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SPORTS, NEWS & SPECIAL EVENTS

TODAY'S PAPER

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Solve Crosswords Online (Click Below)

High School Sports Schedules

Boys	Ten	nis
3/21/5		

3/21/	S. Lehigh (a) Bangor	4:00pm
3/21/	Pen Argyl @ Palmerton	4:00pm
3/26/	Bangor @ Palisades	4:00pm
3/26/	Saucon V@ Pen Argyl	4:00pm
3/28	Pen Argyl @ Lehighton	4:00pm
3/29	Whitehall @ Bangor	10:00am

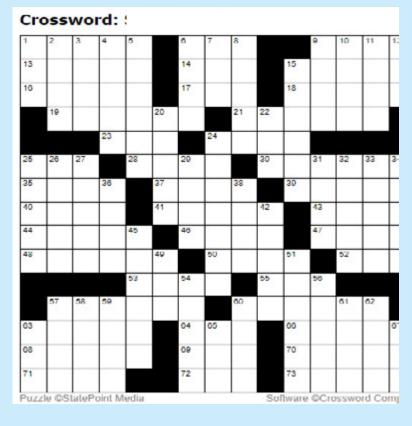
Basel	oall	
3/20/	Pen Argyl @ Wilson	4:00pm
3/21/	Bangor @ Palisades	4:00pm
3/22/	Wilson @ Bangor	4:15pm
3/23	Lehighton @ Pen Argyl	1:30pm
3/26/	Palmerton @ Bangor	4:00pm
3/26/	Pen Argyl @ NDGP.	4:00pm

Track & Field

3:30pm
4:00pm
3:30pm
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3:30pm
4:00pm

Cafthall

4:00pm
4:00pm
4:15pm
12:00pm
4:00pm
3:00pm







Breastfeeding Babies After Exercise Boosts Their Health

Researchers Say The Aim Is To Limit The Development Of Overweight Children.

By Jim Leffman via SWNS

New moms can boost the health of their babies by breastfeeding after exercise, a new study has revealed.

Scientists have discovered that an intense workout increases levels of a hormone in their milk that protects babies against diabetes and regulates their metabolism.

Many moms ask whether exercise affects the quality of their breast milk but until now there has not been a definitive answer with some women even worried their milk will sour if they exercise.

Researcher Dr. Trine Moholdt at the Norwegian University of Science and Technology (NTNU) said: "There are so many myths about exercise and breast milk. We simply need more knowledge.

"The primary aim of our research is to find out if we can limit the development of overweight in children."

The team took 240 samples of breast milk from 20 new moms before and at specific times after two exercise sessions, and then compared with the corresponding times after the participants had been more sedentary.

Those who had just completed a vigorous HIIT session had higher levels of the hormone adiponectin in their milk.

This hormone regulates the body's metabolism to ensure a supply of energy and substances that the body needs to function.

This is absorbed through the intestines of breastfeeding babies, changing their metabolism.

Having low levels of adiponectin is associated with insulin resistance and type 2 diabetes.

Dr. Moholdt said: "The period from conception to two years of age is considered the most critical period for possible development of obesity later in life.

"The hormone is secreted from fatty tissue and enters the bloodstream, and much of what is in the blood goes into the milk. "We were not that surprised by the findings, but now we know for certain."

The study, published in the journal Frontiers in Nutrition shows that moderately intense exercise did not have the same effect on this particular hormone.

In 2020, the World Health Organization estimated that 39 million children under the age of five were overweight or obese.

They also found that the incidence of overweight and obesity among children and adolescents aged 5–19 rose from four percent in 1975 to 18 percent in 2018.







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www.debbieinsurespa.com

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The Bangor High School softball and baseball teams traveled to Myrtle Beach, South Carolina where they played Northampton High School this past weekend. Photos: Slater Softball@X

Mean Girls

Mean Girls, the High School Version, will be staged at the Bangor High School Performing Arts Theater April `12, 13 and 14.

The April 12 performance will be held at 7:30pm. There will performances at 2:00 pm and 7:30 pm April 13. The final performance will be 2:00pm April 14.

Tickets are on sale at WWW.SHOWTIX4U,COM/EVENTS/ **BAHSMEANGIRLS**



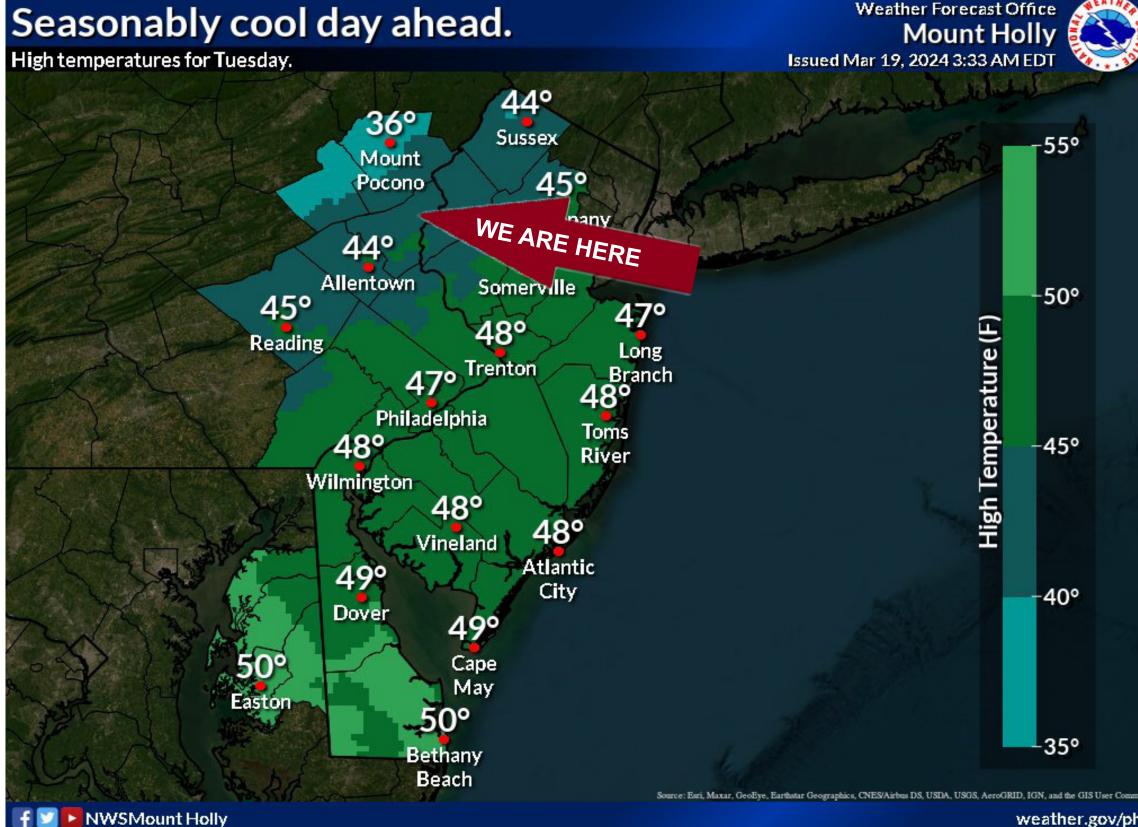


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Over Half Of Women Say Shower Only Place They Get 'Me Time'

By Talker Research

According to new research, half of women said showers are the only "me time" they get in a given day (52%).

For many women, the shower is a place to process their stressors, various emotions, and the ups and downs of daily life.

They can get bogged down with finances (27%), work (24%) and thinking about the best way to care for their kids (19%), and these thoughts often sneak up on them in the shower.

To escape from it all, respondents turn to the shower to let their random thoughts roam (60%), reflect on the past day or day ahead (44%) and think about their memories (42%).

One in six has even imagined themselves as the triumphant winner of a past argument while in the shower.

This newfound energy may be just the boost they need: two in three women feel like they can do anything after a great shower (68%), enjoying a boost of confidence that lasts over four hours.

Conducted by OnePoll results revealed that shower routines are an essential part of self-care, as 79% of those who have a shower routine agree that spending this time on themselves makes them feel good from the inside out.

Women shared that they play soothing music (62%), use aromatherapy products (44%) and massage with lotion afterward (44%) to make their shower routine feel more luxurious.

For many, how their shower goes also influences how their day will go. The majority of women agree that missing out on their sacred shower routine impacts how they feel mentally (61%), physically (54%) and emotionally (53%), and 67% shared that how their skin looks and feels can make or break their day.

Although showers influence how the day will go, all showers are not created equal. In fact, of the average six showers a week, the women we surveyed said only four are considered "great showers."

So what makes a great shower? The survey looked at what women want from their shower experience and found that more than half of women want to feel renewed (56%), calm (60%) and more confident (43%).

However, only 29% of women are very confident that they're currently getting those feelings out of their current shower routine.

"A shower is more than just a way to get clean, it's an escape that provides physical and emotional benefits. In fact, the majority of women agree that a great shower with the right body care routine can result in glowing, healthy-looking skin (82%) and believe that achieving this would positively impact their wellbeing (82%)," said Dr. Maiysha Jones, principal scientist at Olay. "Just like feeling confident comes from within, glowing skin starts beneath the surface, so it's important to consider how your shower routine is impacting your skin."











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Study Finds Interacting With Dogs Can Reduce Depression And Stress

The Results Show "Pet Therapy" Could Boost Mental Health

By James Gamble via SWNS

Playing with a dog changes our brain waves, boosting relaxation and concentration, reducing stress and depression.

Scientists believe the results show that "pet therapy" could be prescribed to bolster mental health.

Researchers measured the effects on the brain waves of participants as they interacted with dogs and found countless benefits to the activities.

The South Korean study concluded that the results provided strong evidence of the potential benefits of "animal-assisted interventions" (AAI) for humans.

The study, published in the journal PLOS ONE, sought to explore the effects on the brain of playing and performing activities with dogs.

The researchers noted how AAI was already in use in some hospitals, schools and other environments to help reduce anxiety, relieve stress and foster feelings of trust.

However, studies measuring the potential benefits of these animal interactions often take the more holistic approach of comparing people's moods or hormone levels before and after spending time with the animals.

This type of research therefore fails to differentiate between types of interactions like grooming, feeding or playing with an animal - therefore limiting our understanding of how each specific activity impacts our health and well-being.

To better understand how AAI might affect our brains and moods, Onyoo Yoo and colleagues from Konkuk University in South Korea recruited 30 adult participants to perform eight different activities for three minutes each with a well-trained, four-year-old female poodle.

The activities included: playing with a hand-held toy, giving the dog treats, massaging, hugging, walking and taking pictures with the dog.

Participants simultaneously wore electroencephalography (EEG) electrodes to record electrical activity from the brain while they interacted with the poodle, and recorded their subjective emotional state immediately after each activity.

The relative strength of alpha-band oscillations in the brain increased whilst participants played with and walked the dog, reflecting a state of 'relaxed wakefulness'.

While grooming, massaging or playing with the dog, relative beta-band oscillation strength was found to increase - a boost typically linked to heightened concentration levels.







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

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



Aongus Miller Scholarship Applications Available



Applications for the Blue Collar Scholarship are being accepted in honor of Aongus Miller! https://www.aoamfoundation.org/

Aonghus loved to create and build things! From a very young age he would build with wood, Legos, metal, anything he could get his hands on. When he got a little older, he got interested in 3D Printing. He taught himself CAD design, saved up birthday money and bought himself a printer. It hummed away in his room at all hours of the

day and night! His plan was to go to CIT for Machining and Tooling so that he could expand on his skill and work toward a career in that area.

The goal is to help a Senior who is enrolled at CIT or who plans to attend a Post Secondary Trade School for a traditional trade to get a jump start on their tools and materials needed to pursue their career!

They are raising money to do just that annually.

Their goal is \$2000 in tools and materials and \$500 cash.

APPLICATION PROCESS:

THIS IS NOT GRADE DEPENDENT! THIS IS FOR YOU!!! APPLY NOW!!! Anyone who is Enrolled in a Traditional Trade at CIT or is going to a post secondary trade school:

Building and Property Maintenance, Building Construction CAD, Electrical Construction, Heating Ventilation Refrigeration and Plumbing, Machine Tool, Masonry, Small Engine, Welding may apply

Pen Argyl Women's Club Meets The Women's Club of Pen Argyl met on Tuesday, March5 at the Phoebe

The Women's Club of Pen Argyl met on Tuesday, March5 at the Phoebe Wind Gap Manor, A slate of officers was presented and will be installed in June at our spring luncheon.

Working with Families First, club will sponsor a family for Easter. Food for breakfast and dinner will be provided along with Easter baskets for the children.

The SLATE PUB in Pen Argyl will host a fundraiser for the Women's Club on Tuesday, April 9. Come join us and support our community service organization.

Leslie Stine, a club member, gave an informative talk about her recent visit to Cuba.

The Women's Club will next meet on Tuesday, April 2 at 12:00 noon for a pizza luncheon. Any woman in the Pen Argyl, Wind Gap, or Plainfield Twp. area who would like to join us please call 610-863-7371.



Pastor Hikes After Heart Procedure

Local Pastor Hikes with Granddaughter Thanks to St. Luke's Expert Heart Care

When Rick Edmund conquered the hike up a butte in South Dakota's Custer State Park with his granddaughter last year, he had a big smile on his face and offered a huge shoutout.

Rick, 75, pastor at Chapman Quarries United Methodist Church in Bath, recorded thank you videos to Steven Stevens, MD, FHRS, and James Gallagher, MD, of St. Luke's Cardiology Associates.

If not for the extraordinary cardiovascular care that has led to St. Luke's being ranked among the leading heart and vascular centers in the nation, Rick may have never made that climb in Custer State Park — or any of the other climbs — as he and granddaughter Elisabeth trekked through North and South Dakota, visiting several national parks.

Rick was trying to live with persistent atrial fibrillation (AFIB) that was robbing him of his active lifestyle last year. Before that, he had been an active hiker, walker and had been working out at two gyms, but those activities went by the wayside as he had trouble catching his breath while struggling to climb the church steps.

He knew he had lifelong blood pressure issues – for which he was on medication – but nothing prepared him for the struggle to breathe during activity that started last spring.

When he told his primary care physician of his struggles, she referred him to Dr. Gallagher, who examined Rick and referred him to Dr. Stevens, the director of Cardiac Electrophysiology-Device and Ambulatory Service Lines for St. Luke's University Health Network for an ablation.

An ablation is used to correct the electrical signals that cause the heart to go into AFIB or other heart arrhythmias. The electrophysiologist will run the catheter to the heart from veins in a patient's leg.

Mean Girls Pancake Breakfast

The Theater Dept is holding a Pancake Breakfast again this year at the Bangor High School Cafeteria on March 23 from 8 to 11 AM. This is to benefit the high school production this year of Mean Girls, April 12,13 and 14th.

If possible, could you please cover this fun event with a photographer? Contact Tracy Finkbeiner at **finkbeit@bangorsd.org** with any questions you may have.



Contact: Slate Belt Town Topics - 570-688-3724 or sbtopics@rcn.com

Survey Shows How Many Couples Have Considered 'Sleep Divorce'

A Third Of Adults Also Cherish When They Have The Bed To Themselves At Night

By Talker Research

A third of Americans look forward to nights their partner isn't home — because they get the bed to themselves, according to new research.

The survey of 2,000 Americans who live with a partner found 36% appreciate when either they or their partner isn't at home, as they don't have to share a bed.

Maybe that's because the results show that four in five respondents (82%) admit their partner's sleeping habits consistently wake them up during the night.

Their partner snoring (52%), scrolling through their phone before bed (33%) and getting up at night to use the bathroom (33%) were found to be the most common sleep-disruptive habits.

Not only that, but a quarter of respondents also deal with their partner hogging the covers (27%), tossing and turning during the night (25%) or "starfishing" across the bed (21%).

Conducted by OnePoll on behalf of Avocado Green Mattress, the survey found that despite these annoyances, the majority of respondents aren't quite ready to consider a "sleep divorce" from their partner.

Seventy-nine percent of respondents share a bed with their partner, while the remaining 21% either sleep in different rooms (10%), sleep separately in the same room (5%) or admit it "depends on the night" (6%).

This varies dramatically by generation: only 2% of Gen Zers surveyed said they sleep in a different room than their partner, compared to one in five baby boomers (18%).

Regardless of generation, only a fifth (21%) of those who currently share a bed believe they'll sleep in separate beds in the future — but that's not to say some couples haven't found benefits in sleeping separately.

Results revealed that 42% of those who sleep separately from their partner believe it's "rejuvenated" their relationship.

Not only that, but 70% believe their quality of sleep has increased as a result of sleeping separate.

"If your partner snores, consider gifting them a wedge pillow. It can be hard to sleep when someone's snoring in the same bed as you, but a wedge-shaped pillow can help reduce snoring throughout the night and ensure both you and your partner wake up feeling refreshed," said Christine Carpio, Avocado's Senior Manager of Community + Social Impact.







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Wind Gap Woodworker Displays Hand-Crafted Work

By Larry Cory

The Craft Show at Grace UMC church Saturday in Pen Argyl had a wide array of displays. Stained glass, Easter Items, Soaps, Girl Scout Cookies, Dolls, Flowers, Pillows, Paintings, Chocolates, Thirty One, the Pampered Chef and more caught the eye of the many onlookers at the show

One of the most interesting exhibits at the show was the display of handcrafted charcuterie and cutting boards by woodworker Josh Faford of Wind Gap.

Walking by his table one couldn't miss his project samples. Wood items hand-crafted from scratch in rich mahogany, red grandis, oak and poplar showed the precision and luster from hours of hard work and patience in Faford's home work shop.

He says cutting the wood for his projects is the easy part while the finishing is the more difficult part. Sanding in particular requires a lot of time and patience. If you were one of the lucky customers to purchase an item from Faford it's

likely to be a useful tool or decorative item for your home.

He classifies his woodworking projects as a hobby which he attends to after his day-job as a "machine specialist."

"I started just about four years ago and I was really into it, and it was great" he said at the show, "I was doing animals, like cats and pigs and bears and things like that."

Those beginning projects, however, created a path for new and exciting things to come.

"I was now able to buy a wood planer, band saw, and routers," he said.

Anyone who has worked with wood knows how valuable those tools can be for more complex projects.

"I want to get into furniture next," said Faford. "I want to build coffee tables, book cases (and more)."

If you want speak with Faford or purchase one of his products you may call him at 1-484-505-8527.















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Slate Belt Heritage Center Spring Opening

The Slate Belt Heritage Center celebrates the twenty-fifth anniversary of its founding with exhibits, opening receptions, in-person programs and a gala banquet in April and May, 2024.

SBHC's theme for the year is "25 Years: Then and Now at the Slate Belt Heritage Center" is an amazing story of citizens coming together to preserve an iconic building and diverse community stories. To mark the occasion of the founding, Slate Belt Heritage Center will host a spring exhibit that highlights the energetic volunteers who created the Center, the organization's development to collect, preserve and interpret histories and artifacts from all nine Slate Belt municipalities and many ethnic groups, and the Center's current and future projects to share that history with the public.

Anniversary events kick-off on April 7 with a members' preview.

On April 11 at 7 pm, there will be a public program "Remember When... the Start of the Heritage Center" with a panel of people remembering SBHC's early years.

Beginning April 13, the Center will open to the public every Saturday

and Sunday, from 12 to 3 pm through October featuring the show in the Council Chamber, "25 Years: Then and Now at the Slate Belt Heritage Center." Each of the nine rooms will also have a special display.

On April 13 at 1 pm, there will be a ceremony in front of Pen Argyl Town Hall to dedicate three outdoor display units about Pen Argyl History. The panels are funded by the Northampton County Department of Community and Economic Development Hotel Tax Grant and by the Slate Belt Heritage Center. The units follow national park service standards and join three similar units that were placed in Bangor last year.

A gala banquet will take place on May 11, from 6-9 pm at the Elks Home in Bangor, PA. See the Heritage Center Facebook page, Slatebeltheritagecenter_SBHC for details in the near future.

The Slate Belt Heritage Center is a not-for-profit 501 (c) 3 organization located at 30 North First Street, Bangor, PA, 18013, in the former Bangor Town Hall. Starting April 13, the Center will be open on Saturdays and Sundays, from 12-3 pm (except holidays). Private tours, research time, and program speakers are available by contacting the Center at SBHC@frontier.org or (610) 599.4339

Grace UMC Craft Show







Great Slate Belt Litter Clean-Up

Join the Slate Belt Litter Cleanup Event on April 27th from 10 am - 1 pm (or until the area is complete)!

They'll have teams picking up litter in Wind Gap, Pen Argyl, Bangor, and Portland. They also want to expand this effort further in 2024 to additional municipalities. If you'd like to volunteer, email or call Slate Belt Rising Director Brian Fenstermaker to sign up - at bfenstermaker@caclv.org - 484-523-0900.

They are also looking for volunteers to lead teams in other municipalities in the Slate Belt. If interested, let us know!

They'll provide all materials, including safety vests, work gloves, garbage bags, and litter grabbers. Let's keep the Slate Belt beautiful together.

Slate Belt Mail-In Drop Box in Washington Township According to Armchair Lehigh Valley, a newsletter about all things politics

According to Armchair Lehigh Valley, a newsletter about all things politics in Lehigh and Northampton counties, is adding mail-in dropbox in the Slate Belt.

Northampton County adding three more drop boxes for mail-in voting Northampton County is adding three more locations where voters can drop off mail-in ballots for the April 23 primary, bringing the total to seven. According to the Northampton County Elections Office, the new secure boxes will be located at:

- Washington Township Municipal Building, 1021 Washington Blvd., Washington Township.
- East Allen Township Municipal Building, 5344 Nor Bath Blvd., East Allen Township.
- Northampton Community College's Fowler Family Southside Center,
 511 E. 3rd St., Bethlehem.

The other locations include:

- Northampton County Courthouse, 669 Washington St., Easton.
- Northampton County Human Services Building, 2801 Emrick Blvd., Bethlehem Township.
- Northampton County 911 Center, 100 Gracedale Ave, Upper Nazareth Township.
- Bethlehem City Hall, 10 E. Church St., Bethlehem.

The additional boxes come as Northampton has seen an uptick in mail-in ballot voters.

Bangor's Andrea Stiles Will be Featured in Podcast

Andrea aka DJ Sparklez will be featured on Da Testimony Podcast Women of Excellence segment to introduce her and educate listeners about spreading awareness about her disease as well discussing her accomplishments and contributions to the local hip hop, E.D.M music scenes and DJ communities.

Andrea Stiles was born on March 6th 1978 at East Stroudsburg Hospital in East Stroudsburg PA and grew up in Bangor Pa where she still resides today.

She was born with Osteogenesis Imperfecta, a genetic disorder caused by abnormal formation of collagen. It is otherwise known as brittle bones.



OI is marked by many, many fractures, short stature, a triangular faces, a bowed chest, easy bruising, blue sclera (the white of our eyes), sclerosis of the spine, lung issues, bad teeth, depression and often Deafness.

OI occurs in 1 in 15,000 to 20,000 births. We are a small population of little people! She wasn't supposed to live past 24 hrs, but she defied the odds as she continued to do so throughout her life.

Now at the age of 46, she has a life full of struggles and triumphs, ups and downs. Only as a confident strong independent woman she survived against all odds.

However, she rarely talks about disability because she wants people to focus on her as a human being a person then focus on her issues.

She attended and graduated from Bangor Area High School in Bangor Pa and The Career Institute of Technology (C.I.T) Information Systems Technologies (I.S.T) Program in Easton Pa in 1999. She went on to attend and graduated from Northampton Community college (NCC) with an Associates Degree in Business Management in Bethlehem Pa in 2006.

She has worked at jobs all her life. She is currently Employed full time at iQor in Allentown Pa for past 10 yrs.

She created and started a promotional company called Underground 4ever United (U4U) Promotions. Promoting and DJing events under the DJ name - DJ Sparklez promoting, organizing, booking and managing events and DJs from Electronic Dance Music (E.D.M) and HipHop. She has thrown events at Croc Rock and Mixx Nightclub. She has promoted and performed as a DJ at many events in NY, NJ, and PA from 2004-2011.

She has met and or worked with DJ Scribbles, Vanilla Ice, Afrika Bambaataa, and Kurtis Blow.

DJ Sparklez started a radio show on 91.7 WMUH, a Muhlenberg college radio station in Allentown Pa with DJ Tiger in 2006. Together they played hip hop, soca, reggaton, bmore club, house, trance and techno. They had many guest DJS play and they also interviewed local hip hop artists.

Today she is mostly working and living life to the fullest one day at a time.







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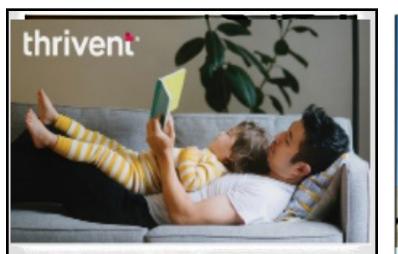
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Special Events

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.

Feral Cat Program

Pen Argyl Borough has a new contract with FURR/Fix in Bangor. Contact the Borough office for information about the trap neuter return program exclusively for feral cats (free vouchers provided with proof of I.D.).

Chamber of Commerce Scholarship Applications

The Slate Belt Chamber of Commerce is pleased to announce applications for Scholarship Achievement Award 2024 are available at the guidance departments of Bangor High School, Pen Argyl High School, Faith Christian & Career Institute of Technology. The Chamber will award one scholarship to a senior from each of these schools. Applicants must reside in the Slate Belt to apply.

The scholarships will be presented to the students based upon the following criteria; academic accomplishment, demonstrated service to school and/or community, demonstration of leadership capabilities and future college or vocational plans.

Please note: A separate award, The Frederick R. Curcio, Jr. Scholarship Award, may also be applied for at this time. To qualify a senior must been enrolled in a computer science related course or planning to attend a Technical School of their choice or majoring in computer science.

Applications must be received by April 11, 2024.

Rental Fishing Equipment

Borrow fly rods, spinning rods, fly boxes, and tackle to use in Jacobsburg's creeks! To borrow equipment, you must provide a driver's license or other form of state issued identification. Persons age 16 and older must possess a current fishing license to fish. Adults can help children under 16 fish without a license. Bait is not provided. For more information call 610-746-2801 or email jacobsburgsp@pa.gov.

DiscoverE Adventure Backpacks Available

When: Monday thru Friday, 8:00am to 2:30pm Where: Jacobsburg Visitor Center, 400 Belfast Road, Nazareth

Borrow a backpack full of kid-friendly tools to explore Jacobsburg! These backpacks are best for families with young children. Each backpack includes binoculars, note pad, 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.

Preservation Awards

The Slate Belt Heritage Center, located at 30 Forth 1st Street, Bangor, Pa, is pleased to announce that it is now accepting applications for its' annual 'Preservation Award'.

The purpose of this award is to acknowledge individuals and businesses (Architecture Award only) who have performed exemplary acts that promote and preserve the culture and heritage of the Slate Belt.

Candidates may be an individual or group (including businesses as mentioned below) and can be nominated by themselves or by another party.

There are three (3) categories:

- 1. **Initiative Award:** Applicant who has performed exemplary actions in promoting and preserving the Slate Belt heritage through in-kind actions. This means acts that do not necessarily involve monetary donations, but can be unpaid service for a preservation cause.
- 2. **Architectural Award**: Applicant (individual property or business) who is saving or conserving a historic building, place or artifact where restoration is authentic to preservation; and
- 3. **Special Focus Award**: Applicant who is saving or conserving tradition or a body of knowledge. That individual who contributes to educational information via exhibits, documentation, internet, archival, etc.

Consideration is given to projects with:

- a) specific start and end date;
- b) meet generally accepted preservation or scholar standards;
- c) considered 'complete', i.e. the project had a goal and potentially achieved the goal; and
- d) significant impact with before and after photographs (as proof) that information or a structure that would have otherwise been lost if the nominee had not done the project.

Nominations are now being accepted until March 1st. Nominations should include a description of entry, photos (if applicable), and any pertinent documentation.

The awards are then presented at a special program in June. One prize will be awarded with the possibility of one per category depending on the Committee's review of candidates.

Note: The Heritage Center retains the right to exhibit and/or publish the application materials, including photographs. Applications for those not chosen will be held on file, indefinitely, for future consideration.

Interested parties may obtain an application at the Heritage Center (Sundays 12-3pm during Winter hours), local municipal offices or by contacting Jason Huggan @ 484-574-2480 (Committee Chairperson). If calling, please leave an address to where applications can be mailed in addition to name and phone number.

Quality Family Time

Come to the Slate Belt Y on Fridays for some quality family time! They will have an assortment

of board games to choose from.

Register online at **gv-ymca.org** under Family Friday Programs!

Family Friday's are FREE for members! Snacks and water available for purchase

International Women Exhibit

"International Women Featuring The Fine Art of Monika Stefany Judy Holland & Marie Jeanne Habba is coming to the Nazareth Center for the Arts. Please join them for the Artist's Reception on International Women's Day, Friday, March 8th from 6-8PM.

Rebecca Pieper will be entertaining on piano.
This exhibit will run until March 31st with gallery ho

March 19

Garden Club Class

We are getting excited here at the Y as it is almost gardening season!

Join us on Tuesday, March 19th, at 11:00am to Noon as we begin to plan and seed start! We will also be doing a seed swap so don't forget to bring in any extra seeds you might want to donate and bags to take home something new for your own garden!

Our instructor, Crystal, will provide education on how to start seeds at home and you will also help to plant!

This is an indoor event, but please wear clothes you don't mind getting dirty.

Free for members!

Looking to plan ahead and help to grow the Y's garden?

We will begin our weekly Garden Club class on Mondays at 9:00am, beginning on Earth Day

March 20

Exploring Eclipses

Wednesday, March 20 at 10:00am to 11:00am

On Monday, April 8th portions of North America will experience a total solar eclipse and Pennsylvania is lucky enough to be in the path of totality. If you are planning to view the eclipse or are interested in learning about eclipses, join us for Exploring Eclipses to learn about the history of eclipses, what an eclipse is, how to safely view an eclipse, and what to expect on the day of the eclipse. After the program, we think you'll be even more excited for this upcoming astronomical wonder! Registration is required. https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg

March 21-22

Project Feeder Watch

Love birds and want to contribute to science?

Project FeederWatch turns your love of feeding birds into scientific discoveries. Participants will learn how to contribute to Project FeederWatch and be presented with the opportunity to become FeederWatch monitors at Jacobsburg or in their own homes! Bagels, coffee, and hot cocoa will be provided. Attending this program is required if you plan to participate in Project FeederWatch Monitoring on Thursdays and/or Fridays: Dec 21-22, Jan 4-5 & 25- 26, Feb 15-16 & 29, Mar 1 & 21-22. Registration is required. https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg

March 22

Whiskey Tasting at Hotel Bethlehem

A special whiskey tasting sponsored by the Celtic Cultural Alliance is planned for the Historic Hotel Bethlehem March 22 at 7:00pm

Join host Jared Card of ImpEx Beverages as he takes whisky lovers on a journey through the UK starting with the delicate flavors of Wales (Penderyn), followed by Spirit of Yorkshire (Filey Bay), Lowlands Scotland (Lochlea), the Western Highlands (Ardnamurchan AD) and ending with the lovely peat smoke of Islay (Kilchoman). Having the opportunity to taste selections from each brand while learning more about the people and the stories behind the brands and what makes each one special and unique.

Ticket holders will enjoy the ambiance of Historic Hotel Bethlehem while learning about these unique offerings. Seating is very limited with an early sell out predicted. Proceeds benefit the 2024 Celtic Classic Highland Games & Festival. Tickets are available at www.celticfest.org.

March 23

Sportsmans Banquet

Mount Bethel Volunteer. Fire Company Station. 37 will hold its 2024 Sportsmans Banquet March 23, at 5pm,

Mean Girls Pancake Breakfast

The Theater Dept is holding a Pancake Breakfast again this year at the Bangor High School Cafeteria on March 23 from 8 to 11 AM. This is to benefit the high school production this year of Mean Girls, April 12,13 and 14th.

If possible, could you please cover this fun event with a photographer?

Contact Tracy Finkbeiner at finkbeit@bangorsd. org with any questions you may have.

March 28

Weekly Weeders

Thursday, March 28 at 8:30am to 10:30am Interested in learning more about gardening with native plants? Volunteer to mulch, pull weeds, divide plants, and amend soil in the center's native plant garden every Thursday morning from 8:30

AM to 10:30 AM. We provide instruction, tools, and weeding mats. Registration is required. https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg

March 30

Weona Egg Hunt

An Easter Egg Hunt will be available for children at Weona Park March 30 at 11:00pm. Age groups 0-2, 3-4, 5-6, 7-8, 9-10. Rain or shine.

Washington Egg Hunt

Annual Egg Hunt Sponsored by WTVFC from 10:00am to noon March 30 at the township recreational fields.

Loads of prizes donated by the local community members and local businesses

Ages groups similar to last year

Meet behind the Municipal Bldg for quick directions then down to the Rec Fields. One age group at a time to handle the flow of kiddos

Portland Egg Hunt

The Portland Egg Hunt will be held Saturday March 30 at Noon in the Portland Ballf ield. Age Groups 0-3, 4-6, 7-9 and 10-12.

April 3

Hike for Health: Special Excursion

Wednesday, April 3 at 5:30pm to 7:00pm

Get moving after work with a brisk hike guided by a Jacobsburg educator! This is a special excursion hike that will take us to Wayne A. Grube Park to hike on the Nor-Bath Trail in honor of Northampton County Parks 50th Anniversary! Join us as we explore one of the many trails that Northampton County Parks has to offer and how trail connections can enhance communities. These guided monthly hikes are 2 to 3 miles over uneven terrain. You must be able to maintain a hiking pace of two miles per hour to attend. Dogs are welcome to hike on a leash. **Meet at 1200 Willowbrook Rd, Northampton, PA 18067**. Registration is not required. Join the email reminder list by contacting us at 610-746-2801 or jacobsburgsp@pa.gov.

April 4

Weekly Weeders

Thursdays, April 4, 11, 18, 25 at 8:30am to 10:30am

Interested in learning more about gardening with native plants? Volunteer to mulch, pull weeds, divide plants, and amend soil in the center's native plant garden every Thursday morning from 8:30 AM to 10:30 AM. We provide instruction, tools, and weeding mats. Registration is required. https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg

April 6

Spring break baby!!! Beach bash 2024

Come join awareness 365 April 6 at 6:00pm at

the Blue Valley Farm Show and the community for an amazing night, an absolute great fundraiser for awareness 365 inc. That we can pay it forward to so many warriors.

Doors open at 5:30pm \$35.00 Per person includes Beer, slushies, soda, water, byob, snacks, food catered by the smokin' pasty co.

Music provided by romeo vegas. Photobooth by rockin ramaley. Door prize, 50/50 split, many tricky trays and baskets

Get your sunglasses, flip flops, and suntan lotions ready for a beaching great time!!!!

You can purchase tickets by contacting Tammy pritchard 484 239 8997, Jena rutt 570 977 3324 or Jennifer Mutchler 610 442 5786

Volunteer Event Community Tree Planting

Saturday, April 6 at 3:00pm to 5:00pm

Celebrate Earth Day a little early with us in our education area to plant small trees and shrubs to replace removed invasive species. All tools and equipment will be provided. Registration required. https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg

Slater Family Network Silent Auction

Seeking donations for our annual Silent Auction happening April 6 from 10am to 1pm.

This is their BIGGEST FUND RAISER of the year!!! All proceeds go to assisting Slater Families in need!

They are accepting baskets, gift cards, services, items and financial donations and will shop for you!! Help soliciting for prizes is also welcome!

Let's make this the best auction yet.

Volunteer Ultraviolet Nighttime Litter Pick Up

Saturday, April 6 at 7:30pm to 9:00pm

Gain a different perspective of you environment as we walk trails with UV flashlights. Not only may we see luminescing critters, but also plenty of glowing litter to place in bags as we walk along. Registration required. https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg

April 7

SBHC Remember When Program

On April 11 at 7 pm, there will be a public program "Remember When...the Start of the Heritage Center" with a panel of people remembering SBHC's early years.

April 10

Hike for Health

Wednesday, April 10 at 5:30pm to 7:00pm Get moving after work with a brisk hike at Jacobsburg! These guided monthly hikes are 2 to 3 miles over uneven terrain. You must be able to maintain a hiking pace of two miles per hour to attend. Dogs are welcome to hike on a leash. Meet at the Visitor Center flagpole at 400 Belfast Road. This monthly hiking program will repeat on April 10, May 1, June 5, July 10, August 14, September 4, and October 2 at the same time and place. Registration is not required. Join the email reminder list by contacting us at 610-746-2801 or jacobsburgsp@pa.gov.

April 11 Weekly Weeders

Thursdays, April 11, 18, 25 at 8:30am to 10:30am Interested in learning more about gardening with native plants? Volunteer to mulch, pull weeds, divide plants, and amend soil in the center's native plant garden every Thursday morning from 8:30 AM to 10:30 AM. We provide instruction, tools, and weeding mats. Registration is required. https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg

April 12, 13, 14 Mean Girls

Mean Girls, the High School Version, will be staged at the Bangor High School Performing Arts Theater April `12, 13 and 14.

The April 12 performance will be held at 7:30pm. There will performances at 2:00pm and 7:30 pm April 13. The final performance will be 2:00pm April 14.

Tickets will go on sale January 18 at WWW.SHOWTIX4U,COM/EVENTS/BAHSMEANGIRLS

April 13

Apparel & Accessories Expo

The Apparel & Accessories Expo is coming to the Palmer Park Mall Saturday, April 13, 2024 at 11 AM. This is the one place where you'll be able to find something for everyone!

While you're there take advantage of the free mini manicure with any Color Street purchase.

Would you like to be a vendor? Simply text (272)-200-8163 or **email kstocker@blueflameevents. co.** Vendor spaces are \$45 each.

Heritage Center Opening

Beginning April 13, the Center will open to the public every Saturday and Sunday, from 12 to 3 pm through October featuring the show in the Council Chamber, "25 Years: Then and Now at the Slate Belt Heritage Center." Each of the nine rooms will also have a special display.

On April 13 at 1 pm, there will be a ceremony in front of Pen Argyl Town Hall to dedicate three outdoor display units about Pen Argyl History. The panels are funded by the Northampton County Department of Community and Economic Development Hotel Tax Grant and by the Slate Belt Heritage Center. The units follow national park service standards and join three similar units that were placed in Bangor last year.

4-H Equine Garage Sale Open to the Public

On Saturday, April 13, 2024, the annual tack swap or "equine garage sale" will be held at the Northampton County 4-H Center, Nazareth, PA. The tack swap will be held from 11 AM - 2 PM. The public is invited to attend.

The Northampton County 4-H Center is located at 777 Bushkill Center Rd., 2.2 miles south of Rte. 512 from the traffic light for Bushkill Center Rd. or 3 miles north of Nazareth on Bushkill Center Rd.

There will be new and used items for sale for all horse interests and disciplines. Also there will be horse crafts, Breyer model horses, clothing and other horse related items. All sellers are preregistered for a sale table or space inside, outside space is available the day of the swap; there are no consignments. No live animals are permitted. No dogs permitted.

Food, courtesy of Backtrackers 4-H Horse and Pony Club, will be available during the sale hours. This is a rain/shine event; being held inside non-heated buildings and outside.

The 4-H program is open to youths between the ages of 8-19 years. It offers over 150 hands-on projects, a wide variety of experiences, and builds life skills for the future. Volunteer leaders are always welcome.

Anyone wishing information concerning the tack swap is asked to call Janice Martin at 610-837-7294. Anyone wishing general information concerning the 4-H program in Northampton County is asked to call the Northampton County 4-H Offices, weekdays, 8 AM - 4 PM, at 610-746-1970, or your local Agricultural Extension Service in your county.

Free Shredder Event

It's time to mark your calendars for my upcoming event! Join Rep. Ann Flood at a free paper shredding event on Saturday, April 13, 10 a.m. to noon at the Blue Valley Farm Show in Bangor.

Help to protect your identity by safely disposing of sensitive documents at my free shredder event. Additionally, literature on how to protect yourself from identity theft and common scams will be distributed.

April 14

Sunday Sessions "at the Bell"

Sunday Sessions "at the Bell" featuring Lilly Moss & Dustin Flyte is planned for April 14, 2024 from 4 to 6 PM BYOB Food available

Lilly Moss: What happens when a fresh young face with the voice described as a cross between Adele and Stevie Nicks takes the stage to perform? Well, people stop, listen, and become completely mesmerized by a voice so unique you can't help but think ... THIS is Lilly Moss.

Lilly is a singer/songwriter rising from Easton, PA, where she first started performing live at the local farmers' market, wineries, and festivals.

Inspired by greats like Billie Eilish, Chris Stapleton, Jason Isbell, and Adele, Lilly began writing music for a variety of genres, from pop to country and everything in between, and recording with Grammy-nominated producerr, Dan Malsch of Soundmine Recording Studios.

Dustin Flyte: An up and coming emerging artists who was described as "pretty strictly classic country, doing a lot of old standards, heavy on the Johnny Cash influence." Should be a great warm up act for Lily keeping the variety of music at the Bell intact.

April 17

Woodland Wildflower Walk

Wednesday, April 17 at 10:00am to 12:00pm Join conservation volunteer Doug Burton for a one-mile hike in Sobers Run to learn about the early spring blooms scattered throughout the forest. Please wear sturdy shoes and dress for the weather. Registration is required. https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg

April 18

Weekly Weeders

Thursdays, April 18, 25 at 8:30am to 10:30am Interested in learning more about gardening with native plants? Volunteer to mulch, pull weeds, divide plants, and amend soil in the center's native plant garden every Thursday morning from 8:30 AM to 10:30 AM. We provide instruction, tools, and weeding mats. Registration is required. https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg

April 19,20

Youth Climate Summit

The Nurture Nature Center, Northampton St., Easton is excited to announce that our 5th Annual Youth Climate Summit of the Lehigh Valley will be held on Friday and Saturday, April 19 and 20, 2024 at our center in Easton, PA.

The summit is designed to give middle- and high-school students the chance to develop as climate leaders through collaborating with other students, exploring their own strengths and interests, speaking with experts and climate professionals, engaging in hands-on climate solutions activities, learning about sustainability and climate careers and developing related skills, and more.

The summit is free to attend, and food will be provided. Please send us a message with any questions or reach out to Lauren at lfosbenner@nurturenaturecenter.org.

April 20

Festival of Peculiarities

Welcome to the world of the strange and unusual at the South Mall 11:00am Saturday April 20. This is the place where there is always something odd around each corner or should we say on each table. Take a stroll and

explore the sustainable sourced specimens, creepy dolls, handcrafted oddities, taxidermy, and much more.

Would you like to join us for this unique event? Simply text (272)-200-8163 or email kstocker@ blueflameevents.co. You can also click the link below for the registration. The cost is \$45 per space.

Registration Link: https://docs.google.com/forms/d/e/1FAIpQLSdINM0TWEytCu49ZLdiE14aD6RBD-S---znvZolnG2u3VD4LQ/viewform?usp=sf link

Lehigh Valley Wine Gala

Come raise a glass with us at the Lehigh Valley Wine Gala on Saturday, April 20, 2024 | 6:00PM-10:00PM

This year's event will be hosted at Northampton Country Club with Honorary Wine Chair, Steve Pride of Pride Mountain Vineyards.

Read more about our annual fundraiser with The Children's Home of Easton, about Pride Mountain Vineyards, and event sponsorship opportunities.

2024 Wine Gala

Saturday, April 20, 2024 | 6:00PM-10:00PM Northampton Country Club Jessica Edris, Event Director

610-217-2125

jessica@lehighvalleywinegala.com

Woodland Wildflower Walk

Saturday, April 20 at 10:00am to 12:00pm Join us on a two-hour search for the late spring botanical treasures of Jacobsburg! We'll discuss how flowers got their names as well as legends, myths and stories that surround them. Be prepared for a moderate hike that may involve muddy slopes and uphill climbs. Please bring binoculars, a camera, water and a snack and wear sturdy shoes. Registration is required. https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg

April 25

Weekly Weeders

Thursday, April 25 at 8:30am to 10:30am Interested in learning more about gardening with native plants? Volunteer to mulch, pull weeds, divide plants, and amend soil in the center's native plant garden every Thursday morning from 8:30 AM to 10:30 AM. We provide instruction, tools, and weeding mats. Registration is required. https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg

April 27

Camp Papillon Fund Raiser

Camp Papillon Animal Shelter presents a Wise Crackers Comedy Fundraiser located at The Lodge at Mountain Springs Lake in Reeders, PA

on Saturday, April 27, 2024 at 7:00 PM!

Doors will open at 5:00 PM. There will be a cash bar, appetizers and hors d'oeuvres for purchase, a tricky tray and 50/50. Tickets are \$40 in advance, \$50 at the door. Seating is limited, tickets sell out fast so buy yours today! There will be no physical ticket to pick up. Just give your name on the order the night of the event for admission. You must be 18 years or older to attend.

Bring something from our wish list for entry into a special raffle.

To purchase tickets, go to https://www.camppapillon.org/.../Wise-Crackers-Comedy... or contact Sami Ely at 570-730-9226

May 11

Flash Back to the 70s in April 2024

We're flashing back to the 1970's! Put on your best hippie attire and join us for Plantstock, inside the Palmer Park Mall! Enjoy those 70's sounds playing while you shop with a variety of vendors and crafters selling everything including houseplants, garden supplies, and more! There will also be some non-planty vendors and crafters joining us for those who just aren't plant people. While you're there, be sure to enter the best dressed hippie costume and be entered for a chance to win a prize! Also, before you leave, stop and get your photo taken and receive a free digital download to take home! Saturday, May 11, 2024 at 11 AM

LMBT Fire Co. Picnic

Lower Mt. Bethel Fire Company Picnic 4:00pm May 11 at the Riverton Fields is open to the public Family Fun event bounce house and activities for the kid, meat drawings throughout the event, vendors,

The Timewhys will be performing from 4 to 7:30, we will pull our pew pew winners after that followed by Fireworks at dusk by Pyro Joe. \$5 a car to park will be waved with pre purchase of a pew pew ticket plus you get 1 sandwich out of the fire co stand. Food and drinks will be available through out the event. Come on out and support your local fire co and have a good time

May 18

Wolf and Whiskers Festival

Party with pets inside the South Mall! Come visit with pet rescues Saturday, May 18 at 11 AM and learn about each organization. While you're there visit with adoptable pups. Who knows, maybe you'll find your new bestie.

While you're there shop with unique vendors and crafters (pet & non-pet related).

This is a pet friendly event so feel free to bring your well-behaved leashed pups to the mall. No retractable leashes.

They's looking for vendors, crafters, pet rescues, and alcohol vendors to join them for this fantastic event! To register click the link below. For questions text or call (272)-200-8163.

We have fantastic advertising opportunities available! For more information give us a call at

(272)-200-8163.

June 15

Dad Fest - Vendor, Car, Truck & Bike Festival

Come to Palmer Park Mall Saturday, June 15, 2024 at 11 AM and enjoy the indoor/outdoor car & bike show, shop with dad centric vendors, and get a keepsake photo to remember this special day. Make Father's Day memorable with Dad Fest.

Partnering with Mexico Rolls for the Truck, Bike, & Car segment of the event. Truck, Bike & Car Registration Details:Same day registration will be \$10.00

June 22

Geek Fest

Join the Geek Fest June 22, 2024 at the South Mall.

It's okay to embrace the weird in the world! We're bringing a variety of unique and fun nerdy & geeky things to do throughout the day!

Come out and participate in our cosplay dress up contest for a chance to win something unique! Stop in at the mall arcade and play some classic video games or swing by one of the open space board game tables that will be set up throughout the mall.

Don't forget to shop with vendors and artisans who will be set up with unique and weird items! DiscoverE Hide 'n Seekers (Age 3-5): Neature Detectives Morning Session

Tuesday, June 25 to Friday, June 28 at 10:00am to 11:00am

The world is full of all sorts of exciting things to explore! Come see how much fun learning about nature can be. Campers must be accompanied by an adult each day of camp. This program combines our autumn Tales for Tots program and our summer camp for 5 year old children. There will not be separate programs for those age groups this year. Please choose only one session of camp to sign up for. This camp begins on Tuesday, June 25th and ends on Friday, June 28th and will be from 10:00am - 11:00am each day. There is a non-refundable \$15.00 registration fee for this camp.

July 14-20

Northampton County Junior Conservation School

Sunday, July 14 to Saturday, July 20, 2024 This weeklong residential environmental education experience offers students ages 13-17 an opportunity to work with other youth and adults in a hands-on, non-traditional learning experience. Instruction includes hiking, archery, camping, canoeing, forest ecology, boater water safety, water quality monitoring, firearms safety and handling, and other outdoor experiences. Conservation School places a strong emphasis on field experiences to educate and instill a conservation ethic in its students. The program is designed to develop the leaders of the next generation who have an awareness of the critical environmental and ecological issues that affect our communities and how decision-making and

management practices can limit those impacts. The school is staffed by a group of dedicated volunteers composed of sportsmen, returning students, community leaders, state agencies, and organizations. Instruction is provided by Jacobsburg Environmental Education Center and other professionals from the conservation and environmental fields. The school is held at the Northampton County 4-H Center 777 Bushkill Center Road Nazareth, PA 18064. A \$50.00 registration fee is required to attend NCJCS, the \$50.00 will be refunded upon the student's successful completion of the week of school. Registration is open now at www.ncjcs.org. Please fill out the online application at https://ncjcs.org/ preapp/ to register for the 2024 session. https:// events.dcnr.pa.gov/search/events?order=date&

July 22-26

search=jacobsburg

Art in Nature Camp for Teens

Monday, July 22 to Friday, July 26 at 9:00am to 3:00pm

Jacobsburg is partnering with ArtsQuest and PA Council on the Arts to host a day camp that merges nature with art. Teens ages 13-17 are invited to join teaching artist, Chris Spohn, to learn the processes of sculpting, mold making, and casting to create a conglomerate sculpture related to the theme: "Diversity makes an ecosystem strong." Attendees will be able to bring home a casting and mold after camp. Camp will include outdoor adventures to inspire artists as they learn about the species that call Jacobsburg home. This camp will be held 9:00 AM- 3:00 PM, Monday July 22rd – Friday, July 26th. This camp is free.

July 20 KittyCon

KittyCon is coming to the Lehigh Valley on July 20, 2024 at the South Mall at 11am. It's going to be a cat-tastic event where the world of cat culture and pop culture collide!

Shop with a variety of cat related (and non-cate related) vendors. Visit with cat rescues and their adoptable felines. Come dressed in your favorite cosplay costume and get your photo taken with some awesome backgrounds. This is a cat friendly event and you can bring your well-behaved leashed and secured cat!

This is going to be one of the most unique cattastic, pop culture events around that is dedicated to cats and cat lovers from all over! You won't want to miss this!

Registration is open! Vendor Cost = \$45 per space Rescue Cost = FREE

August 3

Mind, Body & Spirit Expo

Explore an incredible selection of the best in alternative health, wellness, holistic products and resources Saturday August 3 at the Palmer Park Mall at 11:00am.

Expand your mind and take in mini-sessions and presentations featuring psychics, experts and holistic practitioners at the top of their fields! It will be a fantastic day to nourish your mind, body & spirit.

Registration is open for vendors, demonstrators, practitioners, and speakers, To register simply click the link below.

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

August 6-9

Outdoor Explorers (Ages 6-8): Power of Water Session 1

Tuesday, August 6 to Friday, August 9 at 9:00am to 12:00pm

Water is essential for all life on earth. During this camp we will explore how water moves through systems and learn how wildlife and people benefit. We'll discuss weather, historical water usage, water in habitats, and water conservation. Campers will even have an opportunity to build their own miniature waterwheel. So, WATER you waiting for? Let's explore! Please choose only one week of camp to sign up for. This camp begins on Tuesday, August 6th and ends on Friday, August 9th and will be from 9:00am - 12:00pm each day. There is a non-refundable \$25.00 registration fee for this camp. https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg

(Ages 9-12): Jacobsburg Survival Challenge Session 1

Tuesday, August 6 to Friday, August 9 at 9:00am to 12:00pm

Do you have what it takes to survive in the wilderness? Join us and learn how to prepare for the most common survival scenarios. There will be lots of fun activities including fire making, building shelters, and orienteering! Please choose only one week of camp to sign up for. This camp begins on Tuesday, August 6th and ends on Friday, August 9th and will be from 9:00am - 12:00pm each day. There is a non-refundable \$25.00 registration fee for this camp. https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg

August 10

Fairy & Folklore Festival

Bring the family out for a day filled with mystical and magical adventures 11:00am Saturday August 10 at the South Mall.

Come dressed in your best fairy or mystical creature costume for a chance to win a magical surprise. While you're there, hunt for fairies throughout the mall and be entered into a drawing for a surprise. Before you leave be sure to get your free keepsake photo at one of our enchanted photo stations.

Vendor registration is open! Cost is \$45 per space. To register simply click the link below, text (272)-200-8163, or email kstocker@blueflameevents.

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August 13-16

Outdoor Explorers (Ages 6-8): Power of Water Session 2

Tuesday, August 13 to Friday, August 16 at 9:00am to 12:00pm

Water is essential for all life on earth. During this camp we will explore how water moves through systems and learn how wildlife and people benefit. We'll discuss weather, historical water usage, water in habitats, and water conservation. Campers will even have an opportunity to build their own miniature waterwheel. So, WATER you waiting for? Let's explore! Please choose only one week of camp to sign up for. This camp begins on Tuesday, August 13th and ends on Friday, August 16th and will be from 9:00am - 12:00pm each day. There is a non-refundable \$25.00 registration fee for this camp.

(Ages 9-12): Jacobsburg Survival Challenge Session 2

Tuesday, August 13 to Friday, August 16 at 9:00am to 12:00pm

Do you have what it takes to survive in the wilderness? Join us and learn how to prepare for the most common survival scenarios. There will be lots of fun activities including fire making, building shelters, and orienteering! Please choose only one week of camp to sign up for. This camp begins on Tuesday, August 13th and ends on Friday, August 16th and will be from 9:00am - 12:00pm each day. There is a non-refundable \$25.00 registration fee for this camp. https://events.dcnr.pa.gov/search/events?order=date &search=jacobsburg

August 18

Sticks Reunion

The 24th Annual Sticks Reunion will held 3-7pm Sunday August 18 at the Mountain View Drag Strip 206 E. Mountain Road, Wind Gap.

See Muscle Cars, Street Rods, Antiques, Drag Cars, Motorcycles and enjoy Food, DJ Music, and door prizes.

Proceeds benefit Merit Awards for Career Institute of Technology, Slate Belt Junior Police Academy, Meals on Wheels and local food banks.

No alcoholic beverage and no pets.

More info: Wayne Bisher 610-703-4889 or Pro Zito 610-588-0521.

September 21

No Pumpkin Way

No Pumpkin Way! It's a Fall Festival & Tricky Tray!

Join us for the 2nd annual No Pumpkin Way, 10:00am Saturday September 21 It's a Fall

Festival & Tricky Tray!

This family-friendly event will have a BIG Tricky Tray, a pumpkin throwing contest, delicious food, great music, FREE Fall digital photo, FREE crafts for the family, and an AMAZING selection of unique vendors & crafters for you to shop with. You won't want to miss this event!

Note: All proceeds from the Tricky Tray will benefit the Roseto Helping Hands. Basket donations are being accepted. To arrange a pick up please text or call (272)-200-8163.

October 20

Car, Truck, Tractor & Vendor Show

Lower Mt. Bethel Sandt's Eddy is hosting their 7th annual Car, Truck, Tractor & Vendor Show Sunday, October 20, 2024 at 10 AM, 7701 Martins Creek Belvidere Hwy, Bangor,

You won't want to miss this excitement!

In addition to the cars, trucks, and tractors there will also be a great line up of vendors and crafters for you to shop with!

Let's not forget the activities such as the trunkor-treat, Tricky Tray, rides, and more! It's going to be a fun family day!

Regular Events Calendar

Tuesday March 19

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 20

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 21

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 22

Bingo - Bushkill Fire Co. Doors 5pm. Bingo

Blue Mountain Library - Open 10-12 &

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 23.

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 24

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 25

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 26

Blue Mountain Library - Open 10-12 & 6-8pm **Bangor Public Library** - Open 1-8

Slate Belt Senior Center - Open 8-4. Blue Valley Council Chambers Farm Show

.Bangor Borough Council - Workshop, Bee Hive,

Washington Twp. Recreation - 7pm

Roseto Zoning - 7pm

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

UMBT Zoning - 7pm Room, 7pm

Wednesday March 27

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 8-3:30. Blue Valley Farm Show

Washington Township Supervisors Meet -Municipal Building, 3:30pm.

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

Plainfield Zoning - 6:30pm

UMBT Open Space Advisory 7pm

Thursday March 28

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

Bangor Public Library - Open 10-8

Slate Belt Senior Center - Open 8-4. Blue Valley Farm Show

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

Pen Argyl Council Workshop - 7pm **Plainfield Supervisors** - 7pm

Plainfield Twp Fire Co. Bingo - 6:30pm

UMBT Development - 7pm

Friday March 29

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 30

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 31 HAPPY EASTER!!!!

Monday April 1

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.

Pen Argyl Municipal Authority - 5:00 P.M.

Council Chambers

Washington Township Zoning Board -

Municipal Building, 6:30 pm.

Roseto Borough Council - Municipal Building, 7:30pm Lower Mount Bethel

Supervisors - Meets Centerfield Building, 7pm

Portland Borough Council - Borough Hall, 7:00pm

Pen Argyl Council - 7pm

Pen Argyl GFWC - St. John , Pen Argyl, 7pm

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

Pump - 8:30-11:30 Weona Park Pals - 7pm

Wind Gap Boro Council - 7pm

Tuesday April 2

Bingo - Portland Fire Co., 7pm.

Blue Mountain Library - Open 10-12

Bangor Public Library - Open 10-8

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

Valley Farm Show Mission of Love Food Pantry & Clothes Closet

- N. Main St., Bangor, 10-12 Pen Argyl Woman's Club Meets 1:30 pm St.

John's Lutheran. Plainfield Parks & Rec - 7pm

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

Wind Gap Boro Council - 7pm

(Monday Holiday meet Tuesday

Wednesday April 3

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

Bangor Pool - Open 12-7

Regular Events

Thursday April 4

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

Bangor Public Library - Open 10-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show Bingo - Plainfield Fire Co., 6:30pm Plainfield Environmental Advisory Board - Municipal Building, 7:00pm

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

Wind Gap Planning - 7pm Bangor Pool - Open 12-7

Friday April 5

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

Bangor Pool - Open 12-7

Saturday April 6

Blue Mountain Library - Open 10-12

Bangor Public Library - Open 10-4

Mission of Love Soup Kitchen - N. Main St., Bangor. 11-2

Slate Belt YMCA - 8-4

Slate Belt Heritage Center - Open 12-3

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

Bangor Pool - Open 11-7 **Weona Park** - Carousel & Golf Open 3-9

Sunday April 7

Fellowship Dinner - East Bangor UMC, 4-6.

Slate Belt Heritage Center - Open 12-3.

Slate Belt YMCA - 10-2

All-You-Can Eat Breaklfast -Bangor Elks 8-12pm. Adults \$10. Kid 6-12 \$6. Under 6 - Free.

Bangor Pool - Open 11-7

Weona Park - Carousel & Golf Open 3-9

Monday April 8

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

Bangor Public Library - Open

1-8

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

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

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

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

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

Upper Mount Bethel Supervisors

- Meets 7:00pm

Roseto Borough Council -

Municipal Building, 7:30pm

Slate Belt YMCA - Open 6:00am

- 8:00pm

Tuesday April 9

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

Bangor Public Library - Open 10-8

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

Mission of Love Food Pantry & Clothes Closet - N. Main St., Bangor, 10-12

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

Wednesday April 10

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

Bangor Pool - Open 12-7

Thursday April 11

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

Bangor Pool - Open 12-7

Friday April 12

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

Bangor Pool - Open 12-7

Saturday April 13

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

Bangor Pool - Open 11-7 **Weona Park** - Carousel & Golf Open 3-9

Sunday April 14

Slate Belt Heritage Center - Open 12-3.

Slate Belt YMCA - 10-2 Bangor Pool - Open 11-7 Weona Park - Carousel & Golf Open 3-9

Monday April 15

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 April 16

Bingo - Portland Fire Co., 7pm. **Blue Mountain Library** - Open 10-12 & 6-8pm **Bangor Public Library** - Open 10-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show Mission of Love Food Pantry & Clothes Closet - N. Main St., Bangor, 10-2

Roseto Planning Commission - 7:00pm Borough Hall

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

Washing Twsp. Planning - 7pm

Wind Gap Boro - Council 7pm

Wednesday April 17

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm.**Blue Mountain Library -** Open 10-12 & 6-8pm

Bangor Public Library - Open

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 **Bangor Pool** - Open 12-7

Thursday April 18

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

Bangor Pool - Open 12-7

Friday April 19

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

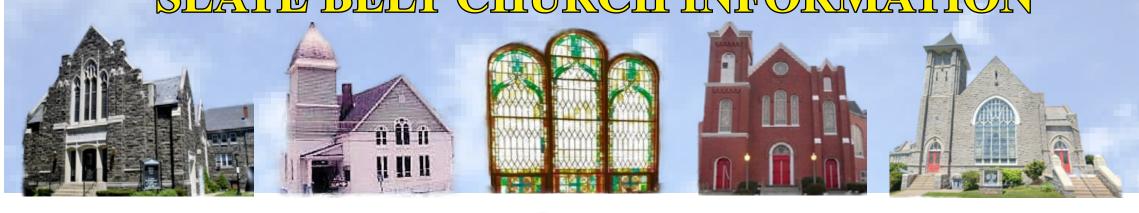
Slate Belt YMCA - Open 6:00am - 8:00pm

Bangor Pool - Open 12-7

Saturday April 20

Blue Mountain Library - Open 10-12

SLATTE BELT CHURCH INFORMATION



Christ Presbyterian Church of The Slate Belt

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



East Bangor UMC

136 W. Central Ave. (Rt.512) East Bangor Mar 23 A.A Meeting 8pm Mar 24- 9:30 a.m. Worship Servicev (Palms) Mar 24 - Fellowship, No Adult Sunday School March 28 -7:00 p.m. Choir Rehearsal (Live & on Zoom) 10:45 Fellowship Hour

Grace Lutheran Church

5907 Sullivan Trail, Nazareth Pa 18064
Mar 24 Sunday of Passion
9:00 am Holy Communion
10:15: Sunday Morning Adventures
www.gracebelfastpa.org 610-759-9080
Email:gracebelfast@rcn.com

Flicksville UCC

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

www.flicksvilleucc.com
Follow us on Facebook
Children & Adult Sunday School 9:30

Worship at 10:45 AM

Trinity Lutheran Church

404 Broadway Bangor (610-588-20) telcbangor@frontier.com Sunday worship 10:30am Mar. 24 Palm Sunday - No Communion 7pm Mar. 28 Maundy Thurs. - No Communion

> 7pm March 29 Good Friday 10: 30 Easter Sunday - Communion

Christ Evangelical Lutheran Church

703 South Delaware Drive Mt. Bethel, 18343 http://www.celcpa.org/ Email: celcpaorg@yahoo.com 610-588-7056

Worship: Sundays 9:00 a.m.

Holy Communion: First and Third Sunday
Toddler Sunday School: Sept-May 10:15

Richmond United Methodist Church

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

First United Methodist Church of Bangor

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

Prince of Peace Ev. Lutheran Church

Rev. Michael J. Scholtes, 610-588-55 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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PH: 610-863-5750 FAX: 610-863-8537





Bangor Library - New Books

New Books: March 8-14

Adult Fiction

Tom Clancy Weapons Grade by Don Bentley

Where's Molly by H. D. Carlton

Murder in the Tea Leaves by Laura Childs

Maktub: An Inspirational Companion to The Alchemist by Paulo Coelho

The Hunter: A Novel by Tana French

Anita de Monte Laughs Last by Xochitl Gonzalez

Piglet: A Novel by Lottie Hazell

The Great Divide: A Novel by Cristina Henriquez

The Inmate by Freida McFadden

The Little Italian Hotel by Phaedra Patrick

A Love Discovered by Tracie Peterson

Never Too Late: A Novel by Danielle Steel

Listen For the Lie by Amy Tintera

The New Couple in 5B by Lisa Unger

Hallowed Ground by Rebecca Yarros

Adult Non Fiction

Never Give an Inch: Fighting for the America I Love by Mike Pompeo

Easy Fiction

Happy St. Patrick's Day from the Crayons by Drew Daywalt You're My Little Lucky Charm by Nicola Edwards Spring in the Forest by Rusty Finch

Run, Little Chaski!: An Inka Trail Adventure by Mariana Llanos

Easy Non Fiction

Garden Time

Easy Reader Fiction

Pete the Kitty and the Three Bears by James Dean Fox Versus Fox by Corey R. Tabor

Junior Fiction

Ferris by Kate DiCamillo The Tryout by Christina Soontornvat

Young Adult Fiction

The Prisoner's Throne: A Novel of Elfhame by Holly Black The Princess and the Grilled Cheese Sandwich by Deya Muniz

Young Adult Non Fiction

In Limbo by Deb J. J. Lee

NEWS EVERY DAY

FEATURES - PHOTOS - WEATHER REGULAR & SPECIAL EVENTS CHURCH - SPORTS - MORE

SLATE BELT TOWN TOPICS SBTOPS.WEEBLY.COM

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

For those with moderately or severely weakened immune systems:

- You may get an additional updated COVID-19 shot if it has been 2 months since your last recommended updated COVID-19 shot.
- · Talk to your healthcare provider to learn if you are able to



Common Cold
Do you need antibiotics?





Antibiotics **DO NOT WORK**against viruses that cause colds. Talk to your healthcare professional about what you can do to feel better.

Visit www.cdc.gov/antibiotic-use/colds.html to learn about common colds.

www.cdc.gov/antibiotic-use



WHAT'S GOING ON????
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