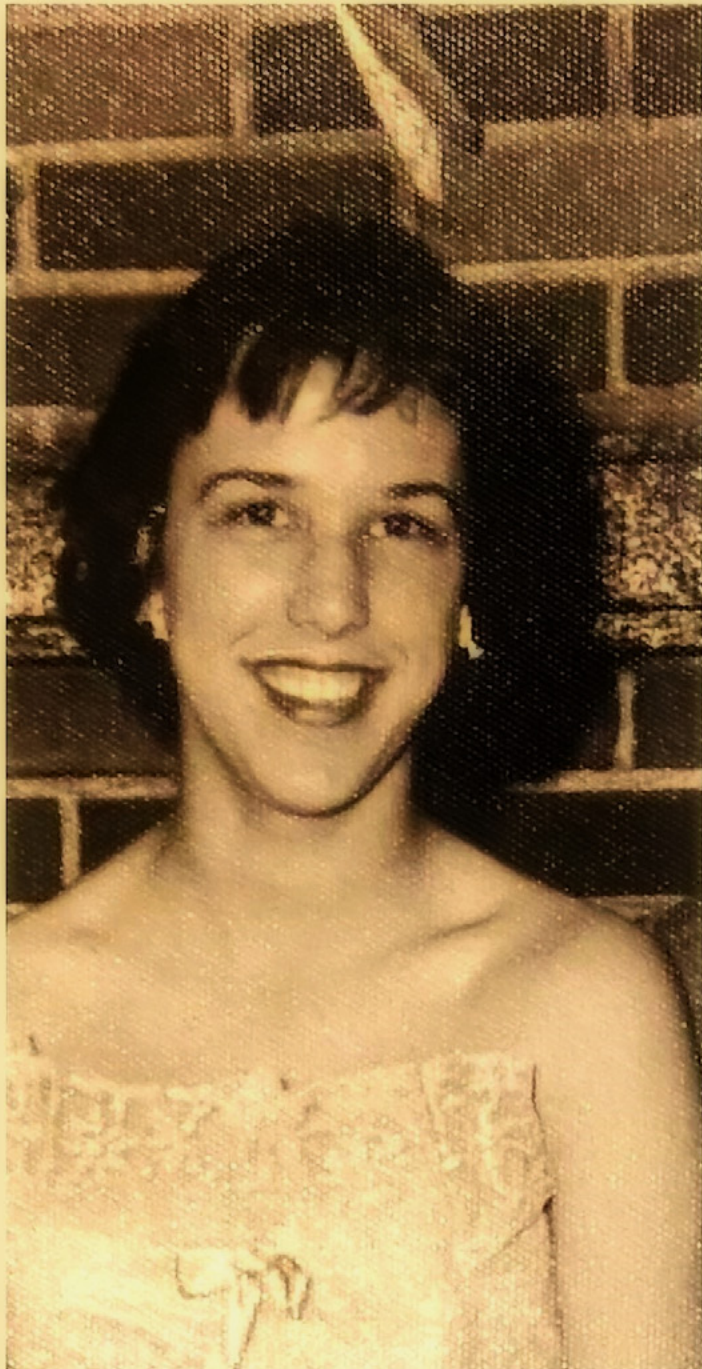


# Slate Belt Town Topics

NEWS TODAY NOT NEXT WEEK



## A Celebration of Life

Please join us to celebrate  
Stevann Mabus  
March 26, 12-3PM  
Lookout Fire Company  
123 S Main St Pen Argyl

**March 16, 2023**

### INDEX

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## 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 17 - Bangor Softball at Freedom 4:00pm**

**March 17 - East Stroudsburg Baseball at Bangor 4:00pm**

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

**March 18 - Northampton Boys Tennis at Bangor 4pm**

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

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

**March 21 - NDES Tennis at Bangor 4:00pm**

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

**March 22 - Palisades Baseball at Bangor, 4:00pm**

**March 22 - Palisades Softball at Bangor, 4:00pm**

**April 4 - Moravian Acad. Baseball at Bangor 4:00**

## Fishing Equipment Available

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

Where: Jacobsburg Visitor Center, 400 Belfast Road, Nazareth

Borrow fly rods, spinning rods, fly boxes, 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).

## Adventure Backpacks Available

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

Where: Jacobsburg Visitor Center, 400 Belfast Road, Nazareth

Borrow a backpack full of kid-friendly tools to explore Jacobsburg! These backpacks are best for families with young children. Each backpack includes binoculars, notepad, colored pencils, magnifying lens, bug box, dip net, and five field guides for exploring the pond, insects, birds, trees, butterflies and moths. For more information call 610-746-2801 or email [jacobsburgsp@pa.gov](mailto:jacobsburgsp@pa.gov)

### PUBLISH YOUR EVENT

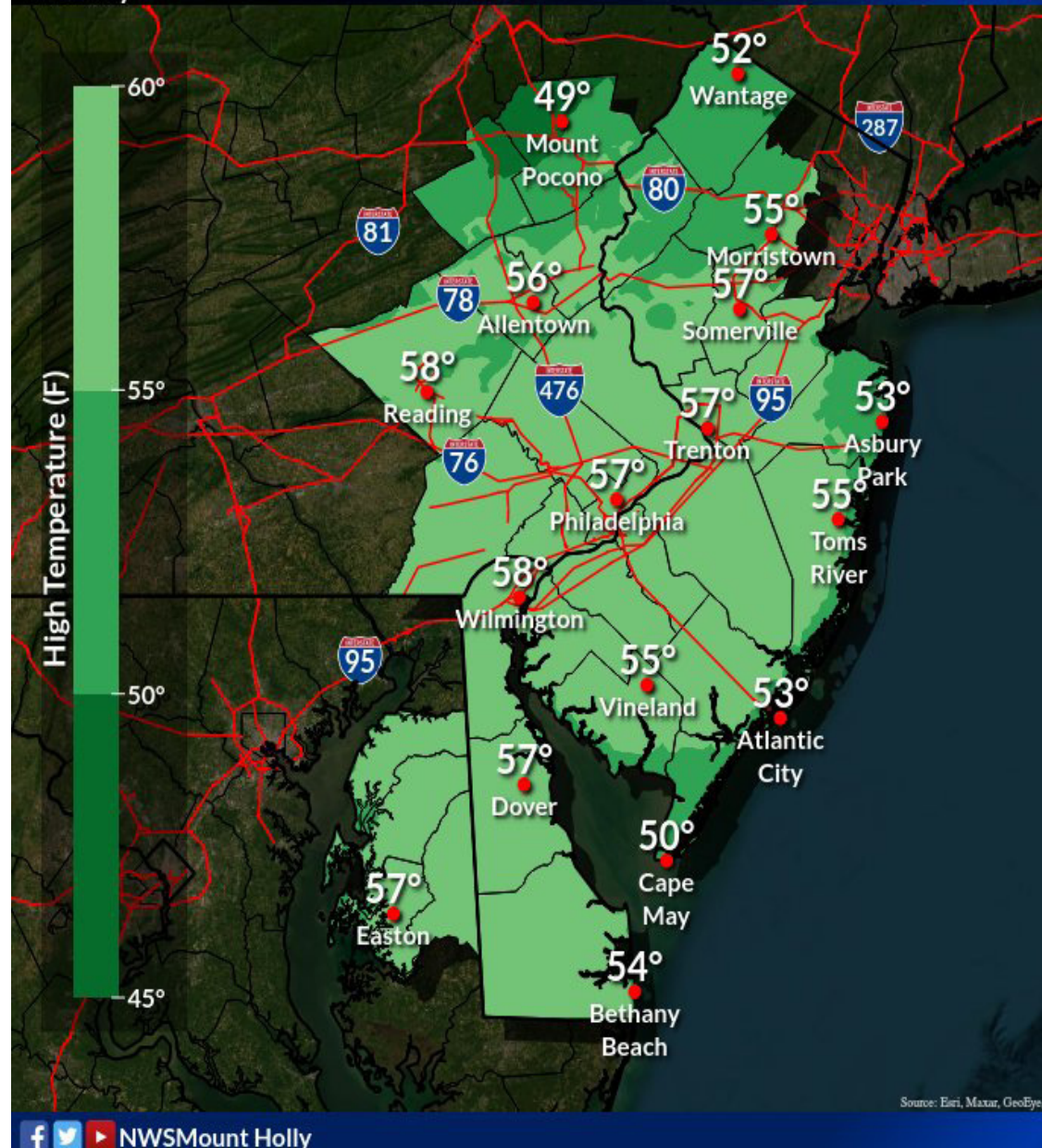
To publish info about your event, e-mail [sbtopics@rcn.com](mailto:sbtopics@rcn.com)  
Please send in text form. Do not send photos of text.



Former Bangor High School Basketball standout C.J. Miles scored 15 points for Northampton Community College (29-3) during the Spartans' 81-65 victory over 12th seeded Dutchess Community College (NY) on Wednesday afternoon at the Lee Center on the campus of Herkimer College.

## High Temperatures

Thursday





# Three Cups Of Coffee A Day Could Curb Obesity, Prevent Diabetes

Caffeine Already Boosts Metabolism, Increases Fat Burning & Reduces Appetite



*By Pol Allingham via SWNS*

Three cups of coffee a day could curb obesity and prevent diabetes, researchers have revealed.

Scientists believe calorie-free caffeinated drinks should be investigated as a new tool to tackle obesity and type 2 diabetes.

And the greatest benefit was in those who are genetically predisposed to metabolize caffeine more slowly, leaving more of it in their blood.

Research has linked drinking 3-5 cups of coffee a day with lower risks of type 2 diabetes and cardiovascular disease.

The stimulant is already known to boost metabolism, increase fat burning and reduce appetite.

Consuming 100mg a day, around one cup of coffee, increases energy expenditure by an estimated 100 calories daily.

Three cups a day could be the magic number. (Nathan Dumlao via Unsplash)

In the latest development, Karolinska Intitutet, Sweden, found being genetically predisposed to metabolize caffeine slowly increased the amount of caffeine in the blood.

This increased the fat-burning impact of the stimulant and reduced type 2 diabetes.

To reach their conclusions, the team reviewed earlier studies to reveal caffeine's effect on body fat and type 2 diabetes.

They investigated how the link between caffeine and the body changes

with people's genetic makeup.

Scientists focussed on two common genetic variants that dictate how fast caffeine is metabolized in the body: CYP1A2 and AHR genes.

Participants were found to consume less caffeine when genetically predisposed to metabolize the stimulant slowly.

Despite that, the same people have more of the substance in their blood than those who metabolize it quickly.

High blood caffeine levels were linked with lower weight, body fat, and risk of type 2 diabetes - provided they were among the group genetically inclined to metabolize the drug slowly and clock high blood-level scores.

Further results revealed weight loss drove 43 percent of caffeine's effect on type 2 diabetes risk.

Writing in *BMJ Medicine*, the team said: "Our finding suggests that caffeine might, at least in part, explain the inverse association between coffee consumption and risk of type 2 diabetes.

"Randomized controlled trials are warranted to assess whether non-caloric caffeine-containing beverages might play a role in reducing the risk of obesity and type 2 diabetes."

The team also studied the effect on cardiovascular disease risk, but no strong links were discovered between genetically-predicted blood caffeine levels.

They studied 10,000 people, predominantly of European descent, all of whom were already taking part in six long-term studies.



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

Want to enjoy some egg hunting fun Saturday, April 1, 2023 (Rain date – Saturday, April 8th at Riverton field and pavilion – 7701 Martins Creek Belvidere Highway from 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!

LMBT 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.

## Girl Scouts Need Your Help

Girl Scouts have been working to help Valor foundation. They have been decorating hundreds of toiletries bags to be given out at Valor Stand downs to help our local homeless Veterans and community members. Shampoo, body wash/soap, sanitizer, toothpaste, men's and women's deodorant, combs/brushes, chapstick/lip balm and feminine hygiene products (pads/tampons).

Donations are needed by March 31st. Items can be dropped off or picked up locally, contact Staci Zemen on Facebook. If you'd like to make a monetary/Venmo or gift card donation, can also be accepted and used to purchase above items.




Helping homeless veterans and community members through the  
**Valor Clinic Foundation**



**New items only!**

- ☐ Shampoo
- ☐ Soaps/Body Wash
- ☐ Toothpaste
- ☐ Deodorant (men & women)
- ☐ Combs/Brushes
- ☐ Chapstick/Lip Balm
- ☐ Feminine Hygiene (pads/tampons)



Items needed  
by March 31

## COMMUNITY



*Including a visit from the Easter Bunny!*

**Age categories: 1-3 yrs, 4-7 yrs, 8-10 yrs**

*Prizes awarded in each category*

Christ Presbyterian Church, 332 Kennedy Dr, Bangor PA 18013

## Spring Craft and Vendor Fair

**March 18, 2023**



Grace United Methodist Church

404 East Mountain Avenue

Pen Argyl, PA

Doors open 9:00 am—3:00 pm

**No Admission Fee**

Hand made items, Florals, Gifts, Jewelry  
and Direct sales

Our kitchen will be open  
Pictures with "live" bunnies  
can be taken by you, FREE!

For vendor info call the church at  
610-863-4811 or Pat at 484-695-5754



### 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.





Saturday, March 25, 2023

# STATEWIDE MENTORED YOUTH TROUT DAY

Mentored Youth Permit or Voluntary Youth Fishing License Required



## 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

## Christ Presbyterian Egg Hunt

Christ Presbyterian Church of the Slate Belt is hosting an Easter Egg Hunt on Saturday, April 1 at 2PM.

Age categories are 1-3, 4-7 and 8 to 10. Prizes will be awarded in each age category. The Easter Bunny will make a visit too!

Come and join in the fun! Located at 332 Kennedy Drive, Bangor, PA 18013. Call 610-588-4864 for more details or check out our website: [www.christpcsb.org](http://www.christpcsb.org)

BANGOR AREA HIGH SCHOOL  
Presents

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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		

COVID Facts:  
**It's Time**

If your last COVID vaccine or booster was before September 2022, it's time for your updated vaccine.

Get vaccine facts at [cdc.gov/coronavirus](https://cdc.gov/coronavirus).

WE CAN DO THIS

**SNAP**

**Extra Payments End**

**2023 MAR**

Due to changes in federal law, **SNAP households will only receive one SNAP payment in March.**

We encourage SNAP recipients to visit [dhs.pa.gov/SNAPCares](https://dhs.pa.gov/SNAPCares) for more information and resources.

pennsylvania  
DEPARTMENT OF HUMAN SERVICES

## 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)



## Slate Belt 7-Day Weather Forecast

**Clearing/Sunny 54 Today .... Chance of Rain 56 Friday**

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

**Today,** Mostly cloudy, then gradually becoming sunny, with a high near 54.  
West wind 5 to 10 mph.

**Tonight,** Increasing clouds, with a low around 37. West wind around 5 mph.

**Friday,** A chance of rain. Mostly cloudy, with a high near 56. Light south wind increasing to 10 to 15 mph in the morning. Chance of precipitation is 40%. New precipitation amounts of less than a tenth of an inch possible.

**Friday Night,** A chance of rain, mainly before 2am. Mostly cloudy, with a low around 36. Southwest wind around 15 mph becoming west after midnight. Chance of precipitation is 30%. New precipitation amounts of less than a tenth of an inch possible.

**Saturday,** Mostly sunny, with a high near 47. West wind around 15 mph, with gusts as high as 30 mph.

**Saturday Night,** Mostly clear, with a low around 25.

**Sunday,** Mostly sunny, with a high near 39. Breezy.

**Sunday Night,** Mostly clear, with a low around 24.

**Monday,** Sunny, with a high near 48.

**Monday Night,** Mostly clear, with a low around 27.

**Tuesday,** Sunny, with a high near 54.

**Tuesday Night,** Mostly clear, with a low around 30.

**Wednesday,** Mostly sunny, with a high near 55.



## 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 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).

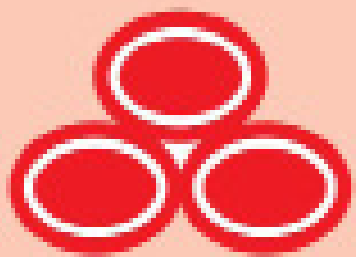
Wednesday, March 22 at 5:30pm to 7:00pm. More dates through October 4, 2023. Jacobsburg Environmental Education Center 400 Belfast Rd, Nazareth, PA 1806

**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.

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





# KLINE'S AUTO REPAIR

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



## AUTO REPAIRS

MAJOR or MINOR

Bruce J. Kline

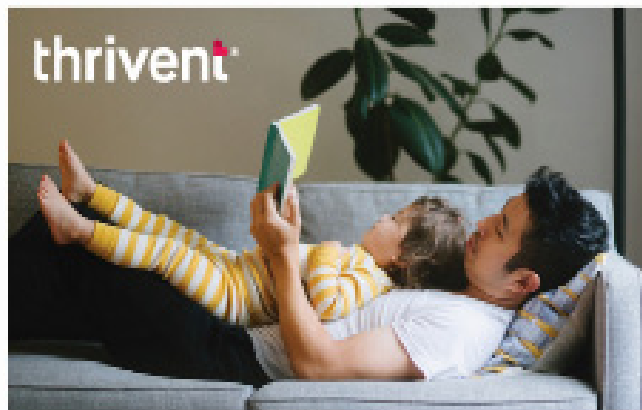
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610-588-1902 Fax 588-1887  
[stodd86@frontier.com](mailto:stodd86@frontier.com)



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# Daily Schedule

## 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.  
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 - 8:00pmm

## 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



1043 S Broadway, Wind Gap, PA 18091-0248

610 - 863 - 6100





# Daily Schedule

## 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 - 8:00pm  
**Wind Gap Zoning** - 7pm

## Thursday April 6

**Blue Mountain Library** - Open 10-12 & 6-8pm  
**Bangor Public Library** - Open 10-8  
**Slate Belt Senior Center** - Open 8-3:30. Blue Valley Farm Show  
**Bingo** - Plainfield Fire Co., 6:30pm  
**Plainfield Environmental Advisory Board** - Municipal Building, 7:00pm  
**Slate Belt YMCA** - Open 6:00am - 8:00pm  
**Wind Gap Planning** - 7pm

## Friday April 7

**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 April 8

**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 April 9

**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 April 10

**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 April 11

**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

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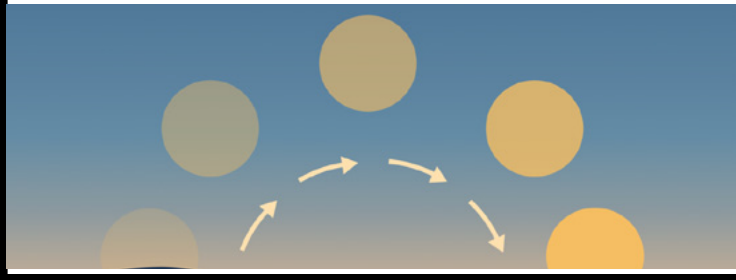


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# SLATE BELT TODAY BY THE NUMBERS

<div>Temperature</div> <div>(Yesterday)</div> <div>High</div> <div>42</div> <div>(Today's Forecast)</div> <div>High</div> <div>54</div> <div>Low</div> <div>30</div> <div>Low</div> <div>37</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 - 43</div> <div>Bethlehem - 25</div> <div>Allentown - 34</div> <div>Monroe - 22</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 - 0.00</div> <div>Month - 3.24</div> <div>Year - 9.51</div> <div>Snow</div> <div>Recent - 0.0</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>Moderate Risk 12pm - 4pm - 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>30</div> <div>Season</div> <div>4161</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>7:12 AM</div> <div>Sunset</div> <div>7:09 PM</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 - Maple, Juniper, Elm</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**

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.



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.

## LMBT Egg Hunt/Breakfast

Want to enjoy some egg hunting fun Saturday, April 1, 2023 (Rain date – Saturday, April 8th at Riverton field and pavilion – 7701 Martins Creek Belvidere Highway from 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!

## Christ Presbyterian Egg Hunt

Christ Presbyterian Church of the Slate Belt is hosting an Easter Egg Hunt on Saturday, April 1 at 2PM. Age categories are 1-3, 4-7 and 8 to 10. Prizes will be awarded in each age category. The Easter Bunny will make a visit too! Come and join in the fun! Located at 332 Kennedy Drive, Bangor, PA 18013. Call 610-588-4864 for more details or check out our website: [www.christpcs.org](http://www.christpcs.org)

## 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 6

## Weekly Weeders

Thursday, April 6, 13, 20, & 27 at 8:30am to 10:30am

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

April 12

## Hike for Health

Wednesday, April 12 at 5:30pm to 7:00pm

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). Registration is not required.

April 13

## Weekly Weeders

Thursday, April 13, 20, & 27 at 8:30am to 10:30am

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

April 15

## Geocaching for Scouts

Saturday, April 15 at 10:00am to 11:30am

Learn how to use a hand-held Geographical Positioning System Unit (GPS) to find hidden caches at Jacobsburg! This program is best for scouts ages 10 and up and will teach them the basic skills and ethics of geocaching. Registration is required for anyone planning to participate in the program.

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

April 19

## Woodland Wildflower Walk

Wednesday, April 19 at 1:00pm to 2:30pm

Join conservation volunteer Doug Burton for a one-mile hike in Sobers Run to learn about the early spring blooms scattered throughout the forest. Please wear sturdy shoes and dress for the weather. Registration is required.

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

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.

## Weekly Weeders

Thursday, April 20, & 27 at 8:30am to 10:30am

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

April 22

## Earth Day Tree Planting

Saturday, April 22 at 10:00am to 11:00am, 11:00am to 12:00pm, 12:00pm to 1:00pm, 1:00pm to 2:00pm, or 2:00pm to 3:00pm



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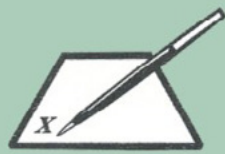
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[sbtopics@rcn.com](mailto:sbtopics@rcn.com)







# 2022 -23 Sports Schedule

## Pen Argyl Girls (21-6)

12/2 NDES W 64-12  
 12/3 Moravian W 45-34  
 12/6/ Saucon W 60-31  
 12/8/ Palmerton L 49-46  
 12/12/ Wilson W 62-24  
 12/19/ NDGP L 49-37  
 12/22 Lehigh W 46-37  
 12/21/ Bangor L 45-37  
 12/27 PME - W 47-38  
 1/5/ Palisades W 51-24  
 1/7/ Northwestern L 51-36  
 1/9/ Salisbury W 70-29  
 1/12/ Whitehall W 54-34  
 1/14/ S. Lehigh W 58-27  
 1/17/ Palisades W 55-24  
 1/19/ Catasauqua W 49-28  
 1/24/ Saucon W 52-35  
 1/26/ N. Lehigh W 61-33  
 1/28/ Wilson W 48-14)  
 2/1/ Moravian W 58-32  
 2/4/ NDGP W 37-28  
 2/7/ Bangor W 65-40  
 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 L 62-36

## 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/ @ Bangor W 45-40 6:45pm  
 12/22 @ Lehigh 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 Lehigh L 33-28 7:00pm  
 12/22/ @ Palmerton W 54-14 7:00pm  
 1/4/ @ Salisbury W 49-24 7:00pm  
 1/6/ @ Wilson W 35-27 7:00pm  
 1/7/ Upper Moreland W 33-30 9:00am  
 1/7 Norristown W 56-12  
 1/7 Epicopal Acad. W 50-18  
 1/7 Methacton L 42-28  
 1/7 Penn Wood W 59-12  
 1/11/ N. Lehigh W 63-9 7:00pm  
 1/18/ Palisades W 43-23 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 (18-8)

12/6/ Moravian W 46 -27  
 12/8/ NDGP W 43-37  
 12/10 Northampton L 47-46  
 12/12 Catasauqua W 47-29  
 12/15 Palisades W 36-16  
 12/17 E'burg North W  
 12/19/ Saucon Valley W 41-27  
 12/21/ Pen Argyl W 45-37  
 12/27 Wm. Allen W 48-30.  
 12/28 NDES W 38-9  
 1/5/ Wilson W 52 - 32  
 1/7/ N. Lehigh W 47-37  
 1/9/ Northwestern L 61-25  
 1/12/ Salisbury W 42-22  
 1/17/ Wilson W 49-22  
 1/19/ S. Lehigh W 49-37  
 1/24/ Moravian W 38-32  
 1/26/ NDGP. L 37-28  
 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 L 68-36

## 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 Valley L 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 L 57-15  
 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 Pen Argyl L 45-29 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

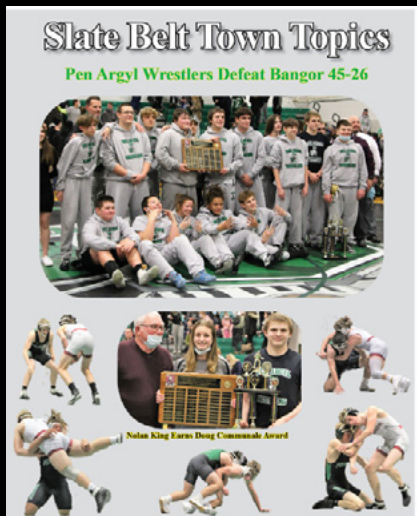
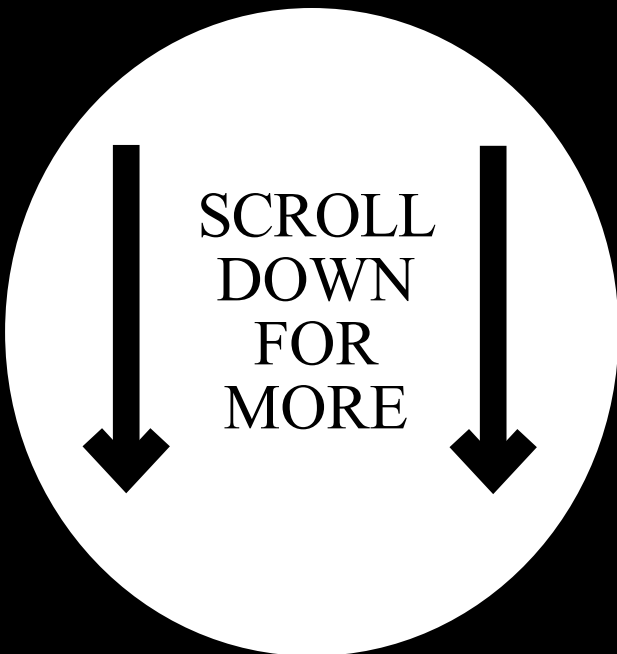
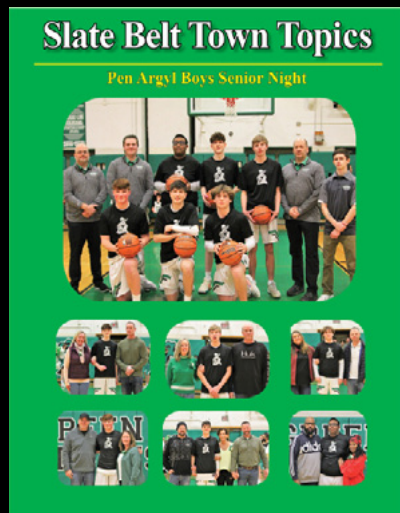
- 3 Emma Albanese
- 15 Julia Antonioli
- 2 Mckenna Cunningham
- 44 Hailey Frey
- 1 Jasmine Holland
- 22 Macy Kotulka
- 24 Kayla Maggipinto
- 35 Alexandra Marshall
- 20 Natosha Morrison
- 21 Jillian Morro
- 10 Kristen O'Brien
- 33 Ashlyn Oessenick
- 4 Kylee Uhler
- 12 Julia Vargo
- 5 Ellianna Wallbillich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



# ANASTASIA

THE MUSICAL

## Royal Pancake Breakfast



Photos Larry Cory  
PHOTO GALLERY



# Knights Finish Season With 21-6 Record



## Lake Lehman 62 Pen Argyl 36

**Pen Argyl:** Wallbillich 9, Morro 15, Kotulka 3, Maggipinto 0, Marshall 1, Vargo 5, Antonoli 0, Weaver 0, Wilgus 0.

**3-Pointers:** Wallbillich 1, Vargo 1, Kotulka 1.

**Lake Lehman:** Chipega 2, Kline 11, Wilson 12, Keefe 4, Hunt 23, Jenkins 8, Breslford 0, Corcoran

**3-Pointers:** Wilson 2

*Photos: Katrina Valente*  
**PHOTO GALLERY**

## Games

- NDES W 64-12
- Moravian W 45-34
- Saucon W 60-31
- Palmerton L 49-46
- Wilson W 62-24
- NDGP L49-37
- Lehighton W 46-37
- Bangor L 45-37
- PME - W 47-38
- Palisades W 51-24
- Northwestern L51-36
- Salisbury W 70-29
- Whitehall W 54-34
- S. Lehigh W 58-27
- Palisades W 55-24
- Catasauqua W 49-28
- Saucon W 52-35
- N. Lehigh W 61-33
- Wilson W 48-14)
- Moravian W 58-32
- NDGP W 37-28
- Bangor W 65-40
- Bangor W 48-40
- Palmerton (L) 68-67)
- NDGP W 50-42
- Palmeron W 53-36
- Lake Lehman L 62-36



# Slaters Complete 18-8 Season



## Bishop Shanahan 68 Bangor 36

Bangor: Stout 11, J. Figurski 2, Escuardo 4, H. Hartzell 0, Miller 2, Gonzalez 2, K. Figurski 0, Hann 0, G. Hartzel 0, Hendricks 0, Toth 10, Polowy 4.

3-Pointers: (2) Toth 2.

**Bishop Shanahan:** C. Ambrose 3, F. Ambrose 20, Mursphy 0, Osloip 2, Brown 15, A. Bojko 23, Hubiak 2, Foster 3,

**3-Pointers:** (11) F. Ambrose 3, Brown 1, A. Bojko 6, Foster 1.

Photos: Larry Cory  
PHOTO GALLERY

## Games

Moravian W 46 -27  
NDGP W 43-37  
Northampton L 47-46  
Catasauqua W 47-29  
Palisades W 36-16  
E'burg North W  
Saucon Valley W 41-27  
Pen Argyl W 45-37  
Wm. Allen W 48-30.  
NDES W 38-9  
Wilson W 52 - 32  
N. Lehigh W 47-37  
Northwestern L 61-25  
Salisbury W 42-22  
Wilson W 49-22  
S. Lehigh W 49-37  
Moravian W 38-32  
NDGP. L 37-28  
Palmerton L 46-25  
Palisades W 54-34  
Saucon Valley W 41-30  
Pen Argyl L 65-40  
Pen Argyl L 48-40  
PME W 30-28  
Beca L 48-35  
Bishop Shanahan L 68-36



# 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**



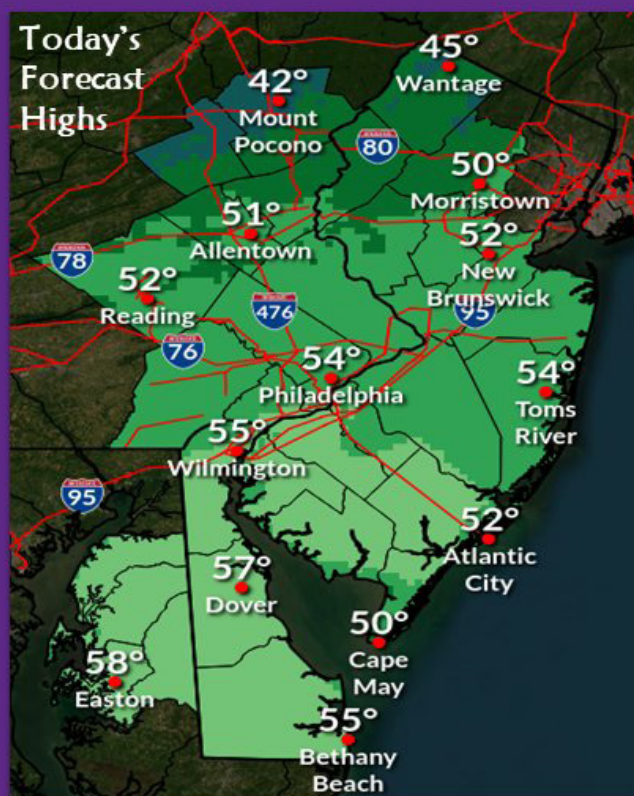
# Slaters Finish Second in Districts



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

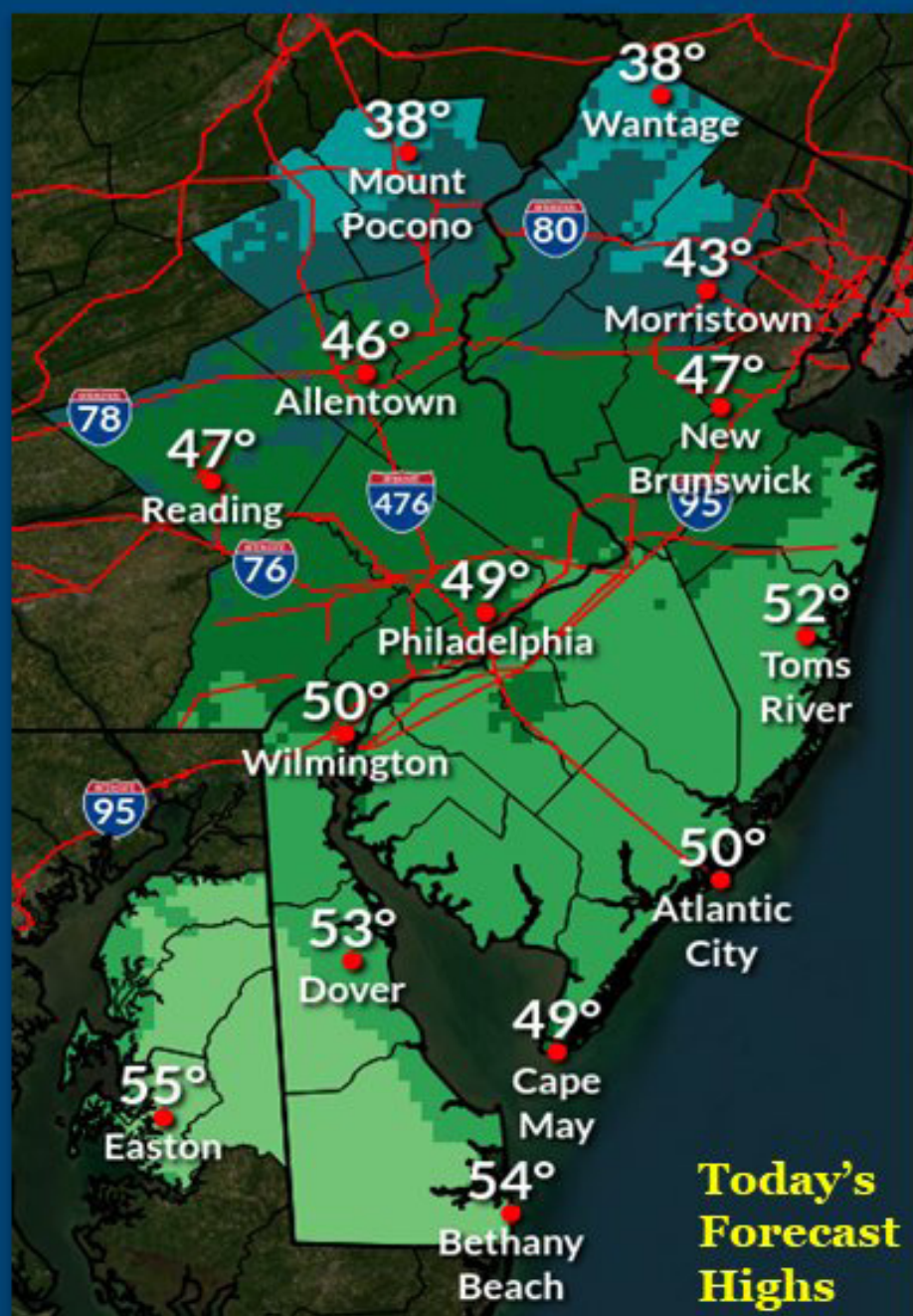




# Windy Saturday



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