

Bangor GFWC Hears Talk on Presidents by Author

Bangor Womens Club GFWC meets with speaker Jeffery E. Finegan February 20th was the Federal Holiday celebrating George Wahington and all past and present presidents. Carolyn Smith, President Bangor Womens Club introduced Jeffery E. Finegan, author of the book series "I Knew George Washington". He gave an interesting talk about the latest book he has authored "George Washington My Dear Grandpapa". The fascinating story of a young woman and her step-grandfather. The previous books were "Colonel Washington and Me", "Tis Well, The life and death of George Washington", and "My Dear General". The club purchased the four books and donated them to the Bangor Library.

Heidi Bates prepared a display about The Chinese New Year-The Year of the Rabbit. The display featured pink and red colors. Members were red in honor of American Heart Association month.

The next club meeting will be on March 21st at 12 noon at Trinity United Church of Christ, Stone Church, PA.



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.

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!

Pool Pals Fundraiser

The Weona Park Pool Pals will have a fundraising event on Tuesday, March 7th at the Scorecard Sports Bar and Grill located at 130 N. Broadway in Wind Gap. The hours are from 4 PM to 2 AM. Please support their continuing efforts to build a pool.



Adult Bingo

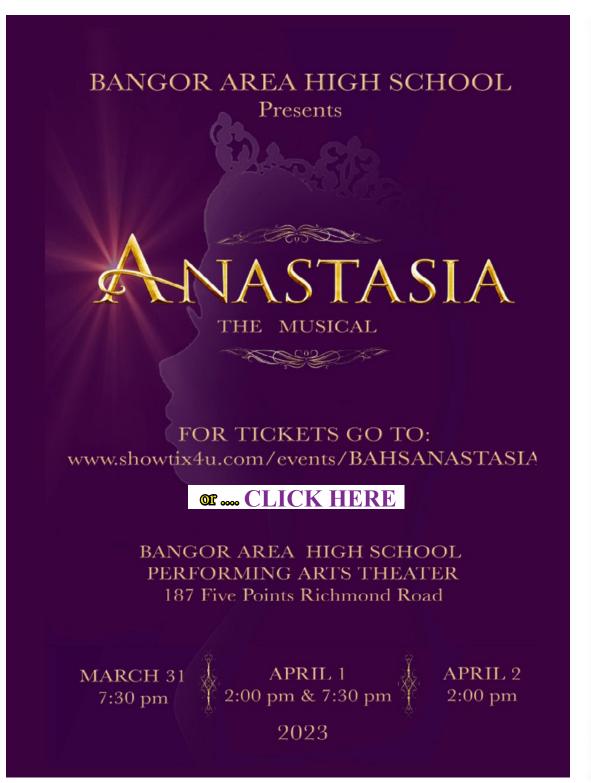
Adult Bingo at Wind Gap Fire Social Hall Saturday, April 29, 2023 at 4 pm Must Be +21

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.



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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









3-Day Forecast

Today



- Partly to mostly sunny and windy.
- Northwest winds 15-25 mph with gusts 30-40 mph.

Saturday



Highs: 30-40°F

- Mostly cloudy and cold.
- PM rain and snow showers possible.

Sunday



Highs: 45-55°F

- Partly to mostly sunny.
- A much milder afternoon.

Get your local forecast at: weather.gov/phi





NATIONAL WEATHER SERVICE

Philadelphia 🦹 Mount Holly



Bundle up & get outdoors!



Play a game with family or friends







Recent Pages 16-23

sbtopics@rcn.com

February 24, 2023

www.sbtopics.com

Slate Belt 7-Day Weather Forecast

Mostly Sunny 43 Today ... Showers, Wind 33 Saturday

National Weather Service Forecast - 6am Today

Today, Mostly sunny, with a high near 43. Breezy, with a northwest wind 15 to 20 mph, with gusts as high as 35 mph.

Tonight, Mostly clear, with a low around 19. Northwest wind 5 to 10 mph.

Saturday, A slight chance of snow showers before 10am, then a slight chance of snow showers after 4pm. Mostly cloudy, with a high near 33. Light and variable wind becoming south 5 to 10 mph in the morning. Chance of precipitation is 20%.

Saturday Night, Mostly cloudy, with a low around 23. South wind around 5 mph becoming west after midnight.

Sunday, Mostly sunny, with a high near 47. Southwest wind 5 to 15 mph.

Sunday Night, Mostly clear, with a low around 27.

Monday, Rain likely after 1pm. Mostly cloudy, with a high near 42. Chance of precipitation is 70%.

Monday Night, Rain and snow, becoming all snow after 10pm. Low around 31. Chance of precipitation is 100%.

Tuesday, A chance of rain and snow before 10am, then a chance of rain. Mostly cloudy, with a high near 44. Chance of precipitation is 40%.

Tuesday Night, Partly cloudy, with a low around 27.

Wednesday, Mostly sunny, with a high near 45.

Wednesday Night, Mostly cloudy, with a low around 29.

Thursday, Mostly cloudy, with a high near 49.



Special Events

PUBLISH YOUR EVENT

To publish info about your event, e-mail sbtopics@rcn.com Please send in text form. Do not send photos of text.

February 23,24

Project Feeder Watch Monitoring

Thursday, February 23 & Friday, February 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 24

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CONTINUED PAGE 8



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

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



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Daily Schedule

Friday February 24

Bingo - Bushkill Fire Co. Doors 5pm. Bingo

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 All-You-Can Eat Breaklfast - Bangor Elks 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

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

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





Daily Schedule

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

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

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

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

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

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 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 -8:00pm

Friday March 17

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 18

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 March 19

Slate Belt Heritage Center -Open 12-3.

Slate Belt YMCA - 10-2

Monday March 20







CLICK HERE FOR STORE INFO - www.hometownsaves.com

SLATE BELT TODAY BY THE NUMBERS

COPD

0 1 2 3 4 5 6 7 8 9 10

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.

Temperature

(Yesterday)

<u>High</u>

Low

52

33

(Today's Forecast

High

Low

43

19

0 1 2 3 4 5 6 7 8 9 10

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.

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.

Common Cold

0 1 2 3 4 5 6 7 8 9 10

Sinus Headache

0 1 2 3 4 5 6 7 8 9 10

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.

Migraine Headache

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 - 65

Moderate (51-100)

Bethlehem - 78

Allentown - 57

Bad for Some (101-150)

Monroe - 23

Very Bad 150+

Arthritis Index

0 1 2 3 4 5 6 7 8 9 10

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

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 - 0.04

Recent -Trace

Month - 0.77

Month - 1.5

Year - 5.79 (+2.8)

Season - 4.00

UV Index

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



Moderate Risk 11am -2pmToday

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

Heating Degree Days

Yesterday

Season

25

3571

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 6:43 AM

Sunset 5:46 PM

Pollen-Allergy Forecast

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



Top Allergen - Juniper

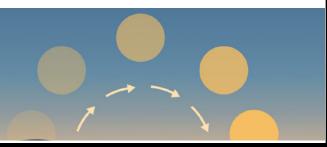
Scale of 0-12 with zero indicating the least potential allergy and 12 the most. Most prevalent allergen is Ragweed

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





BUSINESS HOURS

Mon 8:00 AM - 8:00 PM • Tue 8:00 AM - 6:00 PM Wed-Thu 8:00 AM - 8:00 PM

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



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SPECIAL EVENTS CONTINUED

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

Exploring Jacobsburg's Foundations

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?ord er=date&search=jacobsburg.

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.

February 26

George Washington: Up Close and Personal

Join NCHGS and local author Jeff Finegan February 26, 2023, 1:00 pm for an in depth look at the manuscripts of the I Knew George Washington Series!

Author and collector Jeff Finegan will offer a detailed discussion of the original George Washington and Revolutionary period documents that are featured in the four books that comprise his series on the nation's preeminent founding father.

In addition to a PowerPoint presentation on the collection, a select grouping of original documents will be on display.

Free for NCHGS members; \$5.00 for non-members.

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

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

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.

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

March 5

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.

March 7

Pool Pals Fundraiser

The Weona Park Pool Pals will have a fundraising event on Tuesday, March 7th at the Scorecard Sports Bar and Grill located at 130 N. Broadway

in Wind Gap. The hours are from 4 PM to 2 AM. Please support their continuing efforts to build a pool.

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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?orde r=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
- 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.

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 building parking lot Pick up 7am-730am. Drop off 5pm-530 pm Same day.

By appointment. For scheduling details

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



Richard Shaplin Sr.



Richard Shaplin Jr.

610-559-5197

308 Spring Garden Street • Easton, PA 18042

Securities offered through Royal Alliance Associates, Inc., Member FINRA, SIPC.

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 2:30pr	10/0	12/2/ NDGP L 69-3. 7:00pm					
12/3 Moravian W 45-34 1:00pr	10/0) (7.51.06 0.45	12/3/ @Rough Rider 9:00am					
12/6/ Saucon W 60-31 6:45pt	10/6/ 0 1 46 33						
12/8/ Palmerton L 49-46 6:45pi	10/0/ 1 1 55 00 6 45	12/16 Lehighton L 33-28 7:00pm					
12/12/ Wilson W 62-24 6:45pi	10/10/ 11/1 11/50 41 6 45	12/22/@ Palmerton W54-14 7:00pm					
12/19/ @ NDGP L49-37 6:45pt	10/10/ NID CD I CO 05	1/4/ @ Salisbury W 49-247:00pm					
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 6:45pt	n 12/22 @ Lehighton L 45-42 7:00pm	1/7/ Upper Moreland W33-30 9:00am					
12/27 PME - W 47-38 6:00pr	n 12/27 @ N.Warren W 50-361:30pm	1/7 NorristownW 56-12					
1/5/ Palisades W 51-24 6:45pr	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 : 1 /1 00 (/5						
2/1/ Moravian W 58-32 6:45pi	0/4/ 0 ND CD I 50 (0 10 45						
2/4/ NDGP W 37-28 12:45pi							
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 D (12.10)	Dangar Wrogeling (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	12/10 N1 W. 46 20 1 00	12/3 Abington L57-15					
12/10 Northampton L 47-46 12:45p	12/10/10/10/10/10/10/10/10/10/10/10/10/10/	12/3 Pleasant Val. W 45-23					
12/12 Catasauqua W 47-29 6:45p	10/17/701: 1 11/10/16	12/3 Mariana Acad. W 60-12					
12/15 @ Palisades W 36-16 6:45p	10/17 OP1 - 11/11 I 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					

E	Bangor Girls (17	-6)
12/6/	Moravian W 46 -27	6:45pm
12/8/	NDGP W 43-37	6:45pm
12/10	Northampton L47-46	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 45-37	6:45pm
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 61-25	6:45pm
1/12/	@ Salisbury W 42-22	6:45pm
1/17/	(a) Wilson W 49-22	6:45pm
1/19/	(a) S. Lehigh W 49-37	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 65-40

Pen Argyl L 48-40

Saucon Valley W 41-40

2/11

2/24

2/1/

2/4/

2/7/

2/10

3/1

	angui Duys (15 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
	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 1	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/		2:45pm
2/1/	Palisades W 65-42	6:45pm
2/4/		2:45pm
2/7/	Pen Argyl W 56-39	6:45pm
- 11 1		

Palmerton L 64-42

Palisades L 34-33

Wilson W 25-24

@ Trojan Wars

@ Trojan Wars

NDGP L 68-0

S. Lehigh W 43-19

@Coal Cracker

@Coal Cracker

PenArgylL45-29

@ Del Val

Northwestern L 37-30

Saucon Valley L 61-6 7:00pm

@Belvidere W 54-247:00pm

7:00pm

7:00pm

7:00pm

7:00pm

7:00pm

1:45pm

9:00am

7:00pm

7:00pm

TBA

TBA

12/9/

12/14/

12/16/

12/20/

12/29

12/30/

1/4/

1/11/

1/18/

1/20

1/21

1/26/

1/31

High School Varsity Rosters 2022 - 23

Bangor Boys

- Marquise Acree 5
- 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
- Julia Pinter 3
- 43 Jace Polowy
- Madeline Stout

Pen Argyl Wrestling

∂ √	
Ethan Alvarado	215
Riley Alvarado	172
Yakup Aybaz	285
Jonathon D'Alessand	dro 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	114
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
- 3 Damian Tyminski
- Cayden Vishnesky

Pen Argyl Girls

- Emma Albanese
- 3 15 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

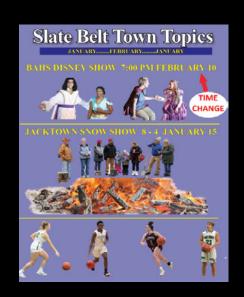
Benjamin Whitley

Mgr Brooke Bowie

MgrDelaney Brinker

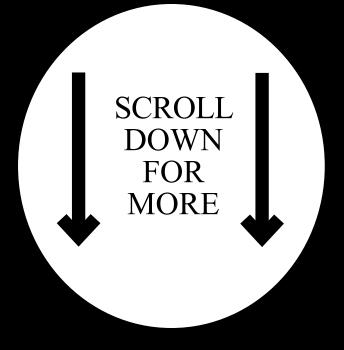
MgrAlexis Burrier

Slate Belt Town Topics Recent Feature Pages

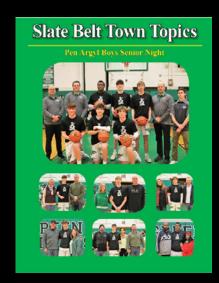


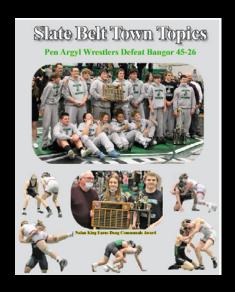












Read the Town Topics With Fresh News

Every Day





SIGNS AND SYMPTOMS COLD FLU Symptom onset Gradual Abrupt Usual Rare Fever Slight Usual Aches Uncommon Fairly common Sometimes Usual Fatigue, weakness Common Sometimes Sneezing Mild to moderate Chest discomfort, cough Common Common Stuffy nose Sometimes Sore throat Sometimes Common Headache Common Rare

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



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

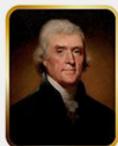
1789 - PRESENT



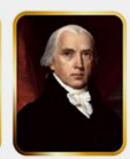
George Washington (1789 - 1797)



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)



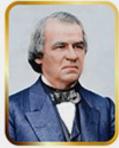
Franklin Pierce (1853 - 1857)



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)



Grover Cleveland (1893 - 1897)



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)



Franklin D. Roosevelt (1933 - 1945)



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."

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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 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 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 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

