



EASTER EGG HUNT AND PANCAKE BREAKFAST HOSTED BY THE LMBT RECREATION BOARD AND LMBT SANDT'S EDDY FIRE DEPARTMENT

Join us for 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!

Recent **Features** Pages 16-23

www.sbtopics.com sbtopics@rcn.com March 28 2023

New Insight Into Why Smiles Are So Contagious

Study Shows Strong Evidence That Posed Smiles Can, In Fact, Make Us Happier

By Alice Clifford via SWNS

Smile and the whole world really does smile with you, suggests a new study.

Posing with a cheesy grin for selfies and social media posts can actually help cheer people up, according to the findings.

One theory to explain the discovery is that our emotions can be caused by sensations in the body, such as a rising heartbeat causing fear or excitement.

Scientists say it is the same with smiling - with the sensation of a grin evoking happiness within.

"The stretch of a smile can make people feel happy and the furrowed brow can make people feel angry; thus, the conscious experience of emotion must be at least partially based on bodily sensations," said lead author Dr. Nicholas Coles, a research scientist at Stanford University.

Coles and his team first analyzed previous studies and identified evidence that supported the concept that smiling can in fact make you happier.

He then joined forces with other scientists to create a new experiment under the name, "The Many Smiles Collaboration."

The researchers studied 3,878 people from 19 countries with participants split into three equal groups.

In each, half looked at cheerful images of puppies, kittens, flowers, and fireworks, and the other half looked at a blank screen.

When looking at these images, one group was told to put a pen in their mouth to mimic the act of smiling, another group had to copy the facial expression of photos of smiling actors, and the final group was told to

move the corners of their lips towards their ears and lift their cheeks using only the muscles in their face.

> When this task was done, they were shown the images and blank screen again, but were told to keep a neutral facial expression.

> > After each test, the participants rated how happy they were feeling.

To disguise their goal, researchers mixed in several other small tasks to keep the participants from knowing the true aim of the experiment.

The data they collected revealed that there was a significant increase in happiness from participants mimicking smiling photos or pulling their mouth to their ears.

These results show that there is strong evidence that posed smiles can, in fact, make us happier.

Yet other research, such as a study conducted by 17 different labs in 2016, tried and failed to replicate these results, creating doubt around the

"Over the past few years, the science took one step back and a few steps forward. But now we're closer than ever to understanding a fundamental part of the human condition: emotion," Coles said.

"We experience emotion so often that we forget to marvel at just how incredible this ability is.

"But without emotion, there's no pain or pleasure, no suffering or bliss, and no tragedy and glory in the human condition.

"This research tells us something fundamentally important about how this emotional experience works."

The study was published in the journal Nature Human Behavior.









4th ANNUAL FARM JUBILEE

TO BENEFIT THE BANGOR PUBLIC LIBRARY

SATURDAY, APRIL 29, 2023

11AM to 2PM (Rain or Shine)

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EAST BANGOR PARK

Park Road, East Bangor

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Farm fun for all ages! Petting Zoo, Corn Pit, Wool Spinning, Food Trucks, and More!!!!

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\$5.00 Admission ~ 2 Years of Age and Under FREE

BANGOR PUBLIC LIBRARY

39 South Main Street, Bangor, PA 18013 610-588-4136 bangorlibrary.org



Northampton County has a 24-hour emergency hotline for all Human Servicesrelated emergencies.

Anyone struggling with a mental health crisis, abuse, neglect, suicidal thoughts, evictions, substance abuse, food insecurity, etc. can call:

> 610-252-9060 **FOR HELP AND** REFERRALS



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Dyle E Bray Home Association

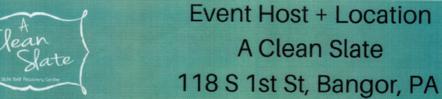
202 Veterans Road, Bangor, PA - 610.588.5555



You Can Ukulele

Thursday April 6th 6:30-8:00PM





WTVFC Semi-Annual Kids Mart April 29 & 30 9am-3pm

Are you tired of paying too much for kids clothing that only fit for 1 season? This will be your ONE STOP SHOP for everything you need for your kiddos! Just in time for summer! Stock up on gently used items for kids and teens. There will be baby, kids and teens clothing.

Along with shoes, baby gear, bedding, bedroom decor and furnishings, toys, outdoor play equipment, books, games, DVDs, sporting goods, strollers, carseats, bassinets and more!

This is a great sale to stock up for new parents, foster parents, grandparents, teachers and early childhood educators.

SAVE THE DATE AND SAVE BIG!

\$2 per person entry fee

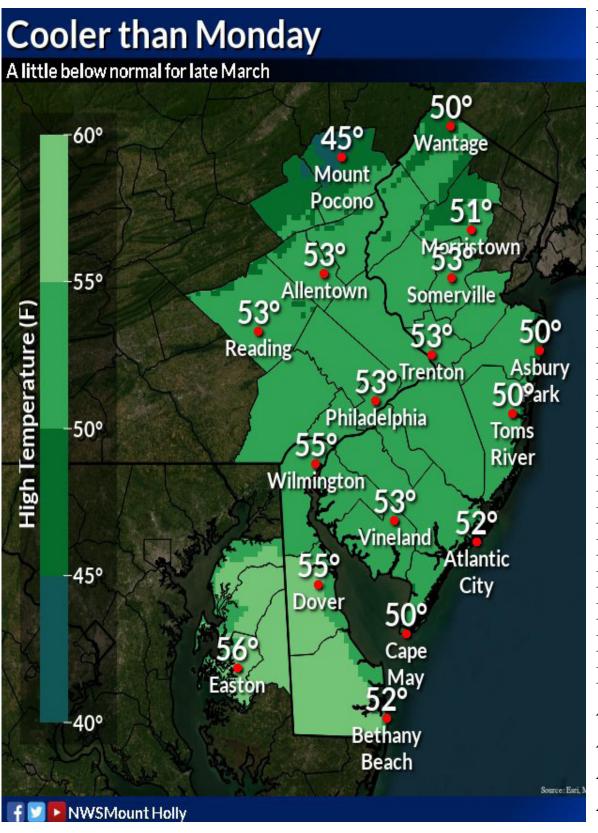
Interested in selling? Outdoor, covered pavillion, and indoor spaces now available to rent. Don't want to haul your own tables? We will also have tables to rent for your convenience! You set your prices, you keep all of your profit from your sales!

For more information on selling, contact Jenna. Email-fire38kidsmart@hotmail.com

Phone - 570-656-2701

Come out and help make this a big event for your local volunteer fire department!

All proceeds benefit Washington Township Volunteer Fire Co



Temperatures will be cooler today following a cold front. Readings will several degrees below normal for late March. Sunshine expected this afternoon.

Spring Sports Schedule

March 17 - Palisades Tennis at Pen Argyl L 3-2

March 17 - Bangor Softball at Freedom L 5-2

March 17 - East Stroudsburg Baseball W 4-0

March 18 - East Stroudsburg Softball at Pen Argyl W 5-3

March 18 - Northampton Boys Tennis at Bangor L 4-3

March 21 - Northern Lehigh Track at Pen Argyl

Boys W - 82-50 Girls L 101-47

March 21 - Palisades Track at Bangor

Boys L - 71-70 Girls L 92-53

March 21 - NDES Tennis at Bangor W NDES 5-0

March 22 - Wilson Baseball at Pen Argyl L 4-3

March 22 - Wilson Softball at Pen Argyl L 3-2

March 22 - Palisades Baseball at Bangor W 9-7

March 22 - Palisades Softball at Bangor L 4-1

March 23 - Palmerton Tennis at Pen Argyl, ppd

March 24- Jim Thorpe Tennis at Bangor, W 5-0

March 24 - Pen Argyl Baseball at Moravian, 4:00pm

March 24 - Bangor Baseball at Wilson, W 8-6

March 24 - Bangor Softball at Wilson, W 9-7

March 25 - NDGP Softball at Pen Argyl, ppd

March 27 - Palisades Tennis at Bangor, ppd

March 27 - Saucon Valley Tennis at Pen Argyl, ppd

March 27 - NDGP Baseball at Pen Argyl, W 12-11

March 28 - Pen Argyl Track at Saucon Valley, 4:00pm

March 28 - Pen Argyl Tennis at Moravian, 4:00pm

March 28 - Bangor at Whitehall Tennis, 3:30pm

March 28 - Pen Argyl Baseball at Saucon Valley, 4:00pm

March 28 - Pen Argyl Softball at Saucon Valley, 4:00pm

March 28 - Bangor Baseball at NDGP, 4:00pm

March 28 - Bangor Softball at NDGP, 4:00pm

March 28 - Bangor Track at Catasauqua 4:00pm

March 29 - Bangor Tennis at Southern Lehigh, 4:00pm

March 30 - Pen Argyl Tennis at Wilson, 4:00pm

March 30 - Saucon Valley Baseball at Bangor, 4:00pm

March 30 - Saucon Valley Softball at Bangor, 4:00pm

March 30 - Bangor at Salisbury Tennis, 4:00pm

March 31 - Pen Argyl Tennis at NDES, 4:00pm

April 1 - Bangor Baseball at Pen Argyl 11:00am

April 1 - Bangor Softball at Pen Argyl 11:00am

April 3 - NDGP Tennis at Bangor, 4:00pm

April 3 - S. Lehigh Tennis at Pen Argyl, 4:00pm

April 3 - Palisades Baseball at Pen Argyl, 4:00pm

April 3 - Palisades Softball at Pen Argyl, 4:00pm

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

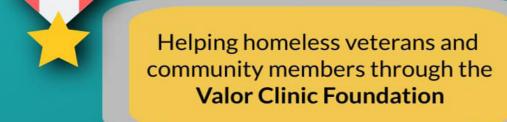
Bike Run starting and ending at Riverside Barr \$25 for Rider \$20 for passengers includes event tee shirt, Breakfast sandwich and coffee other food and drinks will be available for purchase.

There will be vendors a Tricky Tray, 50/50 raffle and Off The Road Band featuring Greg Smith will be preforming. 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.

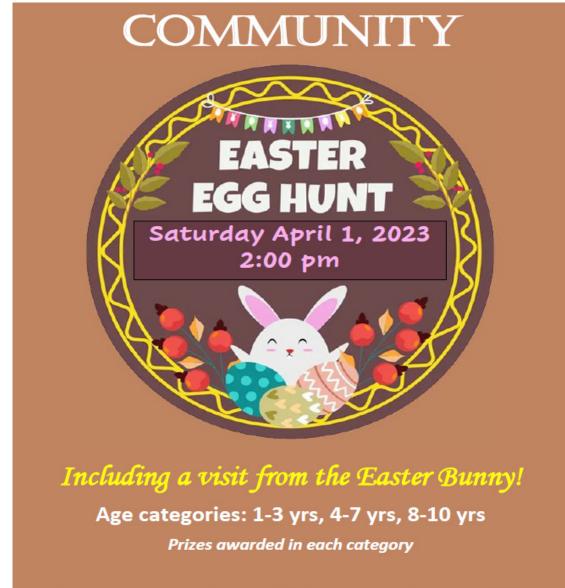




New items only!

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





Christ Presbyterian Church, 332 Kennedy Dr, Bangor PA 18013

Make Better Beverage Choices



Drink water

Choose water over sugary drinks + serve water during meals



Cut coffee calories

Choose a low-fat milk + sprinkle cinnamon for flavor



Compare food labels

Check calories, amounts of added sugars + servings



Grab a bottle on the go

Carry a clean, reusable water bottle to fill throughout the day



Jazz up your drink

Add flavor to your water with lemon, lime, or orange slices.





PUBLISH YOUR EVENT

Women Empowerment Group

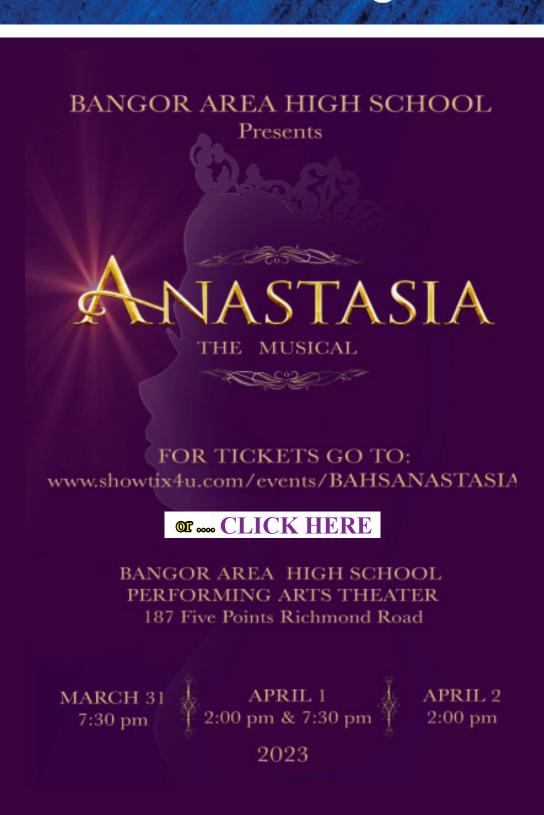
Women's support/skill development group where we focus on wellness & mental health over the course of 5 group sessions is planned for A Clean Slate. A safe and trusting group setting where the issues and challenges of women are addressed starting Thursday March 30th 6-7pm

-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





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.

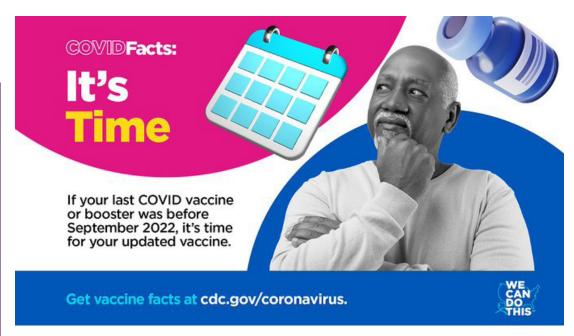
The library also has Pen Argyl yearbooks available to buy. Call 610-863-3029 or visit our Facebook page or website at **www.bmcl.org.** for information about the library

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



SNAP

Extra Payments End



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** for more information and resources.



Recent Features Pages 16-23

sbtopics@rcn.com March 28 2023 www.sbtopics.com

Slate Belt 7-Day Weather Forecast

Mostly Cloudy 51 Today Sunny, Windy 54 Wednesday

National Weather Service Forecast - 6am Today

Today, Mostly cloudy, with a high near 51. North wind around 10 mph.

Tonight, Mostly cloudy, with a low around 31. North wind 5 to 10 mph.

Wednesday, Sunny, with a high near 54. Northwest wind 5 to 10 mph becoming southwest in the afternoon.

Wednesday Night, A chance of rain before 2am. Partly cloudy, with a low around 27. Southwest wind 10 to 15 mph becoming northwest after midnight.

Winds could gust as high as 25 mph. Chance of precipitation is 40%. New precipitation amounts of less than a tenth of an inch possible.

Thursday, Sunny, with a high near 46. Northwest wind around 15 mph, with gusts as high as 25 mph.

Thursday Night, Mostly clear, with a low around 29.

Friday, A chance of showers after 2pm. Mostly cloudy, with a high near 57. Chance of precipitation is 40%.

Friday Night, Showers, mainly after 2am. Low around 49. Chance of precipitation is 90%.

Saturday, Showers, mainly before 2pm. High near 69. Windy. Chance of precipitation is 80%.

Saturday Night, A chance of showers before 8pm. Partly cloudy, with a low around 30. Windy. Chance of precipitation is 30%.

Sunday, Sunny, with a high near 50.

Sunday Night, Mostly clear, with a low around 31.

Monday, Mostly sunny, with a high near 63.



Special Events

PUBLISH YOUR EVENT

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

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-trans-port

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.

CONTINUED PAGE 12



State Farm

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

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



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Daily Schedule

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 Bangor Public Library - Open 10-8 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 Breaklfast - 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

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 Columcille Tours - Free. 9:30-11:30. Meet at





1043 S Broadway, Wind Gap, PA 18091-0248

610 - 863 - 6100



Daily Schedule

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 Mission of Love Food Pantry

& Clothes Closet - N. Main St., Bangor, 10-12

Slate Belt YMCA - Open 6:00am - 8:00pm

Wednesday April 12

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 April 13

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 April 14

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 15

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 April 16

Slate Belt Heritage Center - Open 12-3.

Slate Belt YMCA - 10-2

Monday April 17

Blue Mountain Library - Open 10-12 & 6-8pm

Tuesday April 18

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 April 19

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

Slate Belt YMCA - Open 6:00am - 8:00pm

Thursday April 20

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 7pm. **Blue Mountain Library -** Open

10-12 & 6-8pm **Bangor Public Library** - Open

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 April 21

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 7pm.

Blue Mountain Library - Open 10-12 & 6-8pm Bangar Public Library - Open

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 Relt VMCA - Open 6:00ar

Slate Belt YMCA - Open 6:00am - 8:00pm

Saturday April 22

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 April 23

Fellowship Dinner - First UMC Bangor, 12:30-1:30.

Portland Sunday Sundaes - 6:30







CLICK HERE FOR STORE INFO - www.hometownsaves.com

SLATE BELT TODAY BY THE NUMBERS

COPD

0 1 2 3 4 5 6 7 8 9 10

Combination of weather factors that can make

one less or more likely to develop a pulmonary

attack. Lower numbers are less while higher

numbers increase the chance.

Temperature

(Yesterday)

<u>High</u>

Low

60

35

(Today's Forecast

High

Low

31

0 1 2 3 4 5 6 7 8 9 10

Combination of weather factors that can make one less or more likely to develop a migraine. Lower numbers are less while higher numbers increase the chance.

Asthma Index

0 1 2 3 4 5 6 7 8 9 10

Combination of weather factors that can trigger asthma. A higher index mean more people w/asthma could be affected by temperature and allergens.

Sinus Headache

0 1 2 3 4 5 6 7 8 9 10

Combination of weather factors that can make one less or more likely to develop a migraine. Lower numbers are less while higher numbers increase the chance.

Migraine Headache

Common Cold

0 1 2 3 4 5 6 7 8 9 10



Combination of weather factors that can make one less or more likely to catch a cold.. Lower numbers are less while higher numbers increase the chance.

Air Quality

AM Reading

Good 0-50

Columbia N.J - 53

Moderate (51-100)

Bethlehem - 59

Bad for Some

Monroe - 31

Allentown - 54

(101-150)

Very Bad 150+

Arthritis Index

0 1 2 3 4 5 6 7 8 9 10

Scale of 0-10 with 0 indicating a very low risk of weather-related arthritis pain, and 10 indicating the highest chance of pain.

Cooling Degree Days

Yesterday

Season

0

Used to track energy use. Add the daily high and low temperatures, divide by 2 and add 65 to calculate heating degree days.

Rainfall/Snowfall

Rain

Snow

Recent - 0.00

Recent - 0.0

Month - 4.00

Month - 6.5

Year - 10.24

Season - 10.50

UV Index

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

Moderate Risk - 11am-3pm Today

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

Heating Degree Days

Yesterday

Season

4414

Used to track energy use. Add the daily high and low temperatures, divide by 2 and subtract 65 to calculate heating degree days.

Sun

Sunrise 6:52 AM

Sunset 7:21 PM

Pollen-Allergy Forecast

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



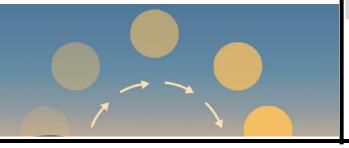
Top Allergens - Maple, Juniper

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

Flu Index

0 1 2 3 4 5 6 7 8 9 10

Flu index: (0-10) Combo of historical data and temperature. A high flu index means the spread of a flu is very favorable, assuming the disease is present





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



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SPECIAL EVENTS CONTINUED

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

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.christpcsb.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.

Free BBQ Dinner

The East Bangor United Methodist Community Church welcomes you to a FREE "BBQ Chicken Sliders" Dinner on Sunday, April 2nd, from 4:00-4:30 p.m. This is TAKE-OUT ONLY. The church is located at 136 W. Central Ave. (Rt. 512), East Bangor, PA Questions? call 610-588-4453 or visit www.ebumc.org.

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 8
K of C Egg Hunt

The Father DeNisco Council of the Knights of Columbus will hold their annual Easter Egg Hunt on the council grounds, 1860 W Bangor Rd, Bangor, PA on Saturday, April 8, at 2PM. All children up to age 12 are welcome!

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. 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?orde

r=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 21

Household Goods Sale

Get great deals on household goods, antiques, collectibles, toys, furniture and much more! Light lunch and bake sale. Fill a bag for \$5 on Saturday! April 21, 9-2 and April 22, 9-1. Richmond United Methodist Church, 8538 Delaware Dr., Bangor, PA

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

Sign up to celebrate Earth Day with us! Choose an hour-long time slot and meet us in front of the visitor center at the hour you have chosen. You will have an opportunity to learn about invasive species and their ecological impacts, and then replace one with a native sapling. This conservation project aims to strengthen the riparian buffer along the Bushkill Creek and provide habitat for wildlife. Tools and instruction will be provided. In the event we run out of saplings to plant, there are always invasive plants to remove. Please wear sturdy shoes and dress for the weather. Registration is required.

April 27

Weekly Weeders

Thursday, April 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 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.

Vendors/Crafters = \$40 per space

Food Vendors = \$75

https://facebook.com/events/s/luau-by-the-lake/470525375222384/

For more opportunities check out our website at www.blueflameevents.co

July 15

BAHS Class of 1963

Bangor High School Class of 1963 is going to hold their 60th reunion at the ScoreCard in Wind Gap on Saturday, July 15, 2023? They don't have all the details ironed out yet, but I will follow up with that at a later date.

July 15-16 Sangria Festival

Blue Flame Events is looking for unique food trucks as well as vendors and crafters to join them for the 3rd annual Sangria Around the World Festival at Stone Lake Inn, located in Saylorsburg July 15 & 16..

To register, text (272)-200-8163. Spaces are \$40 for an outdoor 10x10 space. Food vendors are \$75 per space.

https://fb.me/e/230E93K77?mibextid=RQdjqZ For more upcoming events check out our website at www.blueflameevents.co!

SLATTE BELT CHURCH INFORMATION











Christ Presbyterian Church of The Slate Belt

332 Kennedy Drive, Bangor www.christpcsb.org
More info 610-588-4864.
E-mail: info@christpcsb.org.
Sunday Worship, 10:00 a.m.
in-person/Zoom/Facebook Live.
For more info: 610-588-4864.

Flicksville UCC

1337 Lower South Main St., Bangor Pastor Ken Hess 610-588-4648 www.flicksvilleucc.com

> Worship at 10:45am Sunday School - 9:30am

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Trinity Lutheran Church

404 Broadway Bangor (610-588-2023)

telcbangor@frontier.com Sunday worship 10:30am Sunday School:10:15 - 11:30

Holy Communion: First and Third Sundays **Refreshments after. Masks optional.**

East Bangor UMC

136 W. Central Ave. (Rt.512) East Bangor
March 25- A.A Meeting 8pm
March 26- 9:30 a.m. Worship Service
March 26 Adult Sunday School 10:30
March 30- Choir Rehearsal
(Live & on Zoom) 10:45 Fellowship Hour
(For Zoom, go to ebumc.org to sign in)

Grace Lutheran Church

5907 Sullivan Trail, Nazareth Pa 18064 www.gracebelfastpa.org 610-759-9080 Email:gracebelfast@rcn.com

March 19: 9:00 am Holy Communion, 10am Sunday Morning Adventures

Prince of Peace

Johnsonville

Holy Week Schedule

Maundy Thursday: 7:00 pm Good Friday: 7:00 pm

Easter Sunday: 6:00 am and 9:45 am Easter Breakfast: 7:30 - 9:30 am

Worship Times & Schedules Are Public Service Announcements Published Free by The Slate Belt Town Topics

E-Mail Information to sbtopics@rcn.com

Christ Evangelical Lutheran Church

703 South Delaware Drive Mt. Bethel, 18343

http://www.celcpa.org/ Email: celcpaorg@yahoo.com 610-588-7056

Worship: Sundays 9:00 a.m. Holy Communion: First and Third Sunday Toddler Sunday School: Sept-May 10:15

Richmond United Methodist Church

Rev. Peter Jamieson, Pastor http://richmondumc.com/ 8538 Delaware Dr, Bangor, PA 18013 610.588.7317 | richmondumc@epix.net Sunday Worship - Weekly at 10:00 a.m.

First United Methodist Church of Bangor

Pastor Elisandra Garcia - 610-588-4673 55 North Third Street, Bangor PA 11:00am service (Communion First Sunday)

Prince of Peace Ev. Lutheran Church

Rev. Michael J. Scholtes, 610-588-2355 2445 Lake Minsi Dr, Bangor

> popbangor.org poplcbangor@gmail.com

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







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Slate Belt Town Topics Sports



2023 Sports Schedule

Bangor Softball (1-2)

(A) 03/17/23 4:00 PM vs Freedom L 5-2

(H) 03/22/23 4:00 PM vs Palisades L 4-1

(A) 03/24/23 4:00 PM vs Wilson Area W 9-7

(A) 03/28/23 4:00 PM vs Notre Dame G.P.

(H) 03/30/23 4:00 PM vs Saucon Valley

(A) 04/01/23 11:00 AM vs Pen Argyl Area

(A) 04/03/23 4:00 PM vs Northwestern Lehigh

(A) 04/06/23 4:00 PM vs Easton Area

(A) 04/12/23 4:00 PM vs Salisbury

(H) 04/14/23 4:00 PM vs Catasauqua Youth Night

(A) 04/15/23 12:30 PM vs Nazareth Area

(A) 04/18/23 4:00 PM vs Northern Lehigh

(H) 04/20/23 4:00 PM vs Palmerton Area

(A) 04/22/23 5:00 PM vs Southern Lehigh Colonial League Pla...

(A) 04/24/23 4:00 PM vs Palisades

(A) 04/28/23 4:00 PM vs Northampton Area

(H) 05/02/23 4:00 PM vs Notre Dame G.P. Senior Night

(H) 05/02/23 5:00 PM Softball Senior Night BAMS Cafe

(A) 05/04/23 4:15 PM vs Saucon Valley

Bangor Baseball (3-0)

(H) 03/17/23 4:00 PM vs East Stroudsburg S. W 4-0

(H) 03/22/23 4:00 PM vs Palisade W 9-7

(A) 03/24/23 4:00 PM vs Wilson Area W 8-6

(A) 03/28/23 4:00 PM vs Notre Dame G.P.

(H) 03/30/23 4:00 PM vs Saucon Valley

(A) 04/01/23 11:00 AM vs Pen Argyl Area

(A) 04/03/23 4:00 PM vs Northwestern Lehigh

(H) 04/04/23 4:00 PM vs Moravian Academy

(H) 04/04/23 4:00 PM vs Moravian Academy

(A) 04/12/23 4:00 PM vs Salisbury

(H) 04/14/23 4:00 PM vs Catasauqua

(A) 04/15/23 11:00 AM vs Nazareth Area

(A) 04/18/23 4:00 PM vs Northern Lehigh

(H) 04/20/23 4:00 PM vs Palmerton Area

(A) 04/22/23 11:00 AM vs Southern Lehigh

(A) 04/24/23 4:00 PM vs Palisades

(H) 04/26/23 4:00 PM vs Wilson Area

(A) 04/28/23 4:00 PM vs Moravian Academy

Bangor Tennis (3-1)

(A) 03/18/23 10:00 AM vs Northampton Area 3 - 4 L

(H) 03/20/23 4:00 PM vs Wilson Area 5 - 0 W

(H) 03/21/23 4:00 PM vs Notre Dame - 4 - 1 W

(H) 03/24/23 4:00 PM vs Jim Thorpe Area W 5-0

(A) 03/28/23 3:30 PM vs Whitehall

(A) 03/29/23 4:00 PM vs Southern Lehigh

(A) 03/30/23 4:00 PM vs Salisbury

(H) 04/03/23 4:00 PM vs Notre Dame G.P.

(A) 04/04/23 3:30 PM vs Stroudsburg

(H) 04/05/23 3:30 PM vs Easton Area

(H) 04/10/23 4:00 PM vs Saucon Valley

(A) 04/12/23 4:00 PM vs Moravian Academy

(H) 04/13/23 4:00 PM vs Palmerton Senior Night Sr Cafe

(H) 04/15/23 10:00 AM vs Nazareth Area

(A) 04/17/23 4:00 PM vs Pen Argyl Area

(H) 04/18/23 4:00 PM vs Palisades

Pen Argyl Boys (1-0) Girls (0-1) Track

(H) Northern Lehigh

Boys W 82-50 Girls L 101 - 47

(A) 03/28/23 4:00 PM vs Saucon Valley

(H) 04/04/23 3:30 PM vs Southern Lehigh

(H) 04/11/23 3:30 PM vs Multiple Opponents

(H) 04/18/23 3:30 PM vs Multiple Opponents

(A) 04/22/23 9:30 AM Zephyr Invitational Whitehall

(A) 04/25/23 4:00 PM Salisbury Home Meet Palisades

(A) 05/02/23 3:30 PM vs Multiple Opponents Northwestern

Pen Argyl Baseball (1-1)

H) 03/17/23 3:30 PM vs East Stroudsburg North

(H) 03/22/23 4:00 PM vs Wilson Area L 4-3

(A) 03/24/23 4:00 PM vs Moravian ppd

(H) 03/27/23 11:00 AM vs Notre Dame W 12-11.

(A) 03/28/23 4:15 PM vs Saucon Valley

(H) 03/30/23 4:00 PM vs Notre Dame E.S.

(H) 04/01/23 11:00 AM vs Bangor Area

(A) 04/03/23 4:00 PM vs Palisades

(A) 04/05/23 4:15 PM vs Northwestern Lehigh

(A) 04/06/23 4:00 PM vs Moravian

(H) 04/10/23 4:00 PM vs Catasauqua

(A) 04/12/23 4:00 PM vs Northern Lehigh

(H) 04/14/23 4:00 PM vs Palmerton Area

(H) 04/20/23 4:00 PM vs Southern Lehigh

(H) 04/22/23 11:00 AM vs Palisades

(A) 04/24/23 4:00 PM vs Wilson Area

(H) 04/26/23 4:00 PM vs Moravian Academy

(A) 04/27/23 4:00 PM vs Notre Dame G.P.

(A) 04/29/23 2:00 PM vs Lehighton Area

(H) 05/02/23 4:00 PM vs Saucon Valley Senior Recognition

(A) 05/04/23 4:00 PM vs Salisbury Salisbury High School

(A) 05/08/23 7:00 PM vs Bangor Area Bangor Park

Pen Argyl Softball (1-1)
(H) 03/18/23 11:00 AM vs East Stroudsburg South W 5-3

(H) 03/22/23 4:00 PM vs Wilson Area L 3-2

(H) 03/25/23 11:00 AM vs Notre Dame G.P, ppd.

(A) 03/28/23 4:15 PM vs Saucon Valley HS

(H) 04/01/23 11:00 AM vs Bangor Area (A) 04/03/23 4:00 PM vs Palisades HS

(A) 04/06/23 4:00 PM vs Stroudsburg HS

(H) 04/10/23 4:00 PM vs Catasauqua HS

(A) 04/12/23 4:00 PM vs Northern Lehigh

(H) 04/14/23 4:00 PM vs Palmerton Area

(H) 04/15/23 11:00 AM vs Pocono Mountain East

(A) 04/18/23 4:00 PM vs Northwestern Lehigh

(H) 04/20/23 4:00 PM vs Southern Lehigh

(H) 04/22/23 3:00 PM vs CL Play Day Pates Park

A) 04/24/23 4:00 PM vs Wilson Area HS

(A) 04/27/23 4:00 PM vs Notre Dame G.P.

(A) 04/29/23 2:00 PM vs Lehighton

(H) 05/02/23 4:00 PM vs Saucon Valley HS Senior Day

(A) 05/04/23 4:00 PM vs Salisbury

(A) 05/08/23 4:00 PM vs Bangor Area

Pen Argyl Tennis (0-1)(H) 03/17/23 4:00 PM vs Palisades L 3-2

(H) 03/23/23 4:00 PM vs Palmerton Area ppd

(A) 03/27/23 4:00 PM vs Saucon Valley ppd

(A) 03/28/23 4:00 PM vs Moravian Academy

(A) 03/30/23 4:00 PM vs Wilson Area

(A) 03/31/23 4:00 PM vs Notre Dame

(H) 04/03/23 4:00 PM vs Southern Lehigh

(H) 04/04/23 4:00 PM vs Lehighton Area

(A) 04/06/23 3:30 PM vs Jim Thorpe Area Senior (A) 04/10/23 4:00 PM vs Palisades

(H) 04/12/23 4:00 PM vs Salisbury

(H) 04/14/23 4:00 PM vs Palmerton Area

(A) 04/15/23 11:00 AM vs Whitehall

(H) 04/17/23 4:00 PM vs Bangor Area Sr. Night

Bangor Boys (0-1) Girls Track (0-0)H) 03/21/23 4:00 PM vs Palisades

Boys L 71-70 Girls L 92-53

(A) 03/28/23 3:30 PM vs Catasauqua HS

(H) 04/04/23 4:00 PM vs Notre Dame G.P.

(A) 04/11/23 3:30 PM vs Multiple Opponents Pen Argyl (H) 04/18/23 4:00 PM vs Multiple Opponents Southern Lehigh

(H) 04/25/23 4:00 PM vs Multiple Opponents

(H) 05/02/23 4:00 PM vs Multiple Opponents

Bangor Tennis

Caleb Atkinson 2025 Hayden Burns 2023 Max Culbertson 2023 Kaden Dowd 2023 Jonathan Frank 2024 Joshua Gallagher 2024 Reed Guerin 2023 Olivia Hall Manager 2025 Karla Hampton Mgr 2024 Justin McNeely 2023 Evan Refvik 2023 David Saunders 2025 Chayse Strohe 2026 Piotr Sulewski 2023

Pen Argyl Tennis

Hunter Beers Soph Mason Beers Senior Blake Boyer Soph Lucas Doney Junior Evan Frable Sophomore Justin Garrity Freshman Jonathan Hauspurg Junior Jacob Hockman Freshman Andrew Kondisko Junior Cole Lobb Freshman Fletcher Marsh Freshman Matthew Oakley Senior Jacob Oyer Sophomore Collin Ramsay Freshman Vincent Reto Junior Mason Soos Freshman

Bangor Softball

- Kyleena Gonzalez 2024 2 Kelli Snow 2026
- Emma Schwartz 2023
- Mikaela Caprood 2023 8 Cameron Howarth 2026
- Brook Hermanski 2025
- 10 Abby Orlemann 2026
- Jade Hendricks 2024 11
- 12 Caliana Huratiak 2026
- 15 Kristina Langdon 2023
- Emma Etzkorn 2023 16
- Grace Hartzell 2026 19
- Jaelyn Silfies 2024 21
- 20 Marissa Siu 2025
- Jayleigh Figurski 2023
- Kaylynn Figurski 2026 22
- Jackelin Miller 2026

Bangor Baseball

- 1 Dylan Keith 2025
- 2 Hunter Rydell 2023
- 4 Max Siu 2024
- 6 Braiden Pysher 2023
- 5 Jacob LaBarre 2025
- 7 Ashdon Buist 2024
- 8 Kurtis Snyder 2025
- 9 Thomas Buck 2023
- 10 Riley Stapp 2024
- 11 Blake Kornafel 2024
- 13 Gregory Campbell 2024
- 15 Tyler Balok 2025
- 21 Ryan Orellana 2023
- 22 Dylan Miller 2023
- 22 Andrew Bosco 2024 24 Thomas Aulisi 2023
- 25 Nolan Koza 2025
- 27 Cody Quagliato 2024
- 45 Gavin Nelson 2024

Pen Argyl Baseball

- # Kalista Weeast Manager # Bethany Kuster Manager 1 Dylan Corsetti OF 2024
- 2 Lance Albanese OF 2024 3 Riley Badua C-P 2024
- 4 Jacob Guthrie OF-P 2023
- 5 Luke Hackman IF 2024
- 7 Kristoffer Kessler IF 2023
- 8 Nicholas Haros C-P 2026
- 10 Brad Rissmiller IF-P 2024
- 11 Jacob Dieter IF-P 2023
- 14 Logan Dehart IF-P 2024
- 15 Lucas Lerch IF-P 2025 18 Gavin Cunningham IF-C 2024
- 20 Colin McMahon IF-P 2025
- 21 Cayden Vishnesky 2026
- 24 Alex Moser OF 2024

■ Team Rosters ■

Bangor Girls Track & Field

Vera Cooper 2023 Kylie DallaPalu 2026 Abigail Damiecki 2024 Hannah Flyte 2026 Sydney Flyte 2025 Jenna Freeman 2023 Ariana Hartzell 2026 Grace Hartzell 2026 Hannah Hartzell 2026 Sarah Hartzell 2024 Madison Heckman 2026 Hailey Howell 2026 Ana Jones 2024 Addison Karasek 2024 Sophia Lanier 2026 Jacklyn Law 2026 Saiyuri Lopez 2025 Abigail Maguire 2023 Kirsten Murphy 2023 Cecilia O'Brien 2023 Julia Pinter 2024 Addison Priestaf 2025 Chloe Proko 2024 Kaylee Simmons 2024

Pen Argyl Softball

2 Madacyn Rivera IF-OF 2025 4 Addison Mack C-OF 2025 7 Callie Schneck 2B 2023 9 Delaney Brinker 3B-OF-P 2025 10 Miyah Rivera P 2024 11 Jillian Bradley OF-1B-P 2025 12 Grace Weaver SS-P 2025 13 Kristen O'Brien OF-1B 2024 21 Ashlyn Oessenick OF 2026 23 Shea Black OF 2025

24 Isabella Groves OF 2024

- 27 Katie Knecht 1B 2023
- 28 Andrea Black C-3B 2023 33 Madison Abbott CF 2023
- 34 Hailey Frey 3B 2023

Pen Argyl **BoysTrack & Field**

Diego Arce 11 Evan Keat 11 Jack Binder 9 Colton Keat 12 Gavin Casey 10 John Keller 10 Dominic Dauley 11 Brayden Krasnopera 10 Ryan DeBellis 12 Taylor LaBarre 12 Keegan Deremer 11 Blayke Lacey 9 Amadio Eisenhauer 11 Scott Lamoreaux 11 Terrell Estes 9 Zachary Metzgar 9 Kelton Giamoni 9

Pen Argyl **Girls Track & Field**

Emma Albanese 10 Natosha Morrison 9 Carlena Alfred 9 Madilynn Moyer 9 Julia Antonioli 11 Finley Schneck 10 Julia Apostol 11 Grace Shenk 9 Olivia Apostol 10 Rylee Straub-Keiper 11 Danielle DeBellis 10 Sophia Turtzo 11 Brooke Engler 10 Ella Wagner 12 Lilly Falletta 11 Ellianna Wallbillich 11 Hannah Fitch 10 Katrina Webber 12 Kaylie Hettel 10 Kayla Weeast 10 Ella Mamana 9 Callia Wilgus 10

Bangor Boys Track & Field

Alex Alvarado 2026 Riley Alvarado 2024 Tyler Campbell 2026 Tyler Carlson 2026 Jack Coleman 2025 Kamal Crockett 2026 Kaden Dowd 2023 Kaden Graziano 2024 Jacob Hartzell 2023 Eric Hays 2026 Eric Hays 2026 Jacob Hillis 2026 Noah Hillis 2024 Markus Kiernan 2024 Dylan Krugh 2024 Aiden Lilly 2026 **Brody Martin 2025** Isaac Martin 2025 Justin McNeely 2023 Tyler Naysmith 2025 Ivan O'Rourke 2025 Steven Paolillo 2026 Anthony Pelucacci 2026 Anthony Regalado-Baez 2023

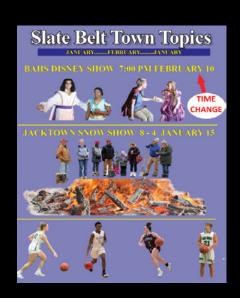
Joseph Roldan 2025 Makhias Romain 2024 Landon Sandt 2025 Parker Sandt 2024 Tyler Scholato 2026 Mason Sipley 2026 Landen Smith 2024 Maddox Spinelli 2026 Noah Stacknick 2025 Brian Stetz 2026 Isaac Stevens 2024 **Brody Stone 2023** Cameron Stout 2024 Brandon Striba 2025 Owen Sylvester 2024 Alden Twist 2025 Jaydon Vilmenay 2023

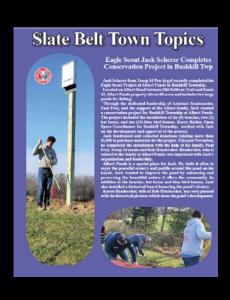




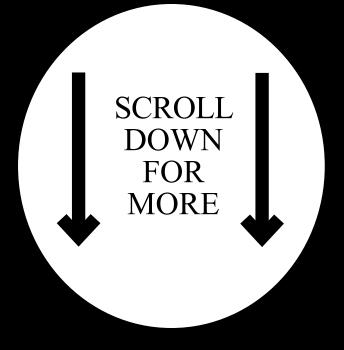


Slate Belt Town Topics Recent Feature Pages

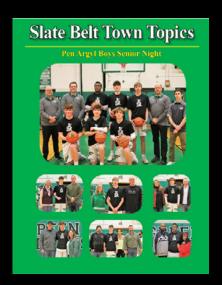


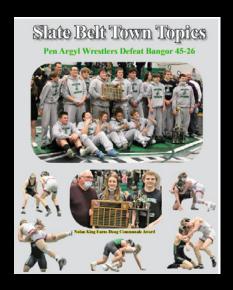












Read the Town Topics With Fresh News

Every Day

Bangor Woman's Club Art Festival

Heidi Bates Arts Chair, Bangor Womens Club GFWC announced the winners of the 2023 Arts Festival Literature submissions. The club thanks Heidi for coordinating this year's festival.

A huge thank you to the judges Karen Brewer, Nikki Huggan, and Rachael Winston and the staff at Faith Christian School and Bangor School District for encouraging student participation and helping to distribute the awards to their students. All the submissions were excellent and the judges had a difficult time picking the winners. All first-place entries will be sent to the state Arts Festival for judging.

Category 1 - Short Story

Video Game - Jesse Henninger Minecraft - Anderson Little Arlo - Aaron Tilley

Category 1 Short Story

The Barn Bear - Lylah Remaley Wolf and Fox - Caleb Ruck Trouble Dogs - Levi Lessig

Category 2 - Poetry

Iguana and Piranha - Alex Kresge When It all Goes Away - Jeddah Sayed

Category 3 - Short Story

Dragon Fire - Emma Confalone Category 3 - Poetry Over Tennis - Liviana Roberts

Cotogowy 4 Sho

Category 4 - Short Story

Where the Cows Go - Connor Roddy The Yellow Moon - Megan Erwin Repentance - Joseph Blair

Category 4 - Poetry

Limbo - Amaya Cameron Rising from the Shadows - Moelani Roometus Hollow Mind - Shayla Batholomew



(L-R) Levi Lessig, Caleb Ruck, Lylah Remaley, Alex Kresge



Emma Confalone



(L-R) Amaya Cameron, Moelani Roometua

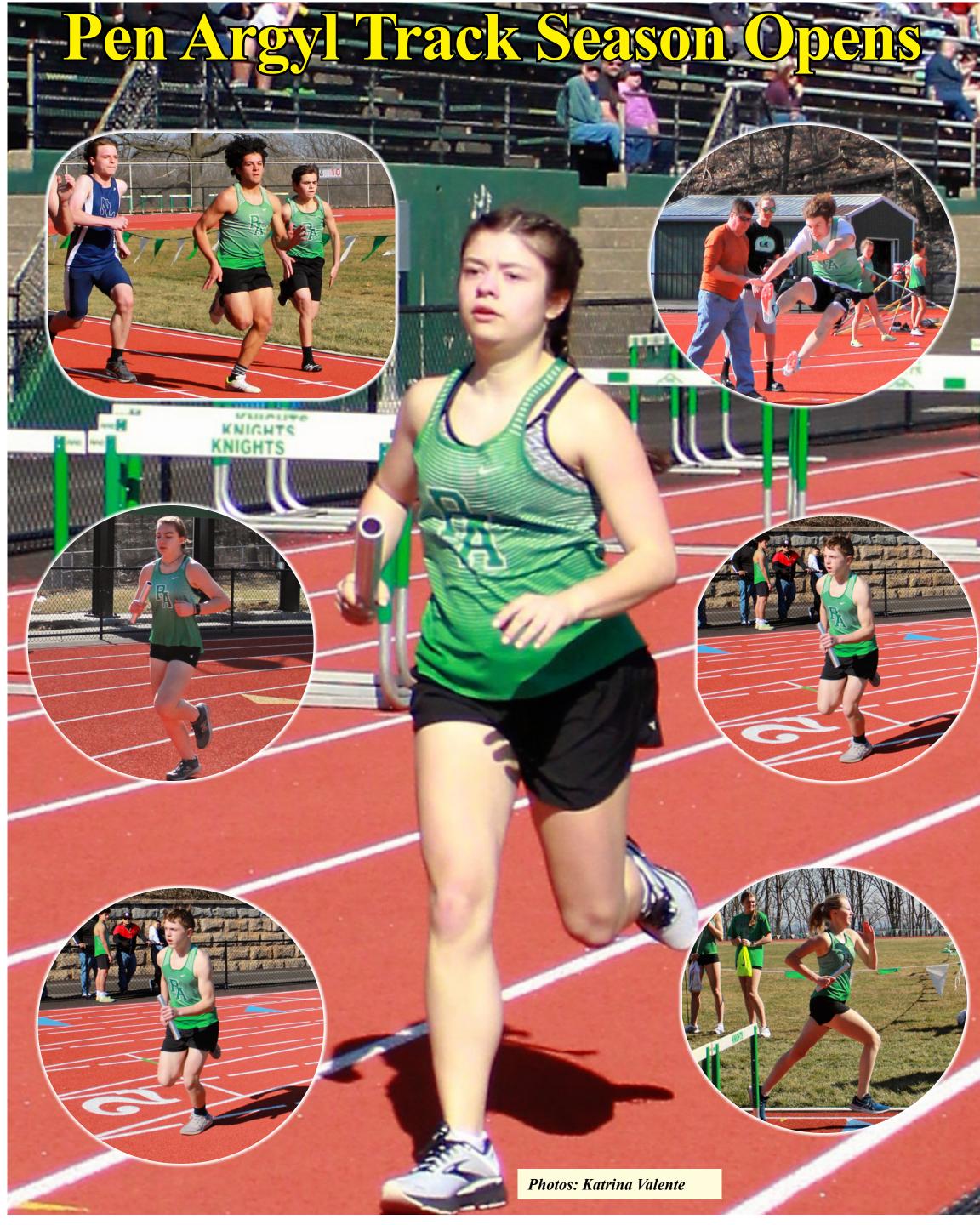


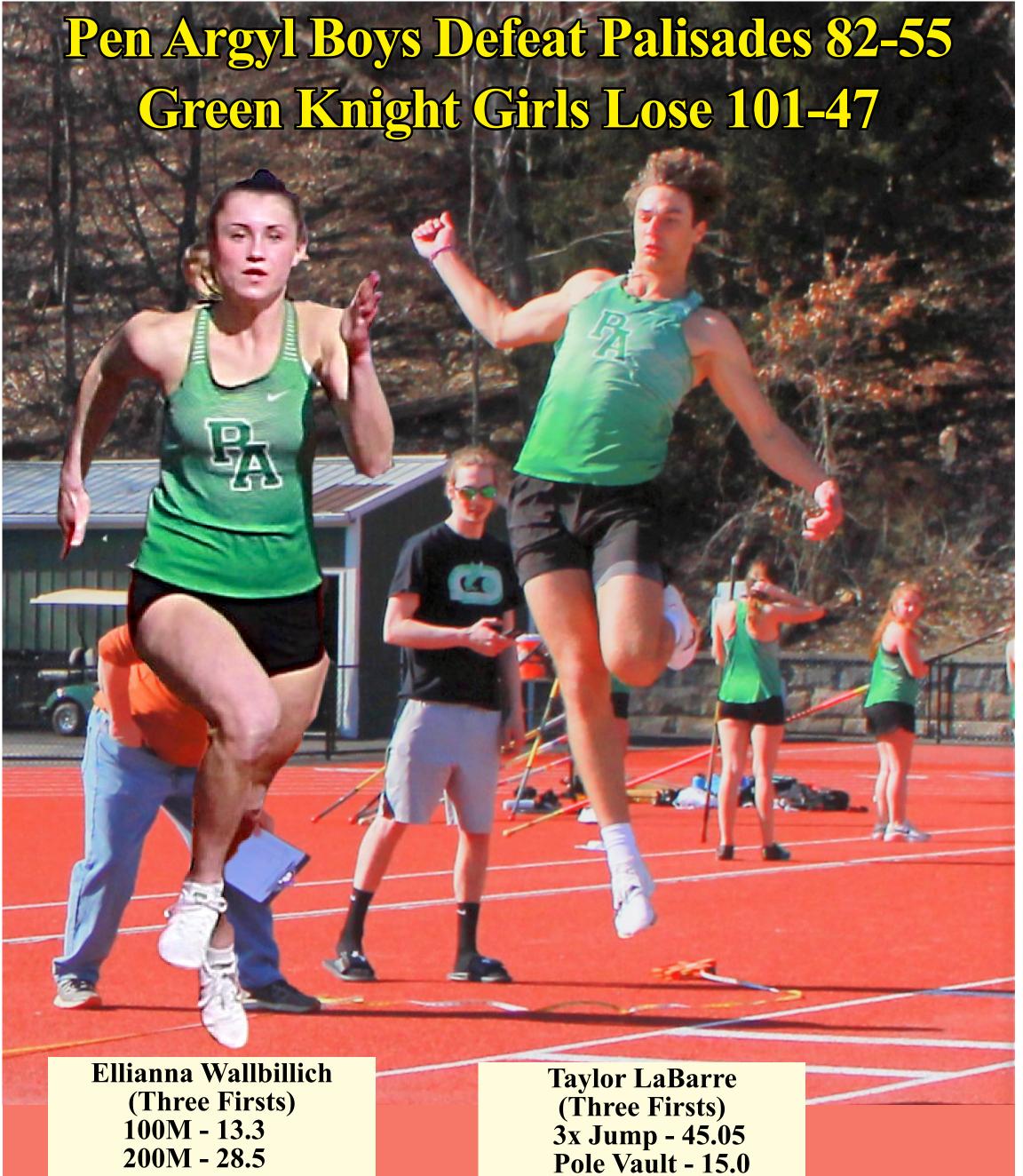
(L-R) Joseph Blair, Megan Erwin, Connor Roddy



(L-R) Aaron Tilley, Anderson Little, Jesse Henninger







Long Jump - 19.08

300 Hurdles - 49.5







Royal Pancake Breakfast

