Meets 7:00pm

Roseto Borough Council -Municipal Building, 7:30pm Slate Belt YMCA - Open 6:00am - 8:00pm

Tuesday March 14

Bingo - Portland Fire Co., 7pm. **Blue Mountain Library** - Open 10-12

Bangor Public Library - Open 10-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show

Mission of Love Food Pantry & Clothes Closet - N. Main St., Bangor, 10-12

Slate Belt YMCA - Open 6:00am - 8:00pm

Wednesday March 15

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm.

Blue Mountain Library - Open 10-12

Bangor Public Library - Open 1-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show **Washington Township**

Supervisors Meet - Municipal Building, 7pm Pen Argyl Park Board - 7pm

Plainfield Township Supervisors
- Meets 7:00pm Municipal

- Meets 7:00pm Municipa Building.

Slate Belt YMCA - Open 6:00am - 8:00pm

East Bangor Municipal Authority
- Municipal Authority Hall, 555
Messinger St., East Bangor, 7:00pm

Thursday March 16

Blue Mountain Library - Open 10-12 & 6-8pm

Bangor Public Library - Open 10-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show Bingo - Plainfield Fire Co., 6:30pm Slate Belt YMCA - Open 6:00am -







CLICK HERE FOR STORE INFO - www.hometownsaves.com

SLATE BELT TODAY BY THE NUMBERS

Temperature

(Yesterday)

High

Low

47

34

(Today's Forecast

High

Low

40

34

Migraine Headache

0 1 2 3 4 5 6 7 8 9 10

1

Combination of weather factors that can make one less or more likely to develop a migraine. Lower numbers are less while higher numbers increase the chance.

COPD

0 1 2 3 4 5 6 7 8 9 10

1

Combination of weather factors that can make one less or more likely to develop a pulmonary attack. Lower numbers are less while higher numbers increase the chance.

Asthma Index

0 1 2 3 4 5 6 7 8 9 10



Combination of weather factors that can trigger asthma. A higher index mean more people w/asthma could be affected by temperature and allergens.

Sinus Headache

0 1 2 3 4 5 6 7 8 9 10

1

Combination of weather factors that can make one less or more likely to develop a migraine. Lower numbers are less while higher numbers increase the chance.

Common Cold

0 1 2 3 4 5 6 7 8 9 10



Combination of weather factors that can make one less or more likely to catch a cold.. Lower numbers are less while higher numbers increase the chance.

Air Quality

AM Reading

Good 0-50

Columbia N.J -48

Moderate (51-100)

Bethlehem - 45

Allentown - 24

Bad for Some (101-150)

Monroe - 13

Very Bad 150+

Arthritis Index

0 1 2 3 4 5 6 7 8 9 10

T

Scale of 0-10 with 0 indicating a very low risk of weather-related arthritis pain, and 10 indicating the highest chance of pain.

Cooling Degree Days

Yesterday

Season

N

0

Used to track energy use. Add the daily high and low temperatures, divide by 2 and add 65 to calculate heating degree days.

Rainfall/Snowfall

Rain

Snow

Recent - 0.36

Recent - 0.0

Month - 0.57

Month - 1.5

Year - 5.63 (+2.8)

Season - 4.00

UV Index

0 1 2 3 4 5 6 7 8 9 10 11 12



Low Risk Today

(Ultra Violet Rays) Lower number indicates low risk of harm from unprotected sun exposure, higher numbers indicate greater risk

Heating Degree Days

Yesterday

Season

26

3515

Used to track energy use. Add the daily high and low temperatures, divide by 2 and subtract 65 to calculate heating degree days.

Sun

Sunrise 6:46 AM **Sunset 5:44 PM**

Pollen-Allergy Forecast

0 1 2 3 4 5 6 7 8 9 10 11 12



Top Allergen - None

Scale of 0-12 with zero indicating the least potential allergy and 12 the most. Most prevalent allergen is Ragweed

Flu Index

0 1 2 3 4 5 6 7 8 9 10



Flu index: (0-10) Combo of historical data and temperature. A high flu index means the spread of a flu is very favorable, assuming the disease is present





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



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SPECIAL EVENTS CONTINUED

24 at 8:30am to 3:30pm

You must have already participated in Birds and Bagels - Citizen Science and Monitor Training to register for this volunteer opportunity. Volunteer as a citizen scientist to observe and record bird observations at Jacobsburg's feeders. You can choose what times you would like to monitor between the hours of 8:30AM- 3:30PM, all day commitment is not required. Register to let us know what hours you are available to monitor.

https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg.

February 25

Exploring Jacobsburg's Foundations

Saturday, February 25 at 10:00am to 11:30am Historically, the Bushkill Creek was dammed and diverted for many industrious activities. On this exploratory walk, we will piece together the clues of the past to imagine the village which would eventually become our namesake. Registration is required.

https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg.

February 24

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Please note: Walk-ins will be on an availability basis only. They are not guaranteed and we strongly encourage making a reservation.

Their new menu will be posted soon! We look forward to seeing everyone and we thank you for your continued support!

February 25

Zumba Classes

Join Clean Sltate in February for Zumba Classes on Saturdays at 118 S 1st, Bangor, PA. Call for more info 610-452-9348. They will start with 30-minute Zumba dance and keep it moving every Saturday! Connect with others for heart healthy movement and fun. EveryBODY can

Cavity Nesting Boxes Install and Upkeep

Saturday, February 25 at 1:00pm to 3:30pm Join us in preparing our nesting boxes for the upcoming season. We will be installing wood duck boxes and numbering the current nesting boxes on the homestead trail. Waders and equipment will be

provided. Registration is required.

February 25,28

Boy Scout Fundraiser

Boy Scout Troop 102 of Saylorsburg is raising funds to purchase a new equipment trailer used to haul gear for the scouts' monthly campouts. You can support the Boy Scouts and enjoy a meal out by participating in our Dine and Donate at Texas Roadhouse in Stroudsburg on 2/25 and/or 2/28. Bring along this flyer or take a picture of it on your phone.

March 1

Lenten Study

The East Bangor United Methodist Community Church will be offering a Lenten Study "Seven Words: Listening to Christ from the Cross." The sessions will be held at 10:30 a.m. and 7:00 p.m. on Wednesdays from March 1 through April 5. If you would like to participate, please let Pastor Dave know by February 5 so that materials can be ordered. The cost for the study guide is \$10.00. Call 610-588-4453 to sign up.

March 2

Feeder Watch Monitoring

You must have already participated in Birds and Bagels - Citizen Science and Monitor Training to register for this volunteer opportunity. Volunteer as a citizen scientist to observe and record bird observations at Jacobsburg's feeders. You can choose what times you would like to monitor between the hours of 8:30AM- 3:30PM, all day commitment is not required. Register here to let us know what hours you are available to monitor.

Wednesday, March 2 at 8:30am to 3:30pm Jacobsburg Environmental Education Center 400 Belfast Rd, Nazareth, PA 18064

https://events.dcnr.pa.gov/search/events?ord er=date&search=jacobsburg

March 3

Feeder Watch Monitoring

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Thursday, March 3 at 8:30am to 3:30pm Jacobsburg Environmental Education Center 400 Belfast Rd, Nazareth, PA 18064

https://events.dcnr.pa.gov/search/events?ord er=date&search=jacobsburg

Free Dinner

The East Bangor United Methodist Community Church welcomes you to a FREE "Chicken/

Sausage Fettucini Alfredo" Dinner on Sunday, March 5th, from 4:00-4:30 p.m. This is TAKE-OUT ONLY. The church is located at 136 W. Central Ave. (Rt. 512), East Bangor, PA Questions? call 610-588-4453 or visit www.ebumc.org.

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March 11

Volunteer Event

Bogsucker Search, Invasive Species Removal, and Earth Day Prep

After lopping and chopping invasive species to prepare for our Earth Day tree planting event, we will celebrate our accomplishments with an evening hike to look for courting American Woodcocks. Registration Required.

Saturday, March 11 at 4:00pm to 8:00pm Jacobsburg Environmental Education Center 400 Belfast Rd, Nazareth, PA 18064

https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg

Royal Pancake Breakfast

The Bangor High School Drama Department will be hosting the eighth annual pancake breakfast Saturday, March 11 from 8am to 11am with the cast of "Anastasia" at the Bangor Area High School cafeteria. Anastasia tells the story of the mystery surrounding a young woman thought to be the Russian princess that may have escaped the Bolshevik's assignation of the Romanov family. It's a wonderful musical filled with mystery, intrigue, suspense, and many heartwarming moments.

- Pancakes, Sausage, Coffee, Juice, Tea, Hot Chocolate
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- Photo Opportunities
- Raffles
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- Activities for Children of All Ages
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See BASD website for cancellations.

March 12

Welsh Day Presentation

Bangor's Annual Welsh Day Event: "Over Thirty Years of Celebrating Community"

The Slate Belt Heritage Center will hold their monthly historic program on Sunday March 12th @ 2:00 PM. Speaker for the afternoon will be Mr. John Reinhart, President of the St. David's Welsh Society whose topic will be: "Bangor's Annual Welsh Day Event: Over Thirty Years of Celebrating Community".

Diverse American communities have thrived throughout history by celebrating that diversity and working toward beneficial projects and goals. For over thirty years,

Bangor's Welsh Day events drew thousands of visitors to the Slate Belt resulting in economic, cultural, and political gains for many in the region. Through pictures, artifacts and first-hand accounts, you will see just how influential these events were and how busy Labor Day weekends became in the Slate Belt.

The event is free and open to the public. The Heritage Center is located at 30 North 1st Street, Bangor, PA. For additional information contact: Karen Brewer @ 484-894-5661.

March 15

Lenten Study

The East Bangor United Methodist Community Church will be offering a Lenten Study "Seven Words: Listening to Christ from the Cross." The sessions will be held at 10:30 a.m. and 7:00 p.m. on Wednesdays from March 1 through April 5. If you would like to participate, please let Pastor Dave know by February 5 so that materials can be ordered. The cost for the study guide is \$10.00. Call 610-588-4453 to sign up.

March 18

St. Patrick's Day & 3rd Annual Wineaversary Celebration

You won't want to miss this celebration Saturday March 18 2023 at noon.! Participate in a pieeating contest, or a hook-and-ring competition. We will also have a Leprechaun Token Toss and as part of your admission you will receive 10 free tokens and a spin on the prize wheel giving you the chance to win prizes! You won't want to miss this fantastic event! Be sure to get your tickets on Eventbrite and save \$5 on the cost of admission.

March 22

Lenten Study

The East Bangor United Methodist Community Church will be offering a Lenten Study "Seven Words: Listening to Christ from the Cross." The sessions will be held at 10:30 a.m. and 7:00 p.m. on Wednesdays from March 1 through April 5. If you would like to participate, please let Pastor Dave know by February 5 so that materials can be ordered. The cost for the study guide is \$10.00. Call 610-588-4453 to sign up.

Hike for Health

Get moving after work with a brisk hike at

Jacobsburg! These guided monthly hikes are 2 to 2.5 miles over uneven terrain. Dogs are welcome to hike on a leash. Meet at the Visitor Center flagpole at 400 Belfast Road. Registration is not required. Join the email reminder list by contacting us at 610-746-2801 or jacobsburgsp@pa.gov.

Wednesday, March 22 at 5:30pm to 7:00pm. More dates through October 4, 2023. Jacobsburg Environmental Education Center 400 Belfast Rd, Nazareth, PA 1806

March 24

Family Science Night - Tantalizing Timberdoodles

The 'sky dance' or courtship display of the American Woodcock is a spectacle which is known to take place at Jacobsburg each year. This program will cover some of the interesting biology of the American Woodcock followed by a quiet meander at sunset as we look and listen for these twirling courtship flights. Registration is Required.

Friday, March 24 at 6:30am to 8:00pm. Jacobsburg Environmental Education Center, 400 Belfast Rd, Nazareth, PA 18064

https://events.dcnr.pa.gov/search/events?ord er=date&search=jacobsburg

March 25

Camp Papillon Animal Shelter Fund Raiser

Camp Papillon Animal Shelter presents a Wise Crackers comedy fundraiser located at Mountain View Vineyard in Stroudsburg, PA on Saturday, March 25, 2023 at 7:30 PM!

Doors will open at 6:30 PM. There will be a cash bar, food and a tricky tray. Tickets are \$30 each. Seating is limited so make sure to snag your chance to see three comedians fast!

You must be 18 years or older to attend.

To purchase tickets go to www.camppapillon. org or contact Sami Ely at 570-730-9226

Trees in Early Spring

Join us to learn how to identify trees without their leaves. We'll use bark, buds, branches, and other clues to help us differentiate common species found growing in Pennsylvania. Please wear warm layers and comfortable walking shoes. Registration is required.

Saturday, March 25 at 3:00pm to 4:30pm. Jacobsburg Environmental Education Center, 400 Belfast Rd, Nazareth, PA 18064.

https://events.dcnr.pa.gov/search/events?ord er=date&search=jacobsburg.

March 29

Cat Neutering

No Nonsense Neutering will be offering a cat transport (pets and ferals) down to the Allentown clinic for neutering/vaccinations.March 29

Location for pick up: Pen Argyl Municipal

SLATTE BELT CHURCH INFORMATION











Christ Presbyterian Church of The Slate Belt

332 Kennedy Drive, Bangor www.christpcsb.org
More info 610-588-4864.
E-mail: info@christpcsb.org.
Sunday Worship, 10:00 a.m.
in-person/Zoom/Facebook Live.
For more info: 610-588-4864.

Flicksville UCC

1337 Lower South Main St., Bangor Pastor Ken Hess 610-588-4648 www.flicksvilleucc.com

> Worship at 10:45am Sunday School - 9:30am

Mt. Bethel Abstract

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Trinity Lutheran Church

404 Broadway Bangor (610-588-2023)

telcbangor@frontier.com Sunday worship 10:30am Sunday School:10:15 - 11:30

Holy Communion: First and Third Sundays **Refreshments after. Masks optional.**

East Bangor UMC

136 W. Central Ave. (Rt.512) East Bangor February 18- A.A Meeting 8pm Fenruary 19- 9:30 a.m. Worship Service Adult Sunday School 10::30 February 22 - Ash wednesday Service 7pm February 23- Choir Rehearsal (Live & on Zoom) 10:45 Fellowship Hour

Grace Lutheran Church

5907 Sullivan Trail, Nazareth Pa 18064 www.gracebelfastpa.org 610-759-9080 Email:gracebelfast@rcn.com February 19

9:00 am Holy Communion, 10am Sunday Morning Adventures

Worship Times &
Schedules Are Public
Service Announcements
Published Free by The
Slate Belt Town Topics



E-Mail Information to sbtopics@rcn.com

Christ Evangelical Lutheran Church

703 South Delaware Drive Mt. Bethel, 18343

http://www.celcpa.org/ Email: celcpaorg@yahoo.com 610-588-7056

Worship: Sundays 9:00 a.m. Holy Communion: First and Third Sunday Toddler Sunday School: Sept-May 10:15

Richmond United Methodist Church

Rev. Peter Jamieson, Pastor http://richmondumc.com/ 8538 Delaware Dr, Bangor, PA 18013 610.588.7317 | richmondumc@epix.net Sunday Worship - Weekly at 10:00 a.m.

First United Methodist Church of Bangor

Pastor Elisandra Garcia - 610-588-4673 55 North Third Street, Bangor PA 11:00am service (Communion First Sunday)

Prince of Peace Ev. Lutheran Church

Rev. Michael J. Scholtes, 610-588-2355 2445 Lake Minsi Dr, Bangor popbangor.org poplcbangor@gmail.com

Sunday Worship 9:45 am (Weekly Communion) Sunday School 8:30 am

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Slate Belt Town Topics Sports



2022 -23 Sports Schedule

2022 -25 Sports Schedule								
Pen Argyl Girls (19-5)	Pen Argyl Boys (8-13)	Pen Argyl Wrestling (10-4)						
12/2 NDES W 64-12 2:30pt	10/0	12/2/ NDGP L 69-3. 7:00pm						
12/3 Moravian W 45-34 1:00pi	10/0 15 1 51 06 0 45	12/3/ @Rough Rider 9:00am						
12/6/ Saucon W 60-31 6:45pi	10/6/ 6 1 1 46 33	2/7/ Saucon Valley L 43-24 7:00pm						
12/8/ Palmerton L 49-46 6:45pi	10/0/ D 1	12/16 Lehighton L 33-28 7:00pm						
12/12/ Wilson W 62-24 6:45pi	10/10/ 11/1 11/50 41	12/22/@ Palmerton W54-14 7:00pm						
12/19/ @ NDGP L49-37 6:45pt	10/10/ NID CD I (0.05	1/4/ @ Salisbury W 49-24 7:00pm						
12/22 Lehighton W 46-37 6:45pt	n 12/21/ @ BangorW 45-40 6:45pm	1/6/ @ Wilson W 35-27 7:00pm						
12/21/Bangor L 45-37 6:45pi	n 12/22 @ Lehighton L 45-42 7:00pm	1/7/ Upper Moreland W33-30 9:00am						
12/27 PME - W 47-38 6:00pi	n 12/27 @ N. Warren W 50-361:30pm							
1/5/ Palisades W 51-24 6:45pi	n 12/28 @ Sussex W 57-37 TBA	1/7 Epicopal Acad. W 50-18						
1/7/ Northwestern L51-36 12:45pr								
1/9/ Salisbury W 70-29 6:45pi								
1/12/ Whitehall W 54-34 7:00pi								
1/14/ S. Lehigh W 58-27 12:45pi								
1/17/ Palisades W 55-24 6:45pi								
1/19/ Catasauqua W 49-28 6:45pi								
1/24/ Saucon W 52-35 6:45pi		1/27/ @Ultimate Warrior 11:00am						
1/26/ N. Lehigh W 61-33 6:45pi	1/20/ 0 11/1 1 55 42 12 45	1/31/ @Bangor W 45-24 7:00pm						
1/28/ Wilson W 48-14) 12:45pi	0/1/ 3.5 . T. 41.00							
2/1/ Moravian W 58-32 6:45pi	0/4/ 0 NID CD I 50 (0 10 45							
2/4/ NDGP W 37-28 12:45pi	0/5/ 0 1 5 6 00 6 45							
2/7/ @ Bangor w 65-40 6:45pi	n 2/7/ Bangor L 56-39 6:45pm							
2/10 Bangor 48-40								
2/14 Palmerton (L) 68-67 (3OT)	D (12.10)	Dangar Wrostling (5.0)						
Bangor Girls (17-6)	Bangor Boys (13-10)	Bangor Wrestling (5-9)						
12/6/ Moravian W 46 - 27 6:45p		12/3 North Penn L 46-22						
12/8/ NDGP W 43-37 6:45p	10/10 37 11 1 177 46 20 1 00	12/3 Abington L57-15						
12/10 Northampton L 47-46 12:45p	10/10/0	12/3 Pleasant Val. W 45-23						
12/12 Catasauqua W 47-29 6:45p	10/1 = / D 1' 1 TTT 0 (1 () =	12/3 Mariana Acad. W 60-12						
12/15 @ Palisades W 36-16 6:45p	10/17 OD1 17/11 T 7.00	12/3 Honesdale L 58-18						
12/17 E'burg North W 1:00p	m 12/17 @Pleasant ValleyL 7:00pm	12/7/ Catasauqua L 43-24 7:00pm						

Dangor Giris (17-0)					
12/6/	Moravian W 46 -27	6:45pm			
12/8/	NDGP W 43-37	6:45pm			
12/10	Northampton L 47-46	12:45pm			
12/12	Catasauqua W 47-29	6:45pm			
12/15	@ Palisades W 36-16	6:45pm			
12/17	E'burg North W	1:00pm			
12/19/	Saucon ValleyW 41-27	6:45pm			
12/21/	@ Pen Argyl W 45-3	76:45pm			
12/27	@ Wm. Allen W 48-30). 2:30pm			
12/28	@ NDES W 38-9	2:30pm			
1/5/	Wilson W 52 - 32	6:45pm			
1/7/	N. Lehigh W 47-37	12:45pm			
1/9/	Northwestern L 61-2:	5 6:45pm			
1/12/	@ Salisbury W 42-22	2 6:45pm			
1/17/	@ Wilson W 49-22	6:45pm			
1/19/	@ S. Lehigh W 49-3'	7 6:45pm			
1/24/	Moravian W 38-32	6:45pm			
1/26/	NDGP. L 37-28	6:45pm			
1/28/	Palmerton L 46-25				

Palisades W 54-34

Pen Argyl L 48-40

Saucon Valley W 41-40 Pen Argyl L 65-40

2/1/

2/4/ 2/7/

2/10 3/1

	12/6/	Moravian W 58-47	6:45pm
	12/8/	@ NDGP L 56-22.	6:45pm
	12/10	Northampton W 46-39	1:00pm
	12/12/	Catasauqua W 58-30	6:45pm
	12/15/	Palisades W 36-16	6:45pm
	12/17	@Pleasant ValleyL	7:00pm
	12/19/	Saucon Valley L 38-24	6:45pm
	12/21/	Pen Argyl L 45-40	6:45pm
	12/27	@ Easton L 47-39	7:30pm
	12/27	@ Hatboro L 66-67	TBA
	1/5/	@ Wilson W 51-48	6:45pm
	1/7/	N. Lehigh W 70-33	2:45pm
_	1/9/	Northwestern W 60-57	6:45pm
	1/12/	Salisbury W 58-28	6:45pm
	1/17/	Wilson L 56-52	6:45pm
	1/19/	S. Lehigh W 50-40	6:45pm
	1/24/	@ Moravian W 65-56	6:45pm
	1/26/	NDGP L 68-60	6:45pm
	1/28/	Palmerton W 56-52 1	2:45pm
	2/1/	Palisades W 65-42	6:45pm
	2/4/	Saucon L 47-41 1	2:45pm
	2/7/	Pen Argyl W 56-39	6:45pm
	2/11	Palmerton L 64-42	

2/24

12/3	North Penn L 46-22
12/3	Abington L57-15
12/3	Pleasant Val. W 45-23
12/3	Mariana Acad. W 60-12
12/3	Honesdale L 58-18
12/7/	Catasauqua L 43-24 7:00pm
12/9/	Palisades L 34-33 7:00pm
12/14/	Saucon Valley L 61-6 7:00pm
12/16/	@Belvidere W 54-247:00pm
12/20/	Wilson W 25-24 7:00pm
12/29	@ Trojan Wars TBA
12/30/	@ Trojan Wars TBA
1/4/	Northwestern L 37-30 7:00pm
1/11/	NDGP L 68-0 7:00pm
1/18/	S. Lehigh W 43-19 7:00pm
1/20	@Coal Cracker 1:45pm
1/21	@Coal Cracker 9:00am
1/26/	@ Del Val 7:00pm
1/31	Pen Argyl L 45-29 7:00pm

High School Varsity Rosters 2022 - 23

Bangor Boys

- 5 Marquise Acree
- 14 Nickolas Castelletti
- Alex Farensbach
- 12 Joshua Giaquinto
- 30 Quin Karner
- Ashton Kluska
- Bryan Marmol
- Hunter McShane
- 11 Gavin Nelson
- 54 Cody Quagliato
- 20 Jeremiah Singer
- 23 Ryan Wildrick

Bangor Girls

- Madyson Escuadro
- Jayleigh Figurski
- 12 Kaylynn Figurski
- Kyleena Gonzalez
- 14 Linzey Hann
- 21 Jade Hendricks
- Caydence McLain
- 10 Jackelin Miller
- 25 Avery Nelson
- 3 Julia Pinter
- 43 Jace Polowy
- Madeline Stout

Pen Argyl Wrestling

I CHAIgyl WI	Country			
Ethan Alvarado	215			
Riley Alvarado	172			
Yakup Aybaz	285			
Jonathon D'Alessandro 121				
Luke Dalton	114			
Michael Fuller	133			
Bo Hatesaul	160			
Noah Hillis	160			
Arman Khan	215			
Jace LaBar	121			
Timothy McLain	189			
Aidan McNulty	133			
Parker Reimel	145			
Tyler Scholato	152			
David Sipley	145			
Carter Smith	107			
Landen Smith	152			
Benjamin 2025 1				
Riley Stapp	189			
Riley Waldron	145			
Kody Ward	160			

Pen Argyl Boys

- 12 Blake Boyer
- 50 Dominic Dauley
- Christian Hershey 21
- Ethan Holland
- 0 Trowne Irwin-Hill
- 10 Chase Kennedy
- 5 Lincoln Kuster
- 33 Jacob Martini
- 32 Jack McLaughlin
- 35 Thomas Mulroy
- 23 Bradley Rissmiller
- 24 Mason Soos
- Damian Tyminski
- Cayden Vishnesky

Pen Argyl Girls

- Emma Albanese
- 3 Julia Antonioli
- 2 Mckenna Cunningham
- 44 Hailey Frey
- 1 Jasmine Holland
- 22 Macy Kotulka
- Kayla Maggipinto
- Alexandra Marshall 35
- 20 Natosha Morrison
- 21 Jillian Morro
- Kristen O'Brien 10
- 33 Ashlyn Oessenick
- 4 Kylee Uhler
- 12 Julia Vargo
- Ellianna Wallbillich 5
- 32 Grace Weaver
- Callia Wilgus 11
- 42 Katie Wilgus

Pen Argyl Wrestling

Isaiah Adams

Luca Albanese

Adam Bartholomew Connor Bartholomew

Hunter Beers

Michael Culver

Michael Culver

Rocco DeCesare

Gian Greggo

Kael Grim

Evan Johnson

Kristoffer Kessler

Nuallan King

Aidan Knorr

Brayden Krasnopera

Blayke Lacey

Cole Lobb

Cody Long

Zachary Metzgar

Alex Moser

Shane Moser

Collin Ramsay

Vincent Reto

Madacyn Rivera

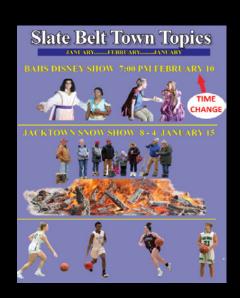
Benjamin Whitley

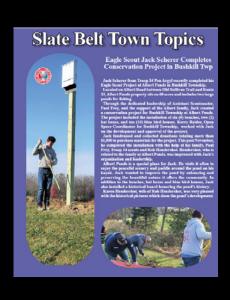
Mgr Brooke Bowie

MgrDelaney Brinker

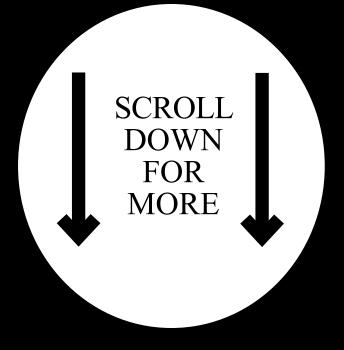
MgrAlexis Burrier

Slate Belt Town Topics Recent Feature Pages

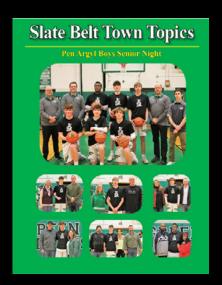


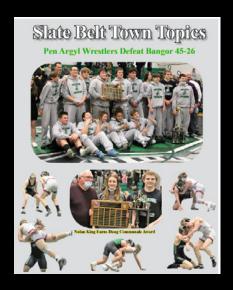












Read the Town Topics With Fresh News

Every Day

FASTNACHT DAY

Fastnacht Day or in Pennsylvania German: Faasenacht) is an annual Pennsylvania Dutch celebration that falls on Shrove Tuesday, the day before Ash Wednesday. The word translates to "Fasting Night" or "Almost Night" in English. The tradition is to eat the very best foods, which are part of the German tradition, and much of them, before the Lenten fast. Fastnachts (pronounced /ˈfastnaxt/ in German) are doughnuts.

aka FAT TUESDAY

Festive day celebrated in France on Shrove Tuesday ALSO KNOWN AS Mardi Gras, (French: Fat Tuesday) (the Tuesday before Ash Wednesday), which marks the close of the pre-Lenten season. Fat Tuesday is the custom of using all the fats in the home before Lent in preparation for fasting and abstinence.

aka SHROVE TUESDAY

The Tuesday before Ash Wednesday, which marks the close of the pre-Lenten season. aka Pancake Tuesday is the day before Ash Wednesday, observed in many Christian countries through participating in confession and absolution, the ritual burning of the previous year's Holy Week palms, finalizing one's Lenten sacrifice, as well as eating pancakes and other sweets

Fastnacht Donut Sale at Christ Lutheran Church

A Donut Sale will be held at Christ Evangelical Lutheran Church, 703 S. Delaware Dr. (Route 611), Mt. Bethel (Stone Church) on Tuesday, February 21st. Donuts are available powdered or plain and picked up by 1pm. The cost is \$10.00 per dozen. Orders are recommended and can be placed until February 18th. To place your order or for additional information call Chrissy at 610-588-0809.



Lincoln and Washington's Birthday Morphed Into Presidents Day

Birthday Observance History

1876 - U.S. House of Reps proposed that April 14 (Lincoln) Assassination Date) would be a national holiday for Lincoln.

1900 - Post Offices closed in the afternoon.

1907 - All Northampton County Schools observed Lincoln's Birthday.

1909 - at the Music Hall in Bangor (next to the present Bangor PD office) Union Defenders Day and Lincoln's Birthday were observed by the Sons of Veterans of the Civil War.

1909 - The Shakespearian Literary Society in Pen Argyl observed Lincoln's Birthday.

1914 - Lehigh New England Railroad Shops closed.

1923 - Pen Argyl Schools observed Lincoln's birthday as a holiday.

1924 - Lincoln and Washington's Birthdays were observed in all Bangor Schools.

1924 - PAHS Class of 1924 held a Lincoln Birthday Party.

1936 - Bethlehem Schools Closed.

1939 - Merchants bank of Bangor's move to Broadway delayed by observance of Lincoln's Birthday.

1947 - Banks and Municipal offices closed but schools and post offices were open on Lincoln's Birthday.

Presidents Day History

By the end of WWII, the observance of Lincoln and Washington's birthdays waned except as magnets for special February sales.

Today their birthdays are included in Presidents' Day, which is a holiday in the United States celebrated on the third Monday of February to honor all people who served as presidents of the United States and, since 1879, has been the federal holiday honoring George Washington, who led the Continental Army to victory in the American Revolutionary War, presided at the Constitutional Convention of 1787, and was the first U.S. president.

Washington's Birthday was celebrated on February 22 from 1879 until 1970. To give federal employees a three-day weekend, in 1968 the Uniform Monday Holiday Act moved it to the third Monday in February, which can occur from February 15 to the 21st.

Lincoln's Birthday, February 12, was never a federal holiday, but nearly half the state governments have officially renamed their observances "Presidents' Day", "Washington and Lincoln Day", or other such designations. (In historical rankings of presidents of the United States, Lincoln and Washington are often the top two.



United States Presidents

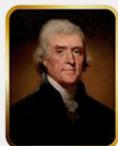
1789 - PRESENT



George Washington (1789 - 1797)



John Adams (1797 - 1801)



Thomas Jefferson (1801 - 1809)



James Madison (1809 - 1817)



James Monroe (1817 - 1825)



John Quincy Adams (1825 - 1829)



Andrew Jackson (1829 - 1837)



Martin Van Buren (1837 - 1841)



William Henry Harrison (1841 - 1841)



John Tyler (1841 - 1845)



James K. Polk (1845 - 1849)



Zachary Taylor (1849 - 1850)



Millard Fillmore (1850 - 1853)



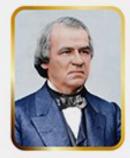
Franklin Pierce (1853 - 1857)



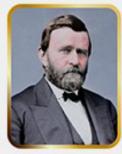
James Buchanan (1857 - 1861)



Abraham Lincoln (1861 - 1865)



Andrew Johnson (1865 - 1869)



Ulysses S. Grant (1869 - 1877)



Rutherford B. Hayes (1877 - 1881)



James A. Garfield (1881 - 1881)



Chester A. Arthur (1881 - 1885)



Grover Cleveland (1885 - 1889)



Benjamin Harrison (1889 - 1893)





William McKinley (1897 - 1901)



Theodore Roosevelt (1901 - 1909)



William Howard Taft (1909 - 1913)



Woodrow Wilson (1913 - 1921)



Warren G. Harding (1921 - 1923)



Calvin Coolidge (1923 - 1929)



Herbert Hoover (1929 - 1933)





Harry S. Iruman (1945 - 1953)



Dwight D. Eisenhower (1953 - 1961)



John F. Kennedy (1961 - 1963)



Lyndon B. Johnson (1963 - 1969)



Richard Nixon (1969 - 1974)



Gerald Ford (1974 - 1977)



Jimmy Carter (1977 - 1981)



Konald Keagan (1981 - 1989)



George H. W. Bush (1989 - 1993)



Bill Clinton (1993 - 2001)



George W. Bush (2001 - 2009)



Barack Obama (2009 - 2017)



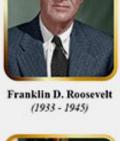
Donald Trump (2017 - 2021)



Joe Biden (2021 -)











Pen Argyl's Sokal Athletes Bringing Home the Gold

by Larry Cory

Recently, the Sokal Fitness and training center in Pen Argyl took a group to DeSales and Villanova University and came home with 10 gold medals, 10 silver medals and eight bronze medals.

"I was very proud of the kids that went," said Sokol director Erl Person. "We had 13 kids trained (and) for ten weeks in the fall for Special Olympics power-lifting, we had 11."

USA

and

to

According to their website: "Sokol 5-Tool Fitness is a not-for-profit organization that operates a sport fitness and baseball/softball training facility. It is administered and maintained by the Sokol Lodge 410 Board of Directors members. The goal is provide quality strength/ conditioning/agility training and baseball/softball skill development for our members and local baseball and softball organizations. The facility is also available for rent."

Person is currently training his group for their next competition,

"We're probably taking eight or ten kids to Parkland February 25th for high school, teenage high school and team Special Olympics kids."

Sokal is not a fancy gym with all the glitz and glimmer of LA Fitness. Sokal, however, on Robinson Avenue in Pen Argyl is about as basic as a gym can be, yet they get the job done.

"It's the way we train here is very simple," said Person. "We focus on a small number of functional movements." Squat, bench press. dead lift and press."

This a process that doesn't produce results overnight. "We work on form technique first and foremost, then as

they perfect that, we start adding weight." Person says. "They don't need fancy. They just need to come in and they know that everyone here is on their side," Person stressed.

> "We don't want them competing against one another. We want then competing against themselves" he added. "You know every kid ha to do better than they did the las time they were here. That's al we're looking for. It's old school It's very old school."

Person is no stranger to athletic training he got off to a good start playing football at Pen Argyl High for Coach Roy Cortez.

School Since then he has become a Certified personal trainer through the CSM championships," he said. "Probably two or three of those are going to be and a certified power-lifting coach through Special Olympics. When he is not at the gym he works for the FAA as an Electronics technician.

Medal Winners

Justin Washington 1 Gold Medal Gage Higgins 1 Gold Medal Sammy Campbell 1 Gold Medal Mika Kanofsky 1 Gold Medal 3 Silver Medals Makenna Compton 1 Gold Medal 3 Silver Medals Christine DeHaven 3 Gold Medals 1 Silver Medal Tyler Youngkin - 4 Silver Medals Logan Wismer 4 Silver Medals James Morris 1 Bronze Medal and 3 4th place ribbons Markus Ikona 4 Gold Medals 1 Silver Medal









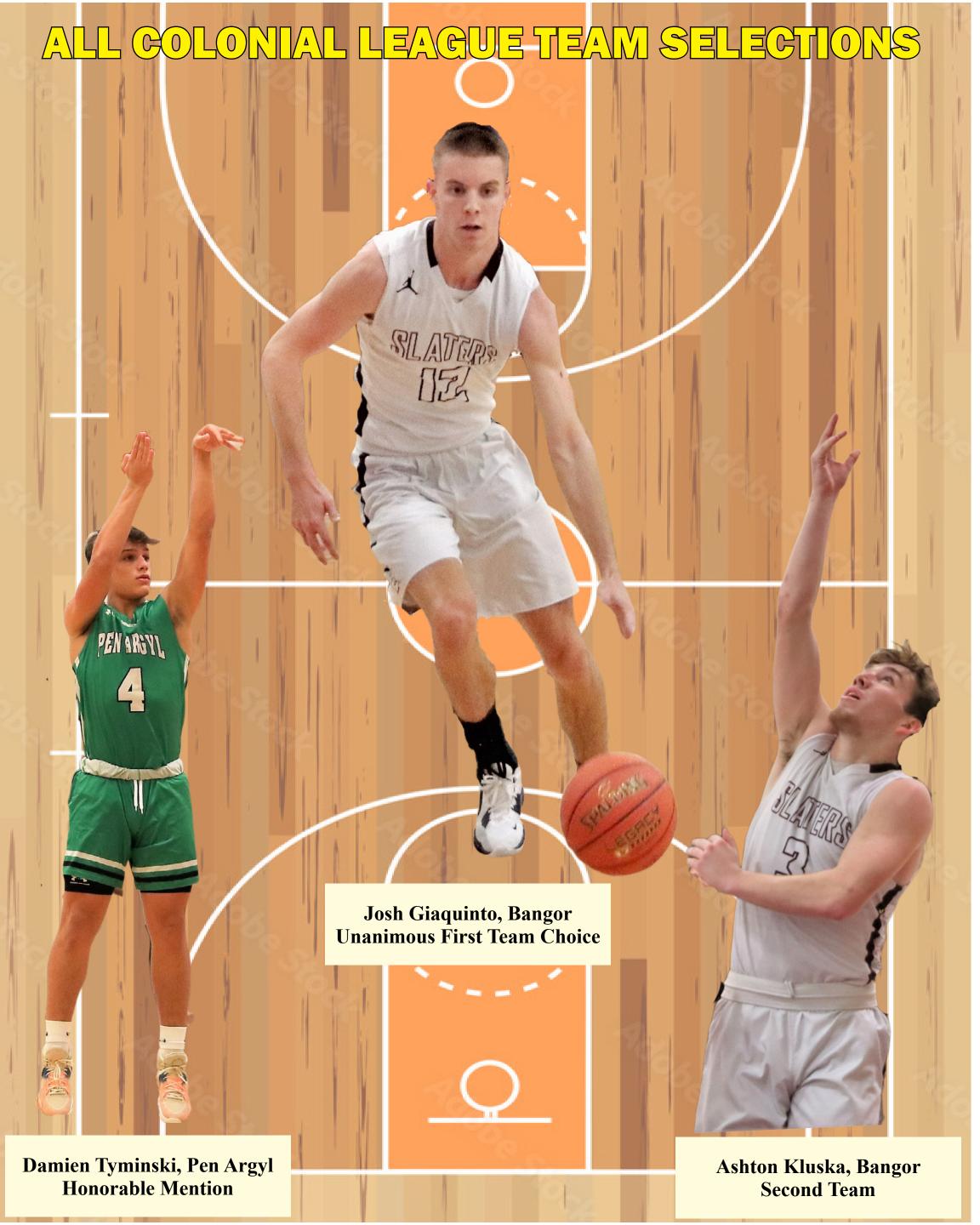












Huge Slater Rally Stops Knights 56-39 Pen Argyl Led 28-17 at Half

