

Slate Belt Town Topics

NEWS TODAY NOT NEXT WEEK

March 6, 2023

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SLATE BELT RESTAURANT WEEK

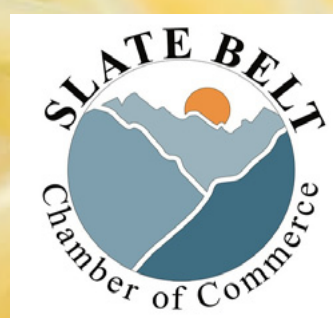
MARCH 5TH - 11TH

Participating Restaurants



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

Event Sponsors



Roseto Ladies Night Update

We have 7 of the 12x2 length boards if you need. The DT in Nazareth on 248 has longer length boards if needed. ***

Ladies in the Slate Belt Area our Ladies Craft Night will be Tuesday, March 7 from 6:00-7:30 at the Roseto Borough Building 164 Garibaldi Ave. We will meet in the social room. All winter has felt like spring with the exception of one or two Arctic days. The flowers and some trees are pushing out some green because they feel the spring. So we will usher in spring with this little craft. You do not have to do the word “spring”, you may prefer to do the name of a child, your last name (hopefully not too long), beach, welcome might fit. That’s the “fun part” with a craft, you can personalize it to your likes. A snack will be provided and you can bring a beverage with you.

Supplies you will need:

- * Glue gun and glue sticks
- * 12”x 2” Board for base. You can go a different size if you want to have a longer word or saying. I originally got mine at the DT by Weis, but I did not see any there today. I will check other DT in the area. If you intend to come, comment below so I know how many boards to look for over the next week. Hobby Lobby (HL) may have some.

- * Base pieces for each of your letters. I used wood slices from HL. Be creative.

- * Letters for your word choice. My letters came from the wood craft section at HL. Be sure your letters fit on the base that you have selected.

- * Paint brush or foam brush

- * Paints- I used one color for base board and then each letter I did a different color. Again your choice on color and how many.

- * Extras- to give that added touch for your word. I got my duck in a set at HL in the floral department and my little birds back where dollhouses are in HL. Flowers I just took from what I had at home.

I am anxious to see what you all design. Don’t ever think you are not creative. It’s in there. So come out, put it to use and make some new friends from the Slate Belt

Lunafest

The Easton Branch of American Association of University Women (AAUW) and the Landis Center for Community Engagement at Lafayette College are bringing LUNAFEST® to Easton. Sunday March 19, 1-4:30 pm, Buck Hall, Landis Cinema, Lafayette College.

LUNAFEST, created by Clifbars.com and Chicken and Egg Pictures, is an annual series of short films made by and about women and gender non-confirming people worldwide. LUNAFEST sparks inclusive community discussions about the strengths and challenges of women and the LGBTQIA community using diversity and global thinking as inquisitive lenses. .

Ticket sales will directly benefit the AAUW—Easton Scholarship Fund for area high school seniors and other women headed to 2- or 4- colleges.

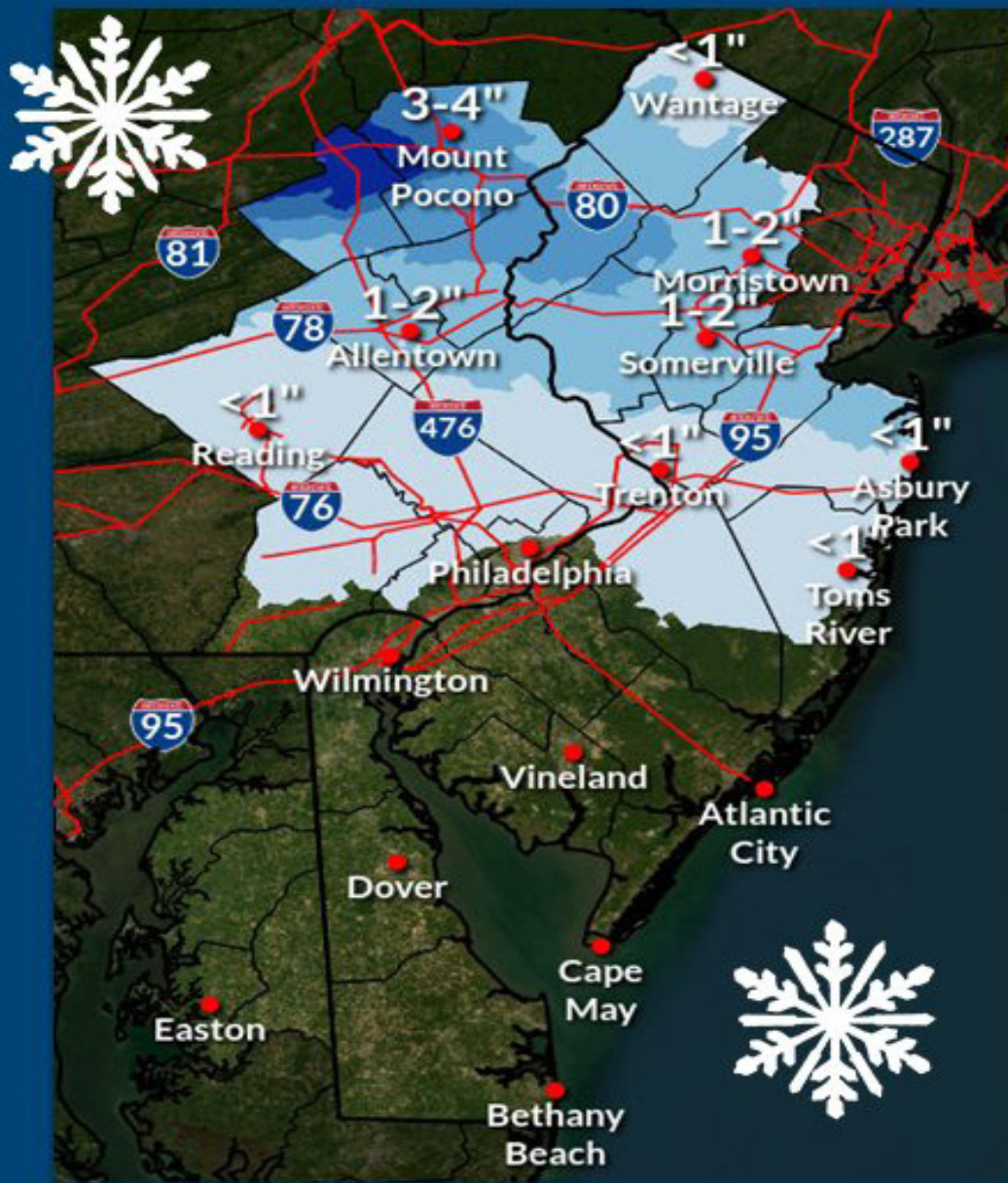
LUNAFEST believes that sharing diverse perspectives can spark conversation, connection, and change. In 90 minutes, juried film topics tackle universal themes of friendship, bravery, community, breaking down barriers, and finding joy.

Rosemary Baker, Leadership Team Member for AAUW-Easton, said, “AAUW-Easton Branch has a long history of supporting talented local young women graduating from high school and also those who are restarting their education and making certain they have the funds to make college a reality. These scholarships exemplify our commitment to equity and empowerment for women in the Easton community as well as the strength of the entire Lehigh Valley in the future.”

Carol Inman, Chair of the AAUW LUNAFEST committee, is passionate about the ability of films to launch timely dialog, said, “ I can think of nothing more important in Pennsylvania 2023 than to keep women’s and LGBTQIA’s issues, challenges, and strengths at the forefront of public discourse. Free Parking, free refreshments, and a one-on-one costume-jewelry exchange!

TICKETS: \$25 Theater Event Admission, \$10 for students 13+. A Virtual Option, also for \$10, is available for viewing up to 48 hours after the event. PURCHASE TICKETS: <https://www.lunafest.org/screenings> Look for Easton, March 19th

Snow is Expected Tonight



Rain is forecast to develop tonight.

The rain should change to snow overnight in eastern Pennsylvania and in northern and central New Jersey.

Accumulations up to 2 to 4 inches are anticipated in the high terrain.

State Belt Chamber of Commerce

MARCH 5-11

Restaurant Week

Allegheny Creek Brewing Co
690 Allegheny Road, UMBT

American Lobster
1420 Jacobsburg Road, Plainfield Twp

Broadway Pub
62 Broadway & Rt. 191 Bangor

Cafe On Broadway
21 S. Broadway, Wind Gap

512 Deli:
32 Murray St., Bangor

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

Five Points Grill & Pub
1001 Mount Bethel Highway, UMBT

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

Port 2 Flavors
425 Delaware Ave., Portland

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

Rustica Artisan: 1101
Allegheny Road, UMBT

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

Info:

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



Allegheny Creek Brewing



American Lobster

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.

It's Time to Remove Cost Barriers to Early Breast Cancer Detection

By: Senators Tracy Pennycuick (R-24) & Lisa Boscola (D-18)

Three of the scariest words in the English language are spoken thousands of times a day in doctor's offices across the country: "You have cancer." This year, more than 12,000 Pennsylvania women will hear those words as they are diagnosed with breast cancer. These women are our friends, family members, neighbors and coworkers – perhaps even ourselves.

"You have cancer." This diagnosis was delivered to both of Senator Pennycuick's grandmothers, her mother, her aunt and cousins. Senator Boscola has had friends and family devastated by a cancer diagnosis.

Sometimes, but not often enough, they are followed by four more words: "We caught it early." When breast cancer and/or the gene mutations associated with it are detected early, patients have far more options and outcomes and odds of remission are drastically improved, nearly 90% for some cancers. There are no substitutes for regular screenings and genetic testing, especially for those with risk factors or a family history.

Pure and simple, early detection saves lives.

But for many women, these life-saving genetic tests and enhanced screenings are unavailable due to cost. This is unacceptable. Cost should never be a barrier to early cancer detection.

The Pennsylvania Senate has come together in a bipartisan effort to help strengthen the health and safety of our communities across the Commonwealth by breaking down these financial barriers to early detection. Senate President Pro Tempore Kim Ward, a breast cancer survivor thanks to early detection, sponsored Senate Bill 8, and we are proud to fully support our colleague and this legislation as cosponsors. This legislation is the first of its kind in the nation and will remove all out-of-pocket costs and mandate 100% coverage for preventative breast cancer screenings for high-risk patients. This includes coverage of all costs associated with supplemental screenings by MRI or Ultrasound, which are especially important for women with dense breast tissue.

No deductibles, no co-pays, no co-insurance.

The bill also covers genetic testing for the BRCA1 and BRCA2 gene mutation, an invaluable life-saving tool that often leads to earlier cancer detection or even prevention. Genetic testing not only informs the tested individual, but also enables their family members to understand their own risks and manage their own care.

We are proud to report that this bill was unanimously passed by the Senate Banking and Insurance Committee on February 28, and, with 47 cosponsors, we expect its passage by the full Senate shortly, sending a loud and clear message that it is time to remove the financial barriers associated with preventive breast cancer screenings and genetic testing that prevent women from obtaining affordable access to preventive screenings that detects breast cancer early and saves lives

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

PUBLISH YOUR EVENT

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

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OR ... **CLICK HERE**

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

MARCH 31
7:30 pm



APRIL 1
2:00 pm & 7:30 pm



APRIL 2
2:00 pm

2023

Slate Belt 7-Day Weather Forecast

Mostly Sunny 49 Today ... Partly Sunny 43 Tuesday

National Weather Service Forecast - 6am Today

Today, Mostly sunny, with a high near 49. Northwest wind 5 to 10 mph.

Tonight, Rain and snow likely before 11pm, then snow. Low around 30. North wind 5 to 10 mph. Chance of precipitation is 80%. New snow accumulation of 1 to 3 inches possible.

Tuesday, Partly sunny, with a high near 43. Breezy, with a northwest wind 15 to 20 mph increasing to 20 to 25 mph in the afternoon. Winds could gust as high as 35 mph.

Tuesday Night, Mostly cloudy, with a low around 25. Windy, with a northwest wind 25 to 30 mph, with gusts as high as 40 mph.

Wednesday, Mostly sunny, with a high near 42. Breezy, with a north wind 20 to 25 mph, with gusts as high as 40 mph.

Wednesday Night, Partly cloudy, with a low around 28. Blustery.

Thursday, Mostly sunny, with a high near 44. Breezy.

Thursday Night, Partly cloudy, with a low around 24.

Friday, Mostly sunny, with a high near 46.

Friday Night, A chance of rain before 1am, then a chance of snow. Mostly cloudy, with a low around 31. Chance of precipitation is 40%.

Saturday, A chance of rain. Mostly cloudy, with a high near 43. Chance of precipitation is 50%.

Saturday Night, A chance of rain and snow. Mostly cloudy, with a low around 31. Chance of precipitation is 40%.



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 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

CONTINUED PAGE 10



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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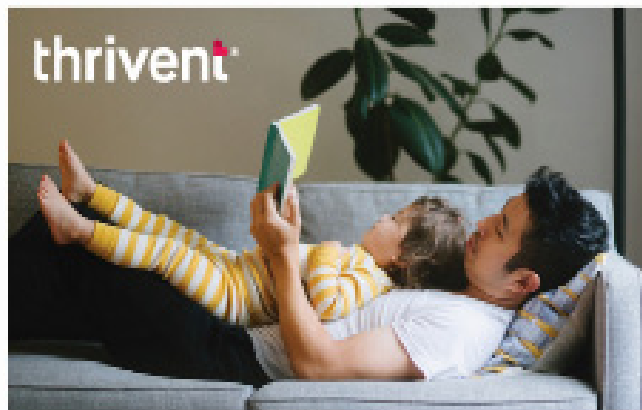
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Daily Schedule

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

Sunday March 12

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

Monday March 13

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

Tuesday March 14

Bingo - Portland Fire Co., 7pm.
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 10-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show



Wind Gap

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Daily Schedule

Mission of Love Food Pantry & Clothes Closet - N. Main St., Bangor, 10-12
Slate Belt YMCA - Open 6:00am - 8:00pm

Wednesday March 15

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm.
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Washington Township Supervisors Meet - Municipal Building, 7pm
Pen Argyl Park Board - 7pm
Plainfield Township Supervisors - Meets 7:00pm Municipal Building.
Slate Belt YMCA - Open 6:00am - 8:00pm
East Bangor Municipal Authority - Municipal Authority Hall, 555 Messinger St., East Bangor, 7:00pm

Thursday March 16

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

Friday March 17

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

Saturday March 18

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

Sunday March 19

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

Monday March 20

Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Plainfield Township Planning Commission - Municipal Building, 7:00 pm.
Lower Mount Bethel Supervisors - Meets Centerfield Building - 7pm
Pump - 8:30-11:30
Slate Belt YMCA - Open 6:00am - 8:00pm

Tuesday March 21

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

Washing Twsp. Planning - 7pm
Wind Gap Boro - Council 7pm

Wednesday March 22

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

Thursday March 23

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

Friday March 24

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

Saturday March 25

Blue Mountain Library - Open 10-12

Bangor Public Library - Open 10-4
Slate Belt YMCA - 8-4
Slate Belt Heritage Center - Open 12-3

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

Sunday March 26

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

Monday March 27

Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-4. Blue Valley Farm Show
Bangor Borough Council - Workshop, Bee Hive, 7:00pm
Pump - 8:30-11:30
UMBT Supervisors -7pm
Slate Belt YMCA - Open 6:00am - 8:00pm

Tuesday March 28

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

Saturday April 1

Blue Mountain Library - Open 10-12
Bangor Public Library - Open 10-4
Mission of Love Soup Kitchen - N. Main St., Bangor. 11-2
Slate Belt YMCA - 8-4

Hometown
BRAND CENTER

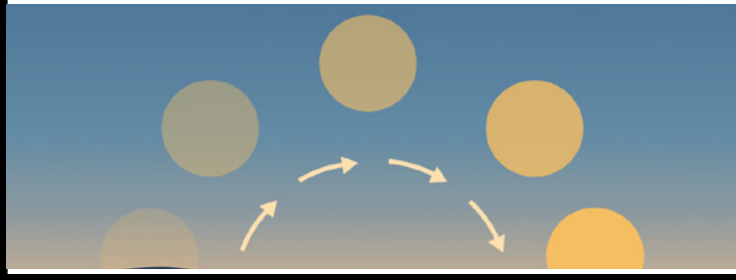
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SLATE BELT TODAY BY THE NUMBERS

<div>Temperature</div> <div>(Yesterday)</div> <div>High</div> <div>50</div> <div>(Today's Forecast)</div> <div>High</div> <div>49</div> <div>Low</div> <div>29</div> <div>Low</div> <div>30</div>	<div>COPD</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Combination of weather factors that can make one less or more likely to develop a pulmonary attack. Lower numbers are less while higher numbers increase the chance.</div>	<div>Asthma Index</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Combination of weather factors that can trigger asthma. A higher index mean more people w/asthma could be affected by temperature and allergens.</div>
<div>Sinus Headache</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Combination of weather factors that can make one less or more likely to develop a migraine. Lower numbers are less while higher numbers increase the chance.</div>	<div>Migraine Headache</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Combination of weather factors that can make one less or more likely to develop a migraine. Lower numbers are less while higher numbers increase the chance.</div>	<div>Common Cold</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Combination of weather factors that can make one less or more likely to catch a cold.. Lower numbers are less while higher numbers increase the chance.</div>
<div>Air Quality</div> <div>AM Reading</div> <div>Columbia N.J - 38</div> <div>Bethlehem - 28</div> <div>Allentown - 29</div> <div>Monroe - 36</div> <div>→ Good 0-50</div> <div>Moderate (51-100)</div> <div>Bad for Some (101-150)</div> <div>Very Bad 150+</div>	<div>Arthritis Index</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Scale of 0-10 with 0 indicating a very low risk of weather-related arthritis pain, and 10 indicating the highest chance of pain.</div>	<div>Cooling Degree Days</div> <div>Yesterday</div> <div>0</div> <div>Season</div> <div>0</div> <div>Used to track energy use. Add the daily high and low temperatures, divide by 2 and add 65 to calculate heating degree days.</div>
<div>Rainfall/Snowfall</div> <div>Rain</div> <div>Recent - 0.00</div> <div>Month - 2.18</div> <div>Year - 8.52</div> <div>Snow</div> <div>Recent - 0.0</div> <div>Month - 3.5</div> <div>Season - 7.50</div>	<div>UV Index</div> <div>0 1 2 3 4 5 6 7 8 9 10 11 12</div> <div>↑</div> <div>Moderate Risk - 11-2 Today</div> <div>(Ultra Violet Rays) Lower number indicates low risk of harm from unprotected sun exposure, higher numbers indicate greater risk</div>	<div>Heating Degree Days</div> <div>Yesterday</div> <div>23</div> <div>Season</div> <div>3863</div> <div>Used to track energy use. Add the daily high and low temperatures, divide by 2 and subtract 65 to calculate heating degree days.</div>
<div>Sun</div> <div>Sunrise</div> <div>6:28 AM</div> <div>Sunset</div> <div>5:58 PM</div> <div></div>	<div>Pollen-Allergy Forecast</div> <div>0 1 2 3 4 5 6 7 8 9 10 11 12</div> <div>↑</div> <div>Top Allergen - Juniper</div> <div>Scale of 0-12 with zero indicating the least potential allergy and 12 the most. Most prevalent allergen is Ragweed</div>	<div>Flu Index</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Flu index: (0-10) Combo of historical data and temperature. A high flu index means the spread of a flu is very favorable, assuming the disease is present</div>

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CLIENTS**

BUSINESS HOURS

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

Wed-Thu 8:00 AM - 8:00 PM

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



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SPECIAL EVENTS CONTINUED

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

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 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 pie-eating 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 Pickup 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.

March 30

Weekly Weeders

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

Thursday, March 30 at 8:30am to 10:30am.

More dates through October 26, 2023

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

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

Women Empowerment Group

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

-pre-registration is required

-must commit to attending all sessions

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

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

info@cleanslatebangor.org

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. 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.

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

SLATE BELT CHURCH INFORMATION



Christ Presbyterian Church of The Slate Belt

332 Kennedy Drive, Bangor

www.christpsb.org

More info 610-588-4864.

E-mail: info@christpsb.org.

Sunday Worship, 10:00 a.m.

in-person/Zoom/Facebook Live.

For more info: 610-588-4864.

Flicksville UCC

1337 Lower South Main St., Bangor

Pastor Ken Hess 610-588-4648

www.flicksvilleucc.com

Worship at 10:45am

Sunday School - 9:30am

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 4- A.A Meeting 8pm

March 5- 9:30 a.m. Worship Service

March 5 Adult Sunday School

March 1 - Ash Wednesday Service 7pm

March 9 - 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

March 5: 9:00 am Holy Communion,
10am Sunday Morning Adventures

Christ Evangelical Lutheran Church

703 South Delaware Drive Mt. Bethel,
18343

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

Email: celepaorg@yahoo.com

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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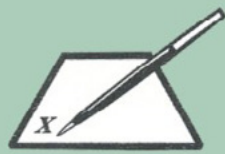
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Winter Sports Edition
2022 - 2023

Boys Basketball

2022 -23 Sports Schedule

Pen Argyl Girls (21-5)

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

Pen Argyl Boys (8-13)

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

Pen Argyl Wrestling (10-4)

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

Bangor Girls (18-7)

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

Bangor Boys (13-11)

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

Bangor Wrestling (5-9)

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

High School Varsity Rosters 2022 - 23

Bangor Boys

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

Bangor Girls

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

Pen Argyl Wrestling

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

Pen Argyl Boys

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

Pen Argyl Girls

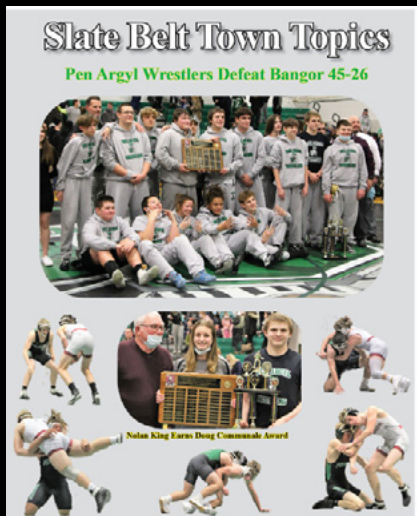
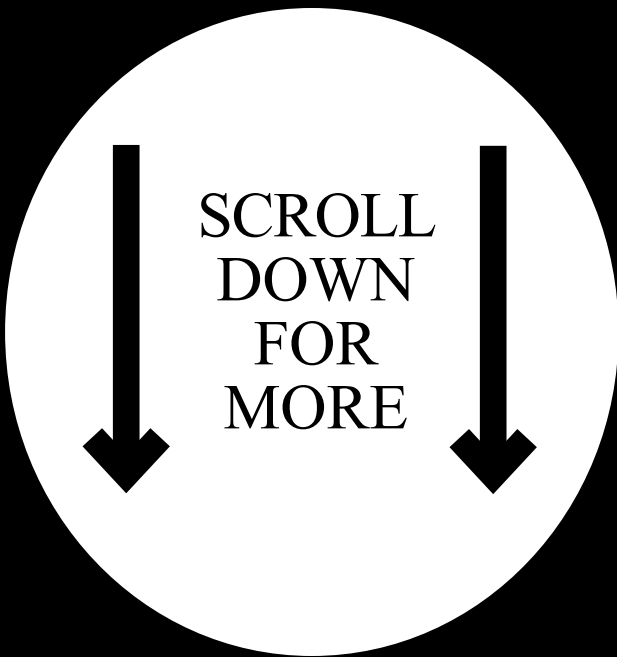
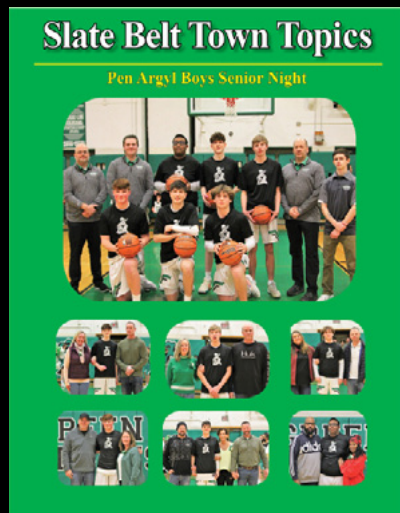
- 3 Emma Albanese
- 15 Julia Antonioli
- 2 Mckenna Cunningham
- 44 Hailey Frey
- 1 Jasmine Holland
- 22 Macy Kotulka
- 24 Kayla Maggipinto
- 35 Alexandra Marshall
- 20 Natosha Morrison
- 21 Jillian Morro
- 10 Kristen O'Brien
- 33 Ashlyn Oessenick
- 4 Kylee Uhler
- 12 Julia Vargo
- 5 Ellianna Wallbillich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

Pen Argyl Wrestling

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

Slate Belt Town Topics

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Every Day

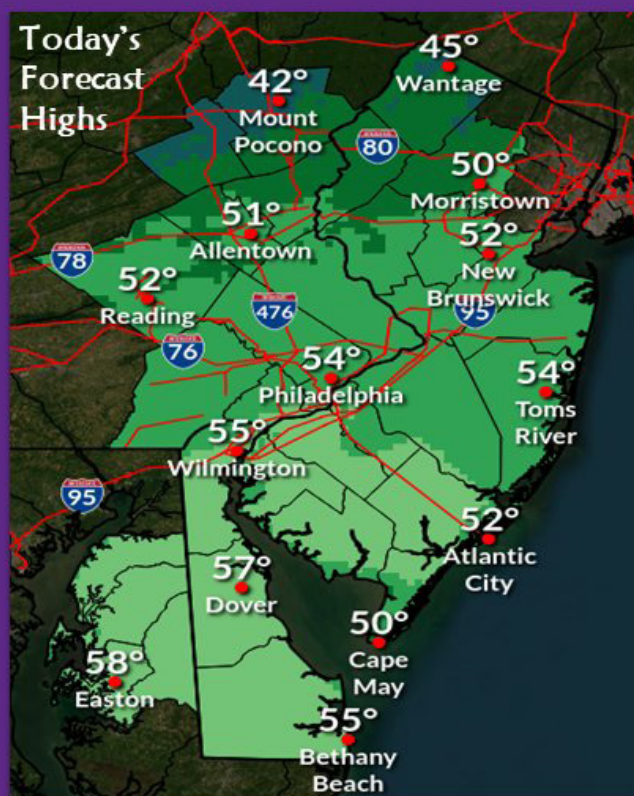
Slaters Finish Second in Districts



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

Sunday, March 5

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



National Weather Service
Mount Holly, New Jersey



California Snowfall!!!!

Happy Birthday Jerry



Photos: Elliot Lorrah-Pfeiffer

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



Photos: Elliot Lorrach-Pfeiffer

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



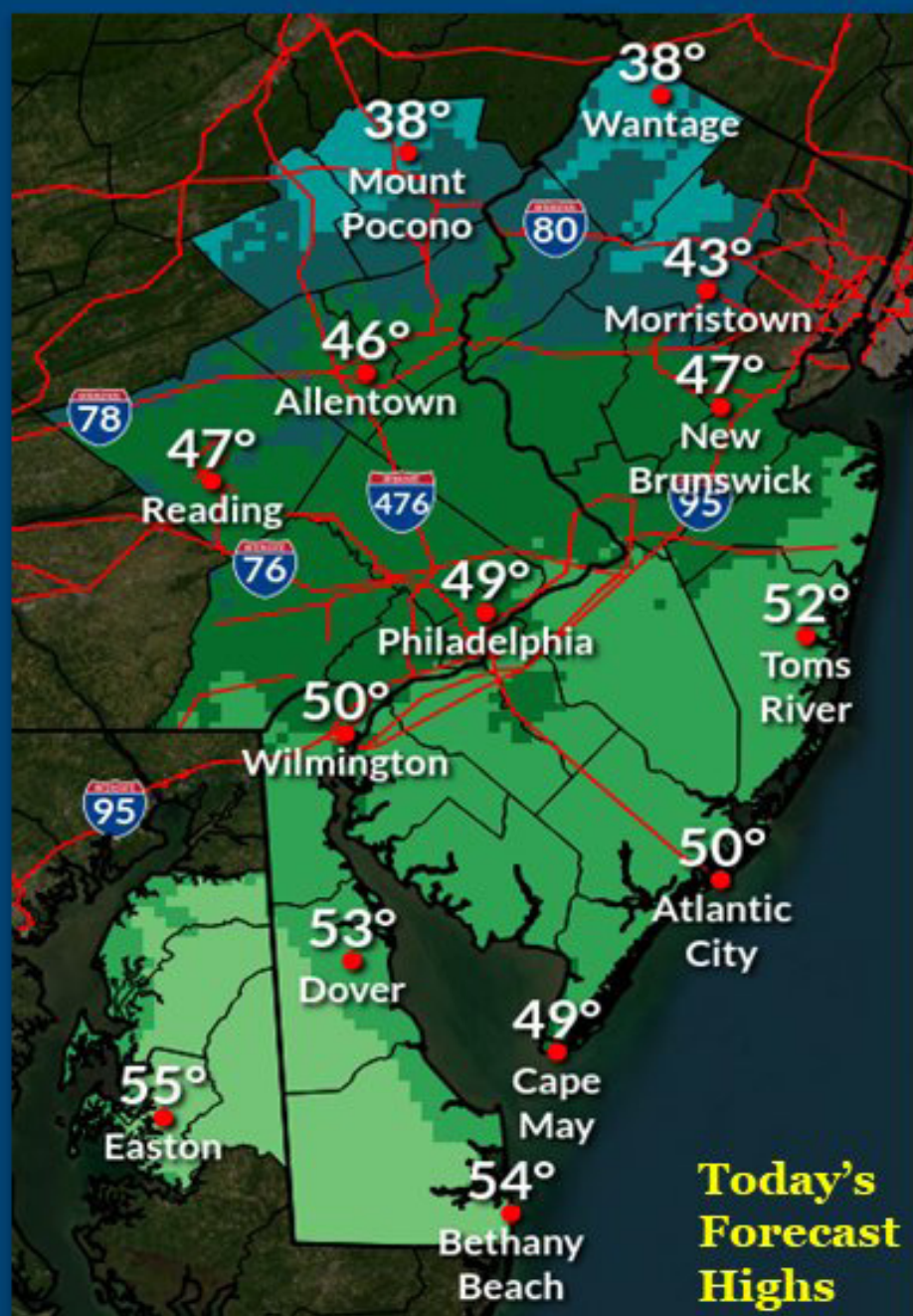
Photos: Elliot Lorrhah-Pfeiffer



Windy Saturday



National Weather Service
Mount Holly, New Jersey



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

Mostly cloudy north
and partly cloudy south

Seasonable
temperatures



Pen Argyl Parade Leader Jerry DeLong Celebrating His 80th Birthday

by Larry Cory

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

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

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

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

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

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

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

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

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

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

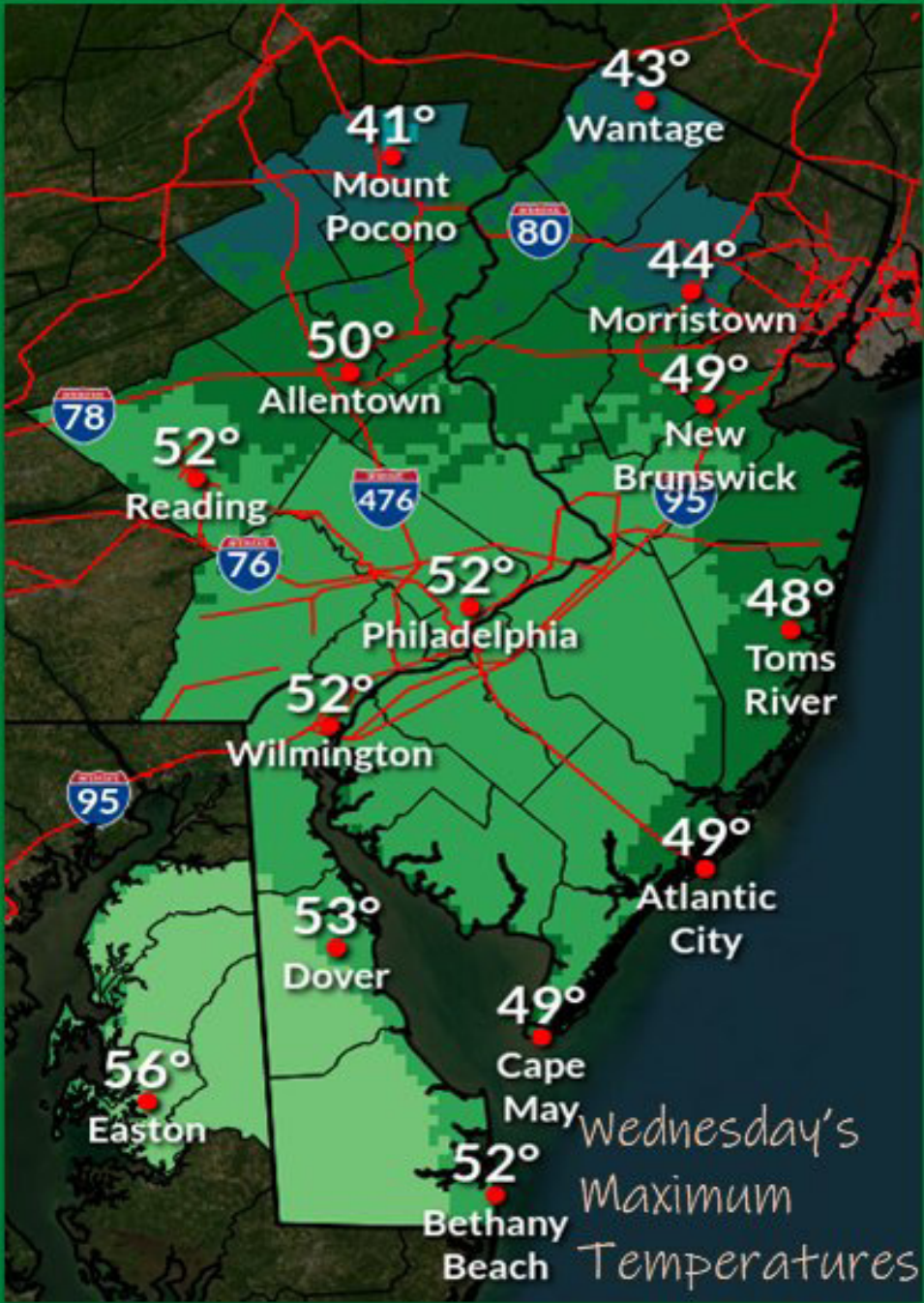


Jill Morro
22 Points



Ellianna Wallbillich
15 Points

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



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

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

