

# Slate Belt Town Topics

NEWS TODAY NOT NEXT WEEK

**March 11, 2023**

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# SLATE BELT RESTAURANT WEEK

## MARCH 5TH - 11TH

### Participating Restaurants



See <https://instagram.com/northamptoncountyeats?igshid=YmMyMTA2M2Y=> for Giveaways  
Visit: <https://slatebeltchamber.org/restaurant-week-2023> for Menus

### Event Sponsors





# Spring Ahead

## March 12, 2023



### The Water Gap: Return to Homeland

Film screening and presentation from filmmaker and cast at the Nature Nuture Center 518 Northampton St., Easton, Pa. Sunday, March 12th, 1pm - 3pm

In 2016, Choctaw filmmaker, Kyle Kauwika Harris documented the experiences of 14 youth from three Lenape nations who spent time immersed in their ancestral homeland in the Delaware River Watershed in this award-winning documentary. Kyle and several of the Delaware youth from the 2016 film, who are now young Delaware adults from Anadarko, Oklahoma, will share what it was like, as teenagers, to spend time, for the first time in their lives, in their ancestral homeland in the Eastern Woodlands, and how that experience has affected them to this day. Sponsored by Native Hope and the Institute for Indigenous Studies, Lehigh University.

Join us afterwards (3-4 pm) for a closing reception of Landmarks and Waterways: Illustrated Maps of the Lehigh and Delaware Watersheds.

### Women Empowerment Group

Women's support/ skill development group where we focus on wellness & mental health over the course of 5 group sessions is planned for A Clean Slate. A safe and trusting group setting where the issues and challenges of women are addressed starting Thursday March 30th 6-7pm -pre-registration is required

-must commit to attending all sessions

Erica Parker, Facilitator: (619) -452-9348

A Clean Slate 118 S. 1st Street, Bangor.

[info@cleanslatebangor.org](mailto:info@cleanslatebangor.org)

### Easter Egg Hunt

Easter Egg Hunt - Scooter at Millers, 96 Mt. Bethel Hwy., Bangor, (Former Miller's Egg Ranch)

Sunday April 2 from 2-4pm. Egg Hunt starts 2:30.

Rain Date April 7.

### Easter Egg Hunt And Pancake Breakfast Hosted By The LMBT Recreation Board & LMBT Sandt's Eddy Fire Department

Want to enjoy some egg hunting fun!

When: Saturday, April 1, 2023 (Rain date – Saturday, April 8th)

Where: Riverton field and pavilion – 7701 Martins Creek Belvidere Highway

Time: 10:30 a.m. to 12:30 p.m.

Breakfast will be held from 10:30 a.m. to 11:30 a.m.

Cost for Breakfast: Adults \$8, children 5 - 10 years \$5, children 4 and under free.

Pre-payment is required for the breakfast by Wednesday, 3/29/23 at the Township Office – 2004 Hutchison Ave. Martins Creek, PA 18063 - cash, check or credit card is accepted. Contact Melissa at (610) 252-5074 if you have any questions.

Easter Egg hunt will start promptly at 12 noon. Egg Hunt for Children Ages 12 years old or younger There will be lots of eggs and goody bags for the children!

Lower Mount Bethel Township was awarded a Hotel Room Rental Tax Grant for this event from the Northampton County Dept. of Community & Economic Development.

### LMBT Bike Run

Sunday, May 21, 2023 at 12 pm B.A.C.K. Rides for the Red at Riverside Barr Sponsored by Lower Mt Bethel Sandt's Eddy Fire Company

Bike Run starting and ending at Riverside Barr \$25 for Rider \$20 for passengers includes event tee shirt, Breakfast sandwich and coffee other food and drinks will be available for purchase.

There will be vendors a Tricky Tray, 50/50 raffle and Off The Road Band featuring Greg Smith will be performing. Event is open to the public come on out for a good time and support your local Fire Company.

#### PUBLISH YOUR EVENT

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

# Hormone That Protects Against Alcohol Intoxication Discovered

It Could Help Problem Drinkers Sober Up, According To Researchers.



*.By Mark Waghorn via SWNS*

A “sober” hormone that protects against the harmful effects of booze has been discovered by scientists.

The chemical called FGF21 (fibroblast growth factor 21) is produced in the liver.

Injections stopped mice from losing balance and coordination after the consumption of alcohol.

It could help problem drinkers sober up, according to the researchers.

Senior author Dr. Steven Kliewer, of the University of Texas Southwestern Medical Center, said: “We’ve discovered the liver is not only involved in metabolizing alcohol.

“It also sends a hormonal signal to the brain to protect against the harmful effects of intoxication, including both loss of consciousness and coordination.”

FGF21 is known to regulate metabolism and appetite - in particular reducing sugar consumption.

Animals that consume natural sugars evolved liver enzymes to break down ethanol - or pure alcohol.

Lab rodents lacking FGF21 took longer than littermates to recover following ethanol exposure.

Administering FGF21 speeded up the time it took to come around - and get back their reflexes.

Surprisingly, it did not counteract sedation caused by other tranquilizers like ketamine, diazepam or pentobarbital - indicating it’s specific to

ethanol.

It worked by directly activating neurons in an area of the brain called the locus coeruleus - which regulates arousal and alertness.

Injections stopped mice from losing balance and coordination after the consumption of booze. (UT Southwestern Medical Center via SWNS)

Results indicate the FGF21 chemical pathway between the liver and the brain evolved to resist intoxication.

It may control a variety of cognitive and emotional functions to enhance survival under stressful conditions, explained the team.

Added co-senior author Dr. David Mangelsdorf: “Our studies reveal the brain is the major site of action for FGF21’s effects.

“We are now exploring in greater depth the neuronal pathways by which FGF21 exerts its sobering effect.”

Last year a study found FGF21 halved the intake of monkeys hooked on alcohol.

Alcoholism is one of the biggest sources of preventable disease in Western societies. The total economic cost of alcohol use disorder has been estimated to be \$249 billion, according to the Centers for Disease Control and Prevention (CDC).

Regular drinking can cause cancer, liver failure, high blood pressure, depression and other mental health conditions.

Alcohol abuse claims around 95,000 lives a year in the U.S.

Healthcare providers advise us not to drink more than 14 units a week - six pints of beer or a bottle and a half of wine.



# Roseto Police and Northampton County Prison Get Grant Funding

Bethlehem - State Senator Lisa M. Boscola announced today that the PA Commission on Crime and Delinquency (PCCD) awarded \$1,004,601 in grant funding throughout the Lehigh Valley for local law enforcement county criminal justice programs.

“It is absolutely critical that we as a Commonwealth provide local law enforcement with the tools necessary to serve our citizens and keep our communities safe and the Local Law Enforcement Support Grants will assist in that effort,” Senator Boscola stated. “Additionally, funds through the Federal State Opioid Response Grant program will aid Northampton and Lehigh County in their efforts to better equip prison reentrants as they return to their communities.”

The following grants were approved today by PCCD:

Local Law Enforcement Support Grant Program

- Colonial Regional Police Department: Records management system upgrade; body-worn cameras; in car cameras. \$146,998

- Roseto Borough: upgraded radios; bicycle. \$20,553**

Federal/State Opioid Response Funds

- Lehigh County: Lehigh County MAT Program. \$500,000

- Northampton County: Prison MAT Expansion \$280,000**

## Bangor Womens Club GFWC Hosting Card/Game Party April 20

The PANDEMIC is over! SPRING is here! The Bangor Womens Club GFWC is planning to host a card/game party on Thursday April 20th from 1 to 4 pm at Trinity United Church of Christ, 632 S. Delaware Drive, Mt Bethel, PA (Stone Church). Members will be serving desserts, snacks, and beverages.

Door prizes for everyone and table prizes too! Bring your Scrabble tiles; Dominoes; Bridge, Hoss, and Pinochle cards; Plus, any other game that suits your fancy. Contact your friends and set up your tables. Call Heidi Bates at 610-599-8815 for reservations by Thursday April 13th. Tickets are \$10 per person to attend. Looking forward to seeing everyone come out for a fun afternoon.

## Speakeasy Town: Easton's Days as "The Little Apple" During Prohibition

March 11, 2023, 1:00 pm

In the 1920s, Easton was known as an infamous after-hours speakeasy town, located halfway between New York City and Philadelphia. The 18th Amendment to the U.S. Constitution was ratified in January 1919, prohibiting the manufacture, transport, and sale of “intoxicating liquors.” As a result, the amendment became colloquially known as “Prohibition”.

Alcohol was illegal? So what! You could find drinks, brothels, and gambling dens by the dozens if you knew where to look. Easton had an underworld reputation enabled by law enforcement and elected officials who, for the right price, were willing to look the other way – so much so that Easton earned its own nickname: The Little Apple.

What was it about this city that drew such crowds, and enabled its underworld reputation? Join local historian Richard Hope for a glimpse into the real-life characters and racy past that shaped Easton as a hot spot for illegal booze, gambling bets, and bawdy houses in the 1920s.

Admission is free for NCHGS members and \$5.00 for non-members

## Gigantic Yard Sale

It's Super, It's GIGANTIC...It's the Super Gigantic Garage Sale at the Allentown Fairgrounds, March 25-26, 2023. This historic indoor garage sale features over 200 sellers in one location. This unique Sale offers a variety of new, used, and cherished household items from cleared-out attics, sheds, garages, and storage units. With the influx of new sellers, there will be even more treasures and bargains. In fact, the sale is so large that it occupies both halls at the Allentown Fairgrounds, Agri-plex, located next to the Allentown Farmers Market



Former Bangor Slater track standout Tony Jones of Mississippi State took home the bronze in the men's high jump with a new personal-best mark of seven feet-three inches in the Division I Southeastern Conference. His brother Isaiah was a member of the Syracuse football team this past fall.

## PAHS Seeks Head Girls Soccer Coach

Pen Argyl High School has an immediate opening for a Girls Head Soccer Coach.,

**Brief Job Description:** To provide instruction regarding the knowledge and skills involved in the participation of students in girls soccer. To provide the necessary supervision/direction for the participating students, both individually and as a group.

**Requirement:** Should possess the knowledge and skills with which to coach Girls Soccer. Should possess the ability with which to safely direct/supervise a program of this kind.

**Salary:** Depending upon years of experience

**Apply In Writing To:**

Tim Egan, Athletic Director Pen Argyl Area High School 501 W. Laurel Avenue Pen Argyl, PA 18072

**Telephone:** (610)863-1293

**Email:** Egan.tim@penargylsd.org

**Applications Due:** March 26, 2023. On Or Before:

## Spring Sports Season Openers

**March 17 - Palisades Tennis at Pen Argyl 4:00pm**

**March 18 - East Stroudsburg Softball at Pen Argyl 11am**

**March 18 - Northampton Boys Tennis at Bangor 10am**

**March 18 - East Stroudsburg Baseball at Bangor 12pm**

**March 18 - Bangor Softball at Freedom 12:00pm**

**March 18 - East Stroudsburg baseball at Bangor 12pm**

**March 21 - Northern Lehigh Track at Pen Argyl 3:30pm**

**March 21 - Palisades Track at Bangor 4:00pm**

**March 22 - Wilson Baseball at Pen Argyl 4:00pm**

### PUBLISH YOUR EVENT

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



# PEN ARGYL vs LAKE LEHMAN

**PIAA STATE 3A FIRST ROUND**

**MARCH 11 MORAVIAN ACADEMY 6PM**



## GREEN KNIGHTS



# BANGOR vs BISHOP SHANAHAN

**PIAA STATE 5A FIRST ROUND**

**MARCH 11 BILL PENSYL GYM 6:30 PM**



## SLATERS





## Cookbooks in the Book Nook

Do you like to cook or collect cookbooks? If so, stop into the Blue Mt. Community Library, located at 216 S. Robinson Ave. Pen Argyl and browse through the Book Nook. Along with many adult and children's gently used books and puzzles, there is a large collection of cookbooks available to purchase. The library is open M-Sa, 10:00 am to Noon, and M & Th 6:00 to 8:00 pm. Membership is not needed to purchase items in the Book Nook, but is free to all residents of the Pen Argyl Area School District. Nonresidents may join for a small yearly fee. The library also has Pen Argyl yearbooks available to buy. Call 610-863-3029 or visit our Facebook page or website at [www.bmcl.org](http://www.bmcl.org) for information about the library

## Royal Pancake Breakfast

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

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

See BASD website for cancellations.

BANGOR AREA HIGH SCHOOL  
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# ANASTASIA

THE MUSICAL

FOR TICKETS GO TO:  
[www.showtix4u.com/events/BAHSANASTASIA](http://www.showtix4u.com/events/BAHSANASTASIA)

or ... [CLICK HERE](#)

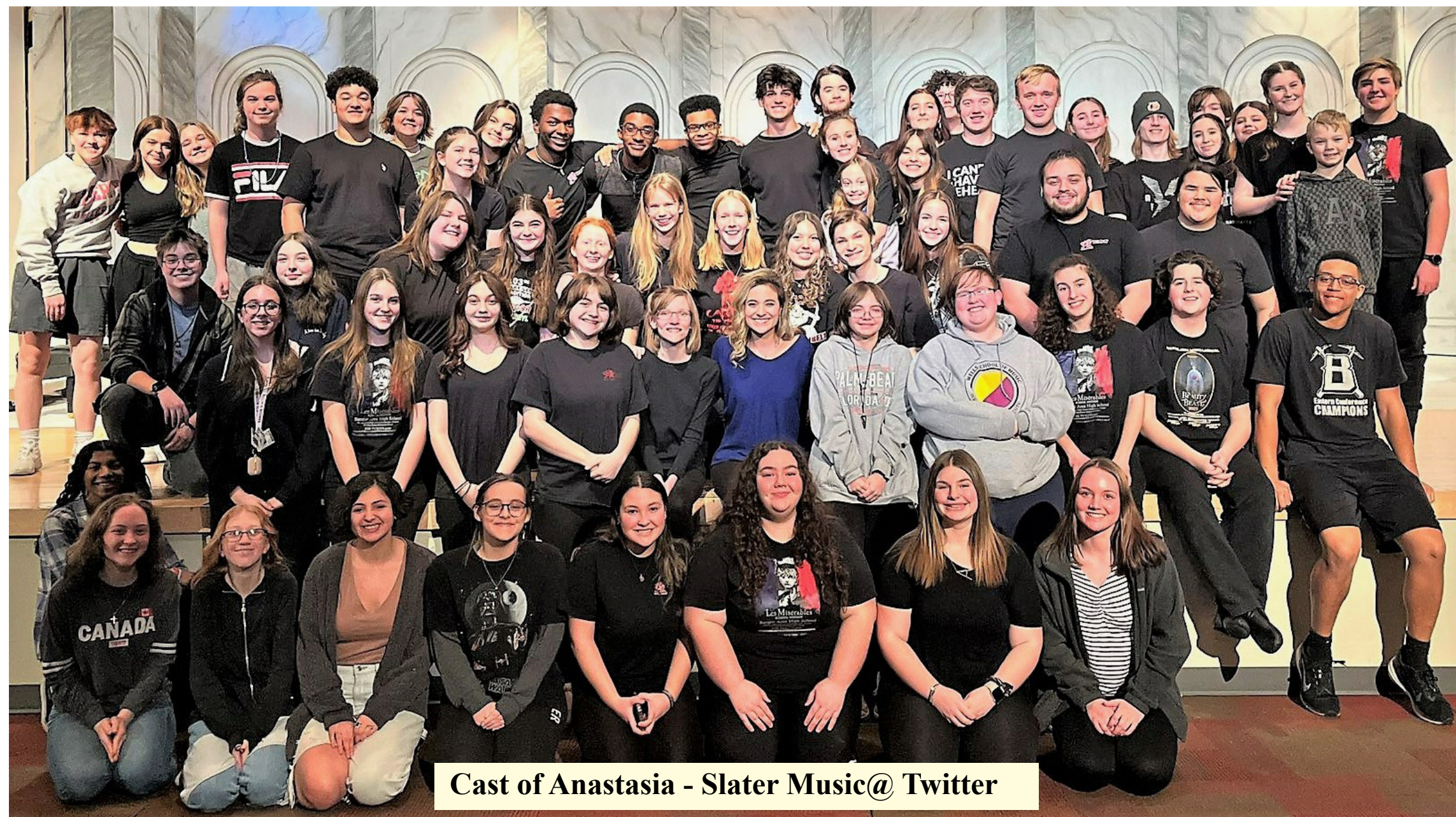
BANGOR AREA HIGH SCHOOL  
PERFORMING ARTS THEATER  
187 Five Points Richmond Road

MARCH 31  
7:30 pm

APRIL 1  
2:00 pm & 7:30 pm

APRIL 2  
2:00 pm

2023



Cast of Anastasia - Slater Music@ Twitter



## Slate Belt 7-Day Weather Forecast

### Rain & Snow 43 Today ... Inc. Clouds 45 Saturday

**National Weather Service Forecast - 6am Today**

**Today,** Rain and snow before 11am, then a chance of rain between 11am and 2pm. High near 43. North wind 10 to 15 mph, with gusts as high as 30 mph. Chance of precipitation is 80%. Total daytime snow accumulation of less than a half inch possible.

**Tonight,** Mostly cloudy, with a low around 26. North wind 5 to 15 mph.

**Sunday,** Increasing clouds, with a high near 45. North wind around 5 mph becoming southeast in the afternoon.

**Sunday Night,** Rain likely, mainly after 2am. Cloudy, with a low around 34. Southeast wind around 10 mph. Chance of precipitation is 70%. New precipitation amounts of less than a tenth of an inch possible.

**Monday,** Rain. High near 42. East wind around 10 mph. Chance of precipitation is 90%. New precipitation amounts between a quarter and half of an inch possible.

**Monday Night,** Rain before 2am, then a chance of rain and snow. Low around 32. Breezy. Chance of precipitation is 90%. New precipitation amounts between a quarter and half of an inch possible.

**Tuesday,** A chance of snow. Mostly cloudy, with a high near 38. Windy. Chance of precipitation is 50%.

**Tuesday Night,** A chance of snow before 8pm. Mostly cloudy, with a low around 29. Windy. Chance of precipitation is 30%.

**Wednesday,** Partly sunny, with a high near 40. Breezy.

**Wednesday Night,** Partly cloudy, with a low around 27. Blustery.

**Thursday,** Mostly sunny, with a high near 49.

**Thursday Night,** Mostly cloudy, with a low around 33.

**Friday,** A chance of rain. Mostly cloudy, with a high near 52. Chance of precipitation is 30%.



## Special Events

### PUBLISH YOUR EVENT

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

**March 11**

### Volunteer Event

Bogsucker Search, Invasive Species Removal, and Earth Day Prep

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

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

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

### Royal Pancake Breakfast

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

- Pancakes, Sausage, Coffee, Juice, Tea, Hot Chocolate
- Musical Performances
- Photo Opportunities
- Raffles
- 50/50

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**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](mailto:debbie.pettinari.wz73@statefarm.com)





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## Daily Schedule

### Saturday March 11

Blue Mountain Library - 10-12  
Bangor Public Library - 10-4  
Columille Tours - Free. 9:30-11:30. Meet at Stone circle.  
Slate Belt YMCA - 8-4  
Slate Belt Heritage Center - Open 12-3  
Hope, Faith & Recovery Group, every Saturday, at A Clean Slate, 118 S. 1st, St. Bangor. 11:30am - 12:30pm

### Sunday March 12

Breakfast - Bushkill Volunteer Fire C. 7:30-12:30.  
Fellowship Dinner - Breaking Bread soup kitchen, 4:00pm. Cross Road Baptist, Bangor.  
Slate Belt Heritage Center - Open 12-3.  
Slate Belt YMCA - 10-2

### Monday March 13

Blue Mountain Library - Open 10-12 & 6-8pm  
Bangor Public Library - Open 1-8  
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show  
Pen Argyl Sewer Auth. - 4:30pm (If needed)  
Pen Argyl Municipal Auth. - 5pm (If needed)  
Bangor Borough Council - Meets Bee Hive Community Center, 7pm  
Portland Council - 7pm  
Pump - 8:30-11:30  
Upper Mount Bethel Supervisors - Meets 7:00pm  
Roseto Borough Council - Municipal Building, 7:30pm  
Slate Belt YMCA - Open 6:00am - 8:00pm

### Tuesday March 14

Bingo - Portland Fire Co., 7pm.  
Blue Mountain Library - Open 10-12  
Bangor Public Library - Open 10-8  
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show  
Mission of Love Food Pantry & Clothes Closet - N. Main St., Bangor, 10-12  
Slate Belt YMCA - Open 6:00am - 8:00pm

### Wednesday March 15

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm.  
Blue Mountain Library - Open 10-12  
Bangor Public Library - Open 1-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show  
Washington Township Supervisors Meet - Municipal Building, 7pm  
Pen Argyl Park Board - 7pm  
Plainfield Township Supervisors - Meets 7:00pm Municipal Building.  
Slate Belt YMCA - Open 6:00am - 8:00pm  
East Bangor Municipal Authority - Municipal Authority Hall, 555 Messinger St., East Bangor, 7:00pm

### Thursday March 16

Blue Mountain Library - Open 10-12 & 6-8pm  
Bangor Public Library - Open 10-8  
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show  
Bingo - Plainfield Fire Co., 6:30pm  
Slate Belt YMCA - Open 6:00am - 8:00pm

### Friday March 17

Bingo - Wind Gap Fire Co., 6:45.  
Blue Mountain Library - Open 10-12  
Bangor Public Library - Open 1-8  
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show  
Slate Belt YMCA - Open 5:00am - 9:00pm

### Saturday March 18

Blue Mountain Library - Open 10-12  
Bangor Public Library - Open 10-4  
Slate Belt YMCA - 8-4  
Slate Belt Heritage Center - Open 12-3  
Hope, Faith & Recovery Group, every Saturday, at A Clean Slate, 118 S. 1st, St. Bangor. 11:30am - 12:30pm

### Sunday March 19

Slate Belt Heritage Center - Open 12-3.  
Slate Belt YMCA - 10-2

### Monday March 20

Blue Mountain Library - Open 10-12 & 6-8pm  
Bangor Public Library - Open 1-8  
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show  
Plainfield Township Planning Commission - Municipal Building, 7:00 pm.



# Wind Gap

CHEVROLET-BUICK  
[199chevy.com](http://199chevy.com)

1043 S Broadway, Wind Gap, PA 18091-0248

610 - 863 - 6100





# Daily Schedule

**Lower Mount Bethel Supervisors** - Meets Centerfield Building - 7pm  
**Pump - 8:30-11:30**  
**Slate Belt YMCA** - Open 6:00am - 8:00pm

## Tuesday March 21

**Bingo** - Portland Fire Co., 7pm.  
**Blue Mountain Library** - Open 10-12 & 6-8pm  
**Bangor Public Library** - Open 10-8  
**Slate Belt Senior Center** - Open 8-3:30. Blue Valley Farm Show  
**Mission of Love Food Pantry & Clothes Closet** - N. Main St., Bangor, 10-2  
**Roseto Planning Commission** - 7:00pm Borough Hall  
**Slate Belt YMCA** - Open 6:00am - 8:00pm  
**Washing Twsp. Planning** - 7pm  
**Wind Gap Boro - Council** 7pm

## Wednesday March 22

**Bingo** - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm.  
**Blue Mountain Library** - Open 10-12 & 6-8pm  
**Bangor Public Library** - Open 1-8  
**Slate Belt Senior Center** - Open 8-4. Blue Valley Farm Show  
**UMBT Planning Commission** - Township Building, 7:30pm  
**Slate Belt YMCA** - Open 6:00am - 8:00pm

## Thursday March 23

**Bingo** - Bushkill Fire Co. Doors 5pm. Bingo 7pm.  
**Blue Mountain Library** - Open 10-12 & 6-8pm  
**Bangor Public Library** - Open 1-8  
**Slate Belt Senior Center** - Open 8-4. Blue Valley Farm Show  
**UMBT Planning Commission** -

Township Building, 7:30pm  
**Slate Belt YMCA** - Open 6:00am - 8:00pm

## Friday March 24

**Bingo** - Bushkill Fire Co. Doors 5pm. Bingo 7pm.  
**Blue Mountain Library** - Open 10-12 & 6-8pm  
**Bangor Public Library** - Open 1-8  
**Slate Belt Senior Center** - Open 8-4. Blue Valley Farm Show  
**UMBT Planning Commission** - Township Building, 7:30pm  
**Slate Belt YMCA** - Open 6:00am - 8:00pm

## Saturday March 25

**Blue Mountain Library** - Open 10-12  
**Bangor Public Library** - Open 10-4  
**Slate Belt YMCA** - 8-4  
**Slate Belt Heritage Center** - Open 12-3  
**Hope, Faith & Recovery Group**, every Saturday, at A Clean Slate, 118 S. 1st, St. Bangor. 11:30am - 12:30pm

## Sunday March 26

**Fellowship Dinner** - First UMC Bangor, 12:30-1:30.  
**Portland Sunday Sundaes** - 6:30 - 8:00pm (Summer only)  
**Slate Belt Heritage Center** - Open 12-3.  
**Slate Belt YMCA** - 10-2

## Monday March 27

**Blue Mountain Library** - Open 10-12 & 6-8pm  
**Bangor Public Library** - Open 1-8  
**Slate Belt Senior Center** - Open 8-4. Blue Valley Farm Show  
**Bangor Borough Council** - Workshop, Bee Hive, 7:00pm

**Pump - 8:30-11:30**  
**UMBT Supervisors** - 7pm  
**Slate Belt YMCA** - Open 6:00am - 8:00pm

## Tuesday March 28

**Blue Mountain Library** - Open 10-12 & 6-8pm  
**Bangor Public Library** - Open 1-8  
**Slate Belt Senior Center** - Open 8-4. Blue Valley Farm Show  
**Washington Twp. Recreation** - 7pm  
**Roseto Zoning** - 7pm

## Saturday April 1

**Blue Mountain Library** - Open 10-12  
**Bangor Public Library** - Open 10-4  
**Mission of Love Soup Kitchen** - N. Main St., Bangor. 11-2  
**Slate Belt YMCA** - 8-4  
**Slate Belt Heritage Center** - Open 12-3  
**Hope, Faith & Recovery Group**, every Saturday, at A Clean Slate, 118 S. 1st, St. Bangor. 11:30am - 12:30pm

## Sunday April 2

**Fellowship Dinner** - East Bangor UMC, 4-6.  
**Slate Belt Heritage Center** - Open 12-3.  
**Slate Belt YMCA** - 10-2  
**All-You-Can Eat Breakfast** - Bangor Elks 8-12pm. Adults \$10. Kid 6-12 \$6. Under 6 - Free.

## Monday April 3

**Blue Mountain Library** - Open 10-12 & 6-8pm  
**Bangor Public Library** - Open 1-8  
**Slate Belt Senior Center** - Open 8-3:30. Blue Valley Farm Show  
**Pen Argyl Sewer Committee** - 4:30 P.M. Council Chambers  
**Pen Argyl Municipal Authority** - 5:00 P.M. Council Chambers

**Washington Township Zoning Board** - Municipal Building, 6:30 pm.

**Roseto Borough Council** - Municipal Building, 7:30pm  
**Lower Mount Bethel Supervisors** - Meets Centerfield Building, 7pm  
**Portland Borough Council** - Borough Hall, 7:00pm  
**Pen Argyl Council** - 7pm  
**Pen Argyl GFWC** - St. John , Pen Argyl, 7pm  
**Slate Belt YMCA** - Open 6:00am - 8:00pm  
**Pump - 8:30-11:30**  
**Weona Park Pals** - 7pm  
**Wind Gap Boro Council** - 7pm

## Tuesday April 4

**Bingo** - Portland Fire Co., 7pm.  
**Blue Mountain Library** - Open 10-12  
**Bangor Public Library** - Open 10-8  
**Slate Belt Senior Center** - Open 8-3:30. Blue Valley Farm Show  
**Mission of Love Food Pantry & Clothes Closet** - N. Main St., Bangor, 10-12  
**Pen Argyl Woman's Club** Meets 1:30 pm St. John's Lutheran.  
**Plainfield Parks & Rec** - 7pm  
**Slate Belt YMCA** - Open 6:00am - 8:00pm  
**Wind Gap Boro Council** - 7pm (Monday Holiday meet Tuesday)

## Wednesday April 5

**Bingo** - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm..  
**Blue Mountain Library** - Open 10-12  
**Bangor Public Library** - Open 1-8  
**LMBT Recreation Board** - 7pm, Centerfield building  
**Slate Belt Senior Center** - Open 8-3:30. Blue Valley Farm Show  
**Slate Belt YMCA** - Open 6:00am

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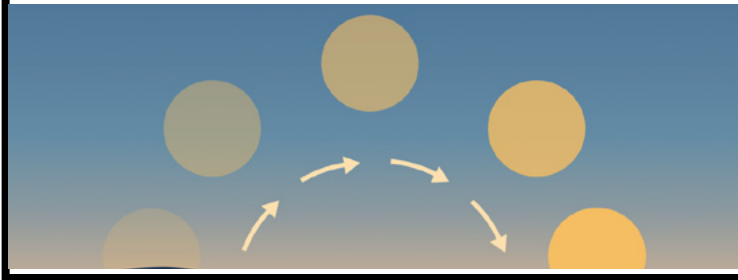


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# SLATE BELT TODAY BY THE NUMBERS

<div>Temperature</div> <div>(Yesterday)</div> <div>High</div> <div>40</div> <div>(Today's Forecast)</div> <div>High</div> <div>43</div> <div>Low</div> <div>30</div> <div>Low</div> <div>26</div>	<div>COPD</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Combination of weather factors that can make one less or more likely to develop a pulmonary attack. Lower numbers are less while higher numbers increase the chance.</div>	<div>Asthma Index</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Combination of weather factors that can trigger asthma. A higher index mean more people w/asthma could be affected by temperature and allergens.</div>
<div>Sinus Headache</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Combination of weather factors that can make one less or more likely to develop a migraine. Lower numbers are less while higher numbers increase the chance.</div>	<div>Migraine Headache</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Combination of weather factors that can make one less or more likely to develop a migraine. Lower numbers are less while higher numbers increase the chance.</div>	<div>Common Cold</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Combination of weather factors that can make one less or more likely to catch a cold.. Lower numbers are less while higher numbers increase the chance.</div>
<div>Air Quality</div> <div>AM Reading</div> <div>Columbia N.J - 23</div> <div>Bethlehem - 23</div> <div>Allentown - 22</div> <div>Monroe - 19</div> <div>→ Good 0-50</div> <div>Moderate (51-100)</div> <div>Bad for Some (101-150)</div> <div>Very Bad 150+</div>	<div>Arthritis Index</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Scale of 0-10 with 0 indicating a very low risk of weather-related arthritis pain, and 10 indicating the highest chance of pain.</div>	<div>Cooling Degree Days</div> <div>Yesterday</div> <div>0</div> <div>Season</div> <div>0</div> <div>Used to track energy use. Add the daily high and low temperatures, divide by 2 and add 65 to calculate heating degree days.</div>
<div>Rainfall/Snowfall</div> <div>Rain</div> <div>Recent - 0.06</div> <div>Month - 2.73</div> <div>Year - 9.07</div> <div>Snow</div> <div>Recent - 1.0</div> <div>Month - 6.5</div> <div>Season - 10.50</div>	<div>UV Index</div> <div>0 1 2 3 4 5 6 7 8 9 10 11 12</div> <div>↑</div> <div>Noi Risk -Today</div> <div>(Ultra Violet Rays) Lower number indicates low risk of harm from unprotected sun exposure, higher numbers indicate greater risk</div>	<div>Heating Degree Days</div> <div>Yesterday</div> <div>31</div> <div>Season</div> <div>4008</div> <div>Used to track energy use. Add the daily high and low temperatures, divide by 2 and subtract 65 to calculate heating degree days.</div>
<div>Sun</div> <div>Sunrise</div> <div>6:20 AM</div> <div>Sunset</div> <div>6:03PM</div> <div></div>	<div>Pollen-Allergy Forecast</div> <div>0 1 2 3 4 5 6 7 8 9 10 11 12</div> <div>↑</div> <div>Top Allergen - Juniper</div> <div>Scale of 0-12 with zero indicating the least potential allergy and 12 the most. Most prevalent allergen is Ragweed</div>	<div>Flu Index</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Flu index: (0-10) Combo of historical data and temperature. A high flu index means the spread of a flu is very favorable, assuming the disease is present</div>



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# **SPECIAL EVENTS CONTINUED**

- Activities for Children of All Ages
  - Questions? Call or Text Jen Fassel, 908-727-0090
  - Tickets can be pre-ordered or purchased at the door.
  - \$10 – Ages 12 & Up, \$8 – Ages 3-11, 2 years & younger free.
  - Breakfast Pre-Order Form due no later than March 3, 2023.
  - Pre-orders will be held at the door - check in when you arrive.
- See BASD website for cancellations.

**March 12**

## **Welsh Day Presentation**

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

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

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

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

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

**March 15**

## **Lenten Study**

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

**March 22**

## **Lenten Study**

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

## **Hike for Health**

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

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

**March 24**

## **Family Science Night - Tantalizing Timberdoodles**

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

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

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

**March 24-25**

## **Gigantic Yard Sale**

It's Super, It's GIGANTIC...It's the Super Gigantic Garage Sale at the Allentown Fairgrounds, March 25-26, 2023. This historic indoor garage sale features over 200 sellers in one location. This unique Sale offers a variety of new, used, and cherished household items from cleared-out attics, sheds, garages, and storage units. With the influx of new sellers, there will be even more treasures and bargains. In fact, the sale is so large that it occupies both halls at the Allentown Fairgrounds, Agri-plex, located next to the Allentown Farmers Market

**March 25**

## **Camp Papillon Animal Shelter Fund Raiser**

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

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

You must be 18 years or older to attend.

To purchase tickets go to [www.camppapillon.org](http://www.camppapillon.org) or contact Sami Ely at 570-730-9226



## Trees in Early Spring

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

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

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

## Celestial Wildlife

Did you know that the night sky is filled with all sorts of wildlife? Join us for this nighttime adventure as we use our imagination and search the sky for bears, lions, dogs, bulls and even dragons!

Please dress warmly and wear sturdy shoes. Bring a blanket to sit on, a flashlight (with a red filter if available), snack, water, and binoculars if you have them. This program is best for families with children ages 8 years old and up. Please note that the park will not provide telescopes at this program. Registration is required. Registrants will be contacted with the meeting location prior to the event.

Saturday, March 25 at 7:30pm to 9:30pm.  
Jacobsburg Environmental Education Center 400 Belfast Rd, Nazareth, PA 18064

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

**March 29**

## Cat Neutering

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

Location for pick up: Pen Argyl Municipal building parking lot Pick up 7am-730am. Drop off 5pm-530 pm Same day.

By appointment. For scheduling details please visit [www.nnnlv.org/new-transport](http://www.nnnlv.org/new-transport)

**March 29**

## Lenten Study

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

**March 30**

## Weekly Weeders

Interested in learning more about gardening with native plants? Volunteer to work alongside our education staff as they mulch, pull weeds, divide plants, and amend soil in the center's native plant garden. We provide instruction, tools, and weeding mats. Registration is required.

Thursday, March 30 at 8:30am to 10:30am.  
More dates through October 26, 2023

Jacobsburg Environmental Education Center  
400 Belfast Rd, Nazareth, PA 18064.

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

## Women Empowerment Group

Women's support/ skill development group where we focus on wellness & mental health over the course of 5 group sessions is planned for A Clean Slate. A safe and trusting group setting where the issues and challenges of women are addressed starting Thursday March 30th 6-7pm

-pre-registration is required

-must commit to attending all sessions

Erica Parker, Facilitator: (619) -452-9348

A Clean Slate 118 S. 1st Street, Bangor.

[info@cleanslatebangor.org](mailto:info@cleanslatebangor.org)

**April 1**

## PLANTSTOCK

Blue Flame Events is hosting PLANTSTOCK at the beautiful Stony Run Winery in Breiningsville on April 1st from 12PM to 5PM! We're looking for plant vendors, non-plant related vendors, food trucks, and MORE! To register, simply text (272)-200-8163. The cost is \$40 for an outdoor space.

<https://facebook.com/events/s/plantstock/1889244844759015/>

**April 1**

## Roseto Easter Bunny.

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

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

The Easter Buuny will be there.

## Easter Egg Hunt

Mark your Calendars & Join us for our second Annual Family Day and Free Community Easter Egg Hunt! Aspects by the Barn Our event will be from 10am- 4pm on Saturday, April 1st.

DETAILS: We will have three age groups for an Easter Egg Hunt, Prizes, Photos with the Easter Bunny, Face Painting, several Artisan Vendor Tents in our side parking lot, Food Trucks, Wine Tents, Live Music, a Bounce House, Petting Zoo, In Store Specials & More!

Free Admission but you must register for the Easter Egg Hunt so we know how many kids to expect per age group! Make sure to put your child('s) name and age in the Notes section at registration.

EASTER EGG HUNT: We will have three age groups for our Free Easter Egg Hunt. Ages 1-4 will be at 12:00pm, Ages 5-7 at 12:15pm and Ages 8-12 at 12:30pm. There will be full Easter Basket prizes for each age group!

**April 2**

## Easter Egg Hunt

Easter Egg Hunt - Scooter at Millers, 96 Mt. Bethel Hwy., Bangor, (Former Miller's Egg Ranch)

Sunday April 2 from 2-4pm. Egg Hunt starts 2:30.

Rain Date April 7.

**April 5**

## Lenten Study

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

**April 20**

## Bangor Womens Club GFWC Card Party

The PANDEMIC is over! SPRING is here! The Bangor Womens Club GFWC is planning to host a card/game party on Thursday April 20th from 1 to 4 pm at Trinity United Church of Christ, 632 S. Delaware Drive, Mt Bethel, PA (Stone Church). Members will be serving desserts, snacks, and beverages.

Door prizes for everyone and table prizes too! Bring your Scrabble tiles; Dominoes; Bridge, Hoss, and Pinochle cards; Plus, any other game that suits your fancy. Contact your friends and set up your tables. Call Heidi Bates at 610-599-8815 for reservations by Thursday April 13th. Tickets are \$10 per person to attend. Looking forward to seeing everyone come out for a fun afternoon.

**April 29**

## Adult Bingo

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

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

**May 20**

## Sliding Into Summer Festival

Join us for the 2nd annual Sliding Into Summer Event! This is day by the lake that you won't want to miss.

Spend your day with friends and family tasting delicious foods from a variety of unique food trucks. While your there be sure to check out the variety of wines, sangrias, hard Italian ice, and craft beer. Don't forget to shop with a variety of vendors and crafters for that much needed summer decor! Before you call it a day sit by the lake and enjoy a variety of games and activities with your friends and family!

Saturday, May 20, 2023 at 1 PM

## Luau by the Lake

Blue Flame Events is looking for a unique variety of vendors, crafters, and food trucks to join us at 407 Greenview Dr., Saylorsburg, PA on May 20th for the Luau by the Lake! To register for this unique opportunity simply text (272)-200-8163.



# SLATE BELT CHURCH INFORMATION



## Christ Presbyterian Church of The Slate Belt

332 Kennedy Drive, Bangor

[www.christpsb.org](http://www.christpsb.org)

More info 610-588-4864.

E-mail: [info@christpsb.org](mailto:info@christpsb.org).

Sunday Worship, 10:00 a.m.

in-person/Zoom/Facebook Live.

For more info: 610-588-4864.

## Flicksville UCC

1337 Lower South Main St., Bangor

Pastor Ken Hess 610-588-4648

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

Worship at 10:45am

Sunday School - 9:30am

## Trinity Lutheran Church

404 Broadway Bangor (610-588-2023)

[telcbangor@frontier.com](mailto:telcbangor@frontier.com)

Sunday worship 10:30am

Sunday School: 10:15 - 11:30

Holy Communion: First and Third Sundays

Refreshments after. Masks optional.

## East Bangor UMC

136 W. Central Ave. (Rt. 512) East Bangor

March 11- A.A Meeting 8pm

March 12- 9:30 a.m. Worship Service

March 12 Adult Sunday School

March 16 - Choir Rehearsal

(Live & on Zoom) 10:45 Fellowship Hour

(For Zoom, go to [ebumc.org](http://ebumc.org) to sign in)

## Grace Lutheran Church

5907 Sullivan Trail, Nazareth Pa 18064

[www.gracebelfastpa.org](http://www.gracebelfastpa.org) 610-759-9080

Email: [gracebelfast@rcn.com](mailto:gracebelfast@rcn.com)

March 12: 9:00 am Holy Communion,

10am Sunday Morning Adventures

## Christ Evangelical Lutheran Church

703 South Delaware Drive Mt. Bethel,  
18343

<http://www.celepa.org/>

Email: [celepaorg@yahoo.com](mailto:celepaorg@yahoo.com)

610-588-7056

Worship: Sundays 9:00 a.m.

Holy Communion: First and Third Sunday

Toddler Sunday School: Sept-May 10:15

## Richmond United Methodist Church

Rev. Peter Jamieson, Pastor

<http://richmondumc.com/>

8538 Delaware Dr, Bangor, PA 18013

610.588.7317 | [richmondumc@epix.net](mailto:richmondumc@epix.net)

Sunday Worship - Weekly at 10:00 a.m.

## First United Methodist Church of Bangor

Pastor Elisandra Garcia - 610-588-4673

55 North Third Street, Bangor PA

11:00am service (Communion First Sunday)

## Prince of Peace Ev. Lutheran Church

Rev. Michael J. Scholtes, 610-588-2355

2445 Lake Minsi Dr, Bangor

[popbangor.org](http://popbangor.org)

[poplcbangor@gmail.com](mailto:poplcbangor@gmail.com)

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

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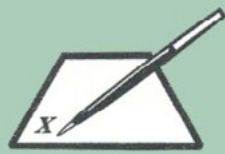
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## A collage of winter sports athletes in action, centered around a circular logo that reads "Winter Sports Edition 2022 - 2023". The logo features a green knight helmet and a maroon "B" with crossed pickaxes. The athletes are wearing various uniforms, including green and white, maroon and white, and white and maroon, representing different teams like Slaters, Bangor, and Green Knights.

# Boys Basketball



# 2022 -23 Sports Schedule

## Pen Argyl Girls (21-5)

12/2	NDES W 64-12	2:30pm
12/3	Moravian W 45-34	1:00pm
12/6/	Saucon W 60-31	6:45pm
12/8/	Palmerton L 49-46	6:45pm
12/12/	Wilson W 62-24	6:45pm
12/19/	@ NDGP L49-37	6:45pm
12/22	Lehighton W 46-37	6:45pm
12/21/	Bangor L 45-37	6:45pm
12/27	PME - W 47-38	6:00pm
1/5/	Palisades W 51-24	6:45pm
1/7/	Northwestern L51-36	12:45pm
1/9/	Salisbury W 70-29	6:45pm
1/12/	Whitehall W 54-34	7:00pm
1/14/	S. Lehigh W 58-27	12:45pm
1/17/	Palisades W 55-24	6:45pm
1/19/	Catasauqua W 49-28	6:45pm
1/24/	Saucon W 52-35	6:45pm
1/26/	N. Lehigh W 61-33	6:45pm
1/28/	Wilson W 48-14)	12:45pm
2/1/	Moravian W 58-32	6:45pm
2/4/	NDGP W 37-28	12:45pm
2/7/	@ Bangor W 65-40	6:45pm
2/10	Bangor W 48-40	
2/14	Palmerton (L) 68-67 (3OT)	
2/28	NDGP W 50-42	
3/3	Palmerton W 53-36	
3/10	Lake Lehman (Morav)	7:00pm

## Pen Argyl Boys (8-13)

12/2	NDES L-55-44	4:00pm
12/3	Moravian L 51-36	2:45pm
12/6/	Saucon L 46-32	6:45pm
12/8/	Palmerton L 57-30	6:45pm
12/12/	Wilson W 58-41	6:45pm
12/19/	NDGP L 60-35	6:45pm
12/21/	@ BangorW 45-40	6:45pm
12/22	@ Lehighton L 45-42	7:00pm
12/27	@ N.Warren W 50-36	1:30pm
12/28	@ Sussex W 57-37	TBA
1/5/	Palisades W 52-46	6:45pm
1/7/	Northwestern L 52-40	12:45pm
1/9/	Salisbury L 43 - 33	6:45pm
1/14/	S. Lehigh L 41-33	12:45pm
1/17/	Palisades W 51-41	6:45pm
1/19/	Catasauqua W 35-29	6:45pm
1/24/	Saucon L 36-22	6:45pm
1/26/	N. Lehigh W 65-30	6:45pm
1/28/	@ Wilson L 55-43	12:45pm
2/1/	Moravian L 41-33	6:45pm
2/4/	@ NDGP L 73-60	12:45pm
2/7/	Bangor L 56-39	6:45pm

## Pen Argyl Wrestling (10-4)

12/2/	NDGP L 69-3.	7:00pm
12/3/	@Rough Rider	9:00am
2/7/	Saucon Valley L 43-24	7:00pm
12/16	Lehighton L 33-28	7:00pm
12/22/	@ Palmerton W54-14	7:00pm
1/4/	@ Salisbury W 49-24	7:00pm
1/6/	@ Wilson W 35-27	7:00pm
1/7/	Upper Moreland W33-30	9:00am
1/7	NorristownW 56-12	
1/7	Epicopal Acad. W 50-18	
1/7	Methacton L42-28	
1/7	Penn Wood W 59-12	
1/11/	N. Lehigh W 63-9	7:00pm
1/18/	Palisades W43-23	7:00pm
1/20	@Coal Cracker	4:00pm
1/21	@Coal Cracker	11:00am
1/27/	@Ultimate Warrior	11:00am
1/31/	@Bangor W 45-24	7:00pm

## Bangor Girls (18-7)

12/6/	Moravian W 46 -27	6:45pm
12/8/	NDGP W 43-37	6:45pm
12/10	Northampton L 47-46	12:45pm
12/12	Catasauqua W 47-29	6:45pm
12/15	@ Palisades W 36-16	6:45pm
12/17	E'burg North W	1:00pm
12/19/	Saucon ValleyW 41-27	6:45pm
12/21/	@ Pen Argyl W 45-37	6:45pm
12/27	@ Wm. Allen W 48-30.	2:30pm
12/28	@ NDES W 38-9	2:30pm
1/5/	Wilson W 52 - 32	6:45pm
1/7/	N. Lehigh W 47-37	12:45pm
1/9/	Northwestern L 61-25	6:45pm
1/12/	@ Salisbury W 42-22	6:45pm
1/17/	@ Wilson W 49-22	6:45pm
1/19/	@ S. Lehigh W 49-37	6:45pm
1/24/	Moravian W 38-32	6:45pm
1/26/	NDGP. L 37-28	6:45pm
1/28/	Palmerton L 46-25	
2/1/	Palisades W 54-34	
2/4/	Saucon Valley W 41-30	
2/7/	Pen Argyl L 65-40	
2/10	Pen Argyl L 48-40	
3/1	PME W 30-28	
3/4	Beca L 48-35	
3/11	Bishop Shanahan	3:00pm

## Bangor Boys (13-11)

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

## Bangor Wrestling (5-9)

12/3	North Penn L 46-22	
12/3	Abington L57-15	
12/3	Pleasant Val. W 45-23	
12/3	Mariana Acad. W 60-12	
12/3	Honesdale L 58-18	
12/7/	Catasauqua L 43-24	7:00pm
12/9/	Palisades L 34-33	7:00pm
12/14/	Saucon Valley L 61-6	7:00pm
12/16/	@Belvidere W 54-24	7:00pm
12/20/	Wilson W 25-24	7:00pm
12/29	@ Trojan Wars	TBA
12/30/	@ Trojan Wars	TBA
1/4/	Northwestern L 37-30	7:00pm
1/11/	NDGP L 68-0	7:00pm
1/18/	S. Lehigh W 43-19	7:00pm
1/20	@Coal Cracker	1:45pm
1/21	@Coal Cracker	9:00am
1/26/	@ Del Val	7:00pm
1/31	PenArgylL45-29	7:00pm



# High School Varsity Rosters 2022 - 23

## Bangor Boys

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

## Bangor Girls

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

## Pen Argyl Wrestling

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

## Pen Argyl Boys

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

## Pen Argyl Girls

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

## Pen Argyl Wrestling

- Isaiah Adams
- Luca Albanese
- Adam Bartholomew
- Connor Bartholomew
- Hunter Beers
- Michael Culver
- Michael Culver
- Rocco DeCesare
- Gian Greggo
- Kael Grim
- Evan Johnson
- Kristoffer Kessler
- Nuallan King
- Aidan Knorr
- Brayden Krasnopera
- Blayke Lacey
- Cole Lobb
- Cody Long
- Zachary Metzgar
- Alex Moser
- Shane Moser
- Collin Ramsay
- Vincent Reto
- Madacyn Rivera
- Benjamin Whitley
- Mgr Brooke Bowie
- MgrDelaney Brinker
- MgrAlexis Burrier



# Slate Belt Town Topics

## Recent Feature Pages



Read the Town Topics With Fresh News  
**Every Day**



# Slate Belt Chamber of Commerce

**MARCH 5-11**

## Restaurant Week

**Allegheny Creek Brewing Co**  
690 Allegheny Road, UMBT

**American Lobster**  
1420 Jacobsburg Road, Plainfield Twp

**Broadway Pub**  
62 Broadway & Rt. 191 Bangor

**Cafe On Broadway**  
21 S. Broadway, Wind Gap

**512 Deli**  
32 Murray St., Bangor

**Good Azz Eats**  
492 E. Main St., Pen Argyl

**Five Points Grill & Pub**  
1001 Mount Bethel Highway, UMBT

**Fuhrer's Tavern & Grill**  
104 Main St., Portland

**Port 2 Flavors**  
425 Delaware Ave., Portland

**Richmond Farm & Brewery**  
1290 5 Points Richmond Road,  
Washington Township

**Rustica Artisan**  
1101 Allegheny Road, UMBT

**Scorecard Sports Bar & Grill**  
130 N. Broadway,, Wind Gap

**Info:**

[https://slatebeltchamber.org/  
restaurant-week-2023](https://slatebeltchamber.org/restaurant-week-2023)



**Scorecard Sports Bar & Grill**



**Rustica Artisan**



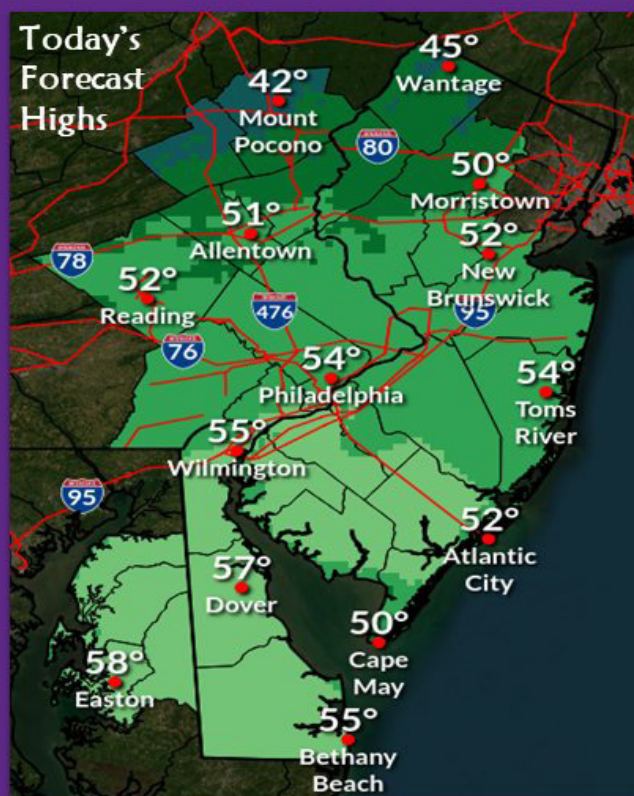
# Slaters Finish Second in Districts



The Bangor Slaters finished second in District XI 5A after losing to Bethlehem Catholic 48-35 in a game played at Easton Middle School. (Beca incidentally won its 7th consecutive District title) Pictured in the front row (l to r) are: Emma Toth, Grace Hartzell, Kyleena Gonzalez, Madyson Escuadro, Jayleigh Figurski, Kaylynn Figurski. The athletes in the top row (l to r) are as follows: Caydence McLain, Avery Nelson, Julia Pinter, Jade Hendricks, Jace Polowy, Linzey Hann, Hannah Hartzell, Jackelin Miller, Madeline Stout. Bangor opens state tournament play next Saturday at 1:00pm entertaining the third place team from District 1, which unofficially appears to be Bishop Shanahan (22-4). *Photo: Lynn Cistone*

## Sunday, March 5

- ✓ Some clouds in the north, otherwise mostly sunny.
- ✓ West to northwest wind increasing to 10 to 15 MPH.
- ✓ Temperatures 4 to 8 degrees above normal.



National Weather Service  
Mount Holly, New Jersey



California Snowfall!!!!



# Happy Birthday Jerry



Photos: Elliot Lorrah-Pfeiffer



# PEN ARGYL BEATS PALMERTON 53-36 TO WIN FIRST-EVER DISTRICT TITLE



Photos: Elliot Lorrach-Pfeiffer



# GREEN KNIGHTS (21-5) ENTER STATE PIAA TOURNAMENT NEXT FRIDAY



Photos: Elliot Lorrhah-Pfeiffer

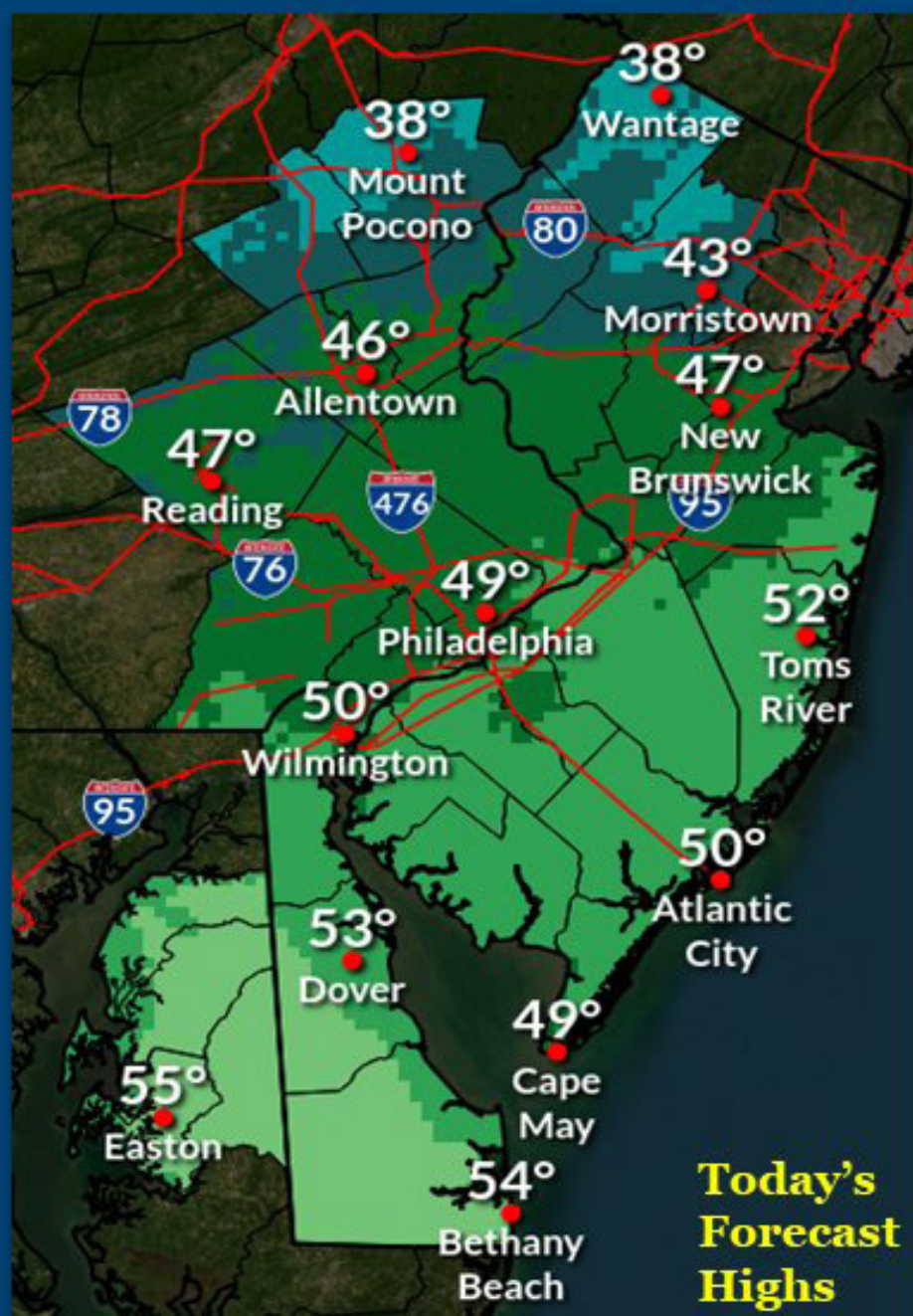




# Windy Saturday



National Weather Service  
Mount Holly, New Jersey



Northwest wind  
increasing to 15 to  
25 mph with gusts of  
30 to 45 mph

Mostly cloudy north  
and partly cloudy south

Seasonable  
temperatures





# Pen Argyl Parade Leader Jerry DeLong Celebrating His 80th Birthday

by Larry Cory

If you have lived in Pen Argyl during the past 50 years or so, it's very likely that you have met, or at the very least, have learned about Jerry DeLong's contribution to the Pen Argyl Labor Day parade sponsored by Lookout Fire Co. #1 of Pen Argyl, where Jerry is also an honorary member.

Saturday 2-4pm, the fire company will honor Jerry on his 80th birthday at the Fire Company's Banquet Hall adjacent to Weona Park on Route 512.

According to a news release from Lookout, "Jerry is a simple man who has two prized possessions: his bicycle, which he rides to his borough hangouts and to lead the parade, and his tobacco pipe, which he is rarely without."

When this writer had an office in the early 2000s on West Pennsylvania Avenue (Rt. 512) the week wouldn't be complete without a visit from Jerry. When I picked up our daily mail at the Pen Argyl Post Office, Jerry could often be seen hanging out at Black's across the street.

Jerry's parade experience goes back 57 years to 1966 when he was,

according to a story in the Morning Call, voted the "Best Clown" in the Bangor Halloween Parade.

A few years later, he was given a special award for riding a "Decorated Bike" in the Pen Argyl Labor Day parade. He received subsequent awards in 1982, 1983, 1987, and 1992.

Another story in the Morning Call from September 1992 confirmed that Jerry would continue his role of leading the parade. Some area residents say that his leadership goes back even further, perhaps as long as 50 years.

The affection the Fire Co. shares with Jerry is reflected in the following Fire Co. statement from July 2016: "We are asking that everyone keep our very own Honorary Member Jerry DeLong in their thoughts. The other night while on his way home on his bike, Jerry fell and was injured. The injuries he suffered did require surgery. We are happy to report he is doing well and is in good spirits. Now please help us and show your support for this Pen Argyl Icon, and most importantly, the official starter of our Labor Day Parade."