

THE *Belt* and BEYOND

FREE

Volume 7 • Issue 1

April 9, 2020

A PUBLICATION FEATURING: local events, news, happenings and more





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EASTER 2020

Maundy Thursday,

April 9

Good Friday, April

10

Holy Saturday,

April 11

Easter Sunday,

April 12

APRIL

APRIL IS NATIONAL MONTH OF HOPE

APRIL NATIONAL DAYS

**APRIL 9 - NATIONAL FORMER P.O.W.
RECOGNITION DAY**

APRIL 10 - NATIONAL SIBLINGS DAY

APRIL 11 - NATIONAL PET DAY

APRIL 13 - NATIONAL SCRABBLE DAY

APRIL 14 - NATIONAL GARDENING DAY

APRIL 15 - NATIONAL TITANIC REMEMBRANCE DAY

**APRIL 16 - NATIONAL WEAR YOUR PAJAMAS TO
WORK DAY**

APRIL 18 - NATIONAL LINEMAN APPRECIATION DAY

APRIL 21 - NATIONAL KINDERGARTEN DAY

APRIL 22 - NATIONAL EARTH DAY

APRIL 23 - NATIONAL TAKE A CHANCE DAY

APRIL 24 - NATIONAL ARBOR DAY

APRIL 25 - NATIONAL ZUCCHINI BREAD DAY

APRIL 26 - NATIONAL PRETZEL DAY

APRIL 27 - NATIONAL BABE RUTH DAY

APRIL 28 - NATIONAL SUPER HEROES DAY

**APRIL 30 - NATIONAL HAIR STYLIST
APPRECIATION DAY**

HOLIDAYS

APRIL 10 - GOOD FRIDAY

APRIL 12 - EASTER



Easter - A Time of Hope and New Beginnings

By Kathleen McFall

Easter has almost arrived, and we are in the midst of a perilous situation fraught with hardship and danger, but our response should not be to despair.

As Christians, we believe that Jesus Christ is the Son of God who died on the cross and on the third day rose again from the dead.

Jesus suffered physical pain beyond measure on the cross, but Easter isn't about Christ's death. It is about his resurrection. It is about that third day - the day he rose from the dead so that we would have eternal life in Heaven.

During these difficult times, when life seems its darkest, we can find comfort in knowing God is with us.

No matter how bleak and frightening life seems right now, God has ways of bringing unexpected good out of situations where hope seems lost. Our savior's love and power never changes. He is always faithful to those who trust in him.

The following excerpt is from the article "Who is Jesus?" written by Christian author Constantine Campbell:

"Jesus died. He rose from the dead and the world changed forever, but what does his resurrection mean? How has the world changed? How does his death and resurrection affect our lives today?"

From a purely historical point of view, there is no one in history whose life changed the world more than Jesus.

More biographies have been written about Him than any other person. No one's teaching has had a deeper impact on culture, politics, morality, justice, philosophy, human character than Jesus Christ.

His moral teaching - the importance of compassion and forgiveness - form a bedrock for billions of Christians around the world.

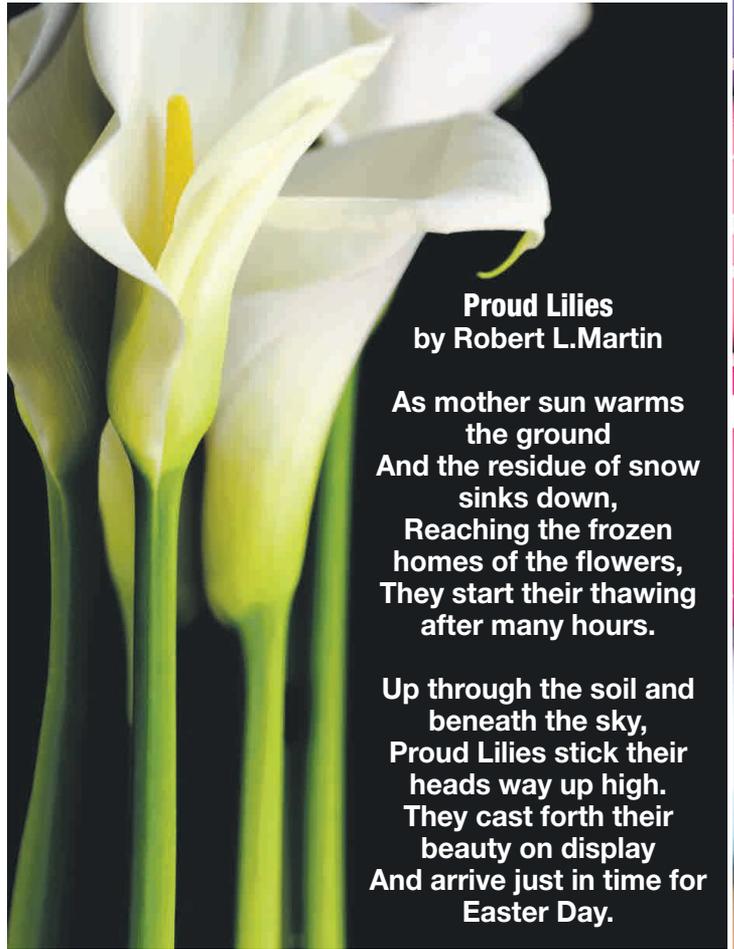
Jesus continues to set a standard that our modern world fails to live up to. How well do we love our enemies? Do we pray for those who persecute us?

The gift of God's eternal Son is the ultimate demonstration of His love. Jesus chose to take up human life and lay down His life so that we, broken rebellious people, may be brought into a loving relationship with our Heavenly Father, our maker and our judge.

Jesus came to die so that we might live our life eternally with Him in heaven. This Easter, let's pursue Jesus, the one who first came in pursuit of us."

Although this Easter will not have the community Easter egg hunts of years past or large family gatherings, the message for Christians is the same and it is universal: Easter proclaims God's infinite love for His children. He brings hope, new beginnings, and eternal life. Jesus is the true message of Easter, and because he rose from the dead, we can have a relationship with Him for eternity.

Have a blessed Easter.



Proud Lilies by Robert L. Martin

As mother sun warms
the ground
And the residue of snow
sinks down,
Reaching the frozen
homes of the flowers,
They start their thawing
after many hours.

Up through the soil and
beneath the sky,
Proud Lilies stick their
heads way up high.
They cast forth their
beauty on display
And arrive just in time for
Easter Day.

A Special Easter TV Broadcast Sight & Sound Theatres® is thrilled to announce that JESUS will now be airing on TV!



Tune in to TBN on **Saturday, April 11** at **1pm ET / 10am PT** as the greatest rescue story of all time comes to life right in your living room.



Photo courtesy of Sight & Sound Theatres®

Three Ways to Watch JESUS

Looking for the best way to watch JESUS at home this weekend? There are three easy ways to make the show part of your Easter

celebration:

- 1) Watch Broadcast on TV
- 2) Watch Anytime on the TBN App
- 3) Watch Anytime Online

For more information about TBN, helpful links, and details on how to watch on your favorite device, click below.

<https://jesusevent.com> for more information

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Portland Events Committee

The Easter Bunny has LOTS! of eggs (prefilled) from the cancelled Egg Hunt so he wants to take a ride through the Borough of Portland this **Friday afternoon, April 10th, at 5:00 pm** assisted by Portland Hook & Ladder Co. #1. If you reside in Portland Borough, have small children and would like for the Easter Bunny to stop outside and drop off some eggs please message us with your address and how many children you have by Friday at noon.

We ask you to please keep your children on your porch when the Easter Bunny comes around and drops the eggs to ensure that Social Distancing is being followed. When the Easter Bunny moves on to visit another home your children can grab their eggs.

The Easter Bunny will be coming out of his den and be assisted by his human family which care for him year round, so if they do not appear to be Social Distancing this is why. They eggs were ordered and delivered at the beginning of March before the virus outbreak and have only been handled since then with gloved hands.



FREE LUNCHES

Dinky's Ice Cream Parlor will be giving free bagged lunches to any one in need on **Saturday, April 11th from 12:00 to?** Lunch will include a hot dog, snacks, banana and a drink. First come first serve. Dinky's Ice Cream Parlor is located at 103 Broadway, Bangor PA.

Bangor Women's Club Scholarship Applications Available

The Bangor Womens Club GFWC will be accepting applications for their 2020 Scholarship in the amount of \$1000.00. Senior students from Bangor High School and Faith Christian School are eligible to apply. The applications will be available in the school guidance offices. Applications must be submitted by **April 15th, 2020.**

NCC Culinary Student Wins Award at Regional Competition



Thomas Traupman

When I found out about this competition, I knew Thomas would be a great fit," said Francine Marz, director of the culinary program at Northampton Community College (NCC).

Marz selected Thomas Traupman, culinary student at NCC, to represent the college in the Mid-Atlantic Junior Chaine Competition that was held March 8 at the Restaurant School in Philadelphia. In this juried contest, each competitor receives a mystery box, and they must compose a menu and prepare an appetizer, main course and dessert for four people. Traupman took home a bronze medal.

Knowing she could pick only one representative per college, Traupman came to mind right away. He had competed in the past with his partner Matthew Kirby in China for the International Young Chefs Association Challenge back in October 2019, where they also took home Bronze. They were the only team in the competition representing the United States.

"This was another competition he could add to his resume. He will be able to do more like this, and he was able to network with people from all over Mid-Atlantic region," said Marz.

Traupman plans to attend Johnson and Wales to pursue a bachelor's in culinary arts.

NCC's culinary program continues to elevate the culinary program and take advantage of more opportunities like this for our students. To find more information about culinary arts at NCC visit northampton.edu/culinary-arts.htm.



Dr. Robert F McEvoy, MD

Would like to announce that he is no longer affiliated with Steward Medical. He will continue to see patients at his office.

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News from the Bangor Public Library

Bangor Public Library has information for FREE trial access to several data bases. You can find the links on the Library website <https://bangorlibrary.org> under E-resources. The username and password are included. Other line resources are also available on the Bangor Public Library website

You can access using your library card and the last four numbers of your phone number. If you need help assistance please email the library info@bangorlibrary.org and a staff member will reply as soon as possible.

TumbleBooks' databases are easy to use, and feature unlimited access from home! Your patrons can read as many books as they want, when they want, and on any device. There are no check-outs, holds, or bulky downloads. Books are available instantly.

Your access will continue until **August 31, 2020.**

We encourage you to let colleagues at other libraries know about the free TumbleBooks access.

TumbleBookLibrary - K-6 children's ebook database.
Direct Link:

https://www.tumblebooklibrary.com/auto_login.aspx...

Username: tumble735 Password: books

TumbleMath - K-6 math ebook database

Direct Link:

<https://www.tumblemath.com/autologin.aspx...>

Username: tumble2020 Password: A3b5c6

TeenBookCloud - gr 7-12 ebook database

Direct Link:

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Direct Link:

<https://www.audiobookcloud.com/autologin.aspx...>

Username: tumble2020 Password: A3b5c6

RomanceBookCloud - a huge collection of steamy Romance novels for the older crowd!

Direct Link:

<https://www.romancebookcloud.com/autologin.aspx...>

Username: tumble2020 Password: A3b5c6

How to Be Fearless in the Face of Fear

By Kathleen McFall

Right now, it is easy for each day to seem like a cloud of confusion, doubt and uncertainty: travel bans, school closings, societal restrictions, massive unemployment, and isolation in our homes are now all part of life today.

Gripped with fear and overwhelmed by anxiety, we look to our leaders, tasked with responding to this crisis, to meet a challenge of this magnitude - to protect us and care for the afflicted.

Are we helpless in the face of COVID-19? Should we let fear take over our lives and destroy our peace? Instead of being consumed by worry, we can claim God's promise and trust in Him.

God assures us in Isaiah, 43:5: "Do not be afraid for I am with you." God promises to care for us, guide us and never abandon us.

If we have all-encompassing faith, centering our minds on God, we can overcome our fear. Our world has never been touched by anything like this in our lifetime. We need the Lord so we can find strength and courage to face the challenges and to push through fear and uncertainty.

We are going through incredibly painful times. Instead of worrying, know you have done everything within your control and give the situation to God. Rely on Him.

Life's journey can be disappointing, even frightening. Our isolation, pain and suffering can feel endless and hopeless. Waiting can be unbearable, but if we choose to embrace life - to claim it - we can heal and grow. Today's tragedy can become tomorrow's triumph.

For most of us, these difficult, sad times will someday become nothing but a memory. No matter the cost to finish the race, we can try to enjoy life, even in the face of understandable overwhelming fear. With Jesus, we can find the courage to cope with our anxiety and even change our lives for the better.

God provides a fullness to life and a reason to celebrate life. He is our hope. A pastor that I know has shared a quote: "The deeper I go into the experience of God, the more I find life in abundance."

How is it possible to think of having an abundant life in the midst of a pandemic? It is unprecedented in modern times to have a life-threatening virus spreading across the globe. In these anxious times, Jesus wants to rescue us and care for us. In 1 Samuel 17:47 the Bible says "The battle is the Lord's."

An abundant life is what God wants for us - a life full of joy and strength not emptiness and despair. A life that consists of a relationship with God is an abundant life.

Joseph Campbell, an American professor of literature, said: "We must be willing to let go of the life we planned, so as to have the life that is waiting for us."

God offers us a message of hope that starts with each of us. He fills us with the strength to help carry us through.

We need to develop a fearless determination. Kobe Bryant said regarding athletes: "They don't quit. They don't cower. They don't run. They endure." Let's apply this ideal to all of us.

Let's keep exploring life. The power of God's love will fill us with the strength that we need during these scary, unsettling times, and together we can make it through.

Seek and embrace an abundant life.

Stay safe. Be well.

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Bangor Women's Club GFWC Sponsored Annual Arts Festival

The Bangor Womens Club GFWC sponsored their Annual Arts Festival at Prince of Peace Church, on Tuesday Jan 21, 2020. Heidi Bates and Marie Balson did an outstanding job of coordinating the club and school entries, arranging judges, and setting up the event. The Festival judges were Jim Gloria and Amy Krug for art, and Debi Geosits for crafts. The club was very pleased that they received 75 short story and 22 poetry entries in the literature competition. These were judged by Jackie Griffin. Heidi is in the process of arranging to distribute the student winners their awards. All the first place winning entries were submitted to the Northeastern District competition on March 21, 2020. A huge congratulations to Zachary Erwin whose short story "Unreality" won first place at Bangor and the State Competition and his entry will be in the National GFWC Competition. Thank you to all of those who participated in this years festival.

MEMBERSHIP PRIZES:

Crafts: Button Art: 1st at Bangor and 2nd at Northeastern District Robin Young; 2nd Clare Osmun; 3rd Deanna Keyser
Photography: 1st Volunteers in Action; 1st Still Life; and 1st Living Things all by Heidi Bates. Scenic: 1st Robin Young; 2nd Ellen Phraner



Food: 1st Granola Bars Carol Akam. Scones 1st Deanna Keyser; 2nd Carolyn Smith
Quilted Table Topper: 1st at both Bangor and Northeastern District Deanna Keyser
STUDENT PRIZES:

Art Entries
Division 1 (Grades 1 and 2): 1st Lorelei Twist; 2nd Amelia Pariona; 3rd Ella McDonald
Division 2 (Grades 3-5): 1st Isabelle Law; 2nd Kiley Smith; 3rd Alexandra Harrison
Division 3 (Grades 6-8): 1st Ella Altieri; 2nd Malaya Makowski; 3rd Ava Perney; 4th Julia Pinter
Division 4 (Grades 9-12): 1st Kahlan Fuhrer; 2nd Alexis Judd; 3rd Ventura Ortiz

Literature Entries: Short Stories
Catagory 1 (Grades 1 & 2): 1st "A Camel in the Family", Abigail Shipman; 2nd "The Neighbor Saves the Day", Emmalee Hazelton; 3rd "Lost in New York", Natalie Fox; 4th "The Sunset", Lylah Remaley; All from Faith Christian School
Catagory 2 (Grades 3 - 5): 1st "The Christmas Miracle", Emma Confalone; 2nd "My First Match", Jason Kreider; 3rd "Ginger's Journey", Jenna Mamana; All from DeFranco; 4th Honorable Mention "The Wolf and the Rabbit", Chase Lowris and "The Rich Dog and the Poor Pig", Jacob Mercado Both from Faith Christian School



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HAPPY EASTER



www.leckvet.com

Like us on Facebook

Leck Veterinary 610-863-3111

Announcement to Leck Veterinary Clients

Leck Veterinary Hospital would like to express to our clients how much we miss seeing you for routine appointments. During this time of uncertainty we are still here for our patients for medical problems. Please call us with any questions. Like and follow us on facebook for any updates on our hours and operating procedures. Please stay safe and well. We look forward to seeing everyone when this pandemic passes.

NATIONAL PET DAY
APRIL 11th



April 30 NATIONAL ADOPT A SHELTER PET DAY
 National Adopt a Shelter Pet Day is observed each year on **April 30th**. This day was created as a way to raise awareness for thousands of pets that are waiting for adoption from the shelters to find their forever homes.

Save the Date 8th Annual St John's Pet Expo

The 8th Annual Pet Expo Sponsored by the St. John Evangelical Lutheran Church, Pen Argyl will be held on **Saturday, September 26, from 10:00am to 2:00pm. Rain Date: Saturday, October 3rd.** St. John Lutheran Church parking lot 12 N. Westbrook Ave., Pen Argyl, PA. Pet Rescue/Adoption groups are encouraged to attend. Last year 4 animals were adopted during the Pet Expo and we are hopeful to increase that number this year. Remember your group will receive a \$50 donation for coming. Come join a day of Pet Rescue/Adoptions, Pet Contests, Pet Blessing, 50/50 drawing. Demonstration of therapy dogs, and a Pet Parade.

All animals must be leashed or in carriers. Please bring donations for the local shelters and rescues! All proceeds benefit the animals. Donations of Pet Food is always accepted to help feed pets in need. For more information on this event or to make a donation please call Clint at 610-863-7261.

Bangor's Music Education Program Receives National Recognition



Bangor Area School District has been honored with the Best Communities for Music Education designation from The NAMM Foundation for its outstanding commitment to music education.

The Best Communities for Music Education designation is awarded to districts that demonstrate outstanding achievement in efforts to provide music access and education to all students. To qualify for the Best Communities designation, Bangor School District answered detailed questions about funding, graduation requirements, music class participation, instruction time, facilities and support for the music programs. Responses were verified with school officials and reviewed by The Music Research Institute at the University of Kansas.

Dr. William Haws, Superintendent of Schools, stated, "Music education has always been an important component of our educational program. The Bangor Area School District is proud of the distinction of 2020 Best Communities in Music Education because it signifies the comprehensive K-12 partnership that exists between students, families, and our educational institution

This award recognizes that Bangor Area School District is leading the way with learning opportunities as outlined in the Every Student Succeeds Act (ESSA). The legislation guides implementation in the states and replaces the No Child Left Behind Act (NCLB) which was often criticized for an overemphasis on testing-while leaving behind subjects such as music. ESSA recommends music and the arts as important elements of a well-rounded education for all children.

Veteran music teacher Denise Domotor said, "For thirty-five years, I have watched children grow in such positive ways through music education. Confidence, self-esteem, commitment and a sense of pride are strengthened in children who participate in music in our public schools. A sense of community is developed, which ensures strong future communities for our towns."

Research into music education continues to demonstrate educational/cognitive and social skill benefits for children who make music. After two years of music education, research found that participants showed more substantial improvements in how the brain processes speech and reading scores that their less-involved peers and that students who are involved in music are not only more likely to graduate high school, but also to attend college as well. Everyday listening skills are stronger in musically-trained children than in those without music training. Significantly, listening skills are closely tied to the ability to: perceive speech in a noisy background, pay attention, and keep sounds in memory. Later in life, individuals who took music lessons as children show stronger neural processing of sound; young adults and even older adults who have not played an instrument for up to 50 years show enhanced neural processing compared to their peers.

Not to mention, social benefits include conflict resolution, teamwork skills, and how to give and receive constructive criticism.

A 2015 study supported by The NAMM Foundation, "Striking A Chord," also outlines the overwhelming desire by teachers and parents for music education opportunities for all children as part of the school curriculum.

Let's Come Together

By Kathleen McFall

When we hear the word “flag”, an image of a piece of fabric billowing in the wind immediately comes to mind.

However, there is a new kind of “flag” that has arrived in the Lehigh Valley: FLAG (Front Line Appreciation Group) of the Lehigh Valley.

FLAG (Front Line Appreciation Group) of the Lehigh Valley is a nonprofit group formed to support front line healthcare professionals and first responders by providing them meals during this global crisis. In addition, FLAG is economically supporting local restaurants impacted by the coronavirus pandemic. The program is simple. FLAG collects donations to fund the purchase of meals from local restaurants who deliver them to health care workers and first responders in the Lehigh Valley. This provides an opportunity for Lehigh Valley families to show gratitude to those on the front lines of COVID-19, while providing economic support to local restaurants in the Lehigh Valley.

Many people are looking for ways to assist those working tirelessly in the face of this deadly virus, despite being required to stay safe at home. FLAG enables them to do just that. FLAG of the Lehigh Valley was launched on March 31 and has already raised over \$4,000 and grown to almost 650 members in less than a week.

FLAG's first meal delivery occurred on Friday, April 3. Union and Finch in Allentown prepared 75 meals for Lehigh Valley Hospital's Cedar Crest location. The Bayou in Bethlehem prepared 75 meals for the LVH Muhlenberg location and Mission BBQ in Whitehall prepared the 35 meals requested by the LVH 17th Street location.

The group has already been contacted by other Lehigh Valley restaurants, healthcare workers and first responders.

Janine Vecciarelli, one of the co-founders of FLAG of the Lehigh Valley commented, “Our group is a testimony to the people in the Lehigh Valley. FLAG of the Lehigh Valley has been enthusiastically received and grown so quickly. This is about all of us coming together and using our time and talents to make things better in our community.”

FLAG is also recognizing front line heroes on its Facebook page. Their task is overwhelming. Many of them work around the clock under extremely stressful circumstances. Members of the community post pictures of front line workers to the FLAG of the Lehigh Valley Facebook page so that they may receive messages of support and appreciation.

In addition, the group is looking for people to share information about FLAG with their friends and families,

inviting them to get involved. FLAG is an effective way to support front line workers within the Lehigh Valley and connect with others to help spread positivity in the community.

Erica Baittinger, President of FLAG of the Lehigh Valley, noted that, “There is so much fear around us right now: fear for how much worse it could get and fear for what our lives could look like on the other side of COVID-19.”

She added, “Witnessing the generous efforts of FLAG organizers and supporters throughout the country has been truly uplifting. A Metro Detroit FLAG organizer recently posted, ‘FLAG has provided a way for a community that feels isolated and uncertain to come together and feel hope and a purpose.’ I couldn't agree more.”

The initial FLAG group was created by Chatham and Madison, New Jersey families, who, like so many of us, wanted to do “something” at a time when many feel helpless and are struggling to cope with understandable fears. FLAG provided an opportunity for people to focus their time and energy to make a positive impact in their community - and a grassroots movement began.

This local effort quickly expanded to other communities. As of April 5th, 66 FLAG groups have formed across 17 states.

This is an opportunity to show our appreciation for selfless acts of service - a way to empower community members to make a difference.

To become a member of FLAG of the Lehigh Valley and support front line workers, as well as help local restaurants who have had to close their doors, please visit FLAG's Facebook page FLAG (Front Line Appreciation Group) of the Lehigh Valley or send an email to flag.lehighvalley@gmail.com.

FLAG of the Lehigh Valley is a Pennsylvania non-profit corporation.

Donations can be made through Venmo @FLAG-Lehigh Valley or [paypal.me/EBaittinger](https://www.paypal.com/EBaittinger).



Join the movement to support local restaurants and keep the front line fueled.

Donation Options: Venmo @FLAG-LehighValley
paypal.me/EBaittinger

In the midst of the COVID-19 pandemic life as we know it has drastically changed. Yet there is still hope. There are good people and good things are still happening in our world, and in our communities. "We are all in this together". If you have good news to share please email us at thebeltandbeyond@gmail.com



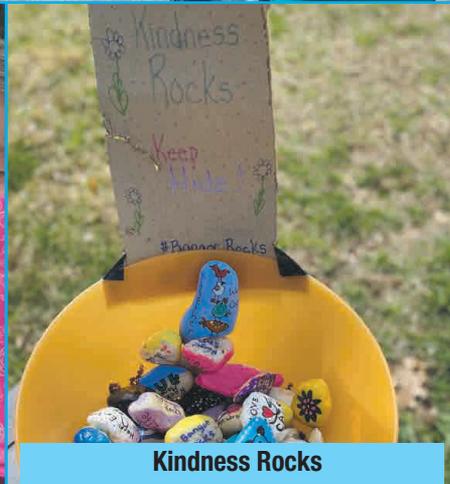
Tammy Pritchard and Amy Marshall practice social distancing as Tammy hands a mask to Amy. Tammy has made and donated over 400 masks.



Nichole Smith and her husband Duane, owners of Main Street Market in Bangor, along with donations from the community provided "Blessing Boxes" to residents in need.



Jill and Norman Matthews, Dinky's Ice Cream Parlor, give bagged lunches to the community.



Kindness Rocks



Fresh Face Compliments of ... Realty Solutions of PA/NJ



Shannon Almanzar painted the beautiful mural on the building.



AFTER BEFORE



Johnnie's Italian Restaurant and Pizza in Bangor generously donated pizzas to the local Bangor Elderly Housing



**Jennifer Kasander
Certified Grief Recovery Specialist**

**Grief is the Conflicting Feelings Caused by the End of or Change in a Familiar Pattern of Behavior.
How has your life or familiar routines changed?**

Through these most difficult times there is uncertainty about our "Well Being". You may be experiencing fear of the unknown, Anxiety about the things we can't control or depression from the feelings of powerlessness. All of which is grief. The whole world is grieving now. If you are experiencing feelings of loss during this COVID-19 pandemic or significant loss from a death of a loved one, break up of a romantic partnership, or loss of income or health and feel stuck in how to cope. I can help.

I am offering complimentary 20 minute sessions.

Please reach out and call 484-764-7094 or message me through my website at <https://jennifergriefrecovery.com/>



The Grief Recovery Method

You Might Be Grieving How Coronavirus Changed Your Life and That's Okay

Written by Allison James
The Grief Recovery Method

Grief is the conflicting feelings caused by the end of or change in a familiar pattern of behavior.

Sounds like that perfectly describes what's going on in the world right now, doesn't it?

Make no mistake about it, the whole world is grieving. How has your life and familiar patterns changed since the Coronavirus pandemic started?

Prior to COVID-19 most of us felt pretty safe in our environments and sure about our plans for the future.

Now there is so much uncertainty about our physical and financial security.

Not only are we adapting to changes in our community, such as not being able to go to work or learning how to homeschool, but there is no end in sight.

We don't know when things will go back to normal or if they will again.

That can be scary right?

It certainly fits the definition of grief being the conflicting feelings caused by the end of or change in a familiar pattern of behavior.

Then there's grief caused by knowing or hearing about people who have died of COVID-19 or are sick, and the concern for medical workers on the front lines.

How to tell if you're grieving

You've probably heard the phrase, "Everyone grieves in their own way and at their own pace". We do agree with that, but we don't agree that there are stages of grief.

Many grievers do experience similar feelings and behaviors though.

Are you having a hard time concentrating?

- Is it tough to fall or stay asleep?
- Are you eating more often or eating way less?
- Are you eating more sugar, dessert or snack foods?
- Do you lack energy?
- Are your emotions all over the place?
- Is it hard to stay in the moment?
- Do you go in one room to get something then forget why you went there?
- Do you feel isolated and are having a hard time adjusting?
- Have you coughed and your brain went to the worst case scenario?
- Are you arguing with your spouse?
- Are you trying to avoid your feelings by using Short Term Energy Relieving Behaviors like drinking, binge watching TV or scrolling on social media for hours?

Source: The Grief Recovery Method® is the most comprehensive Grief Recovery education and certification you will find. People come to us not only to help others, but because their lives were devastated by personal loss. Having gone through grief, they know how hard it can be and want to help others who are also grieving.

MT. BETHEL PHARMACY



2165 Mt Bethel Highway (Mt Bethel Plaza), Mt. Bethel, PA
570-583-2027

We are fully stocked, operational and capable of delivering and picking up prescriptions at all locations

Hours: Monday-Thursday 8:00am-6:00pm; Friday 8:00am-5:00pm

Other Convenient Locations:

Wind Gap Community Pharmacy
31 W. 1st Street, Wind Gap, PA
610-881-4260

Pocono Community Pharmacy
1656 Rt. 209, Unit 6 Brodheads ville,
PA 570-801-7886
(located opposite to Pleasant Valley High School)

Pocono Community Pharmacy II
175 E. Brown Street, Suite 107
E. Stroudsburg, PA.
570-664-8226
(located opposite to Lehigh Valley PMC ER)



**SUPPORT
LOCAL
BUSINESS**

Support Local Restaurants!

Please continue to support local restaurants!
The following area restaurants are still open for business.

**SUPPORT
LOCAL
BUSINESS**

Cafe on Broadway

21 S Broadway, Wind Gap, PA 610-881-4261
OPEN Tuesday-Friday 11am-5pm
Front Window Pickup Only
Follow on Facebook

The Chicken Corner

291 W Moorestown Road, Nazareth, PA (610) 365-7303
Follow us on Facebook <https://www.facebook.com/thechickencorner/>
Offering Curbside Pick up and No Contact Delivery
Open 7 Days 11am -9pm

512 Restaurant & Pizzeria

2 E. Pennsylvania Avenue, Pen Argyl
www.512restaurantpenargyl.com

Bagels on the Corner

416 Blue Valley Dr, Bangor (484) 544-9097
<https://order.shopkeep.com/iF75Z?>

Bangor Trust Brewing

50 Broadway Bangor PA 18013 | 610-452-3232
<https://bangortrustbrewing.com/>

BeanBath Cafe

2425 Plaza Ct., Bath (484) 287-2326
Call Ahead for Drive-Thru Pick Up

Broadway Pub

62 Broadway, Bangor (610) 452-9226
Take out Only

Daisy Dairy Bar

6589 Sullivan Trail, Wind Gap (610) 863-4044
<https://daisyfamilyrestaurant.com>

Detzi's Tavern

570 N Lehigh Ave, Wind Gap (610) 863-4111
www.detzistavern.com CURBSIDE TAKEOUT

Dinky's Ice Cream Parlor

103 Broadway, Bangor (610) 588-1131

Emmy Lou's Ice Cream Cafe

492 E Main St, Pen Argyl (610) 863-5610

Empire's Coffee

44 Broadway, Bangor, PA. (610) 452-9164

Five Points Grill & Pub

1001 Mt Bethel Highway, Mount Bethel (484) 249-0700
<http://www.5pointsgrill.com> TO GO - PICK UP SERVICES

Green Vida Co.

1800 Sullivan Trail Suite suite 330, Easton (610) 438-4112
<http://greenvidacompany.com> Curbside Pick Up. Order online or call in

Giordano's Italian Restaurant

13 W Pennsylvania Ave, Pen Argyl (610) 863-9554
www.giordanospa.com

J. DeFranco and Daughter's Catering

2173 W Bangor Road, Bangor (610) 588-6991
<http://www.jdefrancoanddaughters.com> TAKE-OUT

Comunale's Italian Market

Rt. 512, Mt. Bethel Plaza 570-897-5630
www.comunalesitalianmarket.com
In-store Pick up available on all items. Pre-pay available.
Firearms Dept. Open daily. Temporary Hours: Tues. - Sat. 9am-5pm
Closed Sunday & Monday

The Slate Pub

509 E Main St., Pen Argyl (610) 881-4700
<http://slatepub.com/menu>
Lunch and Dinner Specials Daily Regular menu available. Specials posted
Facebook and Instagram daily. Curbside Takeout & Delivery.
Hours: Mon.- Thurs. 12 pm-8 pm; Fri. 12 pm-9 pm; Sat. & Sun. 12- 8pm

Miguel's of Belfast

5881 Sullivan Trail, Belfast (610) 746-4225
www.miguelsrestaurantpa.com

Napoli Pizza

444 S 1st St, Bangor (610) 588-1455

Pen Argyl Pizza

510 E Main Street, Pen Argyl (610) 863-6670
<http://pen-argyl-pizza.hub.biz> TAKE-OUT/DELIVERY

Petey's Eateys

5879 Sullivan Trail, Nazareth (610) 759-0143
www.peteyseateys.com TAKE OUT WINDOW ONLY

Sal's Pizza

487 E Moorestown Rd, Wind Gap (610) 863-7565
CURBSIDE PICKUP, TAKE-OUT & DELIVERY

Saylorsburg Pizza

Saylorsburg, PA RT 115 570-801-6411
Facebook page : Saylorsburg Pizza CALL AHEAD FOR DELIVERY

Scorecard Sports Bar

130 North Broadway, Wind Gap (610) 863-5269
<http://www.scorecardbar.com> CURBSIDE PICKUP & DELIVERY

Slate Belt Diner

370 Blue Valley Dr, Bangor (610) 452-9205 Pick Up Drive Thru

The Sunset Bar and Grill

Saylorsburg, PA Rt115 570-992-9121

Facebook page : The Sunset Bar and Grill

Teresa's Pizza Cucina

3040 N Delaware Dr, Mt Bethel (570) 897-6400
www.teresaspizzacucina.com

The Original Doughboy's Pizza

230 W Moorestown Rd, Wind Gap (610) 759-3776
<http://www.originaldoughboys.com> DRIVE THRU PICKUP

TK's Bar and Grill

2500 N Delaware Drive, Mount Bethel (570) 897-6112
www.tksrestaurant.com Takeout/Pickup until 8pm

The Trolley Shop

Central Ave., E. Bangor (610) 599-1962

Vinny's Pizza

1309 Blue Valley Drive, Pen Argyl (610) 863-3320
DELIVERY AND TAKEOUT AVAILABLE

Please note all hours of operation are subject to change. Most businesses ask for customers to call ahead for daily hours of operation.



Visitation Guidelines for Family Birth and Newborn Centers at LVHN

Effective Monday, March 30 at 7 a.m., Lehigh Valley Health Network (LVHN) is updating visitation guidelines for our Family Birth and Newborn Centers due to increasing concerns about COVID-19 exposure from individuals with no symptoms, both patients and visitors, and due to awareness of regional relocation of patients out of the high-risk New York, New Jersey, and Connecticut area despite recent CDC travel restrictions from these areas.

TRIAGE - To reduce personal protective equipment (PPE) consumption during the short time of this encounter in rooms with close proximity, no visitation will be permitted in the Triage Area. Unless delivery appears imminent, anyone who accompanies patients to the hospital will be asked to wait in their car (not waiting room) or leave the campus and return for pickup if the patient is discharged. One support person will be permitted to accompany the patient if she is admitted for delivery.

PERINATAL/ANTEPARTUM UNITS - Visitation on Perinatal Units is not permitted, except under unusual circumstances that should be approved by unit leadership.

LABOR & DELIVERY/MOTHER-BABY UNITS - Visitation will still be permitted on Labor & Delivery and Mother-Baby Units with the following guidance:

- Completion of health screening procedures will be performed for all patients and visitors before entering the unit. All patients who present to our units will continue to receive appropriate medical and obstetrical care. Visitors who have a confirmed diagnosis of COVID-19 or who meet any of the criteria listed below for suspected COVID-19 will be prohibited from entering the Family Birth and Newborn Centers. Additional restrictions prohibiting visitors from NY, NJ, and CT (and other areas as designated by the CDC or other governing bodies) will be imposed until further notice. Patients from these regions may have a visitor who has not been in these high-risk areas. Photo ID as proof of address may be requested.

Suspected COVID-19 patients for the purpose of maternal/newborn care at LVHN are defined as:

- COVID-19 testing pending
- High risk exposure to someone with confirmed COVID-19 (less than 6 feet for more than two minutes)
- Symptoms suggestive of COVID-19 infection including fever, cough and shortness of breath
- Under quarantine for travel including international travel or relocation from greater New York City area (inclusive of NY, NJ and CT) and other areas as designated by the CDC or other governing bodies (14 days required)
- Visitors will undergo daily monitoring during the stay in the hospital – temperature and assessment of symptoms
- Visitors **will bring their own mask** (a clean, dry, freshly laundered cloth mask is acceptable) to be worn at all times in the hospital.
- One consistent person shall remain through the entire stay – if they leave the hospital, they may not return.
- Visitors will remain in the patient room for the entirety of the stay except to visit newborn admitted to Neonatal Intensive Care Unit (NICU); meals can be provided for

visitors by patient food services.

- **If the mother is a suspected or confirmed COVID-19 patient** and separation with newborn is performed as recommended by CDC, the visitor cannot move between mother's isolation room and newborn isolation room/nursery. Ideally visitor for mother in L&D becomes the newborn visitor and no longer visits the mother; a new visitor for mother is not advised. If the mother and newborn are co-located in one room, then the visitor stays in the room with both of them, primarily to provide newborn care.
- Visitors who do not or cannot adhere to these rules will be asked to leave the premises for the protection of a high-risk population. Another visitor will not be allowed to replace him/her.

Patients will also be required to wear masks, preferably their own brought from home, including freshly washed cloth masks. If they do not bring a mask, one will be provided for them. While staff at LVHN are using universal PPE, we recognize that contamination of physical surfaces can occur by patients and visitors with no symptoms which is prompting the requirement of masking of these persons as well.

Lehigh Valley Health Network includes eight hospital campuses, three in Allentown, one in Bethlehem, one in East Stroudsburg, one in Hazleton and two in Pottsville, Pa.; Coordinated Health, which includes two hospital campuses, nearly two dozen multispecialty locations including ambulatory surgery centers and orthopedic injury centers in northeastern Pennsylvania and western New Jersey; 26 health centers; numerous primary and specialty care physician practices; 20 ExpressCARE locations including the area's only Children's ExpressCARE; pharmacy, imaging, home health, rehabilitation and lab services; and preferred provider services through Valley Preferred. Specialty care includes: trauma care for adults and children, burn care at the Regional Burn Center; kidney and pancreas transplants; perinatal/neonatal, cardiac, cancer, orthopedics, neurology, complex neurosurgery capabilities including national certification as a Comprehensive Stroke Center, and robotic surgery in 10 specialties. Lehigh

Valley Cancer Institute, Lehigh Valley Heart Institute and Lehigh Valley Institute for Surgical Excellence physicians provide the most advanced treatments. Lehigh Valley Cancer Institute is a member of the Memorial Sloan Kettering (MSK) Cancer Alliance, an initiative that helps community providers improve the quality of cancer care and offers access to MSK clinical trials. Lehigh Valley Reilly Children's Hospital, the community's only children's hospital, provides care in more than 30 specialties and general pediatrics. Lehigh Valley Hospital–Cedar Crest is the region's only hospital nationally ranked by U.S. News & World Report for orthopedics and has been recognized among Pennsylvania's top five hospitals for six consecutive years. Lehigh Valley Hospital (LVH)–Cedar Crest, LVH–17th Street and LVH–Muhlenberg are the region's only Magnet® hospitals for nursing excellence. Additional information is available by visiting LVHN.org, or following us on Facebook and Twitter.

PPL Waives Late Fees, Offers Customer Assistance Programs

PPL Electric Utilities has waived all late payment fees and announced it will not cut service to any customers for unpaid bills until further notice.

Additionally, PPL has several programs available to help customers who are having a hard time paying their bills:

OnTrack offers a lower, fixed monthly bill and debt forgiveness for customers who make 150 percent of the poverty level or less.

Operation HELP is funded by our company, employees and customers, and can assist customers who make 200 percent of the federal poverty level or less. Grants help pay customer heating bills, including oil or gas heat. PPL Foundation recently donated an extra \$500,000 to Operation HELP. To apply for either Operation HELP or OnTrack visit www.pplelectric.com/billhelp or call 1-800-342-5775.

CARES can help customers who are experiencing a temporary hardship. Learn more or apply by calling 1-800-358-6623.

Met-Ed Temporarily Suspends Shut-offs for Past Due Customers

Effective immediately, Met-Ed is temporarily discontinuing power shutoffs for customers who are past due on their electric bills. This action will not only help customers who are facing a hardship due to the lack of income during this time but will also limit in-person interactions between company employees and the public. FirstEnergy, Met-Ed's parent company, will continue to monitor the coronavirus response situation and adjust the shutoff policy in the future as circumstances develop.

Met-Ed encourages customers who are having difficulty paying their electric bill to contact its customer service department at 1-800-545-7741 to discuss customer assistance programs.



Jelly Bean Prayer

Red is for the blood He gave,
 Green is for the grass He made,
 Yellow is for the sun so bright,
 Orange is for the edge of night.
 Black is for the sins that were made,
 White is for the grace He gave,
 Purple is for the hour of sorrow,
 Pink is for the new tomorrow.

A bag full of Jelly beans,
 Colorful and sweet,
 Is a Prayer...is a promise...
 Is an Easter treat!

Author Unknown

Area Food Pantries

Portland Upper Mt Bethel Food Pantry P.U.M.P.

The Portland Upper Mount Bethel Food Pantry serves Wind Gap, Pen Argyl, Bangor, East Bangor, Portland, and Martins Creek. The food pantry is open to qualifying clients **every Monday morning from 10:00 am to 11:30 am and Monday evening 6:00 to 7:30 pm**. Until further notice will be open every Monday as normal but will deliver food to your car in the parking lot. Please clean out a space in your trunk to put food in. For our safety and yours. We cannot go inside your car. Located at the Portland Social Hall, 111 State Street, Portland, PA, 570-656-2967

Pen Argyl Salvation Army Food Pantry

The Pen Argyl Salvation Army Food Pantry is open the **first four Tuesdays of the month from 10am until 12:00pm**. There is a virtual pantry set up on line for those that are interested and willing to donate. <http://www.salvationarmyusa.org/>. The Pen Argyl Salvation Army is located at 301 West Main Street, Pen Argyl, PA, (610) 863-6677

Mission of Love Food Bank

Mission of Love Food Bank Ministry is a non-profit organization that seeks to fight hunger by providing food to local families in need. **Tuesdays 9:00am -12:00 noon**. Drive thru service only. For the safety of all we ask that you do not exit your vehicle. Location 555 N. Main Street, Bangor, PA. To volunteer or donate please contact Pastor Frank at 570-807-7794.



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Like us on Facebook



Send your news and events to The Belt and Beyond thebeltandbeyond@gmail.com

25th Annual Community Aviation Day & Fly-In-Drive-In Breakfast At The Pocono Mountains Municipal Airport

The Mt. Pocono Rotary will sponsor its 25th Annual Community Aviation Day Fly-In Drive-In Pancake Breakfast on Sunday, May 24 from 8:00 am to 2:00 pm with this year's proceeds benefiting Mt. Pocono Rotary and The East Stroudsburg Salvation Army. For the past 25 years, the event has been held rain or shine at Pocono Mountains Municipal Airport on Sunday of Memorial Day Weekend. Mark Turner, Event Chair, comments, "The day's events include a pancake breakfast, airplane and helicopter rides, children's activities, civilian and military aircraft displays, a Huey helicopter, emergency services and antique car displays. We also have a parachute jump that follows our annual memorial tribute to Veterans."

Tickets are \$10.00 for adults and \$6.00 for children 12 and under. The day's activities include free airplane rides for children ages 8-17 donated by the Young Eagles EAA program, the presenting of the Colors and American flag parachute demonstration, aircraft, antique cars and military equipment displays, the Pocono Raceway pace car, children's activities and a Memorial Day Ceremony. Parking is free.

Turner continues, "This event was created 25 years ago to give residents and visitors to our area the chance to visit the airport, see a variety of airplanes, experience helicopter and airplane rides, and generally find out about how to get youth involved with aviation. It has grown to be one of the Mt. Pocono Rotary's largest annual fundraisers with over \$200,000 raised that has been distributed to non-profit and deserving causes throughout the community."

The mission of The Salvation Army in East Stroudsburg is to preserve human dignity while empowering people to reach their potential through honoring heritage, strengthening family values and meeting human needs. In tough economic times, when thousands of neighbors are finding it hard to feed their families, the need for services provided by the East Stroudsburg Salvation Army is under even greater pressure.

Last year The Salvation Army East Stroudsburg Corps. provided 38,939 hot meals, 26,091 food baskets, and 8,983 nights of shelter to Monroe County Residents. The Toys for Joy, Toys for Tots and Angle Tree gift donations provided 20,964 Christmas items to children and ongoing. The Salvation Army feeds approximately 600 Monroe County families monthly. This year, the East Stroudsburg Corps is expected to provide more than 60,000 hot meals to hungry men, women and children in Monroe County and provide grants for rent, utility assistance, heating fuel and healthy food for more than 20,000 families in need thanks to donations from individuals, organizations and the generosity of the Mt. Pocono Rotary.

Sky's the Limit for the parachute demonstration. Turner concludes, "We are offering sponsorships and ads in our new program booklet that will be distributed to our attendees. We welcome area businesses to join us in raising money for Rotary and this year's very worthy charitable organization."

Pocono Mountains Municipal Airport is located at 188 Airport Drive, Tobyhanna, PA. The event is held rain or shine. Tickets can be purchased day of or in advance at RotaryFlyInBreakfast.com or call 570-839-7161.

SLATE BELT MEN'S QUIT LEAGUE

March 12, 2020

Hillside Rod & Gun Club 29
Bangor Elks 27 – Adam Kluska
11-3; Wayne Hill 10-4 (***)Note:



With their win, Hillside Rod & Gun Club won the Second Half Championship for Division 1, the Overall 2019-2020 Slate Belt Men's Quoit League Championship, and finished the 2019-2020 season undefeated with the SBMQL's Best Record at 26-0(***)

- Pen Argyl Legion 30 Oxford Fire Co. 26 – Steve Pfeiffer 9-5, Jeff Appar 9-5, Brian Grant 8-6; Chris Hrebin 8-6, Tim Steele 8-6
- East Bangor Fire Co. 34 O'Neill's Place 22 – Rich Pohl 12-2, Scott Allen 11-3, John Pene 11-3
- Bangor VFW 42 Bangor Jax 14 – Jeff LaBar 14-0, Chad Pysher 13-1, Rod LaBar 12-2; Jim Hughes 8-6 Columbia Fire Co. 34 Second Ward Fire Co. 22 – Brian
- Palmer 9-1, Todd E. Albert 9-5, Andrew Holland 9-5; Charlie Vasko 7-7
- Rescue Fire Co. 29 Liberty Fire Co. 27 – Rob George 12-2, Larry Lobb 8-6, Horst Hoppe 8-6; Phil Ascani 10-4, Brian Miller 10-4
- Roseto Rod & Gun Club 44 Roseto Legion 12 – Jim Yeisley 13-1, Larry Mucklin 12-1, Brian Mucklin 12-2

2019-2020 SBMQL FINAL SECOND HALF STANDINGS

- Division 1 – Hillside Rod & Gun Club 13-0, Bangor Elks 12-1, Pen Argyl Legion 10-3, East Bangor Fire Co. 10-3, Oxford Fire Co. 9-4, Bangor VFW 7-6, O'Neill's Place 6-7
- Division 2 – Bangor Jax 7-6, Rescue Fire Co. 5-8, Columbia Fire Co. 5-8, Liberty Fire Co. 4-9, Roseto Rod & Gun Club 2-11, Second Ward Fire Co. 1-12, Roseto Legion 0-13

2019-2020 SBMQL FINAL SEASON STANDINGS

- Division 1 – Hillside Rod & Gun Club 26-0, Bangor Elks 24-2, Oxford Fire Co. 18-8, East Bangor Fire Co. 17-9, O'Neill's Place 17-9, Pen Argyl Legion 15-11, Bangor VFW 13-13
- Division 2 – Bangor Jax 16-10, Columbia Fire Co. 12-14, Liberty Fire Co. 8-18, Rescue Fire Co. 6-20, Roseto Rod & Gun Club 5-21, Second Ward Fire Co. 5-21, Roseto Legion 0-26

SPECIAL NOTICE : DUE TO THE COVID-19 PANDEMIC SITUATION, ALL SBMQL MEETINGS AND EVENTS HAVE BEEN POSTPONED AT THIS TIME. THE LEAGUE OFFICERS WILL MONITOR ALL CDC AND PENNSYLVANIA STATE GUIDELINES TO DETERMINE WHEN LEAGUE MEETINGS CAN RESUME AND LEAGUE EVENTS CAN BE RESCHEDULED. THANK YOU FOR YOUR PATIENCE AND CONSIDERATION! STAY SAFE!

"Be Somebody Who Makes Everyone Feel Like A Somebody."

LVPG Location Updates Phase 1

Lehigh Valley Physician Group (LVPG) is adapting to keep patients safe and continue to ensure they get the care they need when they need it during the coronavirus (COVID-19) pandemic.

During this period, LVPG will increase use of “virtual” health care visits by phone, as well as E-Visits and LVHN Video Visits accessed through the MyLVHN patient portal. This will allow LVPG health care providers to deliver the care patients need and prevent the spread of infection. If a patient and health care team decide the patient’s need is best met with a face-to-face visit, one will be scheduled as appropriate.

Temporary practice locations and information

Some physicians from our practices will see patients at other LVPG locations during this period. Already, some practices have relocated. Starting Monday April 6, additional practices will be relocating. You can learn more about our temporary practice location changes by visiting LVHN.org/relocations.

Information about LVPG providers, practice telephone numbers and locations also can be found at LVHN.org/findadoctor.

Additional LVPG access guidance

When COVID-19 restrictions are lifted and LVPG providers and practices can resume scheduling traditional face-to-face appointments, patients will be notified. For questions about an upcoming appointment or help with scheduling a virtual or in-person visit, patients are asked to call their LVPG health care provider’s office or call 888-402-LVHN (5846).

Many LVHN ExpressCARE facilities throughout our area also are available for treatment of minor illnesses and injuries without an appointment. To see which sites are available, please visit LVHN.org/ExpressCARE.

Lehigh Valley Health Network includes eight hospital campuses, three in Allentown, one in Bethlehem, one in East Stroudsburg, one in Hazleton and two in Pottsville, Pa.; Coordinated Health, which includes two hospital campuses, nearly two dozen multispecialty locations including ambulatory surgery centers and orthopedic injury centers in northeastern Pennsylvania and western New Jersey; 26 health centers; numerous primary and specialty care physician practices; 22 ExpressCARE locations including the area’s only Children’s ExpressCARE; pharmacy, imaging, home health, rehabilitation and lab services; and preferred provider services through Valley Preferred. Specialty care includes: trauma care for adults and children, burn care at the Regional Burn Center; kidney and pancreas transplants; perinatal/neonatal, cardiac, cancer, orthopedics, neurology, complex neurosurgery capabilities including national certification as a Comprehensive Stroke Center, and robotic surgery in 10 specialties. Lehigh Valley Cancer Institute, Lehigh Valley Heart Institute and Lehigh Valley Institute for Surgical Excellence physicians provide the most advanced treatments. Lehigh Valley Cancer Institute is a member of the Memorial Sloan Kettering (MSK) Cancer Alliance, an initiative that helps community providers improve the quality of cancer care

and offers access to MSK clinical trials. Lehigh Valley Reilly Children’s Hospital, the community’s only children’s hospital, provides care in more than 30 specialties and general pediatrics. Lehigh Valley Hospital–Cedar Crest is the region’s only hospital nationally ranked by U.S. News & World Report for orthopedics and has been recognized among Pennsylvania’s top five hospitals for six consecutive years. Lehigh Valley Hospital (LVH)–Cedar Crest, LVH–17th Street and LVH–Muhlenberg are the region’s only Magnet® hospitals for nursing excellence. Additional information is available by visiting LVHN.org, or following us on Facebook and Twitter.

NCC Scores Big at Spring 2020 ADDY Awards

Northampton Community College (NCC) communication design students and faculty brought home numerous achievements from their creative work in the 2020 American Advertising Federation competition, the ADDYS. The students and other winners were honored at the Greater Lehigh Valley Ad Club’s awards dinner on March 6.

Students Miranda Calabrese, Lorenzo Casas, Lila Shokr, and Phil Jones all took home four out of six gold awards. Lila Shokr and Sydney DeLeon scored five silver awards among them. Along with the student award winners, Jason Zulli, assistant professor of art, won Best in Show for his #MysteryLights project, done in conjunction with Arts Quest to reveal the 2020 Musikfest poster.

NCC communication design students have been active participants in the ADDY Award’s competition for the past 16 years and have accumulated dozens of awards. The ADDYS is one of the largest advertising competitions in the world and one of the industry’s most prestigious contests. It has been said that the ADDYS are to advertising what the Oscars are to movies.

SOCIAL DISTANCING OUTSIDE OF YOUR HOME

YES



Fresh air activities and exercise, keeping 6 feet between yourself and others who do not live in your home



Life-sustaining trips, like food shopping—try to do weekly rather than daily



Order take-out or delivery from a local restaurant

NO



Gatherings of large groups of people



Parties, BBQs, play dates, group sports, etc. with people that do not live in your home



Close contact with people who do not live in your home



Scavello: Senate Approves COVID-19 Emergency Measures for Notaries, Local Governments

Senator Mario Scavello (R-40) said that the Senate approved emergency measures today to help notaries public and local governments respond to the COVID-19 public health emergency.

Senate Bill 841 would:

Give notaries emergency authorization to notarize documents remotely through the use of communications technology.

Allow local governments to provide greater flexibility on property tax deadlines.

Permit local governments to conduct remote meetings.

The bill extends the ability of notaries to conduct business remotely in order to meet the needs of local governments and individuals. A notary public would still be required to confirm an individual's identity and reasonably identify records, and an audio/visual recording of the notarial act and all related interactions would be required.

"In addition to notary services needed in normal times, a public health emergency prompts many citizens to begin estate planning, which currently requires meeting with a notary, a practice that can conflict with social distancing guidelines," said Scavello. "Our offices have received many calls about this issue, and this emergency authorization will allow notaries to safely perform their vital work."

Also under Senate Bill 841, local governments would be authorized to extend deadlines for property tax discount rates to any date up until August 31. The legislation would also allow local governments to waive any fee or penalty for late payments of property taxes if paid in full by the end of the year. The provisions give local taxing bodies more flexibility to help local taxpayers who are struggling financially due to the COVID-19 crisis.

Senate Bill 841 also extends the ability of notaries to conduct business remotely in order to meet the needs of local governments and individuals. A notary public would still be required to confirm an individual's identity and reasonably identify records, and an audio/visual recording of the notarial act and all related interactions would be required.

The legislation would allow members of local governments to participate in meetings and conduct other business remotely during the governor's disaster declaration. Additional requirements are included to ensure transparency of remote meetings, including provisions for public notice and posting minutes.

Additional time would also be allowed for businesses to contribute to educational scholarship programs in order to earn tax credits.

In addition to providing emergency provisions for local governments, the bill also reauthorizes the Pennsylvania Health Care Cost Containment Council, which is responsible for collecting and analyzing data about the cost and quality of health care in the state and making recommendations to reduce the cost of care.

The panel would be responsible for preparing a report on the effect of the COVID-19 disaster emergency on healthcare facilities, including expenses and lost revenue during the crisis to determine additional financial assistance.

Senate Bill 841 has been sent to the House of Representatives where it currently awaits further legislative action.



Families United
Network, Inc.

Foster & Kinship Care SWAN-State Wide Adoption Network

For more information on how You can make a difference
in the life of a child, please call:

570-340-1444

or visit our website at: www.families4kids.org

Families United Network, Inc. does not discriminate in regards to race, color, religious creed, disability, ancestry, national origin, age or sex.

Hair Tips by Two Quarantined Stylists

beofre@twoquarantinedstylists is a social media project created by two hairstylists from the Lehigh Valley, Hannah Kramer and Jess Amend. The two have worked together for the last 7 years at J. Morgan Salon in downtown Easton. When they found out the salon was closing indefinitely due to the governors mandate during the COVID-19 pandemic they came together to create a social media platform to bring lightheartedness, positivity, and practical skills during this turbulent and uncertain time. On their Instagram page @twoquarantinedstylists you can find hair cutting and styling tutorials, beauty tips, life hacks, and lots of Q+A. Stay safe and well!

Two Q Tip

The best way you can support your hair AND your hairstylist right now is to wait for them! Stay away from box dye and kitchen scissor haircuts. Box color can cause irreversible damage to your hair that can cause hundreds of dollars to fix. Instead, opt for a root spray or powder to camouflage your roots until your salon reopens. If you need a how-to on trimming your bangs or cleaning up your look at home, check out @twoquarantinedstylists on Instagram or YouTube.



Jess Amend



Hannah Kramer

NCC Students Named Academic All-Stars

Five students at Northampton Community College (NCC) have been chosen to be members of the All-PA Academic Team by the international honor society Phi Theta Kappa (PTK) and the Pennsylvania Commission for Community Colleges. They were selected from among students at community colleges across the state, based on academic excellence and leadership.

Transfer scholars, Kim Gallo, Laura Rex, Melissa Benzinger-McGlynn, and Danielle Hanson will be awarded scholarships that can be used at any of the fourteen four-year colleges in the Pennsylvania State System of Higher Education (PASSHE). The New Century Workforce Pathways scholar and fifth academic team member, Jason Allesch, is enrolled in a career/technical associate degree program with the intention of entering into the workforce upon graduation.

Melissa Benzinger-McGlynn is a biological science major and wildlife artist living in the Pocono Mountains of northeast Pennsylvania. Her love of animals continues to grow with her pursuit of degrees in both wildlife biology and environmental science. She is a student at NCC's Monroe Campus who lives at home with her husband, brother-in-law, and three cats. When she's not volunteering at the local wildlife rehabilitation center, she is out birdwatching with her father or rock-climbing with her husband. "While a car accident set me down a long road of recovery, I've finally taken my life back and am excited to spend my days doing field work and helping wildlife," says Benzinger-McGlynn.

Danielle Hanson, liberal arts, philosophy major and Bethlehem Campus PTK chapter president, made the life-changing decision of taking a class at NCC at the age of 22 after a long battle with depression and anxiety for most of her life. Growing up in an abusive household has made her an advocate for human rights, and her empathy has proven to be an asset in her studies. Her career goal is to become a full-time philosophy professor at a community college. Hanson says that she, "hopes that by teaching philosophy, her students will learn to act ethically and contribute to making the world a better place and develop better ways of living." First as treasurer and now president of the Bethlehem Campus chapter of PTK, she has led various efforts at NCC. These include financial literacy awareness events for students and the 2019 Honors Action Project, where she helped to battle the stigma surrounding veteran mental health by hosting a conference and creating a regional resource guide. The Honors Action Project won both regional and international awards.

Kimberly Gallo, secondary education major and president of PTK's Monroe chapter at NCC, will graduate in May 2020. Originally from Vashon Island, Washington, Kimberly relocated to Pennsylvania in February 2014 to be closer to her family. Gallo is the mother of two children. As a student at NCC, Gallo has participated in several programs and clubs and has received certificates for Leadership Education and Development, Pennsylvania Mental Health First Aid, and Academic Coaching to name

a few. Her most recent achievements include receiving the NCC President's Award and winning the Middle States Region Speech Competition. "I want to thank my friends, family and the amazing faculty and staff at NCC for their continued support on my academic journey," says Gallo.

Laura Rex, NCC biological science major and Bethlehem campus PTK chapter secretary, tutors and is involved with many campus activities. As one of 16 students selected for the Spring Leadership Program, she took on the responsibility of chair for the 2019 Honors in Action Project. Rex has been involved in community engagement, from donating supplies to families in need or assisting with her local soccer organization, to her favorite volunteer work: helping with the Special Olympics. In her spare time, she enjoys cooking with her family, playing music and enjoying nature. Since she was young, Rex has had an interest in the sciences and medicine. This led her to pursue a career in medical research. "Through this career, I would be able to help others in a more indirect, yet necessary way through the conclusions and discoveries I would make. This career would also focus more on biochemistry, the area of science I am most interested in," says Rex.

Jason Allesch, an automotive technology major, plans to work his way up at the dealership where he works, Brown Daub Chevy, as a mechanic in the shop. His achievements throughout his time at NCC include maintaining his honor student status while he manages two jobs. "I love working on cars outside of school and work, staying active outdoors, going out with friends and maintaining a social life," says Allesch.

Congratulations to these motivated and exceptional students!



MASK UP, PA



Pennsylvania Fish and Boat Commission (PFBC) Update Regarding COVID-19

Amid concerns regarding the spread of COVID-19, the Pennsylvania Fish and Boat Commission (PFBC) announced several changes to the 2020 trout season intended to protect the safety of the public and staff, while preserving the opportunity to enjoy the fun and recreational health benefits of fishing.

These changes, effective immediately, include consolidating the 2020 trout season schedule into a single, statewide schedule for all Pennsylvania counties; accelerating trout stocking operations and limiting volunteer participation; and adding more convenient ways to purchase fishing licenses online and display proof of a fishing license and boating documents on a digital device.

"Thank you to the anglers and boaters of Pennsylvania for their understanding as we all experience these changes together," said Tim Schaeffer, PFBC Executive Director. "While our calendars may start to look a little different, one thing we can count on is that there will be a trout season, and there will still be plenty of fish out there to enjoy. Working under unprecedented circumstances, our staff is committed to providing the quality fishing experience that we all expect."

Statewide Mentored Youth Program and Opening Day
The PFBC will operate under a consolidated statewide schedule for all counties during the 2020 trout season. Under this revised plan, a single Mentored Youth Trout Day will occur on Saturday, April 11, and a Statewide Opening Day of trout season will take place on Saturday, April 18.

As a result of these changes, separate, earlier regional mentored youth and opening days will no longer occur in the 18 southeastern counties, including: Adams, Berks, Bucks, Chester, Cumberland, Dauphin, Delaware, Franklin, Juniata, Lancaster, Lebanon, Lehigh, Montgomery, Northampton, Perry, Philadelphia, Schuylkill, and York. Anglers in these areas should revise their plans as necessary to adjust to the statewide schedule.

These changes, made by the PFBC under direction provided by the Centers for Disease Control (CDC) and the Pennsylvania Department of Health, are intended to reduce large gatherings of people and the number of anglers traveling into the regional area (18 southeastern counties), which is already heavily affected by the COVID-19 outbreak.

Accelerated Trout Stocking Operations and Volunteer Participation

Trout stocking for 2020 will be conducted on an accelerated schedule, and volunteers will not be permitted to assist with stocking activities.

"We realize that many of our stocking volunteers look forward to helping us, but we must take these necessary precautions to ensure public safety during this vital period," said Schaeffer. "Just as we've counted on our volunteers for decades to help us stock trout, we're

counting on them now to play it safe and stay home. We appreciate their service throughout the years, and we hope that we can invite them back to join us again very soon."

To complete trout stocking operations without the assistance of the public, the PFBC will modify stocking methods for this year. Many PFBC staff are being reassigned from their normal work duties to assist with stocking fish into lakes and streams. In some cases, pre-season and in-season allocations of trout will be combined into single stocking events to increase the efficiency of stocking trips. Initially, stockings will be prioritized to deliver trout to regions of the Commonwealth that are predicted to be affected most severely by COVID-19 that could result in restrictions on travel.

Moving forward this season, trout stockings will be announced upon their completion, rather than in advance on the FishBoatPA mobile app and PFBC website (www.fishandboat.com). The change in stocking procedures will not result in any reduction in the approximately 3.2 million trout scheduled to be stocked statewide in 2020, and stocking will occur seven days a week until further notice.

"This change in our stocking approach is necessary to fulfill a critical mission of our agency and our obligation to anglers," added Rick Kauffman, PFBC District 8 Commissioner. "We're trying to get as many fish in the water as possible as quickly as possible while we still have the best access to waterways and available staff. While our methods may be different this season, people will have the same opportunity to get outdoors and fish, which has proven benefits to our physical and mental health."

More Convenient Ways to Purchase and Display Your Fishing License, Launch Permits and Boat Registrations
To reduce unnecessary travel and social contact amid health concerns, anglers and boaters will be able to display their fishing license, launch permit, or boat registration renewal digitally on a phone or other mobile device as proof of possession.

This change will allow customers who may be unable to, or feel uncomfortable visiting a store to purchase a fishing license, launch permit, or boat registration renewal to make the purchase using the FishBoatPA app or computer through The Outdoor Shop (www.pa.wildlifelicenses.com) and not have to possess a printed copy of the document. Upon purchase of a fishing license, a .pdf file containing an image of your license is provided, which can be saved to your mobile device or computer. Similarly, with each boating related transaction, customers will receive a digital receipt that serves as a temporary permit or registration valid for immediate use. Eventually, customers will receive validation decals and registration cards in the mail from the PFBC, which can take several weeks.

E-Visits and Video Visits: New Options for LVHN Rehab Patients

Lehigh Valley, Pa. (April 2, 2020) – Technology innovations at Lehigh Valley Health Network (LVHN) are making care more convenient during the coronavirus (COVID-19) outbreak. In the latest effort to utilize secure technology for care, LVHN Rehabilitation Services – which recently established consolidated sites of service to limit potential COVID-19 exposure to patients, staff and community – is introducing E-visits and LVHN Video Visits for rehabilitation patients.

E-Visits are offered through the patient portal, MyLVHN. These convenient and secure email visits will provide current patients of LVHN Rehabilitation Services the opportunity to seek medical advice on techniques to manage injury-related symptoms while at home or seek guidance on their home exercise program. All physical therapy, occupational therapy and speech therapy E-Visits will be answered by a licensed rehabilitation provider.

Patients will be able to initiate an E-Visit through their MyLVHN account – either by selecting the E-Visits icon found on the MyLVHN app, or if on MyLVHN.org, by scrolling to “Quick Links” and selecting “Schedule an E-Visit.” An interactive questionnaire will ask questions relevant to the patient’s care and allow the patient to ask questions to their rehab team.

LVHN Rehabilitation Services also now offers scheduled LVHN Video Visits. Current patients who could benefit from a video visit will be contacted by a member of LVHN Rehabilitation Services and scheduled for their video visit appointment. These selected patients will access their LVHN Video Visit appointment on the MyLVHN app, checking in for the video visit by pressing the My Appointments icon.

LVHN Video Visits are a type of telehealth care offered by LVHN for people who have MyLVHN accounts. Using a video-enabled smart device and the MyLVHN app, an individual can have a virtual face-to-face appointment with an LVHN health care provider for several types of video visits, including the popular ExpressCARE Video Visits for minor illness and injury care.

LVHN has offered MyLVHN since 2015. More than 354,000 people use MyLVHN to manage their care, review test results, have LVHN Video Visits, E-Visits, send secure messages to their health care providers and more. Learn more at LVHN.org/MyLVHN.

For information and updates related to coronavirus (COVID-19), please visit LVHN.org/COVID19.

Lehigh Valley Health Network includes eight hospital campuses, three in Allentown, one in Bethlehem, one in East Stroudsburg, one in Hazleton and two in Pottsville, Pa.; Coordinated Health, which includes two hospital campuses, nearly two dozen multispecialty locations including ambulatory surgery centers and orthopedic injury centers in northeastern Pennsylvania and western New Jersey; 26health centers; numerous primary and specialty care physician practices; 22 ExpressCARE locations including the area’s only

Children’s ExpressCARE; pharmacy, imaging, home health, rehabilitation and lab services; and preferred provider services through Valley Preferred. Specialty care includes: trauma care for adults and children, burn care at the Regional Burn Center; kidney and pancreas transplants; perinatal/neonatal, cardiac, cancer, orthopedics, neurology, complex neurosurgery capabilities including national certification as a Comprehensive Stroke Center, and robotic surgery in 10 specialties. Lehigh Valley Cancer Institute, Lehigh Valley Heart Institute and Lehigh Valley Institute for Surgical Excellence physicians provide the most advanced treatments. Lehigh Valley Cancer Institute is a member of the Memorial Sloan Kettering (MSK) Cancer Alliance, an initiative that helps community providers improve the quality of cancer care and offers access to MSK clinical trials. Lehigh Valley Reilly Children’s Hospital, the community’s only children’s hospital, provides care in more than 30 specialties and general pediatrics. Lehigh Valley Hospital–Cedar Crest is the region’s only hospital nationally ranked by U.S. News & World Report for orthopedics and has been recognized among Pennsylvania’s top five hospitals for six consecutive years. Lehigh Valley Hospital (LVH)–Cedar Crest, LVH–17th Street and LVH–Muhlenberg are the region’s only Magnet® hospitals for nursing excellence. Additional information is available by visiting LVHN.org, or following us on Facebook and Twitter.



**IT'S OKAY TO
ASK FOR HELP**

If you or someone you know
is experiencing a **mental health
crisis**, contact the crisis text
line by **texting PA to 741-741.**



Bangor Women's Club *continued from page 6*



Category 3 (Grades 6 - 8): 1st at Bangor and 2nd at State - "In A Perfect World", Megan Erwin; 2nd "Fighter", Hope Light; 3rd "Back Into Time", Kaylee Fennell; All from Faith Christian School

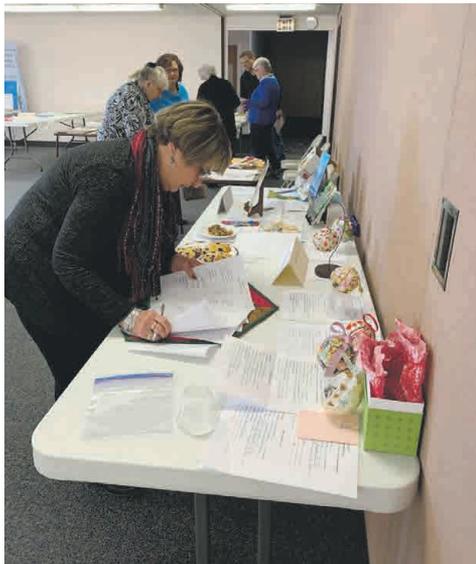
Category 4 (Grades 9 -12): 1st at Bangor and 1st at State - "Unreality", Zachary Erwin; 2nd "The Professor", Ryan McMahon; 3rd "Little Do You Know", Emily Erwin; 4th Honorable Mention "Big Plans", Connor Brawley; All from Faith Christian School

Poetry

Category 2 (Grades 3 -5): 1st "Christmas", Sophia-Lynne Hickler; 2nd "Goal", Aiden Cinelli; Both from DeFranco; 3rd "My Brother", Makenna Malefyt; 4th Honorable Mention "Fat Old Dude", Brandon Fox; Both from Faith Christian School

Category 3 (Grades 6-8): 1st "The Grocer", Roxanne Sanders Bangor Middle School

Bangor Womens Club acknowleges the excellent support that Bangor Area Schools and Faith Christian School give to the arts . Besides all the entries in the Arts Festival in January; in December the Bangor Area School Chamber Choir performed for the club under the direction of Joseph DeMinico. The group's musical talent and song selection were outstanding.



"Good words bring good feelings to the heart. Speak with kindness always."

Waste Management Encourages Continued Recycling Recyclable Materials Needed for Manufacturing Supply Chain To Produce Packaging for Groceries & Medical Supplies

Facial tissues, toilet paper, hand sanitizer and disinfectant wipes have been flying off store shelves, while families are spending more hours at home to stay healthy and safe during the COVID-19 coronavirus pandemic.

Waste Management (NYSE: WM) is calling on everyone to Recycle Right during this time when recyclables are needed more than ever. Recycling is vitally important to our environment, and it has come to play a critical role in certain manufacturing supply chains. Without recyclable materials collected from homes and businesses, the mills that receive the plastics, metal and paper we collect would be unable to produce products such as tissue, toweling and boxes for groceries and medical supplies. Recycling is an essential service for manufacturing companies delivering these key products.



"Most recyclers don't think about the importance of placing their clean recyclable materials in their bins, but now it is more important than ever, as recyclable products are playing a critical role for manufacturing businesses," said Adrienne Fors, Waste Management's community relations manager. "Across the Lehigh Valley and Northeast Pennsylvania, people are generating more household garbage and recyclable materials than usual, and manufacturers are in need of more clean recyclable materials to meet their demands for making basic goods and emergency supplies. We can all do our part by recycling right during these challenging times."

RECYCLE ONLY CLEAN, DRY AND LOOSE:

- Cardboard (without inside packing materials)
- Paper products including newspapers, junk mail, office/school paper
- Paperboard, such as cereal and cracker boxes
- Plastic bottles and jugs
- Steel, tin and aluminum cans

THROW AWAY:

- Plastic, latex and cloth disposable gloves, disposable masks
- Liquid soap and hand sanitizer bottles that contain residue
- Disinfectant wipes
- Facial tissues, napkins and paper towels
- Disposable plates, cups and cutlery
- Takeout containers
- Leftover food and liquids
- Plastic bags and plastic film wrap
- Hoses, cords, polystyrene foam and other packaging

To learn more information about Waste Management's Recycle Right tips, please visit wm.com/recyclerright.

Several leading industry organizations also are calling for increased recycling to meet the current demand, including:

- The American Forest and Paper Association
- The Association of Plastic Recyclers
- The Institute of Scrap Metal Recyclables
- The Recycling Partnership

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for expertise, for everything

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