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NEWS TODAY NOT NEXT WEEK

# Slate Belt Town Topics

## Vaping and Flavored Tobacco A Serious Danger

(NAPSI)—After a year and a half of remote learning and social distancing, kids are back to socializing after school and between classes. A return to school also means kids are once again exposed to the dangers of vaping and flavored tobacco products, which could worsen with a return to in-person learning.

### The Problem

The tobacco industry knows flavored tobacco is highly addictive—and that's why it targets kids. Among high school kids in California, 96% of teens who vape use flavored products. By giving vapes and smokeless tobacco products such kid-friendly flavors as Blue Razz, Pegasus Milk, and Menthol Freeze, the tobacco industry falsely markets them as less harmful than cigarettes.

Flavors might mask the harsh taste of tobacco but they don't hide the toxic chemicals that can damage lungs and the nicotine that is poisonous to developing brains.

Nicotine addiction is especially dangerous for kids. It rewires the brain to crave more of it, creating nicotine withdrawal symptoms including headaches, mood swings and the inability to concentrate. Nicotine even changes the way connections

form in the brain and can also interfere with attention and learning. Big Tobacco understands these harms, yet it still uses flavored products to target youth to turn them into lifetime addicts. Many vape brands now use a highly concentrated form of nicotine called nicotine salts that's engineered for vaping. These 'salts' let higher concentrations be inhaled more easily, and absorbed more quickly, than regular nicotine—addicting kids

even faster.

The tobacco industry also experiments with new ways to push nicotine onto youth. In rural communities, it markets smokeless tobacco called chew, and snus—a new product that's a smokeless tobacco pouch. More than 80% of youth ages 12 to 17 who have ever used snus indicated that the first type of the product they used was flavored.

The industry markets these products,

particularly to young men, by showcasing images of rugged cowboys, hunters, and race-car drivers—presenting tobacco use as a rite of passage. This specific targeting may explain why students at rural and town schools have more than double the rates of smokeless tobacco use as those in city or suburban schools.

### The Good News

The rate of teens in California who want to quit vaping doubled from 2018 to 2020, and the majority of California teens believe their close friends view vape use negatively. Education about the harms of flavored tobacco products is working, but with kids going back to in-person learning, it is crucial to continue making progress.

### Learn More

Kids need support to quit the addictive and deadly products pushed on them by the tobacco industry. Parents and families who want further facts about the dangers of flavored tobacco use or to find quit resources, can visit [www.flavorshookkids.org](http://www.flavorshookkids.org). Californians looking to quit can text "I Can Quit" to 66819 or visit [www.NoVapes.org](http://www.NoVapes.org) to join the free quit program.





# Slate Belt Town Topics

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

May 3, 2022

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


Kamryn Heimbach and Reid Holden enjoy the Pen Argyl High School prom held recently. Photo: Hannah Bonanducci. [PHOTO GALLERY](#)

## Area Roadwork Today

**PA 33/PA 248 Interchange and PA 33/Hecktown Road Interchange** Restriction: Ramps will be closed and detoured at both interchanges for pavement rehabilitation work. Detours will be 8:00 PM to 6:00 AM. Closure and detour are as follows. 5/1 – 5/5 - Hecktown Road Interchange 04/27-04/28 - PA 33/PA 248 Interchange Ramps 04/29 - Hecktown Road Interchange Start date: 5/1/22 Est completion date: 5/5/22

**Interstate 78 Between: Lehigh County Line and Exit 75 (To PA 611)** Lane restriction in both directions for concrete repair work 07:00 PM To 06:00 AM Start date: 5/2/22 Est completion date: 5/6/22.

**Lower and Upper Mount Bethel. Road name: Richmond Road** Between: Berry Hollow Road and Johnsonsville Road Lane restriction with flagging 09:00 AM To 02:00 PM. Start date: 5/2/22 Est completion date: 5/4/22

**Plainfield / Washington twps. Road name: PA 191** Between: Sullivan Trail and PA 512. Lane restriction with flagging 09:00 AM To 02:00 PM. Start date: 5/2/22. Est completion date: 5/4/22

**US 22 Between: PA 33 and Schoenersville Road Westbound** lane restriction 12:00 AM To 07:00 AM. Start date: 5/3/22 Est completion date: 5/3/22

## Happening Today

**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

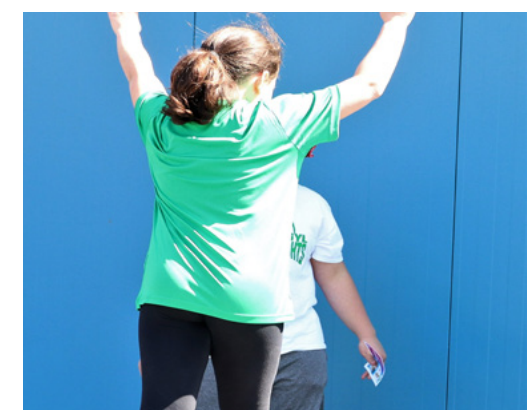
Valley Farm Show

**Mission of Love Food Pantry & Clothes**

**Closet** - N. Main St., Bangor, 10-12

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

## Recent Photo Galleries



[Healthy Kids Day](#)



[Bangor vs Pen Argyl Softball](#)



[Bangor - Easton Softball](#)



[Pen Argyl Track &Field](#)

## Cloudy 68 Today Showers 68 Wednesday

### National Weather Service Forecast

**Today,** Mostly cloudy, with a high near 68. Calm wind becoming southeast around 5 mph in the afternoon.

**Tonight,** A chance of showers, then showers and possibly a thunderstorm after 1am. Low around 50. Southeast wind 5 to 10 mph. Chance of precipitation is 80%. New rainfall amounts between a tenth and quarter of an inch, except higher amounts possible in thunderstorms.

**Wednesday,** Showers likely and possibly a thunderstorm before 11am, then showers likely between 11am and 2pm, then a chance of showers and thunderstorms after 2pm. Cloudy, with a high near 68. Southeast wind around 5 mph becoming calm. Chance of precipitation is 60%. New rainfall amounts between a tenth and quarter of an inch, except higher amounts possible in thunderstorms.

**Wednesday Night,** A chance of showers before 8pm. Mostly cloudy, with a low around 51. North wind around 5 mph. Chance of precipitation is 30%. New precipitation amounts of less than a tenth of an inch possible.

**Air Quality: Moderate** (51-100) Bethlehem (39) Columbia N.J. (57)

**Pollen: 10,1 Medium-High** (Top Alergen (s) Oak, Birch, Maple.

**UV : Moderate 12-3. Peak 3.6 at 1:00pm**

## Slate Belt Weather

### ICYMI

(Click Below to Read)

<a href="#">May 2</a>	<a href="#">April 26</a>
<a href="#">May 1</a>	<a href="#">April 25</a>
<a href="#">April 30</a>	<a href="#">April 24</a>
<a href="#">April 29</a>	<a href="#">April 23</a>
<a href="#">April 28</a>	<a href="#">April 22</a>
<a href="#">April 27</a>	<a href="#">April 21</a>



# Slate Belt Native Endorsed To Provide Telehealth For The US Virgin Islands

To reach record numbers of people with mental health challenges, many Behavioral Health Professionals are offering Telehealth sessions. Among them, Lehigh Valley native Jennifer Grube was awarded licensure by The US Virgin Islands to treat people with mental health challenges on the same day its Governor submitted legislation to overhaul a sub-par system.

## NEWS PROVIDED BY:

John Calvaresi, Eagle Media Group

In an effort to broach the exponential increase in anxiety and depression across the country, mental health professionals must be 'all-in' when it comes to innovation and flexibility. Clinicians have stepped up to the plate with the newest way to provide treatment – Virtual or Telehealth. According to SAMHSA (Substance Abuse and Mental Health Services Administration), the implementation and use of Telehealth as a mode of service delivery has increased significantly. Telehealth has doubled in earlier years and this trend continues due in large part to the COVID-19 pandemic. For example; between March 11 and April 22 of 2020, Telehealth increased by 556% for mental health visits. Between hybrid or cyber-schooling with youth or work and economic stress with adults, anxiety and depression continue to ramp up while our behavioral healthcare system is overloaded.

Recently,, the Governor of the US Virgin Islands, Albert Bryan, Jr. submitted legislation to overhaul and reform the Territory's mental health system which includes support for Telehealth and other critical services. On this same day, a local, seasoned therapist was publicly recognized and licensed to provide mental health treatment via Telehealth for those in need residing in the US Virgin Islands.

For over 30 years, Jennifer Grube has provided mental health treatment and lead organizations as a Licensed Clinical Social Worker, Psychotherapist and Author. She has embraced this exceptional need as an opportunity to provide 100% Telehealth sessions. She continues to partner with the National Association of Social Workers to offer Home Study courses for continuing education units. When asked about working with the fine people in the US Virgin Islands, Ms.Grube stated, "I am humbled and blessed to help people in the USVI and other States." USVI Governor Bryan not only compliments professionals such as Ms. Grube, he notes; "I'm proud to submit this legislation, which is long overdue."

Jennifer is licensed in her home State of PA and gained emergency licenses in both Oregon and New Jersey where the availability of therapists was inundated. This deficiency in resources is likely contribute to failing mental health. Ms. Grube is also licensed in Florida, Virginia and yesterday with The US Virgin Islands.

Jennifer is the Author of "Whispers of Inspiration," which has been eagerly anticipated by survivors and advocates across the country as meritorious quotes resonate the deep realities of those who have experienced trauma. The book is an eminently distinguished, personally inspired page-turner that leaves the reader with insight into the soul of the survivor.

For more information or to order the book "Whispers of Inspiration" go to [www.jennifergrube.com](http://www.jennifergrube.com) For TV | Radio | Press call 844-JGRUBE-4 (844-547-8234) or e-mail: [info@jennifergrube.com](mailto:info@jennifergrube.com) "Whispers of Inspiration"

Hardcover: ISBN: 978-1-4918-5865-3 (\$25) Softcover: ISBN 978-1-4918-5866-0 (\$15) Ebook: 978-1-4918-5864-6 (\$5) | 100% of book proceeds are donated to treat trauma survivors

## DiscoverE Adventure Backpacks Available

When: Monday thru Friday, 8:00am to 3:30pm

Where: Jacobsburg Visitor Center, 400 Belfast Road, Nazareth

Borrow a backpack full of kid-friendly tools to explore Jacobsburg! These backpacks are best for families with young children.

Each backpack includes binoculars, notepad, colored pencils, magnifying lens, bug box, dip net, and five field guides for exploring the pond, insects, birds, trees, butterflies and moths. For more information call 610-746-2801 or email [jacobsburgsp@pa.gov](mailto:jacobsburgsp@pa.gov).

## Bangor Library New Books

New in the Bangor Public Library

April 22, 2022 to April 28, 2022

### Adult Fiction

Miss Eliza's English Kitchen: A Novel of Victorian Cookery and Friendship by Annabel Abbs

Lana's War by Anita Abriel

Dream Town by David Baldacci

Honey Roasted by Cleo Coyle

A Relative Murder by Jude Deveraux

Strongheart: The Lost Journals of May Dodd

and Molly McGill by Jim Fergus

The Vengeance of Mothers: The Journals of

Margaret Kelly & Molly McGill by Jim Fergus

The Unknown Beloved by Amy Harmon

NOS4A2: A novel by Joe Hill

The Last Dance of the Debutante by Julia Kelly

Beach Wedding by Michael Ledwidge

Summer on the Island by Brenda Novak

Death of the Black Widow by James Patterson

Kingdom of Bones: A Thriller by James Rollins

The Investigator: A Letty Davenport Novel by John Sandford

Beautiful by Danielle Steel

Four Aunties and a Wedding by Jesse Q. Sutanto

Every Vow You Break by Peter Swanson

### Adult Non-Fiction

Recessional: The Death of Free Speech and the Cost of the Free Lunch by David Mamet

Hello, Molly: A Memoir by Molly Shannon

### Large Print Adult Fiction

Where Are You Now? by Mary Higgins Clark

The Perfect Family by Robyn Harding

The German House by Annette Hess

The Other Emily by Dean R. Koontz

Silver Tears by Camilla Lackberg

The Chain by Adrian McKinty

Forgotten in Death by J. D. Robb

What Happened to the Bennetts by Lisa Scottoline

Massacre at Crow Creek Crossing: A Cole

Bonner Western by

Charles G. West

### Large Print Non Fiction

A Carnival of Snackery: Diaries (2003-2020) by David Sedaris

### Audio Books

In the Garden of Beasts by Erik Larson

Fearless by Fern Michaels

Village of Scoundrels: Based on the True Story of Courage During WWII by Margi

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# Slate Belt Town Topics Event Calendar



## PUBLISH YOUR EVENT

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

**May 4**

## Hike for Health

Wednesday, May 4 at 5:30pm to 7:00pm

Get moving after work with a brisk hike at Jacobsburg! These guided monthly hikes are 2 to 2.5 miles over uneven terrain. Dogs are welcome to hike on a leash. Meet at the Visitor Center flagpole at 400 Belfast Road. Registration is not required. Join the email reminder list by contacting us at 610-746-2801 or [jacobsburgsp@pa.gov](mailto:jacobsburgsp@pa.gov). You can find the full list of dates for each month March thru October here: [https://events.dcnr.pa.gov/event/hike\\_for\\_health\\_181#.YgwTYOrMKUk](https://events.dcnr.pa.gov/event/hike_for_health_181#.YgwTYOrMKUk)

**May 5**

## Weekly Weeders

Thursdays, May 5, 12, 19, & 26 at 8:30am to 10:30am

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

**May 6,7,8**

## Spring Book Sale

Spring Book Sale: Friday, Saturday, Sunday, May 6th, 7th & 8th at the Bee Hive Community Center.

Along with a Costume Jewelry Sale. For additional information contact: Karen Brewer @ 484-894-5661

**May 7**

## Blue Valley Farm Show Spring Pull

Npj Tractor Pullers announces the Spring Pull to be held at Blue Valley Farm Show on American Bangor Road May 7, 2022 (Rain Date May 8)

This will be a one-day show with the same classes as the August farm show but they're also going to try to hook SEMI's.

(Semi's will run at end of show, bring your own hitch.)

More details to come, check out the whole 2022 schedule at [npjpullers.com](http://npjpullers.com)

## Jazz Concert

Bangor Area High School and Middle School Bands Jazz Concert will be held Thursday, May 5, 2022 7:00 PM at M. Craig Paine Performing Arts Theater, 187 Five Points Richmond Rd, Bangor.

## Elks Bingo Bonanza

Bingo Bonanza, May 7th at the Bangor Elks Lodge. Tickets are \$20 in advance and \$25 at the door. Pick up at the lodge or call 610-588-3420 to make arrangements. Doors open at 6 pm, bingo at 6:30. The kitchen will be open with all your favorite items

**May 12**

## Spring Choir Concert

Bangor Area High School Choir Spring Concert will be held Thursday, May 12, 2022 7:30 PM at M. Craig Paine Performing Arts Theater, 187 Five Points Richmond Rd, Bangor.

## Weekly Weeders

Thursdays, May 12, 19, & 26 at 8:30am to

10:30am

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

## Finding Your Roots in the Slate Belt

How do you search for ancestors and connect your genealogy to family stories, local history and to national events? Come to the Slate Belt Heritage monthly program on Thursday May 12th at 7:00 PM to discover the process. Sharon Oxford Gothard, from the History Room of the Easton Public Library, will talk about where you look for family information and what resources are available at the History Room. Melissa Hough, curator of the Slate Belt Heritage Center, will explain how genealogy connects people and family stories, which helped create the title of the current exhibit : "We Look Higher". The exhibit is based on the Center's latest ethnic publication: "The African American Experience in the Slate Belt". Featured, also in the exhibit, is a tribute to the many other ethnic groups that came to the Slate Belt seeking a better life and stable employment such as the Welsh, Cornish, Irish, Italians and Bulgarians. The program is free and open to the public. The Center is now open Saturdays and Sundays 12-3. Admission is free, but donations are kindly accepted to fund the new exhibit and new look of the Center. For additional information please contact: Karen Brewer @ 484-894-5661

**May 13,14,15**

## Book/Jewelry Sale

The Friends of the Bangor Public Library will hold a Spring Book & Jewelry Sale at the Bee Hive Community Center, 197 Penna. Avenue, Bangor, PA on the following dates and times:

Friday May 13th: 12:00 - 5:00 PM

Saturday May 14th: 10:00 - 4:00 PM

Sunday May 16th: 1:00 - 3:00 PM (Bag Day (-\$5.00 per bag))

This event will feature thousands of gently used and like new books, DVD's and Audios for adults and children. All books will be organized according to genre's and by author for easy selection. NEW THIS YEAR: a huge selection of gently used and like new Jewelry will also be

[Click for Calendar 2](#)



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### BUSINESS HOURS

Mon 8:00 AM - 7:00 PM • Tue - Wed 8:00 AM - 6:00 PM

Thurs 8:00 AM - 7:00 PM

Fri 8:00 AM - 5:00 PM • Sat 8:00 AM - 2:00 PM

## Calendar 2

for sale. (Bag day DOES NOT include jewelry).

**May 14**

## May Craft Fair at WTVFC

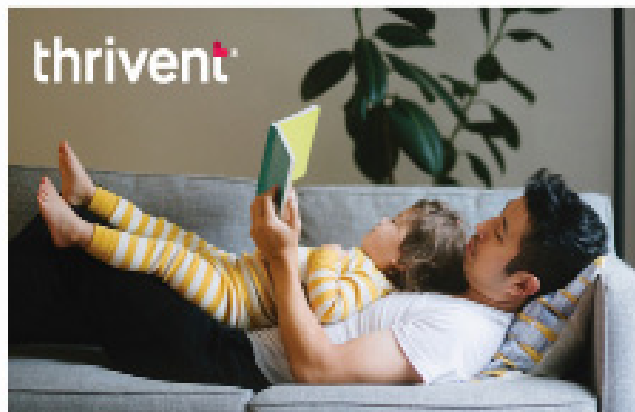
The Washington Township Fire Co. has planned a Craft Fair for May 14 from 10-4 at 920 Washington Blvd, Bangor.

This an outdoor event to be held rain or shine. Food and drinks will also be available.

Spaces are \$30 for (1) 10ft x 10ft space or \$50 for (2) 10ft x 10ft spaces. Please note that all spaces are outdoors and that this is a rain or shine event. Vendors are also required to bring their own tables, chairs, and coverings. All of this plus other information is listed on the application. Also, previous Vendors/Crafters will not be able to request their spot locations from last year's events.

They have a new email! Please email us at [craft.wtvfc@gmail.com](mailto:craft.wtvfc@gmail.com) or call Aundrea at 610-984-7101 to request an application.

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## Pastie Sale at Christ Lutheran

A Pastie Sale will be held at Christ Evangelical Lutheran Church, 703 S. Delaware Dr. (Route 611), Mt. Bethel (Stone Church) on Saturday, May 14th. Pasties can be picked up between 11am and 1 pm. The cost is \$8.00 per beef pastie. Place your order with or without onions. Advance orders are recommended and can be placed until the May 12th. To place your order or for additional information call Chrissy at 610-588-0809.

## Marvelous May Vendor Event

The Marvelous May Vendor event will be held May 14, 2022 10 a.m. to 3 p.m. at the Slate Belt YMCA 315 W. PA Ave., Pen Argyl.

All proceeds from a tricky tray with over 60 prizes will benefit the YMCA

Join them for a day filled with swapping, music and food. This is an indoor and outdoor event for small business vendors, crafters, and food ven-

[Click for Calendar 3](#)

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CHEVROLET



### Calendar 3

dors To register email: [Blueflameevents@yahoo.com](mailto:Blueflameevents@yahoo.com) Cost -\$35.00.

**May 15**

## B.A.C.K Rides for the Red

B.A.C.K Rides for the Red Sunday, May 15, 2022 at 9 a.m. by Lower Mt Bethel Sandt's Eddy Fire Company

Motorcycle ride from Pocono Harley to Riverside Barr and Grille. \$25 for driver and \$20 for rider includes food tee shirt and live band \$15 for general public includes food and band. we will be having a tricky tray ,vendors and 50/50 drawings. All proceeds to benifit the Fire Company

**May 19**

## School Bands Spring Concert

Bangor Area High School Bands Spring Concert will be held Thursday, May 19, 2022 7:30 PM at M. Craig Paine Performing Arts Theater, 187 Five Points Richmond Rd, Bangor.

## Weekly Weeders

Thursdays, May 19, & 26 at 8:30am to 10:30am

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

**May 20**

## Family Science Night - Compass Course

Friday, May 20 at 6:30pm to 8:00pm

Learn how a compass works by creating your own simple compass! We'll also learn how to navigate using a compass and practice on our own mini orienteering course. This program is best for families with children ages 9-13. This is a Remake Learning Days program, to find out more visit <https://remakelearningdays.org/>. Registration is required and available through the Remake Learning Days website.

**May 21**

## Open House and Car Show

An Open House & Car Show is set for 910 W. Pennsylvania Ave.(Waste Management) Saturday, May 21, 2022 at 11 am – 2 pm

You are invited to Grand Central Landfill's Open House and Community Safety Day to learn more about WM's focus on sustain ability through recycling, waste diversion and environmental stewardship and enjoy a little family-focused entertainment.

Enjoy the following: Landfill Tours, Children's Activities, Car Show Contest, Touch-A-Truck, Complementary food and refreshments.

Register your car by completing the link: <https://forms.gle/c6qGDrij1qYASpD11A>

## Belvidere Ambulance 75th Anniversary Parade

This is the rescheduled date from 2020 will be held Saturday May 21, 2022 at noon.

Beginning at the Belvidere High School and ending at the Fireman's Field for a celebration, this will be an event you don't want to miss! Come and join us in celebrating 75 years of service to our community.

There will be music, food, drinks, and more!

Registration form for participation can be filled out here:

<https://docs.google.com/.../1FAIpQLSdMkxILxpg.../viewform..>

## Weekly Weeders

Thursdays, May 26 at 8:30am to 10:30am

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

**May 28**

## Stone Lake Vendor Event

Join them for a day at the lake, enjoy Vendors & craften, Music Food & drinks (alcohol for 21.) May 28. 2022 from 11am-4pm

For vendor opportunities, email [Blueflameevents@yahoo.com](mailto:Blueflameevents@yahoo.com)

Cost \$35.00 Per 10x10 space

Stone Lake Inn 407 Greenview Dr. Saylorsburg, Pa 18353

## The Pennsylvania

## Longrifle... and You!

Saturday, May 28 at 10:30am to 11:30am

In this seminar, guest speaker Dave Ehrig will explore the roots of our state's iconic new symbol. From humble frontier roots, an evolution of gunmaking technology took place, the rifled barrel. While Henry of Lancaster, along with other Lancaster gunsmiths like Matthias Roesser, George Fainot, Jacob Dickert, and others were among the first to exploit the legendary accuracy of long rifled barrels, the Henry family's fame would increase as the technology was brought to the Moravian Societies in Christian's Spring, Nazareth, and Boulton. To hold an early Andreas Albrecht, Christian Oerter, or Wm. Henry Jr. longrifle in one's hands is to create such an indelible memory of Pennsylvania history that it causes many skilled modern longrifle builders to attempt to recreate them. This program will raise your spirits and enlighten your pride in the Keystone State and its iconic gun. Registration is required.

## MDPH Open Show Series

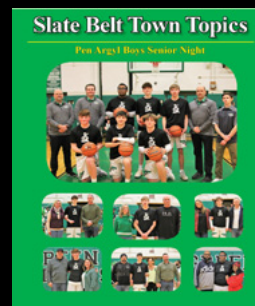
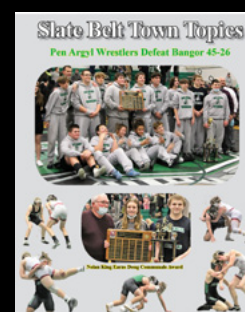
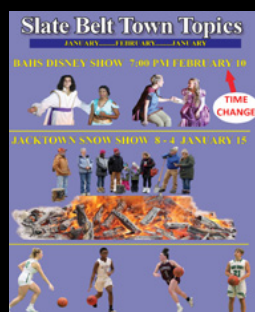
Event by MDPH Open Show Series will held Saturday, May 28, 2022 from 9 am – 4 pm. Ranch Riding Clinic with Kristy Smith MD Performance Horses with Ranch Rail, Riding, and Trail Clinic Great clinic to get help and tips the day before our Full Slate ECRR Ranch Show May 29!

### WHAT'S GOING ON????

Your News Published Free  
Reach 2500 -3000 Daily Readers  
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[sbtopicss@rcn.com](mailto:sbtopicss@rcn.com)

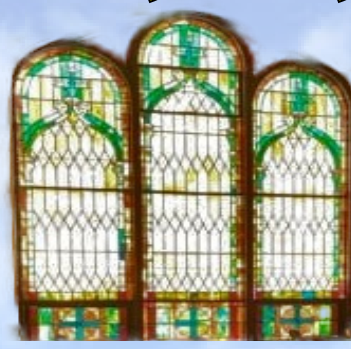
# Slate Belt Town Topics

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# Slate Belt Church Information



## Christ Presbyterian Church of The Slate Belt

332 Kennedy Drive, Bangor

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

More info 610-588-4864.

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

**Sunday Worship**, 10:30 a.m. in-person/Zoom/  
Facebook Live.

For more info: 610-588-4864.

## Flicksville UCC

1337 Lower South Main St., Bangor

Pastor Ken Hess 610-588-4648

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

**Worship at 10:45 a.m.** following  
social distancing guidelines

## Trinity Lutheran Church

404 Broadway Bangor (610-588-2023)

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

Website: [www.tlcbangor.com](http://www.tlcbangor.com)

Sunday worship 10:30 a.m.

**Holy Communion:** First and Third Sundays

**Refreshments after. Masks optional.**

## East Bangor UMC

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

**Sun May 1 -9:30 a.m. Worship Service**

(Live & on Zoom)

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

-4:00pm Free Dinner

## First United Methodist Church of Bangor

Pastor Elisandra Garcia - 610-588-4673

55 North Third Street, Bangor PA

11:00am service (Communion First Sunday)

## Christ Evangelical Lutheran Church

703 South Delaware Drive Mt. Bethel, 18343

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

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

610-588-7056

**Worship:** Sundays 9:00 a.m.

**Holy Comunion:** First and Third Sunday

**Toddler Sunday School:** Sept-May 10:15 -11:15

## Richmond United Methodist Church

Rev. Peter Jamieson, Pastor

<http://richmondumc.com/>

8538 Delaware Dr, Bangor, PA 18013

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

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

## Grace Lutheran Church

5907 Sullivan Trail, Nazareth Pa 18064

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

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

**May 1 -**

9:00 a.m. – Sunday of Easter Holy Communion.

## Mt. Bethel Abstract

Complete Title Insurance Services

**Susan McKean**

President



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Mt. Bethel, PA 18343

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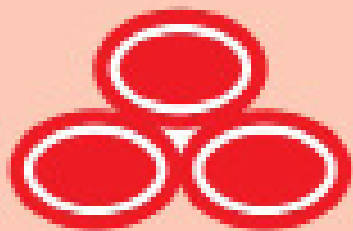
E-Mail: [dukessports@fastnet](mailto:dukessports@fastnet)



**Church Worship Times And  
Schedules Are Public Service  
Announcements Published  
Free of Charge by The  
Slate Belt Town Topics**

E-Mail Information to

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



**State Farm**

## Debbie Pettinari Agency

106 S. Broadway, Wind Gap, PA

**610-881-4433**

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

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





## VALOR Clinic Thursday Meetings

"You knew that you had each other's backs in battle. That can't change now that you're home. Find your brothers. Fight for each other as hard and as desperately as you did when people were shooting at you." - Unknown

Every Thursday night at 7:00pm is an open invite to all veterans to join the Peer to Peer group in a safe environment at Paul's House 1130 Scenic Drive. Kunkletown, PA.

You are welcome to join them for dinner at 6:00pm.

## Slate Belt Y Child Care

The Greater Valley YMCA has announced the expansion of its child care offerings at its Slate Belt location. The Y now offers care for toddlers and preschool children ages 2 through 5 in its newly-constructed child care wing.

## Northampton County Aging Agency Call Line

Lamont McClure and the Area Agency on Aging Division (AAA) are operating a call line on Friday mornings for all Northampton County Seniors to make appointments for COVID-19 vaccinations.

This service is intended for those who lack computer or internet access. AAA staff members will make 100 appointments per clinic date. Vaccination clinics will be held at the Wind Creek Event Center at 77 Wind Creek Blvd. Bethlehem, PA.

Residents of Bethlehem City and Northampton County who are age sixty-five and older can call 610-865-7092 to schedule an appointment for a vaccination. AAA employees will also assist with registration at the Wind Creek clinics.

## Snowshoes and Hiking Poles Available

When: Monday thru Friday, 8:15 AM-3:30 PM  
Where: Jacobsburg Visitor Center, 400 Belfast Road, Nazareth

Borrow snowshoe equipment to use on Jacobsburg's trails this winter! Snowshoes are available for folks of any age or shoe size, including small children. Snowshoes will not be made available during times of insufficient snow cover, at least six inches of snow is required. To borrow equipment, you must provide a driver's license or other form of state issued identification. For more information call 610-746-2801 or email [jacobsburgsp@pa.gov](mailto:jacobsburgsp@pa.gov). You can check our website for current winter conditions and snow depth: <https://www.dcnr.pa.gov/StateParks/Winter-Report/Pages/default.aspx>

## Hotline for Human Services

Northampton County has a 24-hour Emergency hotline for all Human Services-related emergencies. Anyone struggling with a mental health crisis, abuse, neglect, suicidal thoughts, evictions, substance abuse, food insecurity, etc. can call 610-252-9060 for help and referrals.

## Fishing Rods and Tackle Available

Monday thru Friday, 8:00am to 3:30pm Jacobsburg Visitor Center, 400 Belfast Road, Nazareth  
Borrow fishing poles and tackle to use in Jacobsburg's creeks! To borrow equipment, you must provide a driver's license or other form of state issued identification. Persons age 16 and older must possess a current fishing license to fish. Adults can help children under 16 fish without a license. Bait is not provided. For more information call 610-746-2801 or [email jacobsburgsp@pa.gov](mailto:jacobsburgsp@pa.gov) way to select the day, time and location for your (using MyLVHN)

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Daily Weather Updates  
[slatebeltweather.com](http://slatebeltweather.com)

## WALDEN III Personal Care Residence for Seniors

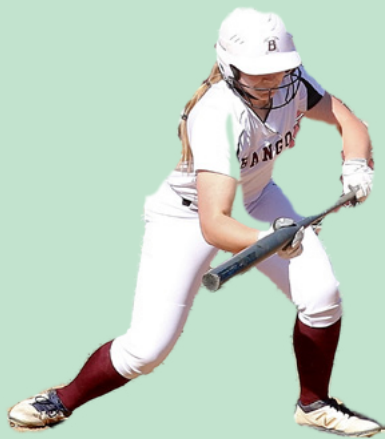
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News Today .... **NOT** Next Week



# Slate Belt Town Topics Sports



Baseball

Boys Tennis

Softball

Track & Field





# Spring Sports Schedules



## Pen Argyl Baseball (2-9)

March 25	H Leighton	L 11-3
March 30	@ Catasauqua	L 1-0
March 31	H Saucon Valley	L 7-3
April 1	H. Northern Lehigh	W 9-3
April 4	H. Palmerton	L 4-1
April 11	H. Palisades	L 15-1
April 13	@ Notre Dame ES	W 8-3
April 14	H. Wilson	L 4-3
April 19	@ Southern Lehigh	L 16-6
April 20	H.Moravian Academy	L 11-5
April 22	@ Salisbury	L10-9
April 23	@NDGP	@4:00
April 25	@ Palisades	@4:00
April 27	H. Notre Dame ES	@4:00
April 29	@ Saucon Valley	@4:15
April 30	H. Leighton	@11:00
May 2	H. Northwestern	@4:00
May 4	H. NDGP (Srs)	@4:00
May 6	@ Wilson	@7:00
May 9	H. Bangor	@4:00

## Pen Argyl Softball (6-4)

March 25	@ E Stroudsburg So.	W 3-2
March 30	@ Catasauqua	W 16-3
April 1	H. Northern Lehigh	L 13-10
April 4	H. Palmerton	L 10-3
April 11	H. Palisades	W 10-4
April 12	H. Saucon Valley	W 11-7
April 14	H. Stroudsburg	@4:00
April 16	H. Wilson	W 3-2
April 19	@Southern Lehigh	ppd
April 20	@Pocono Mt. East	W16-6
April 22	@Salisbury	L4-1
April 23	@Bangor	L7-6



## Bangor Baseball (5-6)

March 26	vs.E'burg South	W 11-2
March 30th	@Northern Lehigh	W 10-0
April 1st	vs. Southern Lehigh	L 10-3
April 2	vs Wilson	L 6-3
April 4th	@Palisades	L 10-1
April 11th	@NDGP	L 14-2
April 13	vs Northwestern	L 4-1
April 14th	@Nazareth	@4:00
April 18th	@Saucon Valley	L 3-1
April 18th	@Moravian Acad.	W 10-6
April 20th	vs. Salisbury	W 6-3
April 22nd	@Palmerton	W 5-2
April 25th	vs. NDGP	@4:15
April 27th	@Wilson	@4:00
April 28th	vs. Catasauqua	@4:15
May 2nd	vs. Palisades	@4:15
May 5th	vs. Saucon V. SRs	@6:45
May 9th	@Pen Argyl	@4:00
May 11th	@ Northampton	@4:00

## Bangor Softball (8-3)

March 29	vs.Northwestern	L 18-7
March 30th	Northern Lehigh	W 4-1
April 1st	vs. Southern Lehigh	L 20-7
April 2	vs. Wilson	W 8-2
April 4th	@ Palisades	W 5-4
April 11th	@ NDGP	W 14-1
April 12th	@ Central Catholic	W 16-1
April 14th	vs. Nazareth	L 15-8
April 20th	vs. Salisbury	W 6-2
April 22nd	@Palmerton	W4-2
April 23rd	vs Pen Argyl	W7-6
April 25th	vs. NDGP	@4:15
April 27th	@Wilson	@4:00
April 28th	vs. Catasauqua	@4:15
April 30th	vs. Easton	@11:00
May 2nd	vs. Palisades	@4:15
May 5th	vs. Saucon Valley	@4:15
May 7th	vs. Northampton	@3:00
May 9th	@Pen Argyl	@4:00

## Bangor Boys Tennis (13-4)

March 14th	@Northampton	W 5-2
March 16th	vs. Salisbury	W 5-0
March 18th	vs. Pottsville	W 6-1
March 19th	@Easton	W 6-1
March 21st	vs. Palmerton	W 7-1
March 22nd	vs. Notre Dame E.S.	W 5-0
March 23rd	vs. Pleasant Valley	W 5-0
March 26th	@Saucon Valley	L 5-0
March 30	Whitehall	W 7-0
April 2	So. Lehigh	L 5-0
April 4th	@Moravian Acad.	L 5-0
April 8th	vs. NDGP	L 3-2
April 12th	vs. Wilson	W 5-0
April 11th	@Palisades	W 5-0
April 13th	@Pottsville	W 5-0
April 19th	@Notre Dame E.S.	W4-1
April 20th	@Pen Argyl	W 4-1

## Pen Argyl Boys Track (5-1)

March 29th	@Saucon Valley	W88-56
March 29	@ Catty	W95-41
April 5th	@Southern Lehigh	L92-57
April 12th	@Salisbury	W72-70
April 19th	@Bangor	W82-62
April 21	@Northern Lehigh	W87-41
April 26th	@Wilson	@3:30
April 29th	@E. Stroudsburg So	@2:00
May 3rd	@Palmerton	@3:30

## Bangor Boys Track and Field (0-6)

March 29th`	@ Wilson	L78-60
March 29th	@ So. Lehigh	L 98-37
April 5th	vs. Saucon Valley	L 80-69
April 12th	vs. NDGP	@4:00
April 19th	vs. Pen Argyl, Pal.	L,L
April 21st	@ Palmerton	L
April 26th	@Northwestern	@3:30
May 3rd	vs. Catty, N.L	@4:00

## Pen Argyl Girls Track (0-6)

March 29th	@Saucon Valley	L 78-55
March 29	Catty	L 81-68
April 5th	@Southern Lehigh	L119-29
April 12th	@Salisbury	L66-64
April 19th	@Bangor	L97-42
April 21	@Northern Lehigh	L117-28
April 26th	@Wilson	@3:30
April 29th	@E. Stroudsburg So	@2:00
May 3rd	@Palmerton	@3:30

## Bangor Girls Track and Field (1-6)

March 29th`	@ Wilson	L97-44
March 29th	@ So. Lehigh	L113-27
April 5th	vs. Saucon Valley	L77-67
April 12th	vs. NDGP	L,L
April 19th	vs. Pen Argyl, Pal.	W,L
April 21	@ Palmerton	L
April 26th	@Northwestern	@3:30
May 3rd	vs. Catty, N.L	@4:00





# Bangor and Pen Argyl Team Rosters

## Pen Argyl Girls Track

Natalie Aguilar	9
Selena Muyulema	9
Emma Albanese	11
Sarah Pezzino	12
Julia Antonioli	10
Finley Schneck	9
Julia Apostol	10
McKenna Straub	12
Olivia Apostol	9
Rylee Straub-Keiper	10
Hayley Buskirk	11
Sophia Turtzo	10
Danielle DeBellis	9
Gabriella Valente	12
Cheyenne Duffin	10
Ava Vosper	9
Brooke Engler	9
Ella Wagner	11
Lily Falletta	10
Ellianna Wallbillich	10
Rose Falletta	12
Katrina Webber	11
Hannah Fitch	9
Kayla Weeast	9
Kaylie Hettel	9
Abigail Wilgus	12
Elysa Kernosh	12
Callia Wilgus	9
Karissa Kujawa	12
Alyssa Williams	11
Alexandra Marshall	10
Molly Wilson	10
Abigail Miller	9
Addison Zeiner	9

## Pen Argyl Baseball

2 Thomas Colona	12
3 Riley Badua	10
4 Jacob Guthrie	11
5 George Pultz	12
6 Brady Lawless	12
7 Kristopher Kessler	11
9 Carter Moore	12
10 Bradley Rissmiller	10
11 Jacob Dieter	11
12 Reid Holden	12
14 Logan Dehart	10
16 Gavin Pritchard	12
19 Avery Edmonds	12
21 Michael Mack	12
24 Braydon Bowie	12

## Pen Argyl Boys Tennis

John Vanic	12
Matthew Oakley	11
Mason Beers	11
Frederick Blasi	12
Jonathon Hausburg	10
Andrew Kondisko	10
Ethan Fable	9

## Pen Argyl Boys Track

Christopher Ash	9
Trowne Irwin-Hill	11
Jonathon Ash	12
Joshua Katz	9
Mason Beers	11
Evan Keat	10
Gavin Casey	9
Dylan Kleyling	12
Logan Casey	12
Taylor LaBarre	11
Ryan DeBellis	11
S. Lamoreaux	10
Cade Deitz	12
Ty Miller	10
Cole Dorshimer	12
John Parnes	9
Matthew Dunwell	12
Griffin Porter	11
Amadio Eisenhauer	12
Alex Predmore	11
Gian Greggo	11
Graham Rose	12
Daniel Hayes	12
Sawyer Smith	11
Jace Hershey	11
Nathan Stocker	11
Reid Holden	12
Josiah Valencia	10

## Pen Argyl Softball

2 Madacyn Rivera	9
4 Kendall Lobb	12
7 Callie Schneck	11
9 Morgan Rissmiller	12
10 Miyah Rivera	10
11 Jillian Bradley	9
12 Grace Weaver	9
13 Kristen O'Brien	10
17 Kayla Holley	12
18 Carina Cutone	12
23 Brooke Bowie	11
24 Isabella Groves	10
27 Katie Knecht	11
28 Andrea Black	11
33 Madison Abbott	11
34 Hailey Frey	11



## Bangor Girls Track

Kalea Albanese	2022
Brielle Black	2025
Jensyn Buist	2024
Jessica Bunn	2025
Samantha Cook	2025
Vera Cooper	2023
Abigail Damiecki	2023
Ivelise Diaz	2023
Tabatha England	2022
Sydney Flyte	2025
Delaney Fox	2024
Jenna Freeman	2023
Sarah Hartzell	2024
Ana Jones	2024
Addison Karasek	2024
McCormick Karner	2022
Leyna Kratzer	2025
Lilly Ligowski	2022
Emma Naysmith	2022
Danielle Nittoli	2022
Cecilia O'Brien	2023
Julia Pinter	2024
Raizel Pongracz	2022
Addison Priestaf	2025
Chloe Proko	2024
Sarah Reed	2022
Elicia Russo	2024
Rya Sandt (Mgr)	2022

## Bangor Boys Tennis

Gavin Andreeko	2022
Dylan Beleno	2022
Hayden Burns	2023
Morad Cholakov	2022
Jack Crane	2022
Max Culbertson	2023
David Devine	2022
Cierra Diaz	2022
Kaden Dowd	2023
Evan Finkbeiner	2022
Jonathan Frank	2024
Reed Guerin	2023
Connor Ljungquist	2022
Nicholas McCoy	2022
August O'Rourke	2022
Jhonny Rojas	2022

## Bangor Softball

43 Lexi Bussenger	2022
7 Mikaela Caprood	2023
18 Sydnee Cook	2022
28 Brooke Edwards	2022
10 Haley Emerling	2025
16 Emma Etzkorn	2023
42 Jenna Fey	2022
23 Jayleigh Figurski	2023
24 Kyleena Gonzalez	2024
33 Sara Greene	2024
11 Jade Hendricks	2024
9 Brook Hermanski	2025
15 Kristina Langdon	2023
44 Paulina Poels	2022
4 Emma Schwartz	2023
21 Jaelyn Silfies	2024
20 Marissa Siu	2025
1 Emma Szabo	2023

## Bangor Boys Track

Riley Alvarado	2024
Jadon Antoine	2022
Brian Burton	2022
Jack Coleman	2025
Sean Coleman	2025
Jacob Cornell	2023
Luke Dalton	2025
Collin Dertinger	2022
Kaden Dowd	2023
Kaden Graziano	2024
Jacob Hartzell	2023
Dylan Hurd	2022
Ari Johnson	2025
Raeyon Katzarov	2022
Dylan Krugh	2024
John Ligowski	2022
Bailey Mack	2022
Brody Martin	2025
Nicholas McCoy	2022
James Merklinger	2022
Tyler Naysmith	2025
August O'Rourke	2022
Ivan O'Rourke	2025
Justin Pascoe	2022
Aiden Pasquarelli	2025
Parker Reimel	2025
Bryan Richardson	2022
Makhias Romain	2024

## Bangor Baseball

6 Thomas Aulisi	2023
1 Freddy Bacon	2022
9 Thomas Buck	2023
6 Ashdon Buist	2024
13 Gregory Campbell	2024
5 Kael Godshalk	2022
19 Daniel Heald	2022
25 Dylan Keith	2025
31 Richard Klinge	2023
11 Blake Kornafel	2024
21 Dylan Miller	2023
8 Braiden Pysher	2023
27 Cody Quagliato	2024
24 Alec Rutt	2022
2 Hunter Rydell	2023
4 Max Siu	2024
10 Riley Stapp	2024
22 Brayden Strohe	2022
15 Matthew Swanton	2022

