

THE *Belt* and BEYOND

FREE

Volume 6 • Issue 26
March 19, 2020

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

Hello Spring



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Next issue **APRIL 2ND**

Deadline for all ad copy and news

Friday, March 27th at 5pm

Email your news and events to
thebeltandbeyond@gmail.com

WEEKEND HAPPENINGS

CANCELLED EVENTS

HOFSTRA CHAMBER CHOIR CONCERT

The Hofstra University Chamber Choir concert scheduled for **March 20th**, at Prince of Peace Lutheran Church 2445 Lake Minsi Drive, Bangor, PA. **CANCELLED**

RECOVERY DAY AT A CLEAN SLATE

Recovery Day at A Clean Slate 100 S. First St., Bangor will be held on **Saturday, March 21, beginning at 1:00pm-6:45pm**. This Free community event is open to the public and all are welcome. There will be Guest speakers sharing on the disease of Addiction to raise awareness, stop stigma, and bring hope to all who struggle with Substance Abuse Disorder. **CANCELLED**

ROAST BEEF FAMILY STYLE DINNER

March 21st, 4:30pm-7pm at United Presbyterian Church, 224 Mansfield Street, Belvidere NJ. For tickets call the church at 908-475-2771. **CANCELLED**

ST PETER'S SCHOLARSHIP COMMITTEE PRESENTS A NIGHT WITH SEAMUS KENNEDY

Saturday, March 21, 7:30pm Blue Valley Farm Show, 707 American Bangor Rd. Bangor. Tickets/info contact Jackie Brinker 610-588-2101. **CANCELLED**

PEN ARGYL ALUMNI ASSOCIATION SCHOLARSHIP BINGO

The Pen Argyl Alumni Association Scholarship Bingo will be held on **Sunday, March 29th, Doors open 11:30am, Bingo starts 1:00pm**. Wind Gap Fire Co. Social Hall, N Broadway, Wind Gap, PA. Tickets can be purchased at Instant Replay in Wind Gap, 610-863-4600 or at the door day of Bingo. Refreshments available for purchase. **CANCELLED**

MARCH



COLORECTAL CANCER AWARENESS MONTH

NATIONAL DAYS

March 19 - 1ST DAY OF SPRING
March 20 - NATIONAL RAVIOLI DAY
March 21 - NATIONAL SINGLE PARENT DAY
March 22 - NATIONAL GOOF OFF DAY
March 23 - NATIONAL PUPPY DAY
March 24 - NATIONAL CHEESESTEAK DAY
March 25 - NATIONAL AG DAY
March 29 - NATIONAL VIETNAM WAR VETERANS DAY
March 30 - NATIONAL TAKE A WALK IN THE PARK DAY
March 31 - NATIONAL CRAYON DAY



CANCELLED & POSTPONED EVENTS**SOUP/BAKE SALE**

March 21st at McMichaels United Methodist Church.
POSTPONED

43rd ANNUAL PIAC ST. PATRICK'S DAY PARADE

Hosted by Pocono Irish American Club, **Sunday, March 22nd, 1:30pm-4:00pm**. The parade will begin at Stroudsburg High School and end at Crystal Street in East Stroudsburg. **Step off time is at 1:30pm. POSTPONED-Watch for Updates**

**ST PATRICK'S DAY PANCAKE BREAKFAST
HOSTED BY GIRLS ON THE RUN POCONO**

Sunday, March 22, Stroudsburg High School -
POSTPONED - Watch for Future Date

SLATE BELT ROTARY CLUB EVENTS

Breakfast with Easter Bunny - **CANCELLED**
Mulligan Bowling Tournament - **POSTPONED - Watch for Future Date in May or June**

SLATE BELT HERITAGE CENTER

The Slate Belt Heritage Center is **POSTPONING** all events indefinitely. **Watch for Future Updates**

BMCL ANNUAL LUNCH WITH AN AUTHOR CANCELLED

The Blue Mountain Community Library annual Author Luncheon Event scheduled for Thursday, April 30th at Grace United Methodist Church, 404 E. Mountain Ave., Pen Argyl, PA. **CANCELLED**

**36th Annual Lawn & Garden Auction
Saturday, April 4th, 2020 9:00 a.m.**

158 E. ...
HILLTOP SALES & AUCTIONS
CANCELLED
Welcome!
Buyers, Premium,
2% waived if paid by cash/check
HARTZELL'S AUCTION GALLERY
AU-000395 610-588-5831

WELCOME SPRING**FIRST DAY OF SPRING
THURSDAY, MARCH 19****2020 Basket Raffle and Bingo****SALEM U.C.C.**

2218 Community Drive, Bath, Pa. 18014
610-759-1652 or Saleoffice1@verizon.net
www.salemuccbathpa.org

**BASKET RAFFLE**

Fri. March 20 5pm-8pm
Sat. March 21, 9am-2pm
Sun. March 22, 8:30am-12:30pm

Food will be available for sale each day
Drawing Sunday Afternoon
Winners will be announced

* Repay \$100
Buy 4 tickets, \$20 get 1 free
offer expires 3/15

Donations from corporate and area businesses and our church members
Proceeds benefit the Wounded Warrior Project, Lehigh Valley Military Affairs Council, Bath Food Bank, and Salem UCC Improvement Fund

CASH B-I-N-G-O

Saturday, March 21, 6:30pm

Doors open 4pm
Kitchen opens 5pm
and during intermission

\$20/ticket (advance purchase)

\$25/ticket at the door
(purchased on Saturday, March 23, while supplies last)

Bingo ticket holders will have from 4-6pm to visit the Basket Social prior to bingo starting

**Mt. Bethel Vol. Fire Co. Ladies Auxiliary
Spring Craft & Vendor Event****CANCELLED**

The Mt Bethel Vol Fire Co Ladies Auxiliary will be canceling their 6th Annual Craft event scheduled for Saturday, March 14th, due to the COVID-19 situation and the recommendation of the Governor to suspend large events of 250 individuals or more.

We are offering refunds or you may put your paid table towards the 2020 Fall show or the 2021 Spring show.

Please contact **610-392-7975**.

We are truly sorry for any inconvenience this may cause.

**RUMMAGE AND BAKE SALE**

Trinity Ev. Lutheran Church, 404 Broadway, Bangor, will hold a rummage and bake sale **Fri., May 1 - Sun., May 3**. **Accepting donations until 4/18, M-TH 10-2 & Sat 9-11**. See flyer on Facebook for items we cannot accept. Call 610-588-2023 or email Lachiu19@gmail.com with questions.

Stay up to date with the latest information about COVID-19 from the CDC <https://www.cdc.gov>



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.

125 S. First Street, Bangor, Pa

610 588-8282

Most
Insurances
Accepted



Accepting
New Patients



Jennifer Kasander
Certified Grief Recovery Specialist

We Are Given This One Life To Live

Grief is the most powerful of all emotions and the most misunderstood. Are you suffering from the loss of a loved one, divorce, past experiences that you've suppressed? Unresolved grief can manifest itself as anger, sorrow, resentment, regret, pain, and fear. If life seems to be passing you by, I can help you regain your passion for living. I am a Certified Grief Recovery Specialist. I specialize in coaching clients one on one, in person or online.

"You may have a broken heart, but you are not broken"

Please call for your appointment today 484-764-7094.

www.jennifergriefrecovery.com



Marine Corps League

Northampton County Detachment 298 will be in **April 7pm**, 1621 Lehigh St., Easton, PA. Act as a duty and honorably discharged Marine. Email: jimmieousmc@rcn.com or www.marinecorp.org Facebook: Marine Corps League Northampton County Detachment 298

Northampton County Community College

Effective Negotiation, event scheduled for **Monday, March 23th**, at the Fowler Family Southside Center, has been **Cancelled**.

NCC Spring Open Houses

Explore the area's most affordable college

Prospective students of all ages can choose from two convenient Open Houses this spring to learn about the 100+ fields of study offered at Northampton Community College's (NCC) Bethlehem and Morristown campuses. The following Open Houses have been scheduled for **18th at 10:00am** and **25th at 10:00am**, **Monday, April 13th** and **Monday, April 20th**.

Provide an opportunity to speak with faculty, visit a program of interest, take a tour of the campus, understand their financial options, meet current students, and apply to NCC. Register today at northampton.edu/open-house.

For more information please visit www.northampton.edu. Follow NCC on Twitter and Snapchat @ NorthamptonComm and on Instagram @ NorthamptonCommCollege. Like NCC on Facebook at Northampton Community College.

EBUMC FREE Dinner

The East Bangor United Methodist Community Church welcomes you to a Free (**PICK-UP ONLY**) Chicken Parmesan Dinner on **Sunday, April 5th, from 4:00pm to 5:00pm**. (NOTE TIME CHANGE). This is PICK-UP ONLY!!!! to maintain social distancing. The church is located at 136 W. Central Ave. (Rt. 512), East Bangor, PA. Questions? call 610-588-4453 or visit <http://ebumc.org/>.

LVHN and St. Luke's Create Common Hospital Visitation Restrictions to Limit Any Confusion in the Community

With the health and safety of patients, staff and the community in mind during the ongoing coronavirus (COVID-19) outbreak, Lehigh Valley Health Network (LVHN) and St. Luke's University Health Network are implementing a common "No Visitation, No Access Policy" for all their hospitals and outpatient facilities, including Lehigh Valley Physician Group (LVPG) and St. Luke's Physician Group (SLPG) offices.

The "No Visitation, No Access Policy" takes effect for all LVHN hospitals and outpatient sites as of Sunday, March 15 at 12:01 a.m. and at 5:00 p.m. Monday, March 16 at St. Luke's.

In our hospitals and inpatient facilities, no visitors are permitted except under these special circumstances:

Visitation of a patient nearing the end of life
Parent visitation of a child in a pediatric ICU or neonatal ICU

One coach or partner per patient on labor and delivery unit

One visitor at a time for patients in inpatient hospice unit

One parent/Guardian at a time for pediatric patients

One visitor to accompany patients for hospital discharge

One visitor for patients undergoing same-day surgeries and procedures

One visitor per patient in the Emergency Department

No child under age 12 is permitted to visit in the hospital.

For all outpatient appointments, one visitor is permitted to accompany a patient for an outpatient appointment, procedure, same-day surgery or LVPG/SLPG office visit. We will make reasonable accommodations for pediatric visits, provided any sibling visitors are in good health.

Visitors allowed by exception must be in good health and are subject to a health screening, if necessary.

Blue Valley Farm Show Scholarship Applications Available

The Blue Valley Farm Show has available to any student who is or has been a member of the Northampton County 4-H Clubs, two \$500 scholarships for the 2020-2021 school year. Applications must be returned by **March 31st, 2020**. The scholarships will be presented to the winners during the annual Blue Valley Farm Show in August. For more information contact Audrey Koehler, 610-498-3389.

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**.



Lauren's Hope Foundation to Host Annual Butterfly Ball

The Lauren's Hope Foundation is holding its annual Butterfly Ball on **April 18** at the Northampton Country Club in Bethlehem. The annual event is the largest fundraiser for the foundation and looks to continue those efforts to continue providing families with the help and resources they need for their children born with brain injuries.

The non-profit organization was founded in July 2008 in memory of Lauren Flood. Lauren was born with a traumatic brain injury at birth, consequently developing into cerebral palsy, along with a seizure disorder. Lauren passed away on December 19, 2007 suddenly and unexpectedly in her sleep at the age of four and a half years old.

Since the inception of the foundation, partners across the Lehigh Valley have helped Lauren's Hope Foundation accomplish many notable successes. Lauren's Hope is on a mission to enhance the lives of brain injured children and to give hope to their families through support and provide partial and full funding for specialized therapies where insurances may not provide coverage.

This year, the annual Butterfly Ball is named "Every Adventure Requires a First Step" and includes an Alice in Wonderland theme. Guests are invited to dress in character or arrive in formal wear. The evening is a networking event that includes night-long dancing, a photobooth, prizes and auction items as well as many more exciting opportunities.

Many businesses from across the Lehigh Valley are supporting the event. For the entire month of April, Detzi's Tavern in Wind Gap has two limited time only drink specials, The Mad Hatter and Queen of Hearts. A portion of the proceeds from each drink will support fundraising efforts for Lauren's Hope.

The Butterfly Ball is open to everyone. Interested guests are encouraged to visit the Lauren's Hope Foundation website to make a donation, submit an auction item or purchase tickets for the event.

<https://www.laurenshopefoundation.com/butterflyball>

Anyone with questions can contact Ann Flood, aflood@laurenshopefoundation.com

Bangor Womens Club Cancels April Activities

April 16 Card Party **Cancelled**.

April 21 Club meeting **Cancelled**.

April 8 Pinochle and April 24 Bridge Maration **Cancelled**.

Bangor Area High School Theater Department Carrie the Musical CANCELLED

Stephen King's Carrie the Musical scheduled for April 3rd, April 4th and April 5th has been **cancelled**.

Pleasant Valley High School Musical South Pacific POSTPONED

Due to the directive from Governor Wolfe, the March 27th, 28th and 29th production the Pleasant Valley High School musical, South Pacific, is **postponed indefinitely**. This production cannot be rescheduled at this time due to the uncertainty of the effect of Covid-19 on our community, but if conditions change, it may be rescheduled some time in the future for the sake of our students and community.

Due to the SAFETY AND HEALTH of the community and local citizens, at this time the Mt. Bethel Vol Fire Company in support of Governor Wolf's Request, We are going to abide to his request to help contain the spread of COVID-19 Virus by the following below:

Sportsman's Banquet will be RESCHEDULED from March 21 to September 26.

Those that purchased tickets can use the ticket for September 26 or ask for refund.

More info call 570-856-3144

Ladies Craft Show March 28 is CANCELLED
More info 610-392-7975

Murder Mystery Dinner Show RESCHEDULED from April 4 to November 7.

Those that have tickets may use them for November 7 or ask for refund.

More info call 570-688-8268

Thanks for your support and understanding in this time of crisis.

Mt. Bethel Vol. Fire Company

Bangor Slater Band Members Participate in the PMEA Region V Band. Region V

Bangor Slater Band members Caiden Flowers(Tuba), Kendall Hill(Clarinet), Andrea Morokutti(Percussion) and Steffani Smith(Cornet) have been selected to perform in the PMEA Region V Band. Region V encompasses 15 Pennsylvania counties from south central PA to northeast PA. These students represent the largest number ever to be selected from Bangor, a tribute to the superior music program at Bangor. The festival will be held March 26-28, 2020 at Eastern York High School in Wrightsville, PA

The band will be under the baton of Mr. Alexander Kaminsky, director of bands at VanderCook College of Music in Chicago.



Pictured: Caiden Flowers, Kendall Hil, Andrea Morokutti and Steffani Smith

Hope in the Midst of Uncertainty

By Kathleen McFall

It is impossible to turn on the TV, read a newspaper, or go online and not be confronted with a sense of alarm. COVID-19 has shaken the world to its core.

Schools are closed. Businesses are shutting down. Food shelves are bare. Countries are on lock down. We are finding it hard to focus on everything else when "everything else" keeps getting canceled.

For now, life as we know it has been drastically altered. Yes, this is scary. We don't know how this is going to end. We don't know who will get it and the numbers increase daily. This is unprecedented for our time, and anxiety is understandable.

However, there is a difference between anxiety and worrying. We need to evaluate whether there is any value in worrying.

Worry can't accomplish what we want or give us what we need. In fact, it cannot accomplish anything. Worrying won't make what you want to happen come about. Worrying doesn't mean we care more. It can't take away what concerns us and won't change our problems, but it will take the joy out of life. Anxiety and worry can grip us. Anxiety in these uncharted times is understandable. Worry, however, is the worst strategy.

What we can do is try to find ways to weather this pandemic - to use this unasked for, new-found time.

In this world that now seems so upside down, what is going to be our response?

Rahm Emanuel, former mayor of Chicago, said: "You never let a serious crisis go to waste. And what I mean by that is it's an opportunity to do things you think you could not do before."

If we follow his advice, some possibilities include staying in touch online, since our social gatherings are restricted. Instead of reading yet another article on the coronavirus symptoms, why not reach out to family and friends that you've lost touch with because life was just too busy and schedules were too full.

We have opportunities to be a part of online group connections. Virtual gathering is a reality. Universities are offering free online courses. Imagine, fulfilling your dream of taking a class at Harvard. It is now just a click away.

Places of worship have started to live stream services. While virtual prayer is a different sort of experience, it can be meaningful. It might open up an opportunity that we would want to pursue once this crisis has passed.

Is this the time to finally read those books you've been wanting to read? Are there recipes you've wanted to try "if only you had the time?"

Do you have hobbies or crafts you've wanted to complete? I might finally examine that art book that I bought months ago and begin to explore my "inner artist."

Remember good things can happen in the midst of a crisis. We need to find joy especially when the world is in a

state of disarray.

COVID-19 is not an isolated incident. This virus reflects the interconnectedness of our world. We are collectively upset and scared but we need to find whatever version of normal that we can.

When this is over, what story will you tell about this moment in time? We are all figuring this out as we go. So be patient with yourself and with your communities. This is new and it is not easy. But you are not alone.

Italy's citizens sing from their balconies as a display of unity and an attempt to find a connection. There are communities with neighbors who want to help, forums where people are volunteering to go to grocery stores. Kids are forming chat groups to stay in touch. Neighborhood children are discovering the joys of having and being pen pals, as they leave messages in a box on a front door. The only limit is our imagination.

Yes, COVID-19 is serious and lethal. Everyday is different and can feel as if it were a battlefield. Our world leaders tell us we are at war with COVID-19. We need to face the challenges, struggles and suffering and push through our fear.

Our path is not a destination for us to arrive at. Our path is found within. You have to get uncomfortable, break through all the barriers that hold you back, listen to your inner guidance and, most importantly, trust.

We can't go around thinking about all the things that could happen. We are responsible for how we experience the world. We have the power within to choose how to respond to any given situation no matter how challenging it may seem. Our life is an ongoing process waiting for us to claim it.

Life awaits.

Now go wash your hands. Don't touch your face. Breathe. You got this.

Emissaries of Hope by Robert L. Martin

**Thank God for the
Louis Pasteurs of the world,
For the ones with his ingenuity,
A mind capable of coming up
With a vaccine to eradicate
The Coronavirus that caused
The pandemic throughout the world.**

**Thank God for bestowing certain
Types of minds to each and everyone,
To the geniuses and creative thinkers.
Thank God for the scientists
And the lab workers
Who give us hope that
The virus will be eliminated.**

LVHN and St. Luke's Deliver Coronavirus (COVID-19) Joint Message: Steps to Help Keep Your Community Safe

Lehigh Valley Health Network (LVHN) and St. Luke's University Health Network are in regular communication as the impact of coronavirus (COVID-19) evolves. Today the health networks are sending this joint message regarding surgical services.

As a result of the COVID-19 pandemic, the surgeon general, Jerome Adams MD, and the American College of Surgeons have recommended that hospitals limit elective surgical procedures. These measures are intended to allow hospitals to be prepared for the anticipated surge in COVID-19 cases as well as to limit patient and caregiver exposure.

LVHN and St. Luke's are announcing that some elective surgeries will be postponed. The new policy will take effect on Thursday, March 19, 2020 and will last at least two weeks. This will not affect urgent /emergent surgery or any other elective surgery where delay could cause a negative impact on our patients' health.

Patients whose procedures are postponed are being contacted individually. Postponing elective surgeries helps prevent the spread of disease and helps hospitals conserve precious resources such as blood, ventilators and protective equipment for providers.

Both LVHN and St. Luke's have taken measures to promote the safety and health of the communities we serve, but we can't do it alone. Each person plays a major role during this unprecedented crisis. There are steps you can take.

Wash your hands – Wash your hands with soap and warm water for at least 20 seconds throughout the day, especially after touching commonly touched surfaces, before eating and after using the restroom.

Avoid large crowds – The best thing you can do for the safety of everyone in our community is stay home. Minimizing exposure to the virus is our first and best line of defense.

Know the symptoms – A dry cough, fever and chest tightness are all symptoms of COVID-19.

Continue with healthy habits – Keep your scheduled doctors' appointments and procedures.

Stay-up-to-date – Stay connected by checking updates from your health network's website (SLHN.org/covid-19 or LVHN.org/covid19).

Stay home – If you feel sick, contact your health provider and he/she will inform you of next steps. We are reserving COVID-19 tests for people who exhibit symptoms to conserve resources. You can use the following methods to contact a health provider at your preferred health network.

LVHN

- Complete an E-Visit (detailed questionnaire visit submitted to a provider) by visiting MyLVHN.org or your MyLVHN app.
- Call the MyLVHN Nurse Information line at 1-888-402-LVHN.
- Complete an LVHN Video Visit by downloading the MyLVHN app.

St. Luke's

- Call your St. Luke's Physician Group practice.
- Download the St. Luke's App and utilize the video visit feature to connect with a doctor
- Call St. Luke's Coronavirus hotline at 1-866-STLUKES (785-8537), option 7
- Email: coronavirus@sluhn.org

LVHN and St. Luke's implemented common hospital visitation restrictions to limit any confusion in the community. The "No Visitation, No Access Policy" has been implemented for all LVHN and St. Luke's hospitals and outpatient facilities. You can read those policies at SLHN.org/covid-19 and LVHN.org/covid19.

LVHN and St. Luke's will continue to stay in contact as the COVID-19 crisis continues to provide the highest level of care to our community.

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 Brodheadsville,

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)



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.

LVHN Announces New Safety Actions in Response to Increase in COVID-19 Cases

Lehigh Valley, Pa. (March 22, 2020) – Lehigh Valley Health Network (LVHN) remains vigilant as the impact of coronavirus (COVID-19) evolves, and we are committed to being your partner in health in these unprecedented times. With the increasing number of confirmed COVID-19 cases, we are implementing three actions that will protect the community and our caregivers. Doing so will interrupt a number of planned surgeries and tests and we appreciate your understanding as we put safety first.

Services Changes – Operating Rooms

In order to protect you and our staff and to preserve medical supplies and protective equipment, LVHN is temporarily closing select operating rooms across the health network. This precaution is consistent with decisions being made at other health networks throughout the country, and it will allow us to maintain vital surgical services during the COVID-19 pandemic.

Sites temporarily closing include:

- Fairgrounds Surgical Center
- Lehigh Valley Hospital–17th Street, operating room
- Lehigh Valley Health Network–Tilghman, operating room
- J.B. and Kathleen Reilly Children’s Surgery Center
- Coordinated Health, all operating rooms

All scheduled procedures at these sites will be reviewed. Critical procedures will be relocated to other locations within the health network. LVHN will begin contacting patients today to discuss plans for their scheduled procedure.

Service Changes – Ambulatory Services

As part of our ongoing effort to ensure safety for patients, staff and our community during the COVID-19 outbreak, LVHN is implementing a process to postpone some previously scheduled tests and procedures.

LVHN staff will call you to inform you if your test or procedure needs to be postponed.

Beginning Monday, March 23, our team will contact you

Continued on page 18

EXPRESSCARE COVID-19 CONSOLIDATION PLAN

Practice Site	Services Temporarily Suspended	LVHN COVID-19 Assess and Test Location Only	Non-COVID ExpressCARE Services Available	Non-COVID Patients Diverted To
ExpressCARE Bangor	X			ExpressCARE Palmer Township
ExpressCARE Bethlehem Township	X			ExpressCARE Palmer Township
ExpressCARE Fogelsville			X	
ExpressCARE Lehighton	X			ExpressCARE West End
ExpressCARE MacArthur		X		ExpressCARE Muhlenberg
ExpressCARE Macungie		X		ExpressCARE Fogelsville
ExpressCARE Moselem Springs			X	
ExpressCARE Muhlenberg			X	
ExpressCARE Palmer (Children’s)	X			ExpressCARE Palmer Township
ExpressCARE Palmer Township			X	
ExpressCARE Palmerton		X		ExpressCARE West End
ExpressCARE Richland Township		X	X	
ExpressCARE Hazleton			X	
ExpressCARE Schuylkill			X	
ExpressCARE Bartonsville		X		ExpressCARE Pocono
ExpressCARE Blakeslee	X			ExpressCARE Tobyhanna
ExpressCARE Tilghman			X	
ExpressCARE Tobyhanna			X	
ExpressCARE Pocono			X	
ExpressCARE West End			X	

Slate Belt Chamber of Commerce To Presents a Scholarship Quoit Tournament

The Slate Belt Chamber of Commerce is pleased to present a Scholarship Quoit Tournament on **Saturday, May 9, 2020**. 100% of the proceeds benefit the SBCC Scholarship Fund Sponsor Opportunities are available. Don't miss this opportunity to display your company information. The Chamber is seeking Sponsors for the following:

- First Beer Sponsor \$100
- Food Sponsor, \$100
- Brewery Tasting Sponsor \$150
- Winery Tasting Sponsor \$150
- Prize Sponsors, \$150
- Quoit Sponsor \$50

Tricky Tray Item donations are also needed. For any sponsorship your company name will be listed on the sponsored items as well as in the program and announced throughout the event.

CO Ed Quoit Tournament will be held at the Bangor Elks Lodge #1106, 120 Broadway Bangor. Doors open at 11:30, draw at 12:45, start at 1:00 pm. Cash prizes for top 3 teams.

To register to pitch contact Jody at 610-657-8554 or the Chamber at 610-588-1000.

The Chamber will also hold their 20th Annual Scholarship Golf Tournament on July 13th at Whitetail Golf Club.

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 Area School District Provides Student Meals

Bangor Area School District will provide curbside pickup of student meals starting **Wednesday, March 18th**. Members of the Food Service Department will operate out of the High School cafeteria. They are distributing breakfast and lunch menus with a traffic flow map for our families and will request emailed orders through meals@bangorsd.org by 5:00 p.m. the day prior to pick up. Student meals will be available via curbside pickup between **10:00am and 12:00pm**. Meals will not be available on weekends.



1004 Washington Blvd.,
Bangor, PA 18013
610-588-3831

"Little Creek will be open Thur - Sun for take out & delivery. Delivery hours will change to 15 minutes after opening up to 15 minutes before closing. Check our FB page or website for specials and any additional information."

Remember....

**#weareallinthistogether
#keeptheunityincommunity**

Hours:

**Thursday, Friday & Saturday 11:00am-7:00pm;
Sunday 12:00pm-6:00pm, Monday-Wednesday Closed**

www.littlecreekbarbcueco.com Like Us on Facebook



Debbie Pettinari, Agent
106 S Broadway
Wind Gap, PA 18091
debbie.pettinari.wz73@statefarm.com

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Greater Valley YMCA to Offer “Here for You” Program Supporting Emergency Responders and Medical Staff

During these unprecedented times, we know children's care options for emergency responders and medical staff are a large community need. Earlier this week, the State of Pennsylvania's Office of Child Development and Early Learning announced Child Care organizations like the Y may temporarily operate this type of programming. Accordingly, the Greater Valley YMCA will be offering a “Here for You” Program, supporting the Lehigh Valley's doctors, nurses, technicians, other medical staff, and first responders. The Program will be operated by the Y at select Branch locations, providing care for the children of these personnel.

The Here for You Program will launch on Monday, March 23rd at the Allentown, Bethlehem, Easton/Phillipsburg, and Nazareth Branches of the Greater Valley YMCA. Further details on each site's operational hours, contact information, and program meals offered is as follows:

These sites will offer care for children grades Kindergarten through Sixth, overseen by trained Y Staff. Emergency Responders/ Medical Staff interested in enrolling their children are encouraged to reach out via the above contact information. Additionally,

YMCA Branch Location	Allentown Branch 425 South 15 th St Allentown, PA 18102	Bethlehem Branch 430 East Broad St Bethlehem, PA 18018	Easton/P'Burg Branch 1225 West Lafayette St Easton, PA 18042	Nazareth Branch 33 S. Main St Nazareth, PA 18064
Hours of Operation	Monday-Friday 6:00-6:00	Monday-Friday 6:30am-6:00pm	Monday-Friday 6:30am-6:30pm	Monday-Friday 6:00am-6:00pm
Meals Offered	Breakfast Provided Must Pack Lunch Free Supper Program at Branch	Breakfast Provided Must Pack Lunch Free Supper Program at Branch	Breakfast Provided Lunch Provided	Must Pack Lunch
Contact Information	Tami Unger Tamiunger@gv-ymca.org	Julie Kase juliekase@gv-ymca.org	Kristen Fisher kristenfisher@gv-ymca.org	Olivia Wiebel oliviawiebel@gv-ymca.org

community members may visit the Greater Valley YMCA's website at www.gv-ymca.org to download enrollment paperwork. Enrollment paperwork will only be accepted via email submission.

Note that enrollment will only be accepted for hospital staff until 8:00am on Friday, March 20th, at which time enrollment will be open to hospital staff as well as to all doctors, nurses, technicians, other medical staff, and first responders. Program slots will be available on a first come, first served basis, and will be filled until enrollment meets capacity. Enrollment must be received by email no later than Saturday, March 21st by noon. Enrollment paperwork must be accompanied by parental proof of emergency response/medical staff work (ID). The Y has reduced the cost of this program to \$100/week.

As we focus our efforts on supporting those helping to keep our community safe, you can support the Y in turn through maintaining Y membership, donating to the Y via our website, or helping to spread the word via social media.

“The Y is always here to meet pressing community needs, and during this difficult time, this is one way we can step up, offer a service that is much-needed, and help,” comments David Fagerstrom, President/CEO of the Greater Valley YMCA, “We want to make sure those caring for our neighbors during this crisis don't have to worry that their children are in a safe place, being well cared for.” At the Y, we believe that when we all work together, we can create meaningful social action and come through this crisis a stronger community than ever before.

HOW CAN I PROTECT MYSELF FROM COVID-19?

PRACTICE GOOD HEALTH HABITS

WASH YOUR HANDS OFTEN

COVER COUGHS + SNEEZES

DON'T TOUCH EYES/NOSE/MOUTH

CLEAN SURFACES FREQUENTLY

STAY HOME WHEN SICK

AVOID SICK PEOPLE

For daily updated information please visit:
<https://www.health.pa.gov/Pages/default.aspx>

Thank You

Doctors

Hospital Staff

Nurses

First Responders

Pharmacists

Police

Fire Fighters

EMTs

Delivery Drivers

Restaurant Workers

Grocery Store Employees

Truck Drivers

We'll get through this together.

So do not fear, for I am with you, do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:10

LVHN Adds Two New COVID-19 Assess and Test Locations, Expands Hours at Two Sites

To help provide the care the community needs during the coronavirus (COVID-19) outbreak, Lehigh Valley Health Network (LVHN) is increasing capacity by adding two more LVHN Assess and Test locations, effective Thursday, March 19, and expanding hours.

New Test and Assess locations

• LVHN COVID-19 Assess and Test–17th Street

1730 W. Chew St., Allentown, PA 18104

Monday-Friday: 8 a.m. to 5 p.m.

Saturday-Sunday: 9 a.m. to 3 p.m.

• LVHN COVID-19 Assess and Test–Muhlenberg

2604 Schoenersville Road, Bethlehem, PA 18017

Monday-Friday: 8 a.m. to 5 p.m.

Saturday-Sunday: 9 a.m. to 3 p.m.

PRACTICE RELOCATIONS

These new Assess and Test Centers are located in spaces previously used by other practices. Here are the relocated practices and their new temporary locations:

Family Medicine Muhlenberg (with integrated psychiatry practice), temporarily moved from 2604 Schoenersville Road to:

- Behavioral health: LVPG Adult and Pediatric Psychiatry–Muhlenberg, 2710 Schoenersville Road.
 - Family medicine: LVPG Family Medicine–Easton Avenue, 3024 Easton Avenue, Bethlehem, PA 18017-4208
- Lehigh Valley Family Health Center, temporarily moved from 1730 W. Chew Street to practices

NEW ASSESS AND TEST LOCATIONS located at Lehigh Valley Hospital–17th Street, 1627 W. Chew St., Allentown:

- Center for Women's Medicine–Specialty Clinic, second floor
- Centro de Salud, Suite 403
- Fleming Memory Center

New weekend hours - To provide greater access to coronavirus care in Luzerne and Schuylkill counties, LVHN COVID-19 Assess and Test locations in Hazleton and Cressona have added Saturday and Sunday hours, 9 a.m. to 3 p.m.

How are people referred to LVHN COVID-19 Assess and Test locations?

Individuals are sent to LVHN COVID-19 Assess and Test locations in a number of ways, including by their primary care provider, if they have been pre-identified as having symptoms of coronavirus infection (COVID-19) when seeking care at an LVHN or Lehigh Valley Physician Group (LVPG) practice, or who have been screened by:

- E-Visit: A thorough questionnaire-based assessment that is completed on MyLVHN. Submitted information will be reviewed by an LVPG health care provider. To access an E-Visit, go to MyLVHN.org or the MyLVHN app. Learn more at LVHN.org/Evisit.
- Video Visit: A secure video visit with an LVHN health care provider. Access a Video Visit through the MyLVHN app. Learn more at LVHN.org/videovisit.
- Phone hotline: 888-402-LVHN (5846) provides callers with an over-the phone COVID-19 screening with a nurse.

LVHN will continue to provide the community with updates as this health situation evolves. Refer to LVHN.org/covid19 for additional information, including Frequently Asked Questions (FAQ) for people with COVID-19, links to LVHN COVID-19 Assess and Test locations and more.

LVHN Temporarily Closes Lehighon ExpressCARE Staff will be reassigned to assist with COVID-19 testing

Lehigh Valley Health Network (LVHN) announced today LVHN ExpressCARE–Lehighon located at 363 N. 1st Street, Lehighon, will temporarily close effective March 18 so its staff can support LVHN COVID-19 Assess and Test locations.

Patients who would visit LVHN ExpressCARE–Lehighon with common illnesses or minor injuries can visit their primary care provider or visit one of our other ExpressCARE locations.

Other practices located in the same building will remain open, including LVPG Hematology Oncology and LVPG Family Medicine–Lehighon.

For those who think they have coronavirus (COVID-19) or may have been exposed to someone who does, stay home. LVHN is providing free COVID-19 screenings online and by phone. These screenings include:

- LVHN E-Visit: This is a questionnaire-based assessment completed by you, evaluated by a provider and communicated to you via email. To access an e-visit, go to MyLVHN.org or the MyLVHN app. Learn more at LVHN.org/Evisit.
- LVHN Video Visit: This is a secure video visit with an LVHN health care provider. To access a Video Visit go to the MyLVHN app. Learn more at LVHN.org/videovisit.
- MyLVHN Nurse Information Line: 888-402-LVHN (5846) provides callers with an over-the phone COVID-19 screening with a nurse.

During the screening, if LVHN's medical professionals determine a patient has COVID-19 symptoms, they will be directed to one of LVHN's eight standalone COVID-19 Assess and Test locations.

Patients will qualify for a test ONLY if they have symptoms (fever, cough and shortness of breath). The test detects active disease and cannot determine if a patient has been exposed. It is important tests are reserved for those who need them most.

You must receive guidance via the nurse line, video visit, e-visit or your doctor to be assessed and, possibly tested.

COVID-19 Assess and Test Locations

LVHN COVID-19 Assess and Test–MacArthur Road

2741 MacArthur Road, Whitehall, PA 18052–Daily: 8 a.m. to 8 p.m.

LVHN COVID-19 Assess and Test–Stroudsburg

1655 W. Main St., Stroudsburg, PA 18360

Mon-Fri: 8 a.m. to 5 p.m., Sat-Sun: 9 a.m. to 3 p.m.

LVHN COVID-19 Assess and Test–Palmerton

528 Delaware Ave., Palmerton, PA 18071

Mon-Fri: 8 a.m. to 8 p.m., Sat-Sun: 9 a.m. to 3 p.m.

LVHN COVID-19 Assess and Test–Macungie

6451 Village Lane, Macungie, PA 18062

Mon-Fri: 8 a.m. to 8 p.m., Sat-Sun: 9 a.m. to 3 p.m.

LVHN COVID-19 Assess and Test–Richland Township

320 W. Pumping Station Road, Suite 3, Quakertown, PA 18951

Mon-Fri: 8 a.m. to 8 p.m., Sat-Sun: 9 a.m. to 3 p.m.

LVHN COVID-19 Assess and Test–Hazleton

140 N Sherman Court, Hazleton, PA 18201

Mon-Fri: 8 a.m. to 5 p.m., Sat-Sun: 9 a.m. to 3 p.m.

LVHN COVID-19 Assess and Test–Cressona

35 Sillyman Street, Cressona, PA 17929

Mon-Fri: 8 a.m. to 5 p.m., Sat-Sun: 9 a.m. to 3 p.m.

LVHN COVID-19 Assess and Test–Nazareth

863 Nazareth Pike - Nazareth, PA 18064

Mon-Fri: 8 a.m. to 5 p.m., Sat-Sun: 9 a.m. to 3 p.m.

If you need care for another condition, you can continue to visit any other ExpressCARE location or Lehigh Valley Physician Group (LVPG) practice.

The Bangor Public Library News

The Bangor Public Library is **CLOSED** and has **POSTPONED** all events and programs until public health and safety restrictions are lifted. This includes Trustee's meeting, Open House and Farm Jubilee. Until the library re-opens we can look forward to the following new releases.

Adult Fiction - Turning Tide by Melody Carlson; I Am Bregdan Women by Ginny Dye; A good neighborhood by Therese Fowler; The mirror and the light by Hilary Mantel; Wolf Hall: a novel by Hilary Mantel; A reasonable doubt by Phillip Margolin; Tucker by Emily March; Doc: a novel by Mary Doria Russell; My dark Vanessa: a novel by Kate Elizabeth Russell; The numbers game: a novel by Danielle Steel; The jetsetters: a novel by Amanda Wyre Ward

Adult Non Fiction - The Earth in her hands: 75 extraordinary women working in the world of plants by Jennifer Jewell; Dark invasion: 1915: Germany's secret war and the hunt for the first terrorist cell in America by Howard Blum; John Adams under fire: the founding father's fight for justice in the Boston Massacre murder trial by Dan Abrams; Untamed by Glennon Doyle.

Large Print Adult Fiction - Blindsight by James Patterson; Crooked river: a Pendergast novel by Douglas J. Preston.

Young Adult Fiction - Chain of gold by Cassandra Clare; The Kingdom of Back by Marie Lu; Confessions: the Paris mysteries by James Patterson.

Junior Fiction - Darkstalker by Tui Sutherland; The girl who speaks bear by Sophie Anderson; Gold rush girl by Avi; The bad guys in mission unpluckable by Aaron Blabey; The chaos curse by Sayantani DasGupta; Secret hero society by Derek Fridolfs; Finding home by Karen Kingsbury; Zombie invasion by Winter Morgan; Chasing Herobrine: an unofficial graphic novel for Minecrafters by Cara J. Stevens; Dragonslayer by Tui Sutherland.

Junior Non Fiction - Minecraft 2.0 advanced: the unofficial guide to Minecraft and other building games.

Easy Fiction - Batman's birthday surprise! By Frank Berrios; The five Chinese brothers by Claire Huchet Bishop; Ariel's baby Beau by Cathy Hapka; Up on Bob by Mary Sullivan; Shake the tree! By Chiara Vignocchi.

Audio Books - Lost by James Patterson.

DVDs - Bombshell; Harriet.

SLATE BELT MEN'S QUIT LEAGUE

March 4, 2020

SBMQL Annual Joe Clapp Memorial Tournament

SINGLES

Brandon Malachowski

Dave Klinge

Ryan Kreider

Frank Ceraul

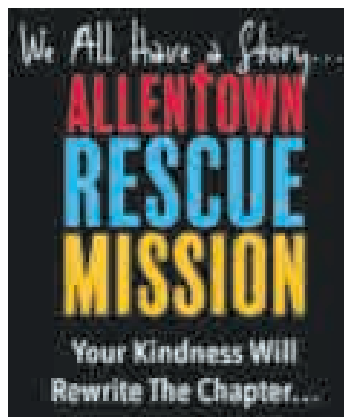
DOUBLES

Ryan Kreider and Jerry Bubba

Chuck Klinge and Tom Ayers

John Hartzell and Brandon Malachowski

Jody Zengulis and Chad Kreider



Allentown Rescue Mission COVID-19 Procedures The Allentown Rescue Mission Will Be Staying open

With the growing pandemic of the Coronavirus in the Lehigh Valley the Allentown Rescue Mission is taking steps to make sure that our men are remaining safe and healthy.

The Allentown Rescue

Mission plans to stay open and continue accepting men during the Pandemic. Our mission is to rescue, rehabilitate, and restore men who are homeless and the Allentown Rescue Mission is their last and only option.

We are taking every precaution possible, including facility isolation areas, to minimize the spreading of COVID-19 among both clients and staff.

Men with symptoms will go to the Hospital for testing and potential admittance. Should the hospital send men home who have tested "positive", they will be allowed to return to the mission and stay in a newly created isolation area. We are their home.

We need and appreciate your help now more than ever. Please continue your financial support and we now accept physical donations via curb-side drop off so donors can maintain social isolation in their car.

Please keep us in your thoughts and prayers.



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.

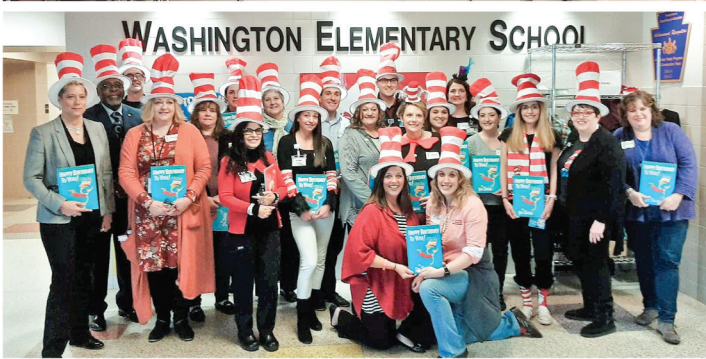


DR. SEUSS DAY AT WASHINGTON ELEMENTARY SCHOOL

Dr. Seuss Day at Washington Elementary School took place on Friday, March 6th, Community volunteers from local businesses read to the children in their classrooms. This is an annual event.



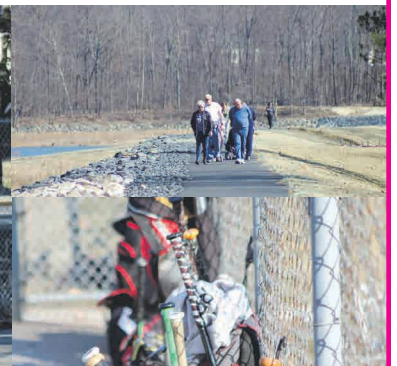
See more photos on our Facebook page. Photos by Lisa Newberry.



Signs of Spring

Photos by Lisa Newberry

Spring officially arrives at 11:50 p.m. March 19, 2020



SLATE BELT SENIOR CENTER

The Slate Belt Senior Center is **Closed**. Seniors needing assistance can still call Joan at the Center at 610-588-1224

**Keep These Friends in
YOUR THOUGHTS AND PRAYERS**



OUR WORLD
TODD ANDERSON
TOMMY STACKHOUSE
TYLER HECKMAN



If you would like to add a name of a loved one, friend or neighbor to the prayer list please send their name to:

The Belt and Beyond, P.O. Box 33, Bangor, PA 18013
Attn: Prayer list or email us at thebeltandbeyond@gmail.com
Subject: Prayer List

**PETS &
CORONAVIRUS:**
What you should know

Voice for the Animals Foundation®

You **can't** get coronavirus, also known as COVID-19, from **dogs or cats**.

- Coronavirus is spread from human to human. There is currently **no** evidence that pets can be a **source** of infection.
- Pet owners should practice **good hygiene**: wash hands with soap & water **after** petting & playing.

Please **do not** take your pets to a shelter out of fear they will spread or transmit coronavirus.

"There's no evidence your pet can get sick from coronavirus..." CNN (2020)

MONROE ANIMAL LEAGUE MEETING

The Monroe Animal League Meeting scheduled for Tuesday, March 31st, 7:00 pm at the Eastern Monroe County Library has been **CANCELLED**

National Puppy Day

Monday, March 23

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Badger has appointed himself greeter of the Scratching Post, our free-roaming cat house. He loves getting visitors and wants all the attention and cuddles for himself. To say he is outgoing is an understatement. As a resident of the Scratching Post, Badger has learned to share his space with kitties of all shapes, sizes and personalities. We are confident he will fit perfectly into your feline friendly home. Badger is 3 years old, neutered, up to date on vaccinations, microchipped and ready to cuddle up with you. Come meet Badger today!

A.W.S.O.M.

As of Saturday March 21, the shelter will be **closed** until further notice....no stray intake, no surrenders, no food pick up, we will be releasing further information and details later in the day.... we are still here but just making plans to keep all safe and to care for our animals that are here at this time....we know we have your support

The AWSOM Animal Shelter is located at 3129 Godfrey Ridge Drive, Stroudsburg, PA 18360. The AWSOM Animal Wellness Center is open Monday thru Friday for all your basic veterinary needs. Check out our low-cost veterinary services, including spay and neutering, vaccinations, dental care and more. Call 570-424-1060 for more information or to make an appointment. Visit our website at AwsomAnimals.org Facebook: A.W.S.O.M.

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1 Column X 1.75" \$20 per insertion or \$30 for 2 issues

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For more information on advertising your business in the Business Card Directory, Contact us at: 610-704-6818 or email us at: thebeltandbeyond@gmail.com



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 11th**, and a Statewide Opening Day of trout season will take place on **Saturday, April 18th**.

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.wildlifelicense.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.

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Walmart Truck Drivers Raise \$2,000 for Faith Christian School

The Tobyhanna transportation office has selected Faith Christian School to receive a \$2,000 donation as part of Walmart's support of local communities. Private Fleet truck drivers for Walmart - already among the safest drivers in the country - drove extra carefully during the week from July 20 through July 26, 2019. For every accident-free mile they drove during that week, Walmart made a financial contribution to local schools.

Walmart is donating one cent for each accident-free mile driven by the drivers at each Walmart transportation office. A school in the home region of each transportation office will receive at least

\$1,000 and as much as \$2,000, based on the safety performance of local drivers. During this year's program, Walmart Transportation offices nationwide contributed more than \$100,000 to schools in their communities.

"This is just one of the many ways Walmart supports education across the country," said Rosanna Martinez, general transportation manager at the Tobyhanna Walmart distribution center. "It's also a great way to engage all of our drivers in raising money for our local schools."

Faith Christian School, K-12 grades, serves the Christian communities of the Pocono Mountains, Slate Belt, eastern New Jersey, and the Lehigh Valley areas. Children from ten school districts and over 50 churches comprise the diverse and outstanding student body. Most public school districts provide transportation to our school facility located one mile north of Bangor and eight miles south of Stroudsburg, off Route 191 in Roseto, Pa. Please call the office, 610-588-3414, to set up a time to visit. To learn more about FCS, visit www.fcslions.org.

Walmart's Private Fleet is one of the largest in the United States and its 74 offices, including more than 9,000 drivers, support more than 4,500 Walmart stores, Sam's Club locations and Neighborhood Markets in the U.S.



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

LVHN *Continued from page 8*

Beginning Monday, March 23, our team will contact you if you are currently scheduled for tests and appointments that need to be delayed due to the impact of COVID-19. It is important to note that these non-urgent tests and procedures are not being cancelled – they are being postponed for the health of our community and colleagues during this pandemic.

We appreciate your understanding as we evolve care delivery during these unprecedented times.

Service Changes – LVHN ExpressCARE Consolidation

To help ensure adequate staffing at LVHN COVID-19 Assess and Test locations, LVHN is temporarily suspending services at three LVHN ExpressCARE locations. In addition, LVHN ExpressCARE locations currently offering COVID-19 Assess and Test services and typical ExpressCARE services will redirect people seeking ExpressCARE treatment for minor illnesses and injuries to other ExpressCARE locations. LVHN ExpressCARE locations temporarily suspending services effective March 23 are:

- LVHN ExpressCARE–Bethlehem Township
 - o If you are seeking non-COVID-19 care, please go to LVHN ExpressCARE–Palmer Township or another convenient ExpressCARE location.
- LVHN ExpressCARE–Bangor
 - o If you are seeking non-COVID-19 care, please go to LVHN ExpressCARE–Palmer Township or another convenient ExpressCARE location.
- LVHN ExpressCARE–Blakeslee
 - o If you are seeking non-COVID-19 care, please go to LVHN ExpressCARE–Tobyhanna or another convenient ExpressCARE location.

Starting Tuesday, March 24, parents seeking care for their children should utilize health care services at LVHN ExpressCARE–Palmer Township while Children’s ExpressCARE services are temporarily suspended.

Lehigh Valley Reilly Children’s Hospital remains open to provide specialized care to children in our community. The following LVHN ExpressCARE locations that also serve as LVHN COVID-19 Assess and Test locations will redirect people seeking ExpressCARE services to other ExpressCARE sites starting March 23:

- ExpressCARE–Macungie – COVID-19 assess and test only
 - o If you are seeking non-COVID-19 care, please go to LVHN ExpressCARE–Fogelsville or another convenient ExpressCARE location.
- LVHN ExpressCARE–MacArthur Road – COVID-19 assess and test only
 - o If you are seeking non-COVID-19 care, please go to LVHN ExpressCARE–Muhlenberg or another convenient ExpressCARE location.
- LVHN ExpressCARE–Palmerton – COVID-19 assess and test only
 - o If you are seeking non-COVID-19 care, please go to LVHN ExpressCARE–West End or another convenient ExpressCARE location.
- LVHN ExpressCARE–Bartonsville – COVID-19 assess and test only
 - o If you are seeking non-COVID-19 care, please go to LVHN ExpressCARE–Pocono or another convenient

ExpressCARE location.

LVHN ExpressCARE–Richland Township will offer both COVID-19 assessment and testing and ExpressCARE services, however if you are seeking non-COVID-19 care, you will use a separate registration desk and waiting room.

LVHN appreciates the support the community has shown as we face this pandemic together. We will work with all who have had tests and procedures delayed so they can receive this care as soon as it is safe to resume normal service.

“COVID-19 is now in our community, and the disruption it has caused is unprecedented. When dealing with crisis situations as an emergency physician, the most valuable lesson I learned was — do not panic. Fear is our enemy,” says Brian Nester, DO, MBA, FACOEP, President and CEO of Lehigh Valley Health Network. “Rest assured, LVHN is your health partner, today and every day, especially when things get tough. With regard to this current COVID-19 outbreak, we have taken innovative measures to make sure our community remains as safe as possible. Thank you for your continued support as we navigate these unprecedented times.”

LVHN will continue to provide our community with updates as this health situation evolves. Refer to LVHN.org/covid19 for additional information, including FAQs for people with COVID-19, links to LVHN COVID-19 Assess and Test locations and more.

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.

5 Tips for Better Home Safety this Spring



(Family Features) As people become more active during the warmer months, keeping home safety top of mind can sometimes go by the wayside. However, when it comes to fire and carbon monoxide safety, you can never be too prepared.

Whether you are just beginning to take a stronger safety-first approach or looking to upgrade existing home safety equipment, keep these tips in mind as

you spruce up your home for the season.

Don't Just Check Batteries, Check the Alarm

It's a good idea to review your safety equipment and ensure everything is in good working order at least a couple times each year. For example, every type of smoke alarm must be completely replaced every 10 years whether it's hardwired into your home or operates on a battery. New smoke alarms commonly come with built-in 10-year batteries, meaning no battery changes, but it's a good idea to test the units regularly. In fact, most manufacturers recommend weekly. You can also use this time to double-check the gauge on your fire extinguishers, replace batteries in flashlights, test security systems and replenish first-aid kits.

Inspect and Repair Outdoor Areas

Set aside time to evaluate any damage or potential hazards as the weather warms. For example, fallen tree branches and leaves can become trapped in gutters and pose a fire hazard. Shutters and fences can also weaken over time. To make sure they're in good working condition, check that they are securely fastened.

Take Advantage of Smart Technology

According to the National Fire Protection Association, 40 years ago people had an average of 17 minutes to escape a home fire, but today the average has decreased to about 3 minutes due to synthetic materials used in modern-day home furnishings. To get the earliest warning of a home fire, install wire-free interconnected battery-powered combination smoke and carbon monoxide alarms. When one alarm senses a hazard, all alarms throughout the home sound in unison. Features like color-coded status rings and built-in 10-year sealed batteries make Kidde's Wire-Free Interconnected Alarms a smart solution for optimal protection. They offer simple setup and operate without the hassle of hardwiring or a Wi-Fi connection.

Check Appliances

While going through your spring home safety checklist, take time to check your appliances or schedule an annual maintenance check for your stove, oven, heating system and more. According to the American Red Cross, dryers are responsible for approximately 9 of every 10 appliances fires. These common household appliances can collect

dust, lint and other particles, which are potential fire hazards and can cause carbon monoxide leaks.

Keep Outdoor Activities in Mind

Cooking on grills is a popular pastime, but thousands of people are injured every year while using them. In fact, according to the National Fire Protection Association, nearly 9,000 home fires are started by grills each year. Now is a good time to get your home's grilling area in tip-top shape. Keep a 3-foot safety zone around hot grills for children and pets, and have a multipurpose home fire extinguisher nearby as fires can occur unexpectedly. Propane and charcoal grills both put off carbon monoxide as a byproduct, so be sure keep your grill at least 10 feet from the home and ensure it is positioned away from windows, doors, vents and ductwork.

For more safety tips to better prepare your home, visit Kidde.com.

Photo courtesy of Getty

Images Source: Kidde

Bangor Slater Chorus Members Participate in the PMEA All-State Chorus

Ten Bangor Area Chorus members were selected to participate in PMEA All-State Chorus on April 25 at Kalahari Resort in Mt Pocono. Bangor has the unique honor of potentially having more members selected for All-State Chorus than any other of the more than 500 schools in the state. The students are CJ Fassl, Evan Finkbeiner, Josh Lopez, Cathianne McKenna, Andrea Morokutti, Brookel Sabella, Noelle Schwartz, Michael Spagnola, Kristen Stopfer and Sophia Villano. Andrea Morokutti was also selected as pianist for the All-State Band.

Unfortunately, the event has been cancelled due to the Corona Virus pandemic. It remains an outstanding honor for the students and the Bangor School District.



Pictured: (first row) Josh Lopez, Sophia Villano, Kristen Stopfer, Andrea Morokutti/ (second row) Evan Finkbeiner, CJ Fassl, Brookel Sabella, Noelle Schwartz, Michael Spagnola



EARN THAT DEGREE, PRIMA.
YOU DESERVE IT.

Prima survived cancer thanks to her health partner's team of experts,
their access to hundreds of clinical trials, and their membership
in the Memorial Sloan Kettering Cancer Alliance.

With a new lease on life, Prima's now pursuing a career in oncology nursing –
and knows things about it you'd never find in a textbook.

Learn more at LVHN.org/cancer or by calling 888-402-LVHN.



Memorial Sloan Kettering
Cancer Alliance
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**SUPPORT
LOCAL
BUSINESS**

Support Local Business!

**SUPPORT
LOCAL
BUSINESS**

Please continue to support local business!

The following area restaurants are still open offering Take-Out.

Please call or visit their website or Facebook page for hours, menus and delivery availability.

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

Bono Pizza Bangor

105 Broadway, Bangor (610) 588-6989

Broadway Pub

62 Broadway, Bangor (610) 452-9226

Take out Only

Cafe on Broadway

21 S Broadway, Wind Gap (610) 881-4261 Take out only

China Wok

56 Broadway, Bangor (610) 599-8888

www.chinawokbangor.com

Comunale's Italian Market

1 Mount Bethel Plz, Mount Bethel (570) 897-5630

www.comunalesitalianmarket.com

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

Family and Friends Country Restaurant

244 E Moorestown Road, Wind Gap (610) 759-7477

Call ahead Take out Window

Five Points Grill & Pub

1001 Mt Bethel Highway, Mount Bethel (484) 249-0700

<http://www.5pointsgrill.com> TO GO - PICK UP SERVICES

Giordano's Italian Restaurant

13 W Pennsylvania Ave, Pen Argyl (610) 863-9554

www.giordanospa.com

Green Vida Co

1800 Sullivan Trail, Wind Gap (610) 438-4112

<http://greenvida.com> Pick Up & Curbside Only

J. DeFranco and Daughter's Catering

2173 W Bangor Road, Bangor (610) 588-6991

<http://www.jdefrancoanddaughters.com> TAKE-OUT

Little Creek Bar-B-Cue

1004 Walnut St, Bangor (610) 588-3831

<http://www.littlecreekbarbecue.com>

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 Chicken Corner

291 W Moorestown Road, Nazareth

(610) 365-7303

The Slate Pub

509 E Main Street, Pen Argyl (610) 881-4700

<http://slatepub.com/menu>

CURBSIDE PICKUP, TAKE-OUT AND SOME DELIVERY AVAILABLE.

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.

