TOWN TOPICS
News Today - NOT Next Week

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Kindergarten Registration Welcome Class Of 2034

The Bangor Area School District (BASD) is excited to welcome the Class of 2034! The kindergarten team at Five Points Elementary School is excited to welcome our new kindergarten class to begin their education for the 2021-2022 School Year. A child is eligible for kindergarten

- If he/she is at least the age of five (5) years by August 30, 2021 (no exceptions).
- Resides within the boundaries of the BASD.
- Successfully completes the district's kindergarten screening process.

Kindergarten registration is online. Online kindergarten registration is available for parents and/or guardians through the District website **www.bangorslaters.com**. A parent only kindergarten registration information meeting is scheduled on Tuesday, January 26, 2021 at 7:00 p.m. via Zoom. The Zoom will be available on the District website. To schedule a screening appointment, the completed online registration and mandatory documents must be submitted and approved by the registration secretary. A completed registration includes:

- Parent/Guardian Photo Identification
- Proof of child's birth date (must be at least five (5) years by August 30, 2021)
- Two (2) proofs of residency
- Immunization
- Physical Exam Record
- Dental Exam Record

Once online registration is submitted and approved, Five Points Elementary School will contact parents/guardians regarding a kindergarten screening appointment. Because of COVID-19, the District has not determined kindergarten registration dates at this time. Our goal is to conduct in-person screening appointments when it is safe. All screenings are by appointment only. An adult must accompany the child(ren) for their screening appointment(s). Our kindergarten staff is eager to meet and work with your child.

Slater Girls & Boys Win, Knights postpone contests

The Bangor Boys broke a 35-35 tie by outscoring Palisades 46-28 in the second half for a 82-63 win last night. CJ Miles led the team with 27 points, including four threes, Dan Heald had 20 and Josh Giaquinto had 14 points with three treys.

The Bangor girls won two games this week with a 33-29 win over Southern Lehigh. Brynne Holland scored 10 points, Brooke Baker 8, Madison Kluska 7, and McCormick Karner 6.

Last night, the girls outscored Palisades 13-3 in the final quarter for a 30-22 win. Emma Stoudt scored 9, Holland 8, and Kluska 7.

Pen Argyl,was forced to postpone Wednesday's wrestling match, and boys basketball games scheduled for tonight and tomorrow have also been postponed.

Whether you are buying or selling a home, finding the right Realtor is the most important step. You need a Realtor with knowledge of today's changing market; someone with integrity and service to you. We pride ourselves in all those qualities and invite you to visit us

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Northampton County COVID 19 Testing

[CLICK HERE]

Marketplace316 Open

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

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

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

[Send Message Here]

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magdafamilydental.com

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magdadental.com

Food Pantry

Did you know The Salvation Army of Pen Argyl has a food pantry?

If you or anyone you know are in need of food, you are welcome to come Tuesdays from 10AM-12 Noon. Curbside pick-up provided. Questions? Please call 610-863-6677

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Pennsylvania Eagle Cam

[See Live]

BASD Vaccination Clinic

BASD is hosting a First Responders COVID-19 Vaccination Clinic on Saturday, January 16, from 9:00 AM to 1:30 PM from the Paine Theater at 123 Five Points Richmond Road. Mt. Bethel Pharmacy will be on site for all First Responders (police, fire, EMS). All attendees are required to show identification. Questions should be directed to Chief Ryan at ryanch@bangorsd.org.

Tuscarora Take Out

"Tuscarora Take Out!" Each Monday they will have personal dinners and family trays available for you. This week they are offering London broil or chicken francaise with a vegetable and rice pilaf. You can also add cream of broccoli soup or macaroni and cheese for an extra special touch! Place orders before Sunday by visiting https://tuscarorainn.square.site/ for pick-up or delivery!

NWS Forecast - January 15

Today
A slight chance of rain after 4pm. Cloudy, with a high near 44. East wind 5 to 10 mph. Chance of precipitation is 20%.

Tonight
Rain. Patchy fog after 9pm. Low around 37. East wind 5 to 10 mph. Chance of precipitation is 90%. New precipitation amounts between a half and three quarters of an inch possible.

Saturday
A chance of rain, mainly before 7am. Mostly cloudy, with a high near 43. West wind 5 to 10 mph. Chance of precipitation is 30%. New precipitation amounts of less than a tenth of an inch possible.

Saturday Night
Mostly cloudy, with a low around 29. West wind around 10 mph.

Sunday
Partly sunny, with a high near 40. West wind 10 to 15 mph, with gusts as high as 25 mph.

Sunday Night
Mostly cloudy, with a low around 28.

M.L.King Day
Partly sunny, with a high near 39.

Monday Night
Partly cloudy, with a low around 25.

Tuesday
Mostly sunny, with a high near 36.

Tuesday Night
Mostly cloudy, with a low around 26.

Wednesday
Partly sunny, with a high near 39.

Wednesday Night
Partly cloudy, with a low around 24.

Women's Wellness Group

Women's Wellness Group starting is held Thursday Nights from 6:30 to 7:30 at A Clean Slate Recovery Center in Bangor. Join, this free and confidential group and learn the pathways of wellness with other women in a safe, fun, and healthy environment. Guest speakers and other professionals will be participating at various meetings.

Panera Bread Fundraiser

Join #Team3A2021 @Panera Bread on Sunday Jan 31, 2021 for dine in or take out and support their campaign for a cure. 20% of all sales will be donated to the Leukemia and Lymphoma Society to support local families and cutting edge research for those battling cancer. Make sure to bring a copy of the flyer either electronic or hard copy. Thank you for your support. If you cannot make the event you can still contribute to the cause at www.Team3A2021.com

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Struggling With Substances?

People struggling with substances can now walk in for drug and alcohol assessments at the Clean Slate Bangor, 100 South First Street St, Bangor 610-452-9348 Mondays from 10am - 12pm Many times this is the first step toward treatment and a new life.

East Bangor UMC

136 W. Central Ave., East Bangor,
Saturday January 16
8:00 p.m. AA Meeting
Sunday January 17
10:00 a.m. Worship Service (on ZOOM)
Pastor David Goss (610) 588-4453
Dial-A-Message (610) 588-3896
www.ebumc.org

Clever Girl Winery Tasting Room Now Open

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

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

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Northampton County has a 24-hour hotline for all Human Services related emergencies.

Call 610-252-9060 for help and referrals.

Pharmacy Needs Help

Mt Bethel pharmacy is looking for anyone with an injectable license in administering the first phase of the COVID 19 vaccine. They also need a Cashier/ delivery driver/tech. If interested please call 570-583-2027

Rapid Nasal Antigen Test Available in Wind Gap

Wind Gap Community Pharmacy announced that it has RAPID nasal antigen swab COVID testing available for $75. No appointmentS are needed. Results available in 10 minutes.

Open Hours: Monday through Friday 8-6 Saturday 8-1. They are located at 31 West 1st Street Wind Gap Pa 18091 610-881-4260

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All Aspects Restored & Recycled

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

In addition, they are open Monday- Wednesday or evenings, by appointment.

They are located at 1086 S Delaware Drive in Upper Mount Bethel, PA 18343, on Route 611 across from Twin Gap Farms in Stone Village. Gift Certificates and shipping are also available

Call 610-509-5881 to schedule or private message them.

Bangor Library Story Time

Story time material for Tuesday, January 5, 2021 is ready for pick up at the circulation desk.

Topic: Story Time- Bears
Jan 5, 10:00 AM Join Zoom Meeting
https://zoom.us/j/9475606272...
Meeting ID: 947 560 6272 Passcode: KrH8xT

Roseto Mailroom Offers Pack, Ship And Drop-Off

The Roseto Mailroom offers a local Pack & Ship and Drop-off location for both UPS and FEDEX. We are located between Easton and East Stroudsburg on route 191 in the borough of Roseto PA.

Authorized ship center for UPS and FEDEX. Drop off location for UPS and FEDEX. USPS shipping available.

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

Daily Weather Updates slatebeltweather.com

High-Risk Activities for Getting COVID 19

Here are examples of activities and situations that can increase your risk of exposure to COVID-19:

- Going to a large social gathering like a wedding, funeral, or party.
- Attending a mass gathering like a sporting event, concert, or parade.
- Being in crowds — for example, in restaurants, bars, airports, bus and train stations, or movie theaters.
- Traveling on a cruise ship or river boat

Library's Foreign Language Vocabulary Builder

The Bangor Public Library announces that it has added LingoLITE to its online reference offerings which helps users learn basic words and phrases in 30 languages using interactive native speaker videos.

"Foreign language training and references are very popular at the library, but in the past, we've never been able to offer one source for learning so many languages using such an interactive video format, so we're very excited to offer this database to our patrons," says Kathleen Lynch, Director at Bangor Public Library.

LingoLITE is a vocabulary builder and contains thousands of native speaker video clips in 30 languages including Spanish, French, Italian, German, Chinese, Japanese, Chinese, Farsi, Hindi, German, Swahili, Thai, and 18 others.

Anyone can access LingoLITE using the library's computers, or from anywhere in the world from the library's portal at www.bangorlibrary.org with their library card.

LingoLITE was designed anyone who wants to learn basic terms and phrases in a new language. The resource has glossaries for greetings, introductions, food, transportation, relations, numbers, and more.

This is an example of the Library's mission to increase its coverage of topics that are of interest to its diverse population of patrons young and old.

St. John's Cemetery

Donations for St. John's Cemetery in Bangor are being accepted for maintenance. You can mail them to St. John's Cemetery c/o Carol Hummel, 136 Messinger Street, Bangor, Pa 18013.

PUMP Needs Your Help

With an increase of 30%-40% of people coming because of COVID-19, PUMP is currently serving 150 - 175 families who receive food weekly from the pantry. All the food is distributed by approximately 30 to 40 volunteers.

Food supply also has risen 25%-30% and continues to come from donations, Second Harvest, Trader Joe's, Northampton County and Salvation Army.

They are asking at this time for the communities cooperation in helping secure the funds to purchase a parcel of land and construction of a new building.

Donations can be sent directly to Portland Upper Mt. Bethel Food Pantry Inc. P.O. Box 69 Portland Pa. 18351 or visit the PUMP at 111 State St.Portland Pa.. Mondays from 9:30 AM to 12 PM.

Struggling With Substances?

People struggling with substances can now walk in for drug and alcohol assessments at the Clean Slate Bangor, 100 South First Street St, Bangor 610-452-9348 Mondays from 10am - 12pm Many times this is the first step toward treatment and a new life.

2021 PA Fishing Licenses

2021 PA fishing licenses are now on sale from the PA Fish and Boat Commission. Licenses, permits and gift vouchers can be purchased online or by visiting retail license issuing agents. Valid immediately for up to 13 months through Dec. 31, 2021. Multi-year options are also available in increments of 3, 5, and 10 years. https://www.fishandboat.com/Pages/default.aspx

Slate Belt Dining Information Pages 8 & 9

Snowshoes and Hiking Poles Available

Monday thru Friday, 8:00 AM-2:30 PM at Jacobsburg Visitor Center, 400 Belfast Road, Nazareth

Borrow snowshoe equipment to use on Jacobsburg's trails this winter! Snowshoes are available for folks of any age or shoe size, including small children.

Snowshoes will not be made available during times of insufficient snow cover, at least six inches of snow is required.

To borrow equipment, you must provide a driver's license or other form of state issued identification. More information call 610-746-2801 or email jacobsburgsp@pa.gov.

Check their website for current winter conditions and snow depth: https://www.dcnr.pa.gov/StateParks/WinterReport/Pages/default.aspx

State Food Assistance

Pennsylvania State officials have encouraged all Pennsylvania residents to take full advantage of all food assistance programs, if needed, over the holiday season.

"Pennsylvania's food assistance programs were built for times like these and no one should be too shy to take advantage of what they have to offer," said Russell Redding, secretary of the Pennsylvania Department of Agriculture.

But those assets haven't stopped the covid-19 pandemic from destabilizing personal finances and causing heightened food insecurity for millions of residents. Compared to 2018, when roughly 11% of adults in Pennsylvania were food insecure, Redding said 15.5% experience the issue this year.

The difference is even starker when it comes to children in the state. In 2018, 15% children experienced food insecurity. That number has climbed to 24% in 2020.

Local food pantries saw greater demand especially early in the pandemic and through the summer, with miles-long lines at each weekly distribution and millions of pounds of food provided.

"Food insecurity was a problem for millions of Americans before March 2020," said Teresa Miller, secretary of the Department of Human Services.

CDC Expands the Definition of 'Close Contact'

The Centers for Disease Control and Prevention released new guidelines on Wednesday regarding what counts as "close contact" with someone who has COVID-19.

The expanded definition includes brief but repeated exposure to others with the virus that adds up to 15 minutes over a 24-hour period. Previously, the CDC defined close contact as spending 15 consecutive minutes or more within six feet of someone with COVID-19.

This makes mask-wearing even more important for preventing transmission

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www.mountbethelabstract.com

Where to Eat

Napoli Pizza

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

Slate Belt Diner

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

Daisy Family Restaurant

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

Three Brothers Pizza

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

More Info: Click Here

Mt. Bethel Diner

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

More Info: Click Here

Family & Friends Takeout

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

Gap Diner

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

TK's Restaurant

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

Little Creek BBQ

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

Fuher's Tavern & Grill

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

WHERE TO EAT continued on page 9

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

Where to Eat

Sal's Pizza

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

Doughboys

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

Pen Argyl Pizza

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

More Info: Click Here

512 Restaurant

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

More Info: Click Here

Detzi's Tavern

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

Slate Pub

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

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

More Info: Click Here

Broadway Pub

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

More Info: Click Here

Daily Weather Updates slatebeltweather.com

Boar Barbecue

Boar Barbecue 690 Allegheny Road, Mt. Bethel. 484-908-3407. **CLOSED FOR SEASON.** More Info: Click Here

JT Grill

JT Grill at Miller's Egg Ranch on Route 512, East Bangor is serving breakfast and lunch from 10am-3pm Tuesdays through Saturdays! More info: Click Here

Five Points Grill & Pub

Five Points Grill & Pub 1001 Mt. Bethel Highway, Mt. Bethel. 610-588-1773. Reservations are highly encouraged! It helps make your dining experience run as smoothly as possible. Please call us at (610)588-1773. More Info: Click Here

M &M Vineyards Open

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

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

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

Dinky's Hours in Bangor

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

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

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Bangor Library New Books

January 1 - January 7

Adult Fiction

Kingdom of Flesh and Fire: A Blood and Ash Novel by Jennifer Armentrout
Big Girl, Small Town: A Novel by Michelle Gallen
Under a Glided Moon: A Novel by Joy Jordan-Lake
Fool Me Twice: A Novel by Jeffry Lindsay
The Arctic Fury: A Novel by Greer Macallister
Boone The McBrides of Texas by Emily March
A Promise of Ankles by Alexander McCall Smith
NYPD Red 6 by James Patterson
Dachshund Through the Snow by David Rosenfelt
Hush-Hush by Stuart Woods

Adult Non-Fiction

I Used to Have a Plan by Alessandra Olanow
The Greatest Secret by Rhonda Byrne
Your Guide to the Jewish Holidays: From Shofar to Seder by Matt Axelrod
Modern Warriors: Real Stories from Real Heroes by Pete Hegseth
Too Late to Say Goodbye: A True Story of Murder and Betrayal by Ann Rule
The Ultimate Scholarship Book 2021: Billions of Dollars in Scholarships, Grants, and Prizes by Gen Tanabe
The Official Downton Abbey Christmas Cookbook by Regula Ysewijn
The Official Downton Abbey Afternoon Tea Cookbook
Milk and Honey by Rupi Kaur
Sapiens: A Graphic History: The Birth of Humankind (Vol. 1) by Yuval Noah Harari
Unsinkable: Five Men and the Indomitable Run of the USS

Lego Challenge Returns

The Lego Challenge! This month's theme is going to be Castles! The Lego Challenge is for all kids aged 12 and under! Build us your best castle and then take a picture of it! Send us a picture to use through the library's email.

All pictures must be in by January 16, 2021! Pictures will be posted on January 18, 2021 and the castle that gets the most votes wins a special prize!! Please include kids name and age. No names will be posted on the Facebook page.

email info@bangorlibrary.org

Blue Mt. Community Library

New Books January 2021

Adult Fiction

Troubled Blood, Robert Galbraith
The Book of Two Ways, Jodi Picoult
The Wonder Boy of Whistle Stop, Fannie Flagg
South of the Buttonwood tree, Heather Webber
Confessions on the 7:45, Lisa Unger
Girls of Brackenhill, Kate Moretti
Eli's Promise, Ronald Balson
The Southern Side of Paradise, Kristy Harvey Woodson

Adult Non-Fiction

The Guns at Last Light, Rick Atkinson
Route 529, Patricia Roberts
Valiant Ambition, Nathaniel Philbrick

Adult Reference

100th Anniversary - History of Weona Park, Walter Cole

Library Gift Basket Fundraiser

The Blue Mt. Community Library will sponsor a Valentine Gift Basket Fundraiser. The basket will be featured on their website at www.bmcl.org and their Facebook page.

Call the library at 610-863-3029 to place a bid from January 11 through February 6.

The library is currently open to visit on Mondays 10 am-Noon and 6-8 pm. They are also open Fridays and Saturdays 10 am - Noon by appointment.

When entering the library you must wear a mask and gloves will be provided to you. They are also open to borrow **CURBSIDE** on Thursdays morning and evening shifts, as well as all other shifts by calling the library to ask for the book(s) you want and a time to come to pick them up.

All books are sanitized and quarantined for your safety. Library membership is free to all residents in the Pen Argyl Area School District and non-residents may open a membership for a small yearly fee.

County Assistance

In light of Pennsylvania's eviction moratorium expiring on August 31st, Lamont McClure reminds residents that Northampton County has approximately $3.6 million available for rental assistance, rapid rehousing and utility payments. The Department of Human Services and the Department of Community and Economic Development worked together to develop the Community Mediation and Eviction Diversion Program (CMED). CMED offers experienced mediators, emergency financial assistance and rapid rehousing to prevent homelessness. Contact: Third Street Alliance at 610-438-1763 or email Ziana Keith at zkeith@thirdstreetalliance.org

Hotline for Human Services

Northampton County has a 24-hour Emergency hotline for all Human Services-related emergencies. Anyone struggling with a mental health crisis, abuse, neglect, suicidal thoughts, evictions, substance abuse, food insecurity, etc. can call 610-252-9060 for help and referrals.

Confidential Grief Group

A Clean Slate is partnering with Kainoa's Ohana to start their 6-week confidential grief group for parents/caretakers who have lost their child to a stigmatized death (addiction/suicide).

This has been a very powerful group that has filled a need in our area. This group caps at a small number so please pass this on to anyone who may benefit. They are looking at starting Saturday mornings in mid-October. For more information or to sign up contact jana@recoveryrevolution.org 610-599-7700.

Slate Belt Dining Information Pages 8 & 9

Check Out Our New
Click & Go Index
Page 2

Northampton County Needs Cafeteria Service Provider

Northampton Countyseeks proposals to furnish all services, labor and materials necessary to provide the County Government Center with Cafeteria Services (RFP #305-2102).

"Our good folks who work at the Government Center and the jurors who come to serve here need quality food at a reasonable price," says Lamont McClure. "That's what we are trying to accomplish here."

Times of operation would be from 7:30 A.M. – 2:30 P.M., Monday through Friday.

Specification documents can be downloaded at www.publicpurchase.com or by contacting the Procurement Office at gpurchasing@northamptoncounty.org or by calling 610-829-6177.

Proposals are due January 28, 2021, no later than 2:00 P.M. prevailing time

Area Road Work

Filetown Road Between: Sullivan Trail and Jacobsburg Road. Lane restriction with flagging 01:00 PM To 05:00 PM. Start date: 1/11/21. Est completion date: 1/15/21

Plainfield Township Road name:North Franklin Street. Between:Main Street and Franklin Street Lane restriction with flagging 06:00 AM To 11:00 AM. Start date: 1/11/21. Est completion date: 1/11/21

Wind Gap Borough. Road name:Male Road. Between: Old Allentown Road and Male St. Lane restriction with flagging 06:00 AM To 11:00 AM. Start date: 1/12/21. Est completion date: 1/12/21

East Bangor Road name: Park Street. Between:Central Avenue and Park Road. Lane restriction with flagging 06:00 AM To 11:00 AM. Start date:1/13/21. Est completion date: 1/13/21

Upper Mount Bethel. Road name: Million Dollar Highway Bridge over Jacoby Creek. Between: PA 611 and Audubon Drive. Lane restriction with flagging 06:00 AM To 11:00 AM.Start date: 1/14/21 Est completion date: 1/14/21

Interstate 80 East at Exit 284 (PA 115) Eastbound lane restriction for bridge inspection work 9 AM To 3:PM. Start date: 1/13/21 Est completion date: 1/13/21

Interstate 80 East at Exit 310 (Delaware Water Gap) Eastbound lane restriction 09:00 AM To 03:00 PM. Start date: 1/14/21. Est completion date: 1/14/21

PA 33 South Between: Snydersville and Saylorsburg Lane restriction for wash out repair 09:00 AM To 03:00 AM. Start date: 1/11/21. Est completion date: 1/12/21

PA 33 South Between:Saylorsburg Exit and Lehighton Exit. Lane restriction for wash our repair 09:00 AM To 03:00 PM. Start date: 1/13/21. Est completion date: 1/13/21

PA 611 Between: Northampton County Line and PA 191. Lane restriction 09:00 AM To 03:00 PM. Start date: 1/11/21. Est completion date: 1/13/21

Interstate 80 West Between: Exit 299 (PA 715) and Exit 302 (PA 33 to US 209) Lane restriction 09:00 AM To 03:00 PM for wash out repair. Expect delays.Start date: 1/11/21. Est completion date: 1/14/2

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Winter Sports Schedule

For Online Streaming, click on the link of the home team under Streaming Links on this page.

(Schedules subject to change without notice)

January 11

Wrestling
Catasauqua at Pen Argyl, 7pm (No Results)

January 12

Boys Basketball
Southern Lehigh at Bangor, 6:45pm
Pen Argyl at Northwestern, 6:45m
Girls Basketball
Bangor at Southern Lehigh, 6:45
Northwestern at Pen Argyl, 6:45

January 13

Wrestling
Southern Lehigh at Pen Argyl, ppd.

January 14

Boys Basketball
Bangor at Palisades, 6:45pm
Girls Basketball
Palisades at Bangor, 6:45pm

January 15

Wrestling
Notre Dame GP at Bangor, 7pm
Pen Argyl at Salisbury, 7pm

Boys Basketball
Pen Argyl at Moravian Academy, 6:45pm
Girls Basketball
Moravian Academy at Pen Argyl, 6:45pm

January 16

Boys Basketball
Catasauqua at Bangor, 12:45pm
Palmerton at Pen Argyl, 12:45pm
Girls Basketball
Bangor at Catasauqua, 6:45pm
Pen Argyl at Palmerton, 6:45pm

Streaming Links

(Click on the home team schools)

Bangor TBA
Catasauqua
Moravian Academy
Northern Lehigh
Northwestern
Notre Dame GP
Palisades
Palmerton
Pen Argyl
Salisbury
Saucon Valley
Southern Lehigh

Bangor Rally Downs Solehi

C.J. Miles scored 23 of his game-high 32 points in the second half, leading Bangor from a 31-21 halftime deficit to a 67-60 win over Southern Lehigh in a game at Bangor last night. Justin Petersen added 12 points, Gabe Zieba 11 and Josh Giaquinto 10. Bangor (1-0) plays at Palisades Thursday. No info received on other Slate Belt Games.

Northampton County has a 24-hour hotline for all Human Services related emergencies.

Call 610-252-9060 for help and referrals.

Spring Baseball News

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

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

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

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

Open Council Seat in Pen Argyl

At their meeting on January 5, 2021, Pen Argyl Borough Council received and accepted with regret a letter of resignation from Councilwoman Roberta Cowley.

At the January 26, 2021 Council workshop meeting, Council will be considering candidates to replace Ms.Cowley. Interested persons must be registered to vote, a resident of Pen Argyl for at least one (1) full year and be a resident of the Fourth Ward (Fourth Ward residents vote at Borough Hall). Letters of interest should be sent to: Pen Argyl Borough, 11 North Robinson Ave., Pen Argyl, PA 18072 Attn: Borough Manager or e-mailed to **manager@penargylborough.com** no later than January 22, 2021 at 12 Noon.

Residents of the Fourth Ward interested in applying for the seat should attend the January 26, 2021 Council Workshop. The meeting is at 7:00 P.M. and will be held via ZOOM, please include your email address in your letter of intent so link can be sent to you. It is Council's intent to appoint a new Councilperson from the Fourth Ward by the March 2, 2021 Council Meeting.

Pen Argyl Athletic & Park Association- One (1) Vacancy. The "Park Board" meets on the 2nd Tuesday of the month. One (1) vacancy is for a resident who is a member of a community organization promoting the Park. The Board makes recommendations regarding the maintenance of and operation of the facilities located at Weona Park.

Grants Save Money and Reduce Pollution

Harrisburg, PA – Grant funding for energy efficiency and pollution prevention projects for small business owners and farmers is still available from the Pennsylvania Department of Environmental Protection (DEP) through the Small Business Advantage Grant program.

"This grant program was created with small businesses and farmers in mind. There are tremendous monetary savings available to Pennsylvania's small business owners by installing energy-efficient equipment, such as boilers, LED lighting, and Energy Star certified heating, ventilation, and air conditioning systems," said DEP Secretary Patrick McDonnell. "Pennsylvania farmers can also benefit by using these funds to undertake projects which will divert sediment and nutrient runoff from our waterways."

Pennsylvania farmers and other small business owners with 100 or fewer full-time employees are eligible for the grants. Projects must save the business a minimum of $500 and 25 percent annually in energy consumption or pollution related expenses. Natural resource protection projects are exempt from the minimums; however, the projects must be able to quantify sediment and nutrient reductions into nearby waterways.

Businesses can apply for 50 percent matching funds for equipment or materials, up to $7,000, when adopting energy-efficient or pollution prevention equipment or processes. Applications are considered on a first come, first served basis, and will be accepted until fiscal year 2020-21 funds are exhausted, or Monday, April 12, 2021, whichever occurs first.

The complete grant application package is available by visiting the DEP Small Business Ombudsman's Office's site.

To contact the Small Business Ombudsman's Office, call 717-772-5160 or email raepadvantagegrant@pa.gov.

The Time Has Come For National Mask Mandates

Some people wear eye-catching colorful neck gaiters. They think that they are just more comfortable to wear than a face mask.

More stylish? Perhaps. More comfortable? Maybe. But as effective? Not necessarily.

With more states requiring face coverings indoors to prevent the spread of COVID-19, gaiters and bandannas have become popular accessories, particularly among college students and other young adults.

But tests show those hipper face coverings are not as effective as surgical or cloth face masks. Bandannas, like plastic face shields, allow the virus to escape out the bottom in aerosolized particles that can hang in the air for hours. And gaiters are often made of such thin material that they don't trap as much virus as cloth masks.

Masks are the easiest — and cheapest — way to save U.S. lives. The time has come for a national mask mandate.

It's time to trust science rather than a bunch of political conspiracy theories. If we all work together, we all can go back to work, enjoy going out to eat, kids can go to school, play sports and engage in other activities.

Home Heating Assistance

LIHEAP is a federally funded program that helps individuals and families pay their heating bills through home heating energy assistance grants. It also provides crisis grants to help in the event of an emergency or if a resident is in danger of losing his or her heat due to broken equipment, lack of fuel or termination of utility service.

The income eligibility guidelines for LIHEAP are set at 150% of the federal poverty income level. For example, the income limit for an individual is $18,735; for a couple, the limit is $25,365; and for a family of four, it is $38,625. Residents may apply for LIHEAP online or by contacting the County Assistance Office in their county of residence.

Animals and COVID 19

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

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

Until we learn more about how this virus affects animals, treat pets as you would other human family members to protect them from a possible infection.

Because there is a risk that people with COVID-19 could spread the virus to animals, CDC recommends that pet owners limit their pet's interaction with people outside their household.

- Keep cats indoors when possible and do not let them roam freely outside.
- Walk dogs on a leash at least 6 feet (2 meters) away from others.
- Avoid public places where a large number of people gather.
- Do not put a mask on pets. Masks could harm your pet.

There is no evidence that the virus can spread to people from the skin, fur, or hair of pets. Do not wipe or bathe your pet with chemical disinfectants, alcohol, hydrogen peroxide, or other products, such as hand sanitizer, counter-cleaning wipes, or other industrial or surface cleaners. Talk to your veterinarian if you have questions about appropriate products for bathing or cleaning your pet

Book Update

Here is a book update for Expressions Thru Glass. There are a lot of children's books on the porch. Something like 6 or 7 boxes. From Pre school to teens. Plenty of adult books also. Fiction, non fiction, self help, reference, cookbooks, etc.

Check Out Our New
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Heritage Center Reopens

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

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

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

Annual Heritage Center Preservation Awards

The Slate Belt Heritage Center is now accepting applications for its Annual Preservation Award, which seeks to acknowledge individuals who have performed exemplary acts to promote and preserve the culture and heritage of the Slate Belt. Candidates may be an individual or group and may be nominated by themselves or another party.

There are three categories: Initiative Award, Architectural Award and Special Focus Award. Detailed descriptions of these categories, as well as the criteria involved may be found on the Heritage Center's web site, SBHC.org, and Facebook page, Slate-Belt-Heritage-Center-SBHC.

Nominations will be accepted this fall and will be reviewed in January. Awards will be presented in June 2021.

Interested parties may obtain an application at the Heritage Center on Sundays from 12 – 3, at all local municipal offices or by contacting Jason Huggan at 484-754-2480.

Please help us recognize those people who are working to preserve our history.

2021 PA Fishing Licenses

2021 PA fishing licenses are now on sale from the PA Fish and Boat Commission. Licenses, permits and gift vouchers can be purchased online or by visiting retail license issuing agents.

Valid immediately for up to 13 months through Dec. 31, 2021. Multi-year options are also available in increments of 3, 5, and 10 years.

https://www.fishandboat.com/Pages/default.aspx

Wearing Masks Protects You and Others

Wearing a mask protects the wearer, and not just other people, from the coronavirus, the Centers for Disease Control and Prevention emphasized in an updated scientific brief issued Tuesday. And the protective benefits of masks are stronger the more people wear masks consistently and correctly, the agency says.

When the CDC first recommended that Americans wear cloth face coverings back in April, it cited evidence that the coronavirus could be transmitted by asymptomatic people who might not be aware of their infectiousness – a group estimated to account for more than 50% of transmissions. The agency says masks should block virus-laden particles emitted by an infected person.

In a report updated Tuesday, the CDC says that is still the primary intention of wearing masks. But it also cites growing evidence that even cloth masks can also reduce the amount of infectious droplets inhaled by the wearer.

"This messaging is key to increase adherence and interest in mask wearing. I am thrilled!" Dr. Monica Gandhi, an infectious disease physician with the University of California, San Francisco, said in a tweet Tuesday.

Ghandi argued in a recently published paper that wearing masks can reduce the severity of illness with COVID-19, even if the wearer does become infected.

Growing Body Of Evidence Suggests Masks Protect Those Wearing Them, Too

As for which mask to choose? The CDC notes that when it comes to cloth masks, multiple layers made of higher thread counts do a better job of protecting the wearer than single layers of cloth with lower thread counts.

How Rapid-Result Covid Testing Can Save Lives.

by David Leonhardt *New York Times*

Reducing the spread of Covid-19 over the next several months — while vaccines are being distributed — has the potential to save more than 100,000 American lives, as I explained earlier. So how can we reduce the spread?

Some of the ways are well-known: consistent messages from national leaders; mask wearing; hand washing; and fewer indoor gatherings. But there is one other promising strategy, many experts believe:

Much more testing, especially tests that return results almost immediately, rather than a day or two later.

These tests, often known as antigen tests, could sharply cut the number of new infections by causing many more people who have the virus to enter quarantine. Germany and Italy have used antigen tests recently to help greatly reduce new cases. Several U.S. colleges have also used blanket testing — including slower-turnaround tests — to minimize outbreaks.

"There's clear evidence that test-and-isolate works," Paul Romer, a Nobel Prize-winning economist at N.Y.U., told me. As Jennifer Nuzzo, a Johns Hopkins epidemiologist, said, "It can make a big difference, provided it's coupled with other things."

I went through it myself this week. I called several pharmacies and clinics in my areas until I found one offering a test to anybody who wanted one, and I drove there one one afternoon.

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PAHS Junior Arica Wieder Sews and Donates 350+ Masks

by Larry Cory

Pen Argyl High School junior Arica Wieder recently made over 350 masks for people to wear as protection from the Cornonavirus.

"I first made them for my mom,sister and I to keep us safe when we went to the store," Arica said. " Then I began making them for other family members and friends to keep them safe."

Since then, she has been recognized by the Slate Belt Regional Police Department by posting her picture on their Facebook page for donating 100 homemade face masks.

She also has donated over 350 masks to various places such as Lehigh Valley Pocono Hospital, Slate Belt Health & Rehabilitation Center, Lehigh County coroner, food bank, and more.

She already had learned to sew from her Grammy Wanda. In ninth grade she bought a sewing machine to make a skirt, hair crunches and a replica civil war nurses uniform for her ninth-grade honors history project.

Athough past experience was a huge help in learning to make masks she encountered some problems.

Arica With Masks Donated to SBRPD

"I had trouble finding enough fabric, elastic, and thread for my mom to buy so I could donate in large amounts," she said. "I started using the loops to the loom maker I had until I got elastic."

Once her system was up and running she was able to make a mask in 20-30 minutes, which was an improvement over the 45 minutes needed on her first try.

"I am beyond honored by what Arica is and has been doing," said her mother,"Amanda. "She truly has a caring, sweet old soul. She always puts others feelings and needs first. I am so happy our surrounding community is able to benefit and see her generosity."

Arica At SBRPD

Rep. Ann Flood, Arica & Sen. Mario Scavello

Arica Sewing a Mask

Dolores Savitz Honored for 45 Years of Service

Pen Argyl Borough Secretary Dolores Savitz has resigned after 45 years of dedicated service to the Borough. Recently, she was presented with citations from government officials. She also received the Pennsylvania Association of Borough's Trustee Award. Don't be surprised if you see her at Borough Hall graciously assisting in the transition. Administrative Assistant Julianne Lemak has been appointed Borough Secretary.

Martin Luther King Jr. Celebration 2021

January 16-22, 2021 at the Allentown Art Museum

Martin Luther King Jr. Day is an annual event in which the museum celebrates the legacy of the iconic civil rights leader.

This year, join us online for a virtual weeklong celebration!

Through engaging performances, thought provoking dialogues, and enriching arts activities we honor the life and vision of Dr. King.

The goal of this program is to empower the local community, foster volunteerism, and encourage activism to unite the Lehigh Valley toward a better, more just, future.

Complete schedule for the week of activities:
https://www.allentownartmuseum.org/blog/mlk-celebration-2021/

Tips to avoid getting and spreading COVID-19

In public:

Wear a mask in public settings, including on public transportation and in transportation hubs such as airports and stations. Stay at least 6 feet (about 2 arms' length) from anyone who is not from your household.

Bathrooms and rest stops:

Wash your hands with soap and water for at least 20 seconds after using the bathroom and after you have been in a public place. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Getting gas:

Use disinfectig wipes on handles and buttons at the gas pumps before you touch them (if available).

After fueling, use a hand sanitizer with at least 60% alcohol. When you get to your destination, wash your hands with soap and water for at least 20 seconds.

Takeout Food Tips

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

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

COVID Anxiety Grows Tips to Avoid Crisis

(StatePoint) Among mask mandates, social distancing, outspoken political views and personal challenges from the COVID-19 pandemic, there is a heightened risk for public spaces turning into places of conflict.

According to experts at the Crisis Prevention Institute (CPI), the global leader in de-escalation training for over 40 years, mentally preparing and practicing responses can best ensure non-confrontational experiences.

CPI has identified probable areas of conflict and how to best mitigate tension. They recommend embracing four simple techniques to prevent and reduce conflict:

1. Avoid judgment. Listen and focus on the feelings behind the message.

2. Don't take it personally. ATell yourself, "This may not be about the two of us; it may be about other issues in their life." Or repeat to yourself, "I'm going to be respectful. I'm going to be respectful."

3. Control your reactions. You can't control another person's behavior, but you can control how you react. Avoid using facial expressions, gestures and language that could make another person feel anxious or defensive.

4. Be prepared if you have to engage. Have a plan to acknowledge and redirect. Here are some things you could potentially say:

- "Yeah. This year has been difficult on everyone."
- "I can understand where you're coming from."
- "We'll all be glad when this pandemic is behind us."

More info: visit www.crisisprevention.com.

During a particularly tense time in our nation's history, having a few techniques at the ready can help you avoid conflict wherever you are.

How to Talk About Terrorism With Kids

Murphy Moroney,MSN

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

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

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

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

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

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

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

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

316 Marketplace in Wind Gap Has Something For Everyone

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

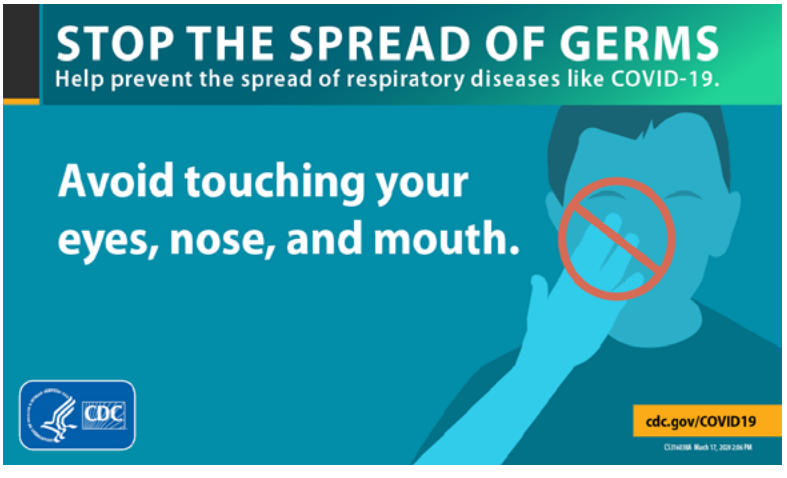
J's Royal Family, Unique Finds, Flay'd Meats, Candy Pickers, and Uncle Chuck's & Son's Furniture are just few of many vendors.

Despite the COVID 19 pandemic, Marketplace 316 opened July 4th to the delight of avid flea marketers.

The North Broadway location is a huge improvement over the former Wind Gap Flea Market. The new Flea Market appears to be twice the size it was a few years ago, allowing far more vendors to set up shop.

Although I'm not a weekend, flea market junkie, I occasionally enjoy going to Saylorsburg, Jake's on Route 100, Adamstown, PA and a place in Front Royal, Va. I'm happy to say that I am definitely adding Marketplace 316 to my list of favorites.

They are open Saturdays and Sundays from 8am to 4pm at 316 North Broadway, Wind Gap. Visit their website at www.marketplace-316.com.



Commercial Lease Program

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

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

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

The program will provide financial support to a minimum of five businesses during their first six months of operation. Selected businesses will receive 100% of rent payments (up to $1,500 monthly) for their first three months and 50% of rent payments (up to $750 monthly) for their next three months. The lease payments will be made for six consecutive months.

Slate Belt Rising anticipates that this will advance the economic viability of the Slate Belt through business development, job creation, and promotion of Slate Belt small businesses within and outside the community.

Any new business opening or moving into one of the boroughs or an existing business looking to open a second location within one of the boroughs may be eligible for the program. Applicants must be planning to lease between 500-5,000 square feet of first floor, market-rate office or retail space for a minimum 2-year term.

Applications are currently open and being accepted until February 12, 2021. For full guidelines and application, visit **slatebeltrising.org.**

Physical Therapy Legislation Improves Access

HARRISBURG – Legislation that will improve access to physical therapy in Pennsylvania was approved by the Senate on Wednesday and is set for enactment into law, according to Senator Mario Scavello (R-40).

House Bill 862 would allow Pennsylvania to enter a Physical Therapy Licensure Compact with other states, increasing access to physical therapy services by decreasing licensure barriers and permitting licensed physical therapists to work in multiple states or more easily relocate to Pennsylvania.

The Physical Therapy Compact Commission is the national administrative body whose membership consists of all states that have enacted the compact and are responsible for its oversight. In order to practice in Pennsylvania under the compact, physical therapists must:

- Have a valid physical therapist license with no board-imposed limitations in Pennsylvania.
- Have not had any adverse licensing actions against them within the past two years.
- Notify the commission that compact privileges are being sought.

Under House Bill 862, the compact becomes operative between Pennsylvania and other states through action of the governor. Sixteen states are currently part of the Physical Therapy Compact. Several states have enacted compact legislation and will begin to issue and accept compact privileges over the course of the next year.

Bangor Womens Club treasurer, Judy Shaw (far right), is shown presenting Bangor Public Library Director Kathleen Lynch with a check for $900. Also pictured is Yvonne Humphreys (far left) member of both Bangor Women's Club and the Friends of the Library and Patty Zito, president of Friends of the Bangor Library. The Womens Club obtained wreaths from a local greenhouse and nine club members festively decorated them. The wreaths were sold at the library during Small Business weekend in November by Friends of the Library. Proceeds of the sale were matched by the club.

Vaccine Scams

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

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

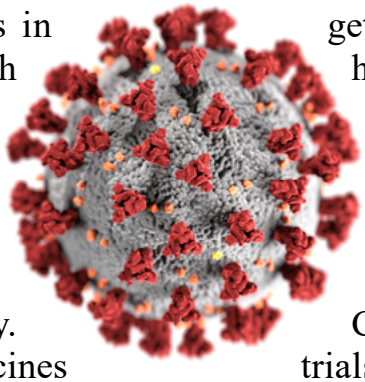
Phone calls or emails from a "vaccine distribution site" or "health care provider/insurance company" asking for your personal information.

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

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

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

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



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

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

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

Over $260,000 Is Awarded to County Projects

HARRISBURG –It was announced recently that two Northampton County-based water cleanup projects were granted a total of $263,180 from the Pennsylvania Department of Environmental Protection's (DEP) Growing Greener Program.

"Clean water is not only vital to those who reside in our communities, but to the valuable ecosystems that survive around local water sources," said Emrick. "I am pleased that these projects are able to benefit from this program and can proceed to being completed as planned."

The funding breakdown for each project is as follows:

- Forks Township, Ramblewood Basin Retrofit, $163,180.
- Plainfield Township, Little Bushkill Stream Restoration, $100,000.

DEP's Growing Greener program, which has been active for over two decades, has provided over $1 billion in environmental funding for local communities in all 67 counties. The program grants are funded in part from the Act 13 natural gas impact fee. DEP is authorized to allocate these grants for watershed restoration and protection, abandoned mine reclamation, and abandoned oil and gas well plugging projects

Scavello Appointed to Senate Leadership Position

Harrisburg -- Senator Mario Scavello (R-40) has been appointed by Senate President Pro Tempore Jake Corman (R-34) to the Pennsylvania Senate leadership position of Senate Majority Policy Chairman for the 2021-22 legislative session.

The committee works with Republican senators to develop legislation important to their districts and the commonwealth as a whole. The panel holds hearings to inform members and bring together stakeholders on key issues across Pennsylvania.

"I am honored to begin serving in this position and playing a key role in exploring issues important to the 40th Senatorial District and all Pennsylvanians," Scavello said. Senator Scavello was elected to the Senate in 2014 and is looking forward to using his new leadership position to be an even stronger voice for those in his community and across Pennsylvania. Scavello's prior Chairmanship positions include the Senate Game and Fisheries Committee and the Senate Community, Economic and Recreational Development Committee, and he is a long-standing member of the Senate Appropriations Committee. He most recently chaired the Senate Banking and Insurance Committee in the 2019-20 legislative session.

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

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

"I am so happy to be part of this momentous step to end the pandemic," Iparraguirre, of Bethlehem, said. "I want people in our community to know that the vaccine is safe, and that if they want it, they should get it. It protects their health and the health of our community."

Earlier this year, as St. Luke's University Health Network began preparing for the COVID-19 pandemic, its dedicated health care workers stepped to the forefront. Iparraguirre, who works on Priscilla Payne Hurd Pavilion 8, was literally on the front line as she admitted the first COVID-19 patient at St. Luke's University Hospital in Bethlehem.

Iparraguirre was recently honored for her contributions to St. Luke's pandemic mobilization and her commitment to the health of the community by the Hispanic Chamber of Commerce of the Greater Lehigh Valley during its annual gala. Streamed from SteelStacks in Bethlehem on October 8, the theme of the gala was "The Heroes Among Us."

"Sonia embraced this unknown challenge with true grace and professionalism," says Rebecca Boyer, BSN, RN, Patient Care Manager, Priscilla Payne Hurd Pavilion 8. "She not only played a vital role in providing quality patient care, she went above and beyond in providing the intangibles that played such a crucial and meaningful role during this uncertain time."

These intangibles, Boyer explains, included comforting patients on isolation, spending time to listen to patients crying in fear of the effects of COVID-19, and facilitating communication with these patients' family members.

"Sonia is an outstanding example of St. Luke's commitment to caring for COVID-19 patients and all those we serve in our community," says Janice Concilio, St. Luke's COVID-19 Incident Commander.

Eagle Scout Helps Preserve Minsi Fish Hatchery History

Completed in 1960, the Poliskiewicz Trout Hatchery was in operation for three years prior to the construction of Lake Minsi. The hatchery and surrounding area near the east side of Lake Minsi were condemned in 1963 in order to build the lake. The hatchery was under ownership and operation of Philip, Joseph, and Peter Poliskiewicz, three brothers, who lived on the property adjacent to the hatchery.

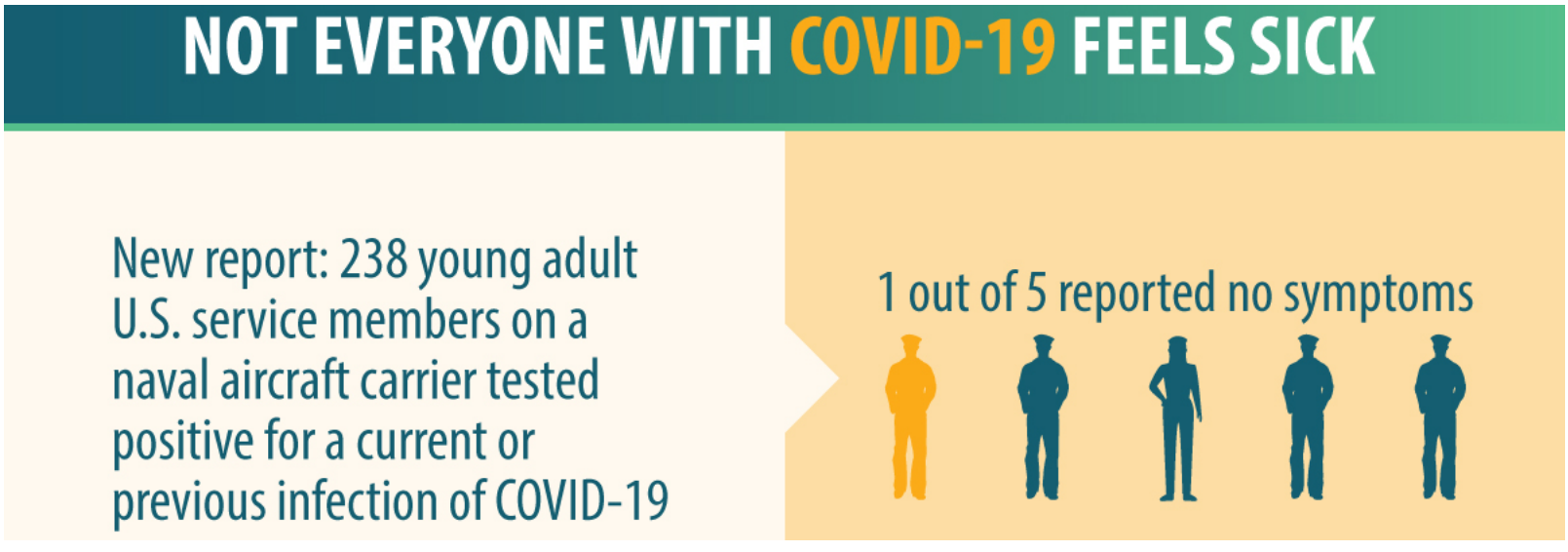
The fish, primarily Brook and Rainbow Trout, were sold for both stocking and food. Unfortunately, due to its location, the hatchery fish had many natural predators. These included snakes, raccoons, herons, and kingfishers.

The first section of the hatchery is the spring, where water flow was obtained. This provided a steady, clean freshwater source for the hatchery. The spring empties into a long raceway where the wooden gates that separated different aged fish are still visible. At the end of the raceway is a large holding pond, which at the time of operation, was circulated by a pump to keep the water fresh.

To your left was a short trail marked with yellow paint which follows along the spring, raceway, and holding pond. It is about a five to ten-minute walk and will bring you back to this location so that you can continue along the lake trail. As you walk along the trail you will see how the hatchery operated. Please be mindful of any wildlife you may encounter along the pathway and in the waterways, including the watercress that grows in the spring and the raceway. This project was updated and completed by Jackson F. Krei Troop 146, White Township, NJ. For his Eagle Scout service project.

The original kiosk and research were completed by Aaron Knecht, Troop 37, Portland, PA. For his Eagle Scout service project.

Jackson offers a Special thanks to Northampton County Parks, and Phil Poliskiewicz for providing information about the hatchery, and everyone else that was part of the project.



Northampton County Drive-Thru COVID Testing

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

NORTHAMPTON COUNTY COVID-19
DRIVE-THROUGH TESTING SITE

COORDINATED HEALTH

3100 Emrick Blvd. Bethlehem

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

Cornonavirus Variant May Spread 70% Faster

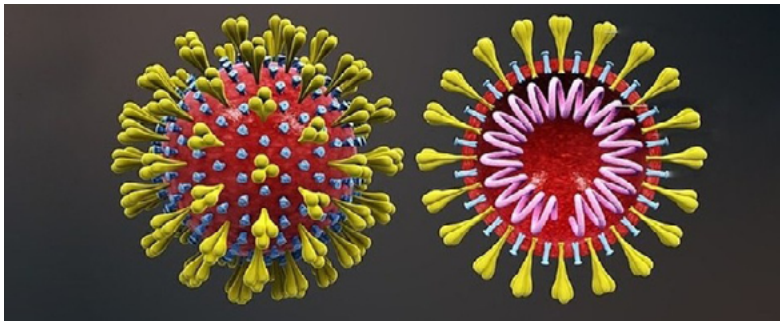
Just as vaccines begin to offer hope for a path out of the pandemic, officials in Britain this past weekend sounded an urgent alarm about what they called a highly contagious new variant of the coronavirus circulating in England.

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

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

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

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



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

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

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

COVID-19 VACCINATION PHASES IN PENNSYLVANIA

Phase 1A

- Long-term care facility residents

Health care personnel including, but not limited to:

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

Phase 1B

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

Phase 1C

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

Essential workers in these sectors:

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

Phase 2

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

Bangor Elks Donates to Portland Food Pantry

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

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

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

How Vaccine Recipients Felt After COVID-19 Shots

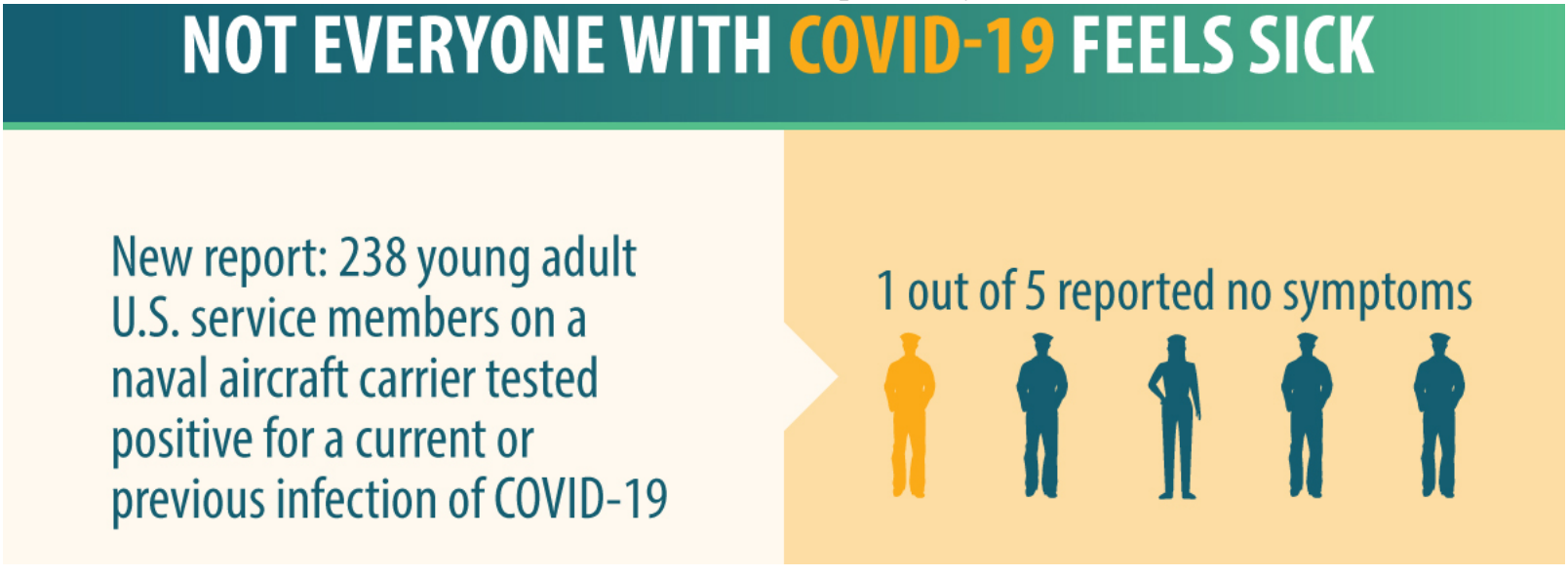
Lehigh Valley, Pa. (Dec. 22, 2020) - Wondering how it feels the day after a COVID-19 vaccine? Since Thursday, Lehigh Valley Health Network has administered more than 1,000 vaccinations to front-line, high-risk workers and plans to vaccinate about 6,000 more in the coming days. Of those who received a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

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

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

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

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



USDA Rural Development

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

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

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

Peter Fisher, James Rhea
(717) 601-3249 (724) 482-5291
peter.fisher@usda.gov James.rhea@usda.gov

Elizabeth Wise , Amber Harindran
(724) 261-3888 (724) 261-3890
Elizabeth.wise@usda.gov
amber.harindran@usda.gov

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

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

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

Maintaining Hydration For Physical Activity

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

Hydration Goal

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

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

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

Minimize Dehydration

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

Dehydration results when athletes fail to adequately replace fluid lost through sweating.

Since dehydration that exceeds 2 percent body weight loss harms exercise performance, athletes are advised to begin exercise well hydrated, minimize dehydration during exercise and replace fluid losses after exercise. Be alert for conditions that increase your fluid loss through sweat.

See **HYDRATION** page 31

How And Where To Recycle Old Cellphones

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

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

The company accepts all phones and batteries regardless of size, make, model or age. Call2Recycle can refurbish the device for resale or recycle the materials for a new device. If you look hard enough, you can even get paid for recycling your phone.

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

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

Whole Foods works with Secure the Call to get 911 emergency-only phones to senior citizens and domestic violence shelters. Just make sure you bring the charger.

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

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

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

Slate Belt Dining Information Pages 8 & 9

HYDRATION from page 30

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

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

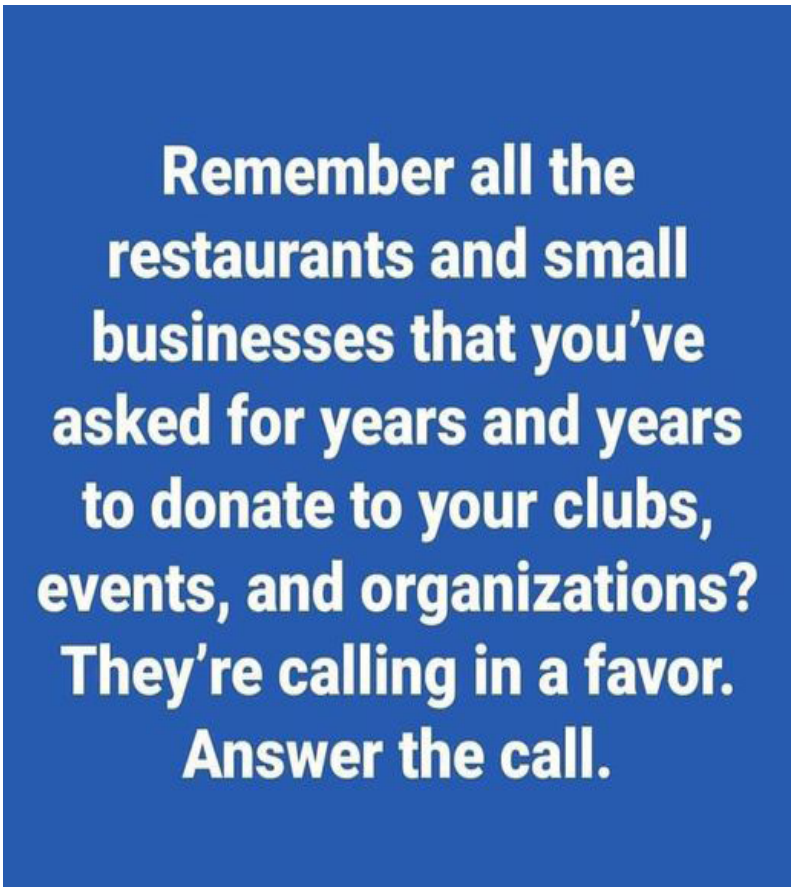
Body Size and Gender: Larger people sweat more. Men generally sweat more than women.

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

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

Remember swimmers sweat, too. Like any athletic activity, when you swim, your body temperature rises and your body sweats to keep from overheating. You may not notice because you are in the water, but you can become dehydrated.

Swimmers, from competitive athletes to families splashing around, need to drink fluids before, during and after swimming, even if you don't feel thirsty.



Afterschool Programs Very Important This Year

Afterschool programs help students succeed in school and in life and provide invaluable support to communities. As we've seen this year, these programs play an especially important role when students, families, and communities are struggling.

Programs across the country have stepped up in the pandemic, providing virtual educational activities, delivering meals and enrichment kits, helping families bridge the digital divide, connecting people to social services, and continuing in-person care for the children of essential workers and first responders.

Unfortunately, a large majority of afterschool programs that were open in the fall of 2020 report they are straining to meet the needs of the students and families they have long supported. National surveys of parents and afterschool providers conducted by Edge Research for the Afterschool Alliance, a nonprofit awareness and advocacy group, find that programs and parents are challenged by virtual learning; program budgets are inadequate to address new safety protocols and students' emerging needs; and students from low-income families are now less likely than others to have access to afterschool programs.

Slate Belt Dining Information Pages 8 & 9

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

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

Day of Least Light

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

By January 10, sunrise finally begins earlier as the length of day extends to 13 minutes, 27 seconds.

Meteorological Winter

Meteorological winter (in the Northern Hemisphere) is the period from December 1 through February 29

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

Benefits of Winter

Winter is very good for the world around us. Many plants need shorter days and low temperatures to become dormant.

This way plants can store up energy for new growth. If a fruit tree doesn't have enough chilling time, it will produce fewer, weaker buds.

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

Lower Mount Bethel Twp Expands Recreation Access

Residents of Lower Mount Bethel and Washington Townships in Northampton County have a new place to enjoy the outdoors thanks in part to a DCNR grant.

Lower Mount Bethel Township purchased the 74-acre Meadows at Martins Creek, thanks to a DCNR contribution toward the purchase of 47 of those acres.

Grant funding came from the Keystone Recreation, Park and Conservation Fund.

"The Meadows at Martins Creek is the result of cooperative effort on the part of state, county, and local funding sources," says John Mauser, a member of Lower Mount Bethel Township's Board of Supervisors. "Partnerships such as this are crucial for communities like Lower Mount Bethel Township to continue to preserve open space."

The property supports passive recreation such as hiking, birdwatching, and fishing on Martins Creek -- a designated Class A Wild Trout Stream. It also helps implement the vision of the Lehigh Valley Greenways Conservation Landscape, a partnership to conserve and connect ribbons of green in the Lehigh Valley.

The acquired land provides close-to-home outdoor recreation for a part of Northampton County that lacked it, according to an analysis of recreation need in Pennsylvania done by the Trust for Public Land.

NOT EVERYONE WITH COVID-19 FEELS SICK

New report: 238 young adult U.S. service members on a naval aircraft carrier tested positive for a current or previous infection of COVID-19

1 out of 5 reported no symptoms

Avoid Bringing COVID 19 Into Your Household

Your household includes anyone who lives in and shares common spaces in your housing unit (house or apartment) Households can include family members and or people who aren't related to you, like roommates

People who don't currently live with you (for example, college students who return home from school on breaks) are part of different households

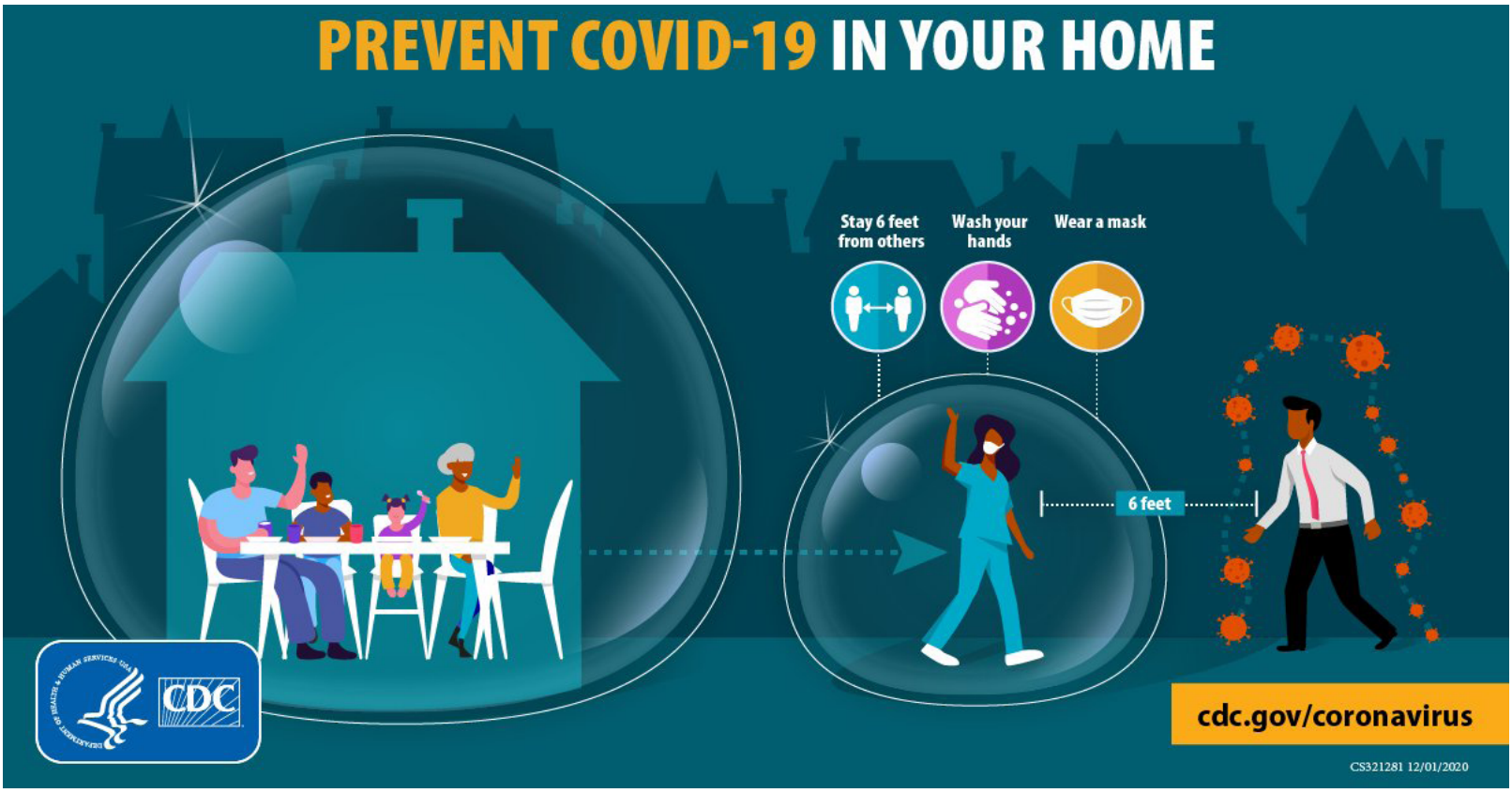
Keep COVID-19 Outside Your Home

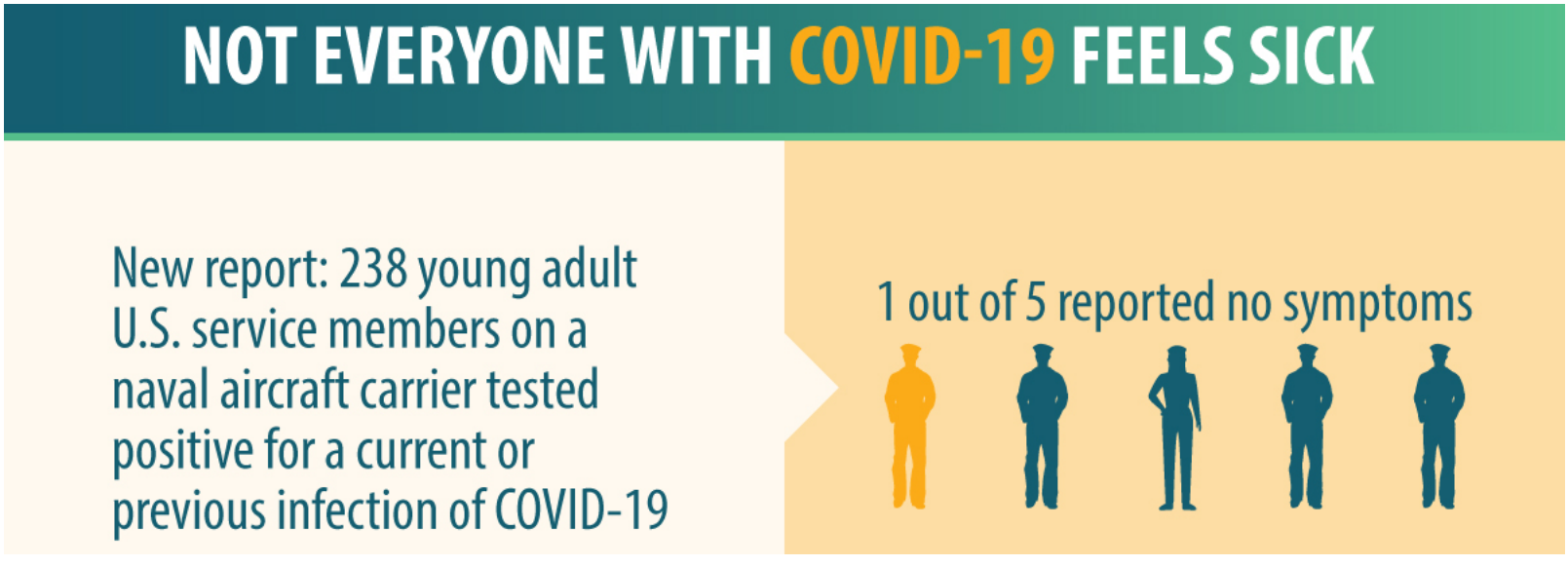
When you leave your house to work, run errands, or for any other reason, you have a chance of being exposed to COVID-19 and bringing it into your household.

The chances of being exposed increase when you:

- Have contact with other people (within 6 feet)
- Spend more time with other people
- Spend time in crowds (more than 10 people)
- Spend time in indoors, particularly poorly ventilated

Keep COVID-19 outside your home! When around people who don't live in your home, wear a mask, wash your hands, and stay at least 6 feet apart to protect yourself and prevent bringing COVID-19 into your household.





The Importance of Washing Your Hands

Proper hand-washing has the power to reduce food poisoning and significantly reduce the spread of the common cold and flu and other viruses. Help keep yourself and those around you healthy with some tips on scrubbing up.

How to Wash

- Wet hands, apply soap. water can be warm or cold. wash front and back, up to your wrists, between fingers and under fingernails.
- Take at least 20 seconds to wash your hands — about the time it takes to sing two choruses of "Happy Birthday."
- Dry hands with disposable paper towels, clean cloth towels or air dry.

When to Wash

Always wash hands before handling, preparing or eating food and when feeding children or the elderly.

Hands also should be washed after you:

- Prepare or handle raw foods such as poultry or other meats and seafood
- Switch food preparation tasks, such as working with raw meat then cutting vegetables

- Handle egg products
- Use the restroom
- Handle garbage or dirty dishes
- Other situations that indicate hands should be washed include:
- Changing a diaper
- Coughing or sneezing
- Smoking
- Touching animals or other people
- Touching your hair or body or any open cuts or sores
- Using the phone
- Handling dirty laundry

Thanks to the kind donations of Lamtec, Custom Laminating and the People of Upper Mount Bethel, UMBT was able to give each server and bartender in Upper Mount Bethel, impacted by the Governor's restrictions, $250 each before Christmas to help them out during this difficult time. Both Fire Departments also supported the cause. Thank you North Bangor Fire Department and Mount Bethel Fire Department!

Odyssey Edu-camp

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

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

Cellar Door in Belvidere

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

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