

# Slate Belt Town Topics

AREA'S ONLY DAILY ONLINE PUBLICATION AT [SBTOPICS.COM](http://SBTOPICS.COM)

## Unemployed? Understanding Health Insurance Options



With millions of people nationwide filing for unemployment since the start of the COVID-19 pandemic, many individuals and families across the country are suddenly finding themselves without health insurance at a precarious time. Fortunately, new options may be able to help those on tight budgets.

Whether you recently lost your job-based health insurance or were uninsured before COVID-19 struck, the AMA, a long-time advocate for health insurance coverage for all Americans, is highlighting the following options:

- **Affordable Care Act (ACA) Marketplaces:** Family and individual health plans can be bought in the health insurance marketplaces created by the ACA. Losing a job is a qualifying life event that allows unemployed individuals up to 60 days to enroll in a marketplace health plan before the close of a special enrollment period. Due to the COVID-19 pandemic, certain states have reopened enrollment periods when all consumers -- not only those who have experienced a job loss --

See **INSURANCE** page 3

## Slate Belt Baccalaureate

The Slate Belt Ministerium will be hosting a virtual Baccalaureate service on June 7 for seniors from Bangor Area School District, Pen Argyl Area School District and Faith Christian School.

The participants for this evenings event will both receive scholarships in the amount of \$200.00 each for their witness.

Thank you, Cameron Whistler and Emma Holt for your witness and contribution to this Baccalaureate Worship Event.

Members of the class of 2020 were invited to submit 3-5 minute recordings of a Gospel-related talent or their testimony for inclusion in the service.

## Slate Belt Walk For Change

Join the Slate Belt Walk for Change today June 7 from 12 PM – 2 PM in downtown Bangor and make your voices heard for the Black Lives Matter movement and against police brutality.

They will be starting in Downtown Bangor at the General Store on Broadway and tentatively walking on Main Street to the Bee Hive on Route 191.

Please keep in mind - we are still in the middle of the Covid-19 pandemic, so maintain social distancing measures and mask up!

This will be a peaceful protest. Exercise your constitutional rights and stand up against racism and police brutality.



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Corinne Groff & Colin Kessler  
**REALTY EXECUTIVES**  
31 W. First St. Wind Gap, PA 18091  
610-863-8444





**NEW VIRUS CASE REPORT - JUNE 6**

LOCATION	TOTAL CASES	NEW CASES
State	75,086	701
Northampton	3144	8
Monroe	1,338	3
Lehigh	3,846	17

**Walking at Weona**

Pen Argyl has opened Weona Park to walkers starting June 5th.

Bathrooms, pavilions, basketball court, skate park and playground remain closed.

Visitors must practice social distancing rules and they also must wear masks and use the facilities at their own risk.

**Daily COVID 19  
Updates - [sbttopics.com](http://sbttopics.com)**

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**Tasty Tuesdays**

Trinity Lutheran Church, located at 4th and Broadway in Bangor, offers a free bag lunch program to children, their families and anyone in the community this summer. Tasty Tuesdays begins on Tuesday, June 2 and runs thru mid August.

Due to the Covid-19 pandemic, lunches will contain non perishable food items and will be available for drive-up/walk-up pick up in the large church parking lot.

Each lunch contains water, juice, healthy snack bar, chips, fruit/fruit cup, and a choice of a main food item such as canned soup/tuna/pasta and more. Call the church at 610-588-2023 to register.



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Discounts, rates and coverages vary by state and are subject to eligibility and applicable rates and rules. ERIE® insurance services are provided by one or more of the following insurers: Erie Insurance Exchange, Erie Insurance Company, Erie Insurance Property & Casualty Company, Flagship City Insurance Company and Erie Family Life Insurance Company (home offices: Erie, Pennsylvania) or Erie Insurance Company of New York (home office: Rochester, New York). Not all companies are licensed or operate in all states. Not all products are offered in all states. Go to [erieinsurance.com](http://erieinsurance.com) for company licensure and territory information. S1693 10/15



## National Weather Service Forecast - June 7

### Today

Sunny, with a high near 74. Northwest wind 10 to 15 mph.

### Tonight

Mostly clear, with a low around 52. North wind around 5 mph.

### Monday

Sunny, with a high near 77. North wind around 5 mph.

### Monday Night

Mostly clear, with a low around 55. West wind around 5 mph becoming calm in the evening.

### Tuesday

Sunny, with a high near 84. Calm wind becoming southwest around 5 mph in the afternoon.

### Tuesday Night

Partly cloudy, with a low around 62.

### Wednesday

Partly sunny, with a high near 85.

### Wednesday Night

A chance of showers and thunderstorms between 8pm and 2am, then a chance of showers after 2am.

Mostly cloudy, with a low around 65. Chance of precipitation is 40%.

### Thursday

A chance of showers. Partly sunny, with a high near 82. Chance of precipitation is 30%.

### Thursday Night

Partly cloudy, with a low around 61.

### Friday

A chance of showers and thunderstorms. Mostly sunny, with a high near 82. Chance of precipitation is 30%.

### Friday Night

A chance of showers and thunderstorms. Partly cloudy, low around 61. Chance of precipitation is 30%.

### Saturday

A chance of showers and thunderstorms. Partly sunny, high near 78. Chance of precipitation is 40%.

## INSURANCE continued from page one

can enroll in marketplace health plans and potentially qualify for financial assistance to purchase these plans based on their income.

- **Medicaid:** While each state's program has unique attributes for coverage, Medicaid can offer no- or low-cost coverage for those with the lowest incomes with limited cost-sharing requirements. Unlike the ACA marketplaces, there is no defined open enrollment period for Medicaid, and eligible people can sign up at any time.

- **Beware Short-Term Plans:** The AMA cautions patients to avoid short-term limited duration plans whenever possible, especially during this terrible pandemic.

Short-term plans are designed to fill temporary gaps in health insurance when comprehensive coverage may not be an option. But it is important to understand that these plans offer very limited benefits and do not usually cover COVID-19 testing and treatment, preexisting medical conditions, mental health services, prescription drugs, and preventative and wellness care. (StatePoint)

## Yoga at Bangor Park

Join the Yoga programs now made available at Bangor Memorial Park near the swimming pool area Sunday's at 2:30pm, Tuesday's at 5:30pm or Thursday's at 10:30am

Sign up through their website at [greenleafstt.com](http://greenleafstt.com) or via the event ticket link on their page.



## Celtic Youth Fiddle Competition

A Youth Fiddle Competition September 26, will be held at the Charlie Brown Ice House, Bethlehem at Celtic Classic Highland Games and Festival.

This unique fiddle contest primarily focuses on Celtic fiddling styles, including Irish, Scottish, Cape Breton, Shetland, and Galician. Sunday, September 27, at 10:00 a.m. at the Celtic Heritage Hollow stage, a Celtic fiddle workshop for youth will be held at Celtic Heritage Hollow at Celtic Classic Highland Games and Festival.

For more information and to register, visit [http://www.celticfest.org/celtic\\_classic\\_youth\\_fiddle](http://www.celticfest.org/celtic_classic_youth_fiddle) competition. For questions, please contact Marcie Mulligan at [mmulligan@celticfest.org](mailto:mmulligan@celticfest.org)

## Lookout Fire Co.

The Sportsman Drawing and Meat Raffle will be held on August 1, 2020. Purchase tickets through any member of Lookout Fire Co. No. 1. [www.lookoutfireco.com](http://www.lookoutfireco.com) or check their Facebook page.

Pen Argyl birthday runs take place the first Saturday of each month from Noon -3 P.M. To be placed on the list call 610-863-4121, leave a message with your name, phone number and the address location for the drive by. They ask that you call no less than 2 days prior to the date of the run.

## PA 511 Traffic Alerts

- **Delabole Rd closed from American Bangor Road to Molasses Rd** for Bridge repair .
- **Roadwork on Belvidere Road both directions** 0 miles West of DePues Ferry Road, PPL. Lane restriction.
- **Damaged roadway on Five Points - Richmond Road** in both directions between Messenger St, Bangor, Park Drive and Sunset Drive. Lane restriction.
- **Roadwork on I-78 westbound** between Mile Post: 60.5 and Mile Post: 60.0. There is a lane restriction.
- **Roadwork on I-78 westbound** between .5 miles west of Exit 45: PA 863 - and .7 miles west of Exit 35: PA 143 - traffic disruption.
- **US 22 between PA 191 and 25th Street** Weekend restrictions Friday nights 9 PM thru Monday mornings at 6 am. Weeknight lane restrictions 9pm to 6am. (West bound first then East Bound)

## Daily Weather Updates [sbtopics.com](http://sbtopics.com)

### Mt. Bethel Abstract Complete Title Insurance Services Susan McKean President



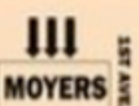
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# Slate Belt Happenings

**June 7**

## Baccalaureate Services

The Slate Belt Ministerium will be hosting a virtual Baccalaureate service on June 7 for seniors from Bangor Area School District, Pen Argyl Area School District and Faith Christian School.

Members of the class of 2020 are invited to submit 3-5 minute recordings of a Gospel-related talent or their testimony for inclusion in the service. Submissions should include the student's name and school they are from.

Two submissions per school will be included in the service and one student from each school will receive a \$200.00 scholarship. Submissions should be sent to [sbbaccalaureate@gmail.com](mailto:sbbaccalaureate@gmail.com)

## Yoga at Bangor Park

Join the Yoga program at Bangor Memorial Park Sunday's at 2:30pm, Tuesday's at 5:30pm or Thursday's at 10:30am

Sign up through their website at [greenleafstt.com](http://greenleafstt.com) or via the event ticket link on their page.

**June 9**

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Due to the Covid-19 pandemic, lunches will contain non perishable food items and will be available for drive-up/walk-up pick up in the large church parking lot.

Each lunch contains water, juice, healthy snack bar, chips, fruit/fruit cup, and a choice of a main food item such as canned soup/tuna/pasta and more. Call the church at 610-588-2023 to register.

## East Bangor Taco Tuesdays

East Bangor Volunteer Fire Co. is sponsoring Taco Tuesday Take-out from 4-8pm June 9, 16, and 30. Hard Taco's are \$2, Soft Tacos \$3, Taco Salad Bowl, \$7 and a Kids Meal Hotdog and Mac & Cheese \$3. Text or call order ahead starting Mondays before, or order in person. Call 484-903-4556. Pick up at the

See HAPPENINGS page 10

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# Where to Eat

**Napoli Pizza** (610) 588-1455. 444 S 1st St, Bangor.  
Open for pick up & delivery.

<https://www.facebook.com/pages/category/Pizza-Place/Napoli-Pizza-1448700338684153/>

**Slate Belt Diner** - open for take out. 610-452-9205,  
370 Blue Valley Drive.

<https://www.facebook.com/Slate-Belt-Diner-720340071701299/>

## Daisy Family Restaurant

Daisy Family Restaurant's full menu, including ice cream, is available for take out only. Order by phone for curbside pickup and have your food brought to your vehicle, OR order at the counter and take it with you. NO ONE IS PERMITTED TO DINE INSIDE. 6589 Sullivan Trail Wind Gap, (610) 863-4044. Cash or credit still accepted

<https://www.facebook.com/Daisy-Family-Restaurant-123454654441459/>

## Three Brothers Pizza

Three Brothers Pizza is now open in the former Plainfield Diner on Sullivan Trail. Pandemic restrictions prevent in-house dining, but at 11 am today takeout will be available. Call 610-863-4950 to order.

<https://www.facebook.com/ThreeBrosPizzaWindGap/>

## Mt. Bethel Diner

Mt. Bethel Diner is open for Take-Out only Monday - Sunday 8am - 7pm. Call ahead to order 570-897-6409, 2600 N. Delaware Drive, Mt. Bethel, Pa 18343.

[www.facebook.com/pages/MtBethelDiner/153833271380910](http://www.facebook.com/pages/MtBethelDiner/153833271380910)

## 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

## Gap Diner Take-out

The Gap Diner in Wind Gap is open for take out and curb side delivery family meals packs. Specials include chicken parmesan serves 4-6, eggplant parmesan serves 4-6, spaghetti & meatballs serves 4-6, hamburger/cheeseburger kit serves 6. Check out their website for details at

<https://www.facebook.com/Gap-Diner-251394928285680/>

## 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.

<https://www.facebook.com/pages/Family-and-Friends-Country-Restaurant-Inc/109628362406359>

## Little Creek BBQ

Little Creek hours for May are 3-7pm Tuesday through Saturday and Sunday's 12-5pm.

They have a limited meat selection, but they have all of their sides & desserts available and Sweet Tea.

Orders must be placed by phone - they will accept all forms of payment - cash, MC, Visa, Discover & AMEX. Orders will be curbside pick-up or delivery.

NO ONE will be allowed inside the building until restrictions for are lifted. Cash payments for curbside pick-up will be taken at the vehicle, delivery cash payments will be taken at the door. If you would like a "knock and drop" delivery - they prefer credit/debit over the phone. Daily Specials & Menu will be posted each morning by 8am.

<https://www.facebook.com/Little-Creek-Bar-B-Cue-114984851845875/>

**WHERE TO EAT** continued on page 12



**State Farm**

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

[www.debbieinsurespa.com](http://www.debbieinsurespa.com)  
debbie.pettinari.wz73@statefarm.com





**Attention UMBT Residents** - "It has been determined by the CDC that the virus can remain viable for hours to days on some waste materials. Advanced Disposal requires all waste be bagged in 32-gallon bags. Loose trash will not be picked up. For containers, all trash must be bagged in the container. Recycling must remain loose in containers. Effective

"**Bangor Memorial Park** equipment and facilities are not able to be disinfected. Residents are advised not to use park facilities. Thank you for your cooperation as we all work to reduce the impact of this virus" - *Brook Kerzner, Bangor Mayor*

**Daily COVID 19  
Updates [sbtopics.com](http://sbtopics.com)**



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**Plainfield Township** - outdoor facilities remain open, however, Plainfield personnel can't sanitize the apparatus and playground equipment. They ask you to use common sense when bringing children to their facilities and not congregating in groups of five (5) or more as per the Centers for Disease Control Guidance.

## East Bangor Fire Co. Needs

Due to the COVID-19 Virus the East Bangor Vol Fire Company is asking residents and business for items they need of to keep their crews safe. Items include:

Hand Sanitizer, Lysol spray, Tyvek suits, Lysol/Clorox wipes, Isopropyl Alcohol(rubbing alcohol) minimum 91%, Pure Aloe Vera gel, and Masks.

Call 610-462-1132 to make donation. Any help is appreciated! The Fire Co. can pick it up.

## Washington Twsp Open Burning

Due to the Federal, State and County Disaster Declarations in place Washington Twp Fire Co. will restrict open burning to rainy days only with permission. Thank you for your understanding.

## Bangor Pool Not Opening

According to statement on Facebook, "Regrettably, we have made the very hard decision not to open Memorial Park Pool for the 2020 summer season due to ongoing COVID-19 health and safety concerns and restrictions."

## Mental Health Matters

Your mental health matters. If you need help coping or if you're experiencing a mental health crisis, please reach out for support:

Telephone National Suicide Prevention Lifeline: 1-800-273-8255

Military medal Veterans in Crisis: 1-800-273-8255 + press 1

Speech balloon Crisis Text Line: Text PA to 741-741

## Car Show Cancelled

The 37th annual Wind Gap Car and Cruise Show scheduled for this summer has been cancelled due to the pandemic.

# Slate Belt

## Floor & Wall Covering

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\*Free initial health exam for new clients only. Not to be combined with any other offer. Not good towards boarding, grooming, prescription and non-prescription medication, and retail items. Not good towards emergency and/or specialty veterinary services. Coupon good for up to two pets (dogs or cats only) per household. Redeemable only at a general practice VCA Animal Hospital. For pet owners who are aged 18 and older. Offer expires on 12/31/2016. Cashier Code: 700.500. \*\* VCA CareClub® Wellness Plans are preventive pet healthcare plans and are not insurance plans. VCA CareClub® Wellness Plans do not cover any services which are not specifically identified in the VCA CareClub® Wellness Plan purchased.



### BUSINESS HOURS

**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**



# These Organizations Need Your Help

## Recovery Revolution

Primary Contact: Jana Morris

Contact Information: (610) 599-7700

Current Need(s): Hand sanitizer, Lysol spray (aerosol), disinfecting wipes, box of disposable masks

## Slater Family Network Foundation

Primary Contact: Patti Damour

Contact Information: (610) 599-7019 or

damourpa@bangorsd.org

Needs: Masks, gloves, Lysol cleaning supplies,

## Lehigh Valley Health Network

Visit LVHN.org/helpfightcovid to find a drop-off location near you. Needs: Face shields, goggles, hand sanitizer, cleaning supplies and disinfectant, Isopropyl alcohol, Lysol and Clorox (including wipes), N95 masks, surgical masks, vinyl gloves

## Gracedale Nursing Home

Primary Contact: Gracedale Volunteer Coordinator

Contact Information: (610) 829-3686

Current Need(s): PPE items

## Miller-Keystone Blood Center

Contact Information: <https://www.giveapint.org/>

Current Needs: Blood donations



## Hon. Leonard N. Zito

Judge: Court of Common Pleas Northampton County (Ret.)

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# HAPPENINGS continued from page 2

hall doors.

## **Yoga at Bangor Park**

Join the Yoga program at Bangor Memorial Park Sunday's at 2:30pm, Tuesday's at 5:30pm or Thursday's at 10:30am

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**June 11**

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**June 13**

## **Woodland Wander**

Join local Clinical Herbalist, Theresa Bellettiere, Saturday June 13, 2020 1:00pm – 2:30 pm (Raindate: Sunday June 14, 2020) on a wonderful wander through the woodlands near the Delaware River. See early summer flowers, identify some common medicinal plants, learn about edible wild food & how to incorporate it into nutritious meals.

Contact Jerry Brunetti Environmental Welcome Center 7701 Martins Creek-Belvidere Highway Bangor, PA 18013

**June 14**

## **Chicken BBQ at Christ Lutheran**

Christ Evangelical Lutheran Church 703 S. Delaware Dr. (Route 611), Mt. Bethel (Stone Church) will hold a Take Out Chicken Bar-b-cue on Sunday, June 14th.

You must pre-order your meal with pick up between 1pm and 2:30pm.

The meal includes a delicious bar-b-cue half of chicken, potato, roll/biscuit, spiced cabbage and dessert. The cost is \$13.

To order, please call Chrissy at [610-588-0809](tel:610-588-0809) by June 8.

## **East Bangor UMC**

East Bangor UMC will hold an online service at 10pm.

**June 16**

## **Tasty Tuesdays**

Trinity Lutheran Church, located at 4th and

Broadway in Bangor, offers a free bag lunch program to children, their families and anyone in the community this summer. Tasty Tuesdays begins on Tuesday, June 2 and runs thru mid August.

Due to the Covid-19 pandemic, lunches will contain non perishable food items and will be available for drive-up/walk-up pick up in the large church parking lot.

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**June 23**

## **Tasty Tuesdays**

Trinity Lutheran Church, located at 4th and Broadway in Bangor, offers a free bag lunch program to children, their families and anyone in the community this summer. Tasty Tuesdays begins on Tuesday, June 2 and runs thru mid August.

Due to the Covid-19 pandemic, lunches will contain non perishable food items and will be available for drive-up/walk-up pick up in the large church parking lot.

Each lunch contains water, juice, healthy snack bar, chips, fruit/fruit cup, and a choice of a main food item such as canned soup/tuna/pasta and more. Call the church at 610-588-2023 to register.

## **East Bangor Taco Tuesdays**

East Bangor Volunteer Fire Co. is sponsoring Taco Tuesday Take-out from 4-8pm June 9, 16, and 30. Hard Taco's are \$2, Soft Tacos \$3, Taco Salad Bowl, \$7 and a Kids Meal Hotdog and Mac & Cheese \$3.

Text or call order ahead starting Mondays before, or order in person. Call 484-903-4556. Pick up at the hall doors.

**June 30**



## SBNR Needs Masks & Gowns

Slate Belt Nursing and Rehabilitation Center. is in desperate need of masks and long sleeve gowns.

They currently have no patients or staff testing positive for coronavirus, and want that to continue.

The majority of their patients are elderly and arrive there when they are released from the hospital, but not well enough to go home.

## Portland Mount Bethel Food Pantry

111 State St, Portland, PA 18343. (570) 897-5847

Mondays 10am-11:30 a.m. and 6pm-7:30 p.m.

Curbside service is available.

## Pen Argyl Parking Meters

Parking Meter Enforcement in Pen Argyl has been suspended.

## Mass Suspension

The Allentown Catholic Diocese has extended its suspension of Masses through Holy Week, meaning churches will be empty on Easter — the holiest day on the Christian calendar, commemorating the Resurrection of Christ

## Blood Donations Needed

There is a critical need for blood and platelets across. If you would like to #donateblood, you can find the closest location here: <http://rcblood.org/2UyPOkerc>

## Mission of Love Food Pantry

555 N Main St Bangor, PA., 610-599-0369

Tues 9 a.m. to noon through the COVID-19 mitigation (Offering drive up service only).

## United Way

United Way of the Greater Lehigh Valley  
Dial 2-1-1 or 855-501-6785 Bangor Office - 610-588-8011. Mon-Fri 9 a.m. to 5 p.m.

## Johnsonville Farm & Garden Mkt

Closed Mondays for the time being. Open Tuesday through Saturday 8-3, Sunday 8-1. Call (610)599-0163 and they will be glad to answer your questions.

## PA 211

PA 211 has text auto-notifications that provide the latest assistance and crisis information. To receive updates - text PACOVID to 898-211

**BASD Student meals** available via curbside pickup between 10:00 am and 12:00 p.m. Not on weekends. e-mailed orders through [meals@bangorsd.org](mailto:meals@bangorsd.org) by 5:00 p.m. the day prior to pick up.

**Slate Belt Senior Center** Open M-F 11-12:30 For Meal Service OnLY

**Portland Borough Playground** - closed

**Public Libraries** - closed until further notice. Bangor patrons may use drop box. No fines. Nothing overdue. **REAL ID enforcement deadline** extended by one year to Oct. 1, 2021, in light of the coronavirus pandemic.

## Main Street Market

Open 9 am - 6 pm, 7 days a week, effective Thursday, March 19 From 9 a.m. - 10 a.m. they will hold special shopping hours for shoppers 65 and over, the immune compromised as well as pregnant women.

## Waste Management

Please bag all trash and place in your trash can or Toter. Please do not leave any trash items loose in these containers.

Recycling should be loose. They can't collect bagged recycling since plastic bags tangle the machines

# RICHARD M. SHAPLIN

## FINANCIAL SERVICES



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## Where to Eat

### Sal's Pizza

Sal's Pizza 487 E. Moorestown Road, Wind Gap. 610-863-7665. Open daily 11am -9pm. Closed Tuesdays. <https://www.facebook.com/salsandhome/>

### Doughboys

Original Doughboys Pizza and Restaurant, 230 W. Moorestown Rd, Wind Gap. 610-759-3776

<https://www.facebook.com/Original-Doughboys-Pizza-Restaurant-116182055070460/>

### Pen Argyl Pizza

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

<https://www.facebook.com/pages/Pen-Argyl-Pizza/114149941950498>

### 512 Restaurant

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

<https://www.facebook.com/512-Restaurant-224862864746697/>

### Detzi's Tavern

Detzi's Tavern 570 North Lehigh Ave., Wind Gap. 863-9882. Open 4 -7:30.

<https://www.facebook.com/detzistavern/>

### Slate Pub

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

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

<https://www.facebook.com/slatepub/>

### Broadway Pub

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

<https://www.facebook.com/Broadway-Pub-105855556106/>

### Five Points Grill & Pub

Five Points Grill & Pub 1001 Mt. Bethel Highway, Mt. Bethel. 610-588-1773. Thurs-Sat. Order online only. <https://www.facebook.com/5PointsGrillPub/>

### TK's Restaurant

TK's will open June 5 in their outdoor seating and To Go services. 7am - 11pm 7 Days A Week. Reservations are HIGHLY encouraged as seating is limited. 570-897-6112

They are temporarily suspending the \$20 minimum for credit card purchases. 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. Menu is available on your mobile device at

[www.tksrestaurant.com](http://www.tksrestaurant.com)

Disposable cutlery, plates and cups will be utilized. Masks must be worn at all times except when seated at the table. No standing permitted.

They are doing our best to offer as much of their classic "We never close" service as possible. They hope the restrictions will be lifted soon and they can't wait to see you all again!

### Boar Barbecue

Boar Barbecue 690 Allegheny Road, Mt. Bethel. 484-908-3407. Opens June 6.

<https://www.facebook.com/boarpitbarbecue/>

**These Restaurant listings are free because of the limitations placed on eateries due to the Coronavirus pandemic. If you have any other listing you want to add contact Slate Belt Town Topics [sbttopics@rcn.com](mailto:sbttopics@rcn.com) or call 610-863-1988**





## Tuscarora Quarantine Hosts

Tuscarora is here to help! During the COVID-19 health crisis Tuscarora is opening its doors to first responders and medical professionals who need to be in quarantine.

Visit the Tuscarora website at [tuscarora.org/covid-inquiry](http://tuscarora.org/covid-inquiry) if you need to be in quarantine due to symptoms or self-imposed for the safety of those you love.

Your stay is free of charge as Tuscarora's way to say thank you for the way you sacrifice for the health

## Slate Belt Textile History

The Slate Belt Heritage Center's *A History of the Slate Belt Textile Industry* will be released May 23.

The book follows the history of 376 mills from the early 1900's to present, and highlights the people responsible for the growth of the industry.

A post May 18, featured four co-authors speaking about contributions to the book on the center's Facebook page and the Sigel Museum website.

Pre-ordered books will be available May 23, from 9-noon. Pre-orders with paid shipping will be mailed that day. Call 610-599-4993 to purchase your book.

## St. Luke's Care Now Open

St. Luke's Care Now – Wind Gap, 487 East Moorestown Road Wind Gap, 484-526-7850

Monday through Friday: 7:30 am – 10:30 pm

Saturday and Sunday: 8 am – 8 pm

**Trinity Evangelical Lutheran Church, Bangor -**  
Online services only.

**HUB Teen Center** - closed until further notice

**St. Luke's Coronavirus hotline** - at 1-866-STLUKES (785-8537), option 7 or email us at [coronavirus@sluhn.org](mailto:coronavirus@sluhn.org)

## Weona Park

Weona Park is closed to all practices of any athletic teams. Equipment and pavilions will not be sanitized.

It is strongly advised that you do not utilize the park until further notice.

## WTVFC Farmers Market

Washington Township Volunteer Fire Company is looking for local farmers/greenhouses who sell; vegetables, fruits, meats, honey, flowers, etc. and who would like to set up a farm stand at the fire house on Saturdays and Sundays from 8am to 4pm rain or shine.

WTVFC is looking to help raise funds but also help our Farmers who are unable to sell at their usual Carnivals and Flea Markets.

Spots sizes are determined by the farmer and will cost \$10 per day. All spots will be in a grassy area and must be cleaned up by the end of the day or the weekend.

Multiple farmers per day are welcome, but spots will be available on a first come, first serve basis.

Farmers are responsible for their own chairs, tables, coverings, etc.

No electric, water, or other utilities will be provided or available. WTVFC is not responsible for any lost/stolen belongings, equipment, etc. that is left on the property overnight.

For additional info or to reserve a spot call Brett Morrison at 484-542-9517 or Aundrea Morrison at 610-984-7101 or email [bdjm987@gamil.com](mailto:bdjm987@gamil.com)

## KN95 masks for sale.

Wind Gap Community Pharmacy has KN95 masks for sale. They come either individually for \$5.50 a mask or a pack of 10 for \$55.00. Limited quantity!

They still have masks for free for the community along with free hand sanitizer. Located at 31 West 1st Street Wind Gap M-F 8-6:00, Sat 8 - 1610-881-4260.



### Ruggiero

#### Funeral Home, LLC

Stephen Ruggiero, Supervisor



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**Traditional Funerals - Serving All Faiths**

**Full Service - Cremation - Pre-planning**

**For More Information**

**and Obituaries See**

**[www.ruggierofuneralhome.com](http://www.ruggierofuneralhome.com)**

**Independently Owned by Stephen J. Ruggiero**

**126 PENNSYLVANIA AVE., PEN ARGYL, PA**

**PH: 610-863-5750 FAX: 610-863-8537**



## **Donations for 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.

### **"Weona 100" Requests**

Pen Argyl Borough requests volunteers, personal stories from Community for "Weona 100." A joint committee of borough officials and residents are planning a weekend of "Weona 100" festivities and activities on June 19-20, 2020. For more information about the Weona Park 100th Anniversary plans, contact Roberta Cowley at 484-695-2994 or email [Weona100@gmail.com](mailto:Weona100@gmail.com).

## **Heritage Center Monthly Schedule**

June 18th @ 7:00 PM: Preservation Awards by Karen Brewer. July 9th @ 7:00 PM: 100th "Anniversary of Weona Park" by Walter Cole. August 13th @ 7:00 PM: "Anniversary of V-J Day" by Russ Stout. September 19th @ 7:00 PM: "1936 Slate Centennial Parade Video". October 8th @ 7:00 PM: Haunted Heritage Program Sundays: November 8th @ 2:00 PM: "Pearl Harbor Remembered" by Jim Paynter. December 13th @ 2:00 PM: "Great Slate Belt Trivia Contest" by Marc Blau

## **Fishing Rods and Tackle Available**

When: Monday thru Friday, 8:00am to 2:30pm

Where: Jacobsburg Visitor Center, 400 Belfast Road, Nazareth

Borrow fishing poles and tackle to use in Jacobsburg's creeks! To borrow equipment, you must provide a driver's license or other form of state issued identification. Persons age 16 and older must possess a current fishing license to fish. Adults can help children under 16 fish without a license. Bait is not provided. For more information call 610-746-2801 or email [jacobsburgsp@pa.gov](mailto:jacobsburgsp@pa.gov).

## **Dinky's Job Openings**

Be apart of the Dinky's Ice Cream family. They are looking for people to take food and ice cream orders, prepare food (mostly ice cream), stocking supplies, serving, charging people for their food, handling cash, credit cards, and a cash register, cleaning tables and counters, greeting customers and answering questions.

If you are hard working, honest and reliable please contact them today and join their new restaurant in South Bethlehem. Server experience is great but not needed, they'll train the right person 16 or older.

## **Celtic Cultural Scholarships**

The Celtic Cultural Alliance (CCA) has announced that several scholarships will be awarded this year to students pursuing the study of Celtic dance, music, or art.

Please contact Marcie Mulligan, [mmulligan@celticfest.org](mailto:mmulligan@celticfest.org), for information related to either scholarship.

For more details about the scholarship programs and to download the applications, visit their webpage at Celtic Classic runs from September 25 through September 27, in downtown historic Bethlehem.

## **Let Washington Township Fire Co. Decorate Your Yard**

Washington Twp Vol Fire Co would like to decorate your yard with some patriotism and thanks to all our local essential workers, front liners and volunteers serving during this pandemic.

They are doing this as a 'no contact' fundraiser for their fire company. They have had to postpone and cancel some of their popular fundraiser events due to the COVID and this will help them tremendously while uplifting spirits in our communities.

You will be decorated within a few days of placing your order through JCC Screenprinting. The website will be up and running in the next few days. Online ordering will be running through the summer months. Memorial Day is this weekend. June 14th is flag day. The Fourth of July. And don't forget Labor Day in September.

You can show your appreciation in this way by either displaying in your own yard or ordering for someone else's yard to say thanks.

Your \$50 contribution to WTVFC will include one dozen American flags and also a double sided thank you sign with our logo that you keep.



## Scholarship Awards

The Slate Belt Chamber of Commerce congratulates the following students chosen to receive the 2020 Slate Belt Chamber of Commerce Scholarship Awards:

- Lindsay Hoffer, Bangor High School
- Derek Lasher, Career Institute of Technology (Bangor High School)
- Megan Guthrie, Pen Argyl High School
- Jonathan Ruth recipient of the Frederick R. Curcio Jr. Award of Bangor High School/CIT.

## Pen Argyl Borough

Pen Argyl Borough office staff will be conducting business but there will be no face to face interactions. If you have general business with the Borough, please call 610-863-4119 or email the department you might need:

[secretary@penargylborough.com](mailto:secretary@penargylborough.com) (general matters, sewer billing questions and final sale certifications).

[admin@penargylborough.com](mailto:admin@penargylborough.com) (general matters, feral cat questions and rental registrations).

[manager@penargylborough.com](mailto:manager@penargylborough.com) (all of the above and any other questions you might have regarding the Borough.)

## Greenhouse Free Delivery

Thomas Greenhouse in Mount Bethel offers Free Deliveries to Portland, Mt Bethel and Bangor. 484-661- 6553 Rt 512 between East Bangor and Mt. Bethel

## Waste Management

Please bag all trash and place in your trash can or Toter. Please do not leave any trash items loose in these containers.

Recycling should be loose. They can't collect bagged recycling since plastic bags tangle the machines.

## Weona Park Closed

According to a news release by the Slate Belt Regional Police Weona Park in Pen Argyl is now closed to all visitors

In an e-mailed statement SBRPD said, "After several attempts to educate users of Weona Park to please heed the warnings regarding "social distancing" and restrictions on public gatherings, Pen Argyl Borough must take the step to close Weona Park to any visitors. It is extremely unfortunate that certain individuals have made decisions to continue to place others in jeopardy amid concerns about the potential spread of COVID-19.

All portions of Weona Park are now closed to the public. If found in violation of the emergency closure, you will be prosecuted to the fullest extent of the law."

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- TV/Radio Podcasting • Website Videos •
- News/Sports Videos • Video Advertising •

[sbtopics@rcn.com](mailto:sbtopics@rcn.com)





## Mount Bethel COVID Tests

Mt Bethel Pharmacy has all things covid readily available. Hand sanitizer, masks, gloves, zinc, vitamin c. And they are getting in covid testing kits to do the testing in the pharmacy. No script needed!

Call them for more info! 570-582-2027

## Weona Park Centennial

A Centennial book is being written to commemorate the 100th Anniversary of Weona Park in Pen Argyl.

Anyone with fond memories or interesting stories should send them to Walt Cole at [wrcole3@gmail.com](mailto:wrcole3@gmail.com). This would include any information from your parents or grandparents. Perhaps a grandparent or great-grandparent helped to build the park, or worked on a WPA project during the Depression. Perhaps you worked at the park, were a life guard or had an interesting experience.

Stories about sporting events, swimming, or any activities would be of interest. They are also interested in pictures of family reunions, church gatherings or other organizations having picnics at the park.

Do you have any pictures of the kiddie Ferris Wheel, train or cars that you would be willing to share?

They are also looking for pictures of the clay tennis courts, the old miniature golf course, the band shell and events at the athletic field. Please check out those old photo albums for memories to share.

## PPL Waives Late Fees

PPL Electric Utilities has waived all late payment fees and announced it will not cut service. PPL has several programs available to help customers having a hard time paying their bills: OnTrack offers a lower, fixed monthly bill and debt forgiveness for customers who make 150 percent of the poverty level or less. CARES can help customers experiencing a temporary hardship. Calling [1-800-358-6623](tel:1-800-358-6623)

## Met-Ed Suspends Shut-offs

Effective immediately, Met-Ed is temporarily discontinuing power shutoffs for customers who are past due on their electric bills. FirstEnergy, Met-Ed's parent company, will continue to monitor the coronavirus response situation and adjust the shutoff policy in the future as circumstances develop.

Met-Ed encourages customers who are having difficulty paying their electric bill to contact its customer service department at 1-800-545-7741 to discuss customer assistance programs.

## Roseto Park Closed

Due to the mandates in place by Governor Wolf regarding COVID-19, "Stay at Home", six foot social distancing, social gatherings of ten or less in the red phase and 25 or less in yellow phase Roseto Borough Council at their regular monthly meeting approved the closure of the Roseto Borough Park until Northampton County is open in the "green phase" of the Governor's reopening process.

## Talking and Breathing May Spread The virus

People resistant to social distancing may reconsider that thought after a prestigious scientific panel told the White House Wednesday night that research shows the coronavirus can be spread not just by sneezes or coughs, but also just by talking, or possibly even just breathing.

"While the current [coronavirus] specific research is limited, the results of available studies are consistent with aerosolization of virus from normal breathing," according to the letter, written by Dr. Harvey Fineberg, chairman of a committee with the National Academy

of Sciences.

Fineberg said that he will start wearing a mask when he goes to the grocery store.

Several other experts are now talking about wearing masks every time you interact with the public during essential visits to places like your local grocery store or pharmacy.

Considering that people with no coronavirus symptoms at all can carry the virus, a simple conversation with someone like that could spread the virus to you if you are less than six feet apart.



# HAPPENINGS continued from page 10

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Text or call order ahead starting Mondays before, or order in person. Call 484-903-4556. Pick up at the hall doors.

## August 16

### Vendor and Craft Fair

The Washington Township Volunteer Fire Company is having a Vendor & Craft Fair on Sunday August 16th, 2020 (new date) from 9am to 3pm. Food and Drinks will be sold by the fire company.

This is an outdoor event and it will be held whether rain or shine. If you are interested in a space contact Brett Morrison at 484-542-9517, Aundrea Morrison at 610-984-7101, or email at [bdjm987@gmail.com](mailto:bdjm987@gmail.com)

## September 5-7

### Bangor Yard Sales

Get ready for the Bangor Borough town-wide yard sale taking place Labor Day weekend, Sept. 5-7! The Borough waives the yard sale permit and you have the opportunity to find some treasures and release your unused items to someone who can use them.

## September 12

### Bangor Car & Bike Show

Rev up your engines for plenty of prizes, trophies

and fun for the entire family! The Bangor Car & Bike show and competition is back on Broadway in historic Bangor on Saturday, September 12 from 10am - 3pm (rain-date Sunday, September 13)..

Goody bag & tshirt pre-registration: Sign up your car or bike early and save \$5 on the entry fee PLUS get a really cool goody bag & commemorative tshirt! Pre-registration is \$10 by 6/12 at [hbbapa.org](http://hbbapa.org). Pre-Registration does not reserve your spot in the show, but gets you a goody bag and tshirt. Goody bags and tshirts are limited to the first 50 pre-registrations.

Car & bike show competition entry: If you'd like to enter your vehicle in the competition, please arrive on September 12 to Main & Broadway between 8am and 9:45am to enter the competition. Be sure to bring your pre-registration form OR register day-of for \$15. Car & bike show sponsors: They are presently accepting prize and award sponsorship. Please visit <https://www.hbbapa.org/car-show.html> to download a form.

## September 26

### Celtic Youth Fiddle Competition

A Youth Fiddle Competition September 26, will be held at the Charlie Brown Ice House, Bethlehem at Celtic Classic Highland Games and Festival.

This unique fiddle contest primarily focuses on Celtic fiddling styles, including Irish, Scottish, Cape Breton, Shetland, and Galician. Two age categories divide the contest, and monetary prizes are given to the top 3 in each division.

Sunday, September 27, at 10:00 a.m. at the Celtic Heritage Hollow stage, a Celtic fiddle workshop for youth will be held at Celtic Heritage Hollow at Celtic

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  - Video Advertising •
  - Website Videos •
- [sbtopics@rcn.com](mailto:sbtopics@rcn.com)



# Avoiding Foggy Glasses for Mask Users

1. **Adjust the ties** or the ear loops so the mask fits snugly against your face. If the air is going out the top, you don't have your mask on correctly. Most of your breath should be going through the mask. If you feel the air going in or out around the mask, tighten the ties.

2. **Athletic tape** is also a possibility, however, if you wear the same mask day after day, the tape may harm the mask.

3. **Soapy water.** A British surgeon published a paper in 2011 showing that washing your glasses with soapy water and letting them air dry can help. Soap acts as a surfactant — which stands for surface active agent — and the soapy water leaves behind a thin film that stops the water molecules from forming droplets that lead to fog.

4. **You can buy commercial anti-fogging wipes** and sprays, but it could get expensive. One brand, FogTech Dx, sells on Amazon for \$30 for 20 wipes — or about \$1.50 per wipe. One treatment is supposed to last for three to five days

Wipe and sprays may be difficult to buy right now. Some sites we went to suggested you that they are on back order. Other sources say it may 2-4 weeks to get them online. However, if you know someone who is an avid swimmer he or she may have some.



## 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.

## Support Group For Vets & First Responders

A new confidential support group for veterans and first responders is available at A Clean Slate on the corner of Broadway and First St. (Rt. 191) in Bangor.

The group meets the third Monday of the month from 7pm to 8pm. It is free.

A professional counselor will facilitate the group. All are welcome. No sign-up is needed. Call 610-452-9348 for more info.

## Restaurant Week

Coming this July 5-12! the Slate Belt Chamber of Commerce is asking the participating restaurants to pick a local business that will offer a discount. This will expand restaurant week to include retail stores. When you visit a restaurant during restaurant week, save your receipt and visit that participating retailer, show your receipt to receive a discount. If interested in participating in restaurant week call the office. Their display racks are getting a bit low with your business cards and flyers. Stop by today and update your information.

## 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.



# THE POWER OF SOCIAL DISTANCING



@SignerLab

@garywarshaw



# Mental Health Help During COVID-19

## Crisis Text Line



**Text 'PA'  
to 741741**

## National Suicide Prevention Lifeline



**1-800-273-8255**

## Preventing suicide in PA



**preventsuicide  
pa.org/**

## Disaster Distress Helpline



**800-985-5990**

## Get Help Now for substance use disorder



**1-800-662-4357**

## Veterans in crisis



**veterans  
crisisline.net**

## PA's support helpline



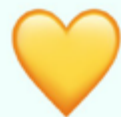
**855-284-2494**

## Coping with COVID-19 stress



**bit.ly/covid-coping**

## COVID-19 resources



**mhanational.  
org/covid19**





# GUIDANCE FOR BUSINESSES CLOSED DURING COVID-19



*As businesses enter the Yellow Phase of the state's reopening plan, owners and operators of dormant buildings should flush building water systems*

- 
- ✓ Develop a flushing plan
  - ✓ Flush the entire building
  - ✓ Clean faucets, shower heads, and other fixtures
  - ✓ Inspect equipment and conduct necessary maintenance
  - ✓ Consider developing an ongoing water management plan





# COVID-19

## REOPENING PHASES

### WORK & CONGREGATE SETTINGS

### SOCIAL SETTINGS

#### RED PHASE

- LIFE-SUSTAINING BUSINESSES ONLY
- RESTRICTIONS IN PLACE FOR PRISON + CONGREGATE CARE
- SCHOOLS CLOSED FOR IN-PERSON INSTRUCTION
- MOST CHILD CARE CLOSED

- STAY AT HOME ORDERED
- LARGE GATHERINGS PROHIBITED
- RESTAURANTS/BARS LIMITED TO CARRY-OUT + DELIVERY
- ONLY TRAVEL FOR LIFE-SUSTAINING PURPOSES

#### YELLOW PHASE

- TELEWORK MUST CONTINUE WHERE FEASIBLE
- BUSINESSES WITH IN-PERSON OPERATIONS MUST FOLLOW SAFETY ORDERS
- CHILD CARE OPEN COMPLYING WITH GUIDANCE
- RESTRICTIONS IN PLACE FOR PRISON + CONGREGATE CARE
- SCHOOLS CLOSED FOR IN-PERSON INSTRUCTION

- STAY AT HOME ORDER LIFTED FOR AGGRESSIVE MITIGATION
- LARGE GATHERINGS OF MORE THAN 25 PROHIBITED
- IN-PERSON RETAIL ALLOWED CURBSIDE/DELIVERY PREFERRED
- INDOOR RECREATION, HEALTH AND WELLNESS FACILITIES (SUCH AS GYMS, SPAS, HAIR SALONS, NAIL SALONS AND OTHER ENTITIES THAT PROVIDE MASSAGE THERAPY), AND ALL ENTERTAINMENT (SUCH AS CASINOS, THEATERS) REMAIN CLOSED
- RESTAURANTS/BARS LIMITED TO CARRY-OUT + DELIVERY

#### GREEN PHASE

- ALL BUSINESSES MUST FOLLOW CDC AND PA DEPARTMENT OF HEALTH GUIDELINES

- AGGRESSIVE MITIGATION LIFTED
- INDIVIDUALS MUST FOLLOW CDC AND PA DEPARTMENT OF HEALTH GUIDELINES



# Man-Made Purple Martin Nests at Lake Minsi



Purple Martins, according to many experts, have developed a positive relationship with humans and appear to rely on man-made nesting sites like the structures at Lake Minsi. (Photo to right)

Successfully attracting and hosting a Purple Martin colony depends on selecting quality housing, having suitable habitat, and practicing active colony management

Martin housing is placed in the most open spot available (at least 40', but preferably 60' from trees or buildings) and within 100' of human housing or activity. Proximity to humans and a wide-open location help protect the martins from predators.

## Bangor PD Needs Sanitizing Products

Due to a shortage of hand sanitizer, Clorox and Lysol products, the Bangor Police Department is asking if anyone has any extra hand sanitizer, Clorox or Lysol wipes and would like to donate them, if so call (610-588-4720) or stop by the station.

## SBRPD Needs Sanitizing Products

Slate Belt Regional Police Department need disinfecting wipes (Clorox type). Their officers are out performing their jobs, dealing with our neighbors and friends where help is needed; all while attempting to keep themselves and their own families safe during these unusual times. If you should have a container of antiseptic wipes that you would be willing to donate, we would be ever so grateful. Just one container, we aren't asking you to deplete your supply, just one container from a few people would tide us over until the stores are resupplied again. They are wiping down cars, duty belts, radios, pretty much everything... constantly...for your protection and ours. Call 610.759.8517  
DO NOT call 9-1-1

Martin housing should raise and lower vertically on a telescoping pole, lanyard, or winch system. Housing will need to be lowered—sometimes on a daily basis—to remove House Sparrow and European Starling nests. Regular monitoring of active martin nests is essential; landlords who do not monitor their colony will not know if they are losing martins to snakes, owls, hawks, parasite infestation, etc

The purple martin is the largest swallow in North America. Despite their name, purple martins are not truly purple. Their dark blackish-blue feathers have an iridescent sheen caused by the refraction of incident light giving them a bright blue to navy blue or deep purple appearance.

They are known for their speed, agility, and characteristic mix of rapid flapping and gliding flight pattern. When approaching their nests they will dive from the sky at great speeds with their wings tucked.

Martins make their nests in cavities, either natural or artificial. Martins are insectivores and primarily feed by hawking, a strategy of catching insects in the air during flight

The martins migrate to the Amazon basin in winter

## St. Luke's Care Now Open

St. Luke's Care Now – Wind Gap, 487 East Moorestown Road Wind Gap, 484-526-7850

Monday through Friday: 7:30 am – 10:30 pm

Saturday and Sunday: 8 am – 8 pm

## Clothing for Octoberfest

Since everyone is cleaning out their closets, etc. If you have pants or jeans (any size, even kids) with holes that are not repairable or even long sleeve shirts, please save them for Octoberfest (Bangor Park). They can use them for scarecrow making. (Even if they don't have the event this year, they will save them for next year)

## Former COVID 19 Patients Asked to Donate Plasma

Have you or do you know someone that has recovered from COVID 19? If so you can donate your plasma to help others with COVID 19. For more information call me at 570-449-586 or visit [www.giveapint.org](http://www.giveapint.org).



# BEHAVIORAL HEALTH

## SUPPORT & REFERRAL HELPLINE

1-855-284-2494 • 724-631-5600 (TTY)



## MASK WEARING TIPS

### DO:

- ✓ Wear a mask when you leave home
- ✓ Make sure it covers your nose and mouth
- ✓ Be sure that you can breathe through it
- ✓ Continue practicing social distancing

### DON'T:

- ✗ Touch mask while wearing it
- ✗ Touch the front of mask when removing it
- ✗ Use on children under 2
- ✗ Wear if you have trouble breathing