

Local Students Help Market Slate Belt Restaurant Week

A collaboration between the Slate Belt Chamber of Commerce and Career Institute of Technology allowed students in the Marketing Program to put their graphic design skills to great use. The class designed Restaurant Week posters the community can expect to see hanging on local bulletin boards starting this week. Marketing is just one of the many programs offered at CIT. This program prepares students for careers in marketing and retail management. Students learn the principles of entrepreneurial economics, basic sales skills, customer service, warehousing/distribution, inventory, pricing, and the basics of marketing.



Hendershot

When asked, "What is your favorite thing you have learned in the marketing class?" the students replied, "Better customer service, public speaking skills, communication, and how to express ideas or concepts we have in creative ways." For more information on CIT programs offered, visit www.citvt.com.

Pen Argyl sophomore Bryce Hendershot runs food blog @ northamptoncountyeats and is excited to blog during Slate Belt Restaurant Week and help with promotional giveaways. He started the blog in May 2020 during the pandemic. Bryce has utilized this hobby to give him a voice and creative outlet while providing positive advertising for restaurants, as he now has over 3900 followers! He aspires to have a career in marketing/advertising in the restaurant realm. Follow him on Facebook and Instagram for restaurant week updates and chances to win gift card giveaways!

Organized by the Slate Belt Chamber, Restaurant Week is scheduled to run from March 5-11th with twelve participating restaurants: American Lobster, Café on Broadway, Scorecard Sports Bar & Grill, Good Azz Eats, Broadway Pub, 512 Deli, 5 Points Grill & Pub, Allegheny Creek Brewing Company, Rustica Artisan, Richmond Farm & Brewery, Port 2 Flavors, and Fuhrer's Tavern. Visit slatebeltchamber.org/restaurant-week-2023 for more details and menus!

Girls Basketball Playoffs:

Bangor 30 Pocono Mt. East 28.

Bangor will play Bethelehem Catholic for the District XI 5A championship Saturday at a site and time TBA. The Slaters also will play in the state tourney.

Pen Argyl will face Palmerton for the District XI 3A championship 6:00 pm tomorrow at Whitehall.. The Green Knights will also play in the state tourney.

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



9 AM Temperatures March 02, 2023 **Mount Pocono** Morristown Allentown 43 Reading Philadelphia Coatesville Wilmington **Atlantic City** 48° 53 Georgetown 55° 50 40

Today's Forecast

A weak storm system will bring areas of dense fog, drizzle and showers this morning, with temperatures in the 40s. There could even be an isolated thunderstorm in the Delmarva.

A frontal boundary crossing the area midday will clear out the moisture, with a gusty northwest wind, some sun and much milder temperatures this afternoon

Tonight will be breezy and turning cooler again, but remaining dry with clear to partly cloudy skies.



Free Breads And Sweets

Free breads and sweets are now available, two per person delivered every Wednesday and Friday at the shop in Nifty 'n Thrifty 31 and 38 Broadway, Bangor.

Royal Pancake Breakfast

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

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

zoota

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

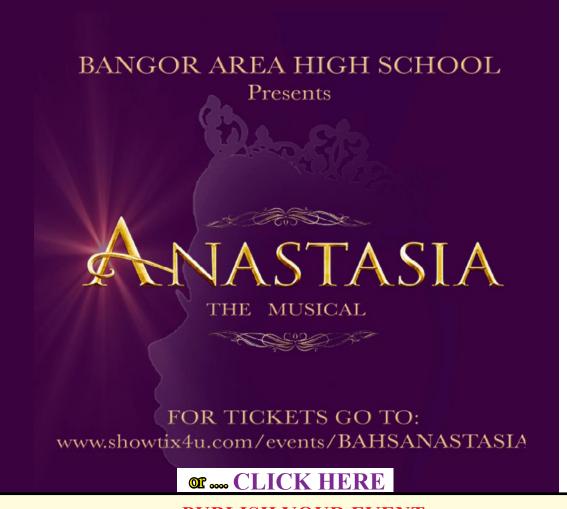
Corned Beef & Cabbage Dinner

A Corned Beef & Cabbage Dinner will be held at Christ Evangelical Lutheran Church, 703 S. Delaware Dr. (Route 611), Mt. Bethel (Stone Church) on Saturday, March 11th from 3:30 pm to 7 pm. All you can eat meal includes dinner, water & dessert. Dine In or Take Out. For additional information call Chrissy at 610-588-0809.

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 Bunny will be there.



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.



Come Join us for a fun-filled event of Trick Hoops & Alley - Oops!

When you're in the stands, you're not just a spectator; you're apart of the fun show. Come and experience a magical display of tricks, coordinated ball handling, fancy passing and aerodynamic athletics combined with high-energy comedy and audience interaction. It's the Harlem Wizards vs. Slater All-Stars

DATE: Friday, March 3rd TIME: 7pm (doors open at 6pm)

Location: Bangor Area High School Gym (187 Five Points Richmond Rd)

All proceeds benefit the Bangor Area Middle School PTSO (Parent, Teacher, Student Organization)

Benchwarmer tickets \$95 Courtside plus tickets \$50 Reserved seats \$30 General admission \$20 Students \$15

Children 3 and under sitting on parents lap are free



Tickets Online Use The QR Code or: CLICK HERE

bre Info: Kim @ 484-241-0441 or Debbie @ 610-751-7692 bamsptso@gmail.com









MARCH 31 APRIL 1 APRIL 2 2:00 pm & 7:30 pm 2:00 pm 2023

Recent **Features** Pages 16-23

www.sbtopics.com sbtopics@rcn.com March 2 2023

Slate Belt 7-Day Weather Forecast

AM Shower PM Sunny 56 Today ... Rain/Snow 41 Friday

National Weather Service Forecast - 6am Today

Today, Scattered showers, mainly before 9am. Patchy fog before 10am. Otherwise, cloudy, then gradually becoming mostly sunny, with a high near 56. Breezy, with a southwest wind 5 to 10 mph becoming northwest 15 to 20 mph in the afternoon. Winds could gust as high as 30 mph. Chance of precipitation is 40%. New precipitation amounts of less than a tenth of an inch possible.

Tonight, Partly cloudy, with a low around 28. Blustery, with a north wind 15 to 20 mph decreasing to 5 to 10 mph after midnight. Winds could gust as high as 30 mph.

Friday, Rain likely after 1pm, mixing with snow after 4pm. Increasing clouds, with a high near 41. North wind 5 to 10 mph becoming southeast in the afternoon. Chance of precipitation is 60%. New snow accumulation of less than a half inch possible.

Friday Night, Rain, snow, and sleet before 10pm, then rain, possibly mixed with sleet between 10pm and 1am, then rain after 1am. The sleet could be heavy at times. Low around 34. Breezy, with an east wind 15 to 20 mph, with gusts as high as 30 mph. Chance of precipitation is 100%. New snow and sleet accumulation of around an inch possible.

Saturday, A chance of rain, mainly before 1pm. Mostly cloudy, with a high near 46. North wind 10 to 15 mph becoming west in the afternoon. Chance of precipitation is 40%. New precipitation amounts of less than a tenth of an inch possible.

Saturday Night, A slight chance of rain before 10pm, then a slight chance of snow between 10pm and 1am. Mostly cloudy, with a low around 31. Chance of precipitation is 20%.

Sunday, Mostly sunny, with a high near 48. Sunday NightMostly clear, with a low around 28.

Monday, Mostly sunny, with a high near 50. Monday Night, A chance of snow showers after 1am. Partly cloudy, with a low around 34. Chance of precipitation is 30%.

Tuesday, Partly sunny, with a high near 47.

Tuesday Night, Partly cloudy, with a low of 29.

Wednesday, Mostly sunny, with a high near 44.



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 2

Feeder Watch Monitoring

You must have already participated in Birds and Bagels - Citizen Science and Monitor Training to register for this volunteer opportunity. Volunteer as a citizen scientist to observe and record bird observations at Jacobsburg's feeders. You can choose what times you would like to monitor between the hours of 8:30AM- 3:30PM, all day commitment is not required. Register here to let us know what hours you are available to monitor.

Wednesday, March 2 at 8:30am to 3:30pm Jacobsburg Environmental Education Center 400 Belfast Rd, Nazareth, PA 18064

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

March 3

Feeder Watch Monitoring

You must have already participated in Birds and Bagels - Citizen Science and Monitor Training to register for this volunteer opportunity. Volunteer as a citizen scientist to observe and record bird observations at Jacobsburg's feeders. You can choose what times you would like to monitor between the hours of 8:30AM- 3:30PM, all day commitment is not required. Register here to let us know what hours you are available to monitor.

Thursday, March 3 at 8:30am to 3:30pm

CONTINUED PAGE 7



State Farm

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

www.debbieinsurespa.com





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Daily Schedule

Thursday March 2

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 March 3

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 4

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 March 5

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 March 6

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 March 7

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

Wednesday March 8

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 March 9

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 10

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 11

Blue Mountain Library - 10-12 Bangor Public Library - 10-4 Columcille Tours - Free. 9:30-11:30. Meet at



CHEVROLET

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 March 12

Breakfast - Bushkill Volunteer Fire C. 7:30-12:30.

Fellowship Dinner - Breaking Bread soup kitchen, 4:00pm. Cross Road Baptist, Bangor.

Slate Belt Heritage Center - Open 12-3.

Slate Belt YMCA - 10-2

Monday March 13

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

Bangor Public Library - Open 1-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show

Pen Argyl Sewer Auth. - 4:30pm (If needed)

Pen Argyl Municipal Auth. - 5pm (If needed)

Bangor Borough Council - Meets Bee Hive Community Center, 7pm

Portland Council - 7pm Pump - 8:30-11:30

Upper Mount Bethel Supervisors

- Meets 7:00pm

Roseto Borough Council - Municipal Building, 7:30pm

Slate Belt YMCA - Open 6:00am

- 8:00pm

Tuesday March 14

Bingo - Portland Fire Co., 7pm. **Blue Mountain Library** - Open 10-12

Bangor Public Library - Open 10-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show Mission of Love Food Pantry & Clothes Closet - N. Main St., Bangor, 10-12

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

Wednesday March 15

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm.

Blue Mountain Library - Open 10-12

Bangor Public Library - Open 1-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show

Washington Township
Supervisors Meet - Municipal
Building, 7pm

Pen Argyl Park Board - 7pm Plainfield Township Supervisors

- Meets 7:00pm Municipal Building. **Slate Belt YMCA** - Open 6:00am - 8:00pm

East Bangor Municipal Authority

- Municipal Authority Hall, 555 Messinger St., East Bangor, 7:00pm

Thursday March 16

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

Bangor Public Library - Open 10-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show Bingo - Plainfield Fire Co., 6:30pm Slate Belt YMCA - Open 6:00am -8:00pm

Friday March 17

Bingo - Wind Gap Fire Co., 6:45. **Blue Mountain Library** - Open 10-12

Bangor Public Library - Open 1-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show

Slate Belt YMCA - Open 5:00am - 9:00pm

Saturday March 18

Blue Mountain Library - Open 10-12

Bangor Public Library - Open 10-4

Slate Belt YMCA - 8-4 Slate Belt Heritage Center -Open 12-3

Hope, Faith & Recovery Group, every Saturday, at A Clean Slate, 118 S. 1st, St. Bangor. 11:30am - 12:30pm

Sunday March 19

Slate Belt Heritage Center - Open 12-3.

Slate Belt YMCA - 10-2

Monday March 20

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

Bangor Public Library - Open

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

Saturday March 25

Blue Mountain Library - Open 10-12







- 8:00pm

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

Temperature

(Yesterday)

<u>High</u>

Low

46

28

(Today's Forecast

High

Low

56

28

numbers increase the chance.

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.

Common Cold

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



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.

0 1 2 3 4 5 6 7 8 9 10

Air Quality

AM Reading

Good 0-50

Columbia N.J - 54 Moderate

(51-100)

Bethlehem - 48

Allentown - 33

Bad for Some (101-150)

Monroe - 17

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

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 - 0.03

Recent - 3.5

Month - 0.00

Month - 3.5

Year - 5.79 (+2.8)

Season - 7.50

UV Index

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



Moderate Risk Noon - 1pm

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

Heating Degree Days

Yesterday

Season

27

3765

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 6:34 AM

Sunset 5:53 PM

Pollen-Allergy Forecast 0 1 2 3 4 5 6 7 8 9 10 11 12

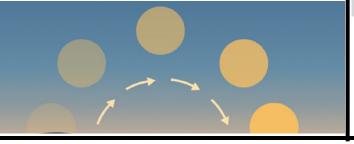
Top Allergen - Juniper

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





Mon 8:00 AM - 8:00 PM • Tue 8:00 AM - 6:00 PM Wed-Thu 8:00 AM - 8:00 PM

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



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company licensure and territory information. \$1693 10/15

SPECIAL EVENTS CONTINUED

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

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

March 5

Free Dinner

The East Bangor United Methodist Community Church welcomes you to a FREE "Chicken/Sausage Fettucini Alfredo" Dinner on Sunday, March 5th, 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.

March 6

Pool Pals Meeting

The Weona Park Pool Pals will meet at 7:00 on Monday, March 6th at the borough hall social room, 11 N. Robinson Avenue. The meeting will discuss future fundraising activities in our continuing efforts to raise funds for a Weona Park pool. The public is encouraged to attend.

March 7

Pool Pals Fundraiser

The Weona Park Pool Pals will have a fundraising event on Tuesday, March 7th at the Scorecard Sports Bar and Grill located at 130 N. Broadway in Wind Gap. The hours are from 4 PM to 2 AM. Please support their continuing efforts to build a pool.

March 8

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 11

Volunteer Event

Bogsucker Search, Invasive Species Removal, and Earth Day Prep

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

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

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

Royal Pancake Breakfast

The Bangor High School Drama Department will be hosting the eighth annual pancake breakfast Saturday, March 11 from 8am to 11am with the

cast of "Anastasia" at the Bangor Area High School cafeteria. Anastasia tells the story of the mystery surrounding a young woman thought to be the Russian princess that may have escaped the Bolshevik's assignation of the Romanov family. It's a wonderful musical filled with mystery, intrigue, suspense, and many heartwarming moments.

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

 Pre-orders will be held at the door check in
- when you arrive.

See BASD website for cancellations.

March 12

Welsh Day Presentation

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

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

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

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

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

March 15

Lenten Study

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Call 610-588-4453 to sign up.

March 18

St. Patrick's Day & 3rd Annual Wineaversary Celebration

You won't want to miss this celebration Saturday March 18 2023 at noon.! Participate in a pieeating contest, or a hook-and-ring competition. We will also have a Leprechaun Token Toss and as part of your admission you will receive 10 free tokens and a spin on the prize wheel giving you the chance to win prizes! You won't want to miss this fantastic event! Be sure to get your tickets on Eventbrite and save \$5 on the cost of admission.

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.

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

March 24

Family Science Night - Tantalizing Timberdoodles

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

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

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

March 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 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

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.

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?ord er=date&search=jacobsburg

April 1

PLANTSTOCK

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

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

April 1

Roseto Easter Bunny.

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

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

The Easter Buuny will be there.

Easter Egg Hunt

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

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

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

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

April 5

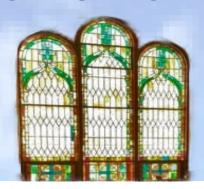
Lenten Study

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.

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

Mt. Bethel Abstract

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Susan McKean

President



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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 February 25- A.A Meeting 8pm Fenruary 26- 9:30 a.m. Worship Service Adult Sunday School 10::30 March 1 - Ash wednesday Service 7pm March 2- Choir Rehearsal (Live & on Zoom) 10:45 Fellowship Hour

Grace Lutheran Church

5907 Sullivan Trail, Nazareth Pa 18064 www.gracebelfastpa.org 610-759-9080 Email:gracebelfast@rcn.com February 26

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

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

2445 Lake Minsi Dr, Bangor popbangor.org poplcbangor@gmail.com Sunday Worship 9:45 am (Weekly Communion) Sunday School 8:30 am

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

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Slate Belt Town Topics Sports



2022 -23 Sports Schodula

2022 -23 Sports Scheaule									
Pe	n Argyl Girls (2	20-5)	Pe	en Argyl Boys (8	8-13)	Pen	Argyl Wrestli	ng (10-4)	
	NDES W 64-12	2:30pm	12/2	NDES L-55-44			NDGP L 69-3.	7:00pm	
12/3	Moravian W 45-34	1:00pm	12/3	Moravian L 51-36	-		@Rough Rider	9:00am	
12/6/	Saucon W 60-31	6:45pm	12/6/	Saucon L 46-32	6:45pm	2/7/	Saucon Valley L 43-24	4 7:00pm	
12/8/	Palmerton L 49-46	6:45pm	12/8/	Palmerton L 57-30	6:45pm	12/16	Lehighton L 33-28	7:00pm	
12/12/	Wilson W 62-24	6:45pm	12/12/	Wilson W 58-41	6:45pm	12/22/	(a) Palmerton W54-	14 7:00pm	
12/19/	(a) NDGP L49-37	6:45pm	12/19/	NDGP L 60-35	6:45pm	1/4/	@ Salisbury W 49-	247:00pm	
12/22	Lehighton W 46-37	6:45pm	12/21/	@ BangorW 45-40		1/6/	@ Wilson W 35-27	7:00pm	
	Bangor L 45-37	6:45pm	12/22	@ Lehighton L 45-4	27:00pm	1/7/	Upper Moreland W33-3	30 9:00am	
	PME - W 47-38	6:00pm	12/27	@ N.Warren W 50-3	361:30pm	1/7	NorristownW 56-12	2	
1/5/	Palisades W 51-24	6:45pm	12/28	@ Sussex W 57-37	TBA	1/7	Epicopal Acad. W:	50-18	
1/7/		12:45pm	1/5/	Palisades W 52-46	6:45pm	1/7	Methacton L42-28		
1/9/	Salisbury W 70-29	6:45pm	1/7/	Northwestern L 52-40	12:45pm	1/7	Penn Wood W 59-1	2	
	Whitehall W 54-34	7:00pm	1/9/	Salisbury L 43 - 33	6:45pm	1/11/	N. Lehigh W 63-9	7:00pm	
		12:45pm	1/14/	S. Lehigh L 41-33	12:45pm	1/18/	Palisades W43-23	7:00pm	
	Palisades W 55-24 Catasauqua W 49-28	6:45pm 6:45pm	1/17/	Palisades W 51-41	6:45pm	1/20	@Coal Cracker	4:00pm	
	Saucon W 52-35	6:45pm	1/19/	Catasauqua W 35-2			@Coal Cracker	11:00am	
	N. Lehigh W 61-33	6:45pm	1/24/	Saucon L 36-22	6:45pm	1/27/	@Ultimate Warrior	11:00am	
		12:45pm	1/26/	N. Lehigh W 65-30	6:45pm	1/31/	@Bangor W 45-24	7:00pm	
2/1/	Moravian W 58-32	6:45pm	1/28/	@ Wilson L 55-43	12:45pm			1	
2/4/	NDGP W 37-28	12:45pm	2/1/	Moravian L 41-33	6:45pm				
2/7/	@ Bangor W 65-40	_	2/4/	@ NDGP L 73-60	.12:45pm				
2/10	Bangor W 48-40	•	2/7/	Bangor L 56-39	6:45pm				
2/14	Palmerton (L) 68-67	(3OT)							
2/28	NDGP W 50-42								
3/3	Palmerton		Ba	angor Boys (13-	-11)	Ba	ngor Wrestlin	g (5-9)	
_	Danasar Cirila (1)	0.0		Moravian W 58-47	6:45pm	12/3	North Penn L	46-22	
	Bangor Girls (18		12/8/	@ NDGP L 56-22.	6:45pm	12/3	Abington L5	7-15	
12/6/	Moravian W 46 -27	6:45pm		Northampton W 46-3	-	12/3	Pleasant Val. W	45-23	
12/8/	NDGP W 43-37	6:45pm		Catasauqua W 58-30	-	12/3	Mariana Acad. W	60-12	
	Northampton L 47-46	12:45pm		Palisades W 36-16		12/3	Honesdale L 5	58-18	
	Catasauqua W 47-29	6:45pm		@Pleasant ValleyL	_	12/7/	Catasauqua L 43-2	24 7:00pm	
12/13	@ Palisades W 36-10	0.43pm		Saucon Valley I 38 2		12/9/	Palisades I 34-33	7.00pm	

12/17 E'burg North W 1:00pm 12/19/ Saucon ValleyW 41-27 6:45pm 12/21/ @ Pen Argyl W 45-37 6:45pm @ Wm. Allen W 48-30. 2:30pm 12/27 12/27 2:30pm 1/5/ 12/28 (a) NDES W 38-9 Wilson W 52 - 32 1/5/ 6:45pm 1/7/ 1/7/ N. Lehigh W 47-37 12:45pm 1/9/ Northwestern L 61-25 6:45pm 1/12/ 1/9/ 1/12/ @ Salisbury W 42-22 6:45pm 1/17/ 6:45pm 1/19/ @ Wilson W 49-22 1/17/ @ S. Lehigh W 49-37 6:45pm 1/24/ 1/19/ Moravian W 38-32 1/24/ 6:45pm 1/26/ NDGP. L 37-28 1/28/ Palmerton L 46-25

12/19/ Saucon Valley L 38-246:45pm 12/9/ 12/21/ Pen Argyl L 45-40 @ Easton L 47-39 (a) Hatboro L 66-67 @ Wilson W 51-48 6:45pm N. Lehigh W 70-33 12:45pm Northwestern W 60-57 6:45pm Salisbury W 58-28 Wilson L 56-52

6:45pm 12/14/ 7:30pm 12/16/ TBA 6:45pm 6:45pm S. Lehigh W 50-40 6:45pm @ Moravian W 65-56 6:45pm 1/21 6:45pm 1/26/ NDGP L 68-60 6:45pm 1/28/ Palmerton W 56-52 12:45pm Palisades W 65-42 6:45pm 12:45pm Saucon L 47-41 6:45pm Pen Argyl W 56-39 Palmerton L 64-42

Palisades L 34-33 7:00pm

Saucon Valley L 61-6 7:00pm @Belvidere W 54-247:00pm Wilson W 25-24 12/20/ 7:00pm (a) Trojan Wars 12/29 **TBA** 12/30/ (a) Trojan Wars **TBA** 7:00pm 1/4/ Northwestern L 37-30 NDGP L 68-0 1/11/ 7:00pm

7:00pm S. Lehigh W 43-19 1/18/ 1/20 1:45pm @Coal Cracker @Coal Cracker 9:00am 1/26/ @ Del Val 7:00pm PenArgylL45-29 7:00pm 1/31

Pen Argyl L 65-40 Pen Argyl L 48-40 PME W 30-28

Palisades W 54-34

Saucon Valley W 41-30

3/1 3/4 Reca

2/1/

2/4/

2/7/

2/10

2/24

2/1/

2/4/

2/7/

2/11

High School Varsity Rosters 2022 - 23

Bangor Boys

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

Bangor Girls

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

Pen Argyl Wrestling

I CHAIgyl WI	Country						
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
- Christian Hershey 21
- 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
- Damian Tyminski
- Cayden Vishnesky

Pen Argyl Girls

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

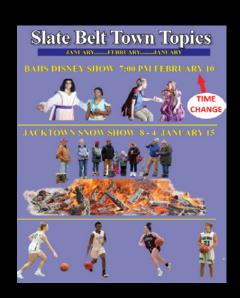
Benjamin Whitley

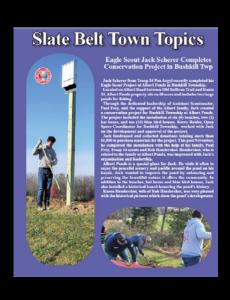
Mgr Brooke Bowie

MgrDelaney Brinker

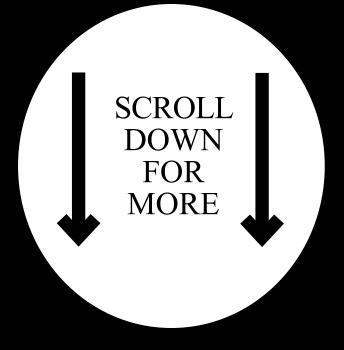
MgrAlexis Burrier

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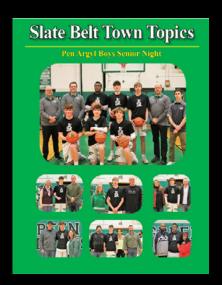


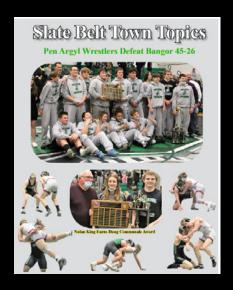












Read the Town Topics With Fresh News

Every Day

PEN ARGYL GOING TO 5A TITLE GAME

Knights Shoot Down NDGP 50-42

Pen Argyl scored an impressive win over Notre Dame Green Pond last night with a 50-42 win to earn a berth in the District XI championship versus Palmerton in a game to be played Friday night at a site and time to be determined today.

The Knights dominated the game from the outset, taking a 10-3 lead by the end of the first quarter and extending their lead to 20-9 at halftime.

Although the Crusaders outscored the Green Knights 33-30 in the second half, Pen Argyl hit nine of 13 free throws going down the stretch to win.

Winners of 12 of their last 13 games, Pen Argyl will try to stop Colonial League nemesis Palmerton, who defeated the Knights 49-46 in December and scored a triple overtime epic win two weeks ago in the Colonial League playoffs.

Regardless of the outcome, Pen Argyl will advance to the state tourney.

Pen Argyl Scoring

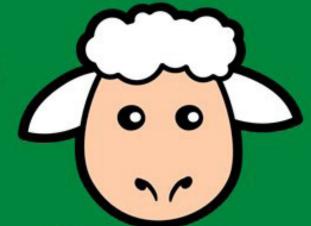
Marshall 4, Vargo 2, Morro 22, Katulka 4, Maggipinto 3, Wallbillich 15. 3-Pointers - None



March Comes In Like A Lamb



Wednesday's Forecast



Mostly sunny after some morning fog.

Mild temperatures.

Light and variable winds.

National Weather Service Mount Holly, New Jersey





SIGNS AND SYMPTOMS COLD FLU Symptom onset Gradual Abrupt Usual Rare Fever Slight Usual Aches Uncommon Fairly common Sometimes Usual Fatigue, weakness Common Sometimes Sneezing Mild to moderate Chest discomfort, cough Common Common Stuffy nose Sometimes Sore throat Sometimes Common Headache Common Rare

ASH WEDNESDAY

In 2023, like in every year, Ash Wednesday is the first day of the liturgical season of Lent. It always falls six and half weeks before Easter, beginning the Lenten season of preparation for Christ's Resurrection on Easter Sunday.

Origin

Ash Wednesday dates back to the 11th century. Yet, the tradition of receiving ashes has even earlier roots—to the ancient Hebrew custom of clothing oneself in sackcloth and dusting oneself with ashes as a sign of penance

How Is The Date For Easter Determined Every Year?

The simple standard definition of Easter is that it is the first Sunday after the full Moon that occurs on or after the spring equinox. If the full Moon falls on a Sunday then Easter is the next Sunday.

Easter, also called Pascha or Resurrection Sunday, is a Christian festival and cultural holiday commemorating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial following his crucifixion by the Romans at Calvary

It marks the first day of Lent in Western churches. The ashes symbolize penance and the dust from which God made people. When priests mark Christian's forehead with the ashes they often say, "Repent and believe in the Gospel," or "Remember that you are dust, and to dust you shall return



FASTNACHT DAY

Fastnacht Day or in Pennsylvania German: Faasenacht) is an annual Pennsylvania Dutch celebration that falls on Shrove Tuesday, the day before Ash Wednesday. The word translates to "Fasting Night" or "Almost Night" in English. The tradition is to eat the very best foods, which are part of the German tradition, and much of them, before the Lenten fast. Fastnachts (pronounced /ˈfastnaxt/ in German) are doughnuts.

aka FAT TUESDAY

Festive day celebrated in France on Shrove Tuesday ALSO KNOWN AS Mardi Gras, (French: Fat Tuesday) (the Tuesday before Ash Wednesday), which marks the close of the pre-Lenten season. Fat Tuesday is the custom of using all the fats in the home before Lent in preparation for fasting and abstinence.

aka SHROVE TUESDAY

The Tuesday before Ash Wednesday, which marks the close of the pre-Lenten season. aka Pancake Tuesday is the day before Ash Wednesday, observed in many Christian countries through participating in confession and absolution, the ritual burning of the previous year's Holy Week palms, finalizing one's Lenten sacrifice, as well as eating pancakes and other sweets

Fastnacht Donut Sale at Christ Lutheran Church

A Donut Sale will be held at Christ Evangelical Lutheran Church, 703 S. Delaware Dr. (Route 611), Mt. Bethel (Stone Church) on Tuesday, February 21st. Donuts are available powdered or plain and picked up by 1pm. The cost is \$10.00 per dozen. Orders are recommended and can be placed until February 18th. To place your order or for additional information call Chrissy at 610-588-0809.



Lincoln and Washington's Birthday Morphed Into Presidents Day

Birthday Observance History

1876 - U.S. House of Reps proposed that April 14 (Lincoln) Assassination Date) would be a national holiday for Lincoln.

1900 - Post Offices closed in the afternoon.

1907 - All Northampton County Schools observed Lincoln's Birthday.

1909 - at the Music Hall in Bangor (next to the present Bangor PD office) Union Defenders Day and Lincoln's Birthday were observed by the Sons of Veterans of the Civil War.

1909 - The Shakespearian Literary Society in Pen Argyl observed Lincoln's Birthday.

1914 - Lehigh New England Railroad Shops closed.

1923 - Pen Argyl Schools observed Lincoln's birthday as a holiday.

1924 - Lincoln and Washington's Birthdays were observed in all Bangor Schools.

1924 - PAHS Class of 1924 held a Lincoln Birthday Party.

1936 - Bethlehem Schools Closed.

1939 - Merchants bank of Bangor's move to Broadway delayed by observance of Lincoln's Birthday.

1947 - Banks and Municipal offices closed but schools and post offices were open on Lincoln's Birthday.

Presidents Day History

By the end of WWII, the observance of Lincoln and Washington's birthdays waned except as magnets for special February sales.

Today their birthdays are included in Presidents' Day, which is a holiday in the United States celebrated on the third Monday of February to honor all people who served as presidents of the United States and, since 1879, has been the federal holiday honoring George Washington, who led the Continental Army to victory in the American Revolutionary War, presided at the Constitutional Convention of 1787, and was the first U.S. president.

Washington's Birthday was celebrated on February 22 from 1879 until 1970. To give federal employees a three-day weekend, in 1968 the Uniform Monday Holiday Act moved it to the third Monday in February, which can occur from February 15 to the 21st.

Lincoln's Birthday, February 12, was never a federal holiday, but nearly half the state governments have officially renamed their observances "Presidents' Day", "Washington and Lincoln Day", or other such designations. (In historical rankings of presidents of the United States, Lincoln and Washington are often the top two.



United States Presidents

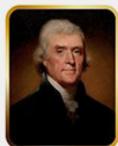
1789 - PRESENT



George Washington (1789 - 1797)



John Adams (1797 - 1801)



Thomas Jefferson (1801 - 1809)



James Madison (1809 - 1817)



James Monroe (1817 - 1825)



John Quincy Adams (1825 - 1829)



Andrew Jackson (1829 - 1837)



Martin Van Buren (1837 - 1841)



William Henry Harrison (1841 - 1841)



John Tyler (1841 - 1845)



James K. Polk (1845 - 1849)



Zachary Taylor (1849 - 1850)



Millard Fillmore (1850 - 1853)



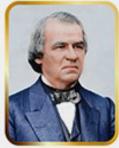
Franklin Pierce (1853 - 1857)



James Buchanan (1857 - 1861)



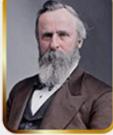
Abraham Lincoln (1861 - 1865)



Andrew Johnson (1865 - 1869)



Ulysses S. Grant (1869 - 1877)



Rutherford B. Hayes (1877 - 1881)



James A. Garfield (1881 - 1881)



Chester A. Arthur (1881 - 1885)



Grover Cleveland (1885 - 1889)



Benjamin Harrison (1889 - 1893)



Grover Cleveland (1893 - 1897)



William McKinley (1897 - 1901)



Theodore Roosevelt (1901 - 1909)



William Howard Taft (1909 - 1913)



Woodrow Wilson (1913 - 1921)



Warren G. Harding (1921 - 1923)



Calvin Coolidge (1923 - 1929)



Herbert Hoover (1929 - 1933)



Franklin D. Roosevelt (1933 - 1945)



Harry S. Iruman (1945 - 1953)



Dwight D. Eisenhower (1953 - 1961)



John F. Kennedy (1961 - 1963)



Lyndon B. Johnson (1963 - 1969)



Richard Nixon (1969 - 1974)



Gerald Ford (1974 - 1977)



Jimmy Carter (1977 - 1981)



Konald Keagan (1981 - 1989)



George H. W. Bush (1989 - 1993)



Bill Clinton (1993 - 2001)



George W. Bush (2001 - 2009)



Barack Obama (2009 - 2017)



Donald Trump (2017 - 2021)



Joe Biden (2021 -)







Pen Argyl's Sokal Athletes Bringing Home the Gold

by Larry Cory

Recently, the Sokal Fitness and training center in Pen Argyl took a group to DeSales and Villanova University and came home with 10 gold medals, 10 silver medals and eight bronze medals.

"I was very proud of the kids that went," said Sokol director Erl Person. "We had 13 kids trained (and) for ten weeks in the fall for Special Olympics power-lifting, we had 11."

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According to their website: "Sokol 5-Tool Fitness is a not-for-profit organization that operates a sport fitness and baseball/softball training facility. It is administered and maintained by the Sokol Lodge 410 Board of Directors members. The goal is provide quality strength/ conditioning/agility training and baseball/softball skill development for our members and local baseball and softball organizations. The facility is also available

Person is currently training his group for their next competition,

for rent."

"We're probably taking eight or ten kids to Parkland February 25th for high school, teenage high school and team Special Olympics kids."

Sokal is not a fancy gym with all the glitz and glimmer of LA Fitness. Sokal, however, on Robinson Avenue in Pen Argyl is about as basic as a gym can be, yet they get the job done.

"It's the way we train here is very simple," said Person. "We focus on a small number of functional movements." Squat, bench press. dead lift and press."

This a process that doesn't produce results overnight. "We work on form technique first and foremost, then as they perfect that, we start adding weight." Person says.

"They don't need fancy. They just need to come in and they know that everyone here is on their side," Person stressed.

> "We don't want them competing against one another. We want then competing against themselves" he added. "You know every kid ha to do better than they did the las time they were here. That's al we're looking for. It's old school It's very old school."

Person is no stranger to athletic training he got off to a good start playing football at Pen Argyl High for Coach Roy Cortez.

School Since then he has become a Certified personal trainer through the CSM championships," he said. "Probably two or three of those are going to be and a certified power-lifting coach through Special Olympics. When he is not at the gym he works for the FAA as an Electronics technician.

Medal Winners

Justin Washington 1 Gold Medal Gage Higgins 1 Gold Medal Sammy Campbell 1 Gold Medal Mika Kanofsky 1 Gold Medal 3 Silver Medals Makenna Compton 1 Gold Medal 3 Silver Medals Christine DeHaven 3 Gold Medals 1 Silver Medal Tyler Youngkin - 4 Silver Medals Logan Wismer 4 Silver Medals James Morris 1 Bronze Medal and 3 4th place ribbons Markus Ikona 4 Gold Medals 1 Silver Medal

