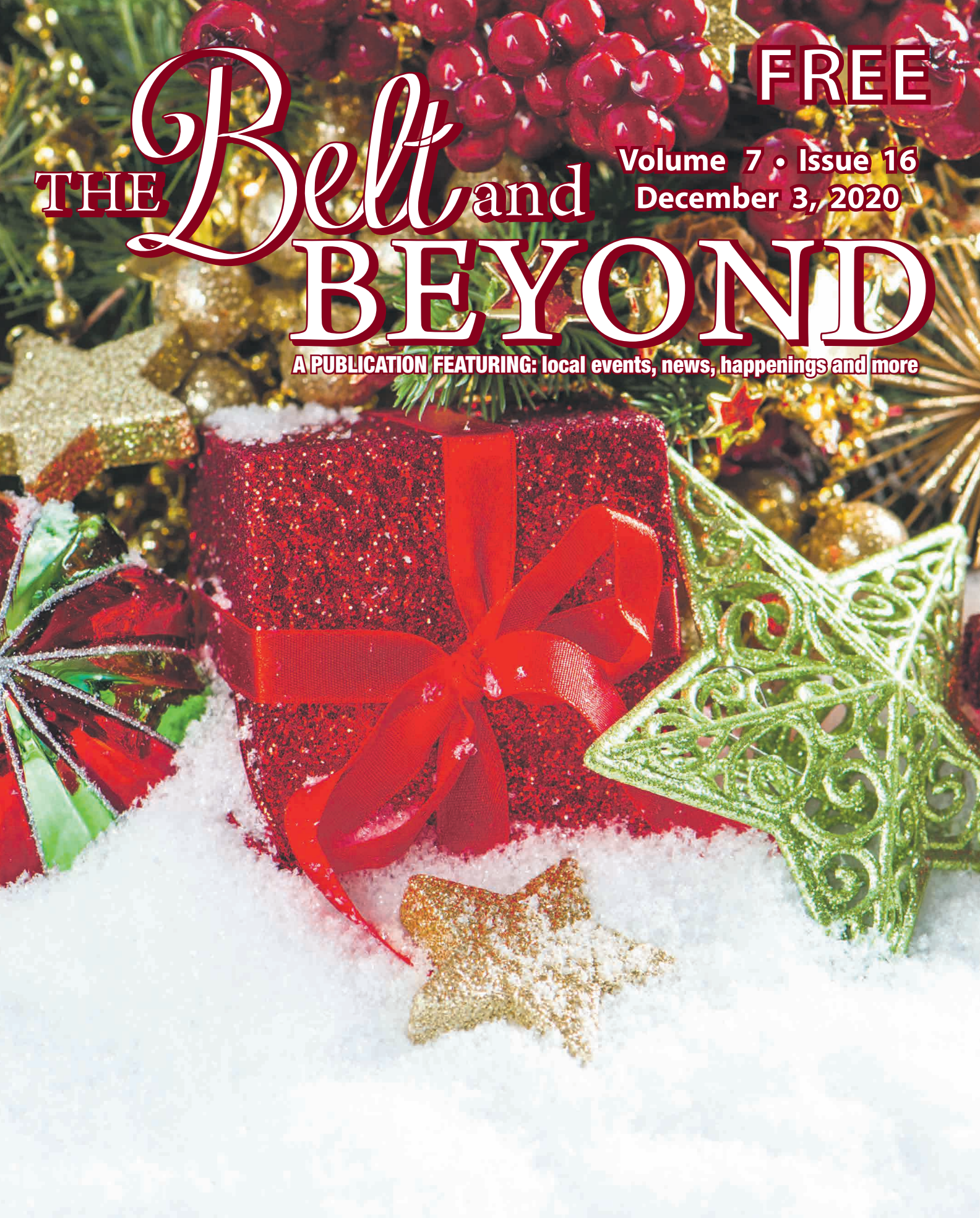


**FREE**

**THE** *Belt* **and**  
**BEYOND**

**Volume 7 • Issue 16**  
**December 3, 2020**

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





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**WEEKEND HAPPENINGS**

**A Mt Bethel Christmas**

A Mt Bethel Christmas will be held on **Sunday, December, 6th 6:00-7:00pm**. Mt Bethel Vol Fire Co. 2341 N Delaware Dr, Mt Bethel, PA. Please wear face masks and observe social distancing.

**EBUMC Free Dinner**

The East Bangor United Methodist Community Church welcomes you to a FREE "Mac 'n Cheese with Ham" on **Sunday, December 6th from 4:00pm to 4:30pm**. The church is located at 136 W. Central Ave. (Rt. 512), East Bangor, PA. Questions? call 610-588-4453 or visit <http://ebumc.org/>.

**NATIONAL DAYS**

**DECEMBER NATIONAL DAYS**

- DECEMBER 4 - NATIONAL COOKIE DAY**
- DECEMBER 6 - ST NICHOLAS DAY**
- DECEMBER 7 - NATIONAL PEARL HARBOR REMEMBRANCE DAY**
- DECEMBER 8 - NATIONAL BROWNIE DAY**
- DECEMBER 9 - NATIONAL PASTRY DAY**
- DECEMBER 10 - NATIONAL LAGER DAY**
- DECEMBER 12 - NATIONAL POINSETTIA DAY**
- DECEMBER 13 - NATIONAL COCOA DAY**
- DECEMBER 15 - NATIONAL WEAR YOUR PEARLS DAY**
- DECEMBER 16 - NATIONAL CHOCOLATE COVERED ANYTHING DAY**
- DECEMBER 17 - NATIONAL RE-GIFTING DAY**

**DECEMBER HOLIDAYS**

- DECEMBER 10 - CHANUKAH BEGINS**
- DECEMBER 25 - CHRISTMAS**
- DECEMBER 26 - KWANZAA BEGINS**
- DECEMBER 31 - NEW YEAR'S EVE**



**Please support the businesses who advertise in this publication! SHOP, BUY, DINE LOCAL!**

**CONTACT US:**

[thebeltandbeyond@gmail.com](mailto:thebeltandbeyond@gmail.com)  
 P.O. Box 33, Bangor, Pa 18013  
 610.704.6818

Like us on Facebook "The Belt and Beyond"  
 Online at [www.thebeltandbeyond.com](http://www.thebeltandbeyond.com)

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**Email your news and events to [thebeltandbeyond@gmail.com](mailto:thebeltandbeyond@gmail.com)**

### Forks Township Holiday Festival & Tree Lighting

Forks Township Parks & Recreation invites you to their Holiday Festival & Tree Lighting on **Sunday December 6th 5:00pm to 8:00pm**, 500 Zucksville Road, Easton, PA. Event will be held at the Amphitheater. Holiday activities, wreath making workshop, live music, ice carvings, food trucks, and Santa! Bring your own chair/blanket. Free Admission. Masks required and the Department of Health and all CDC guidelines will be followed. For more info follow them Forks Township Parks & Recreation or visit the website: [www.forkstownship.org/recreation/events.html](http://www.forkstownship.org/recreation/events.html)

### McMichaels UMC Roast Beef Dinner

McMichaels UMC will host a Donation Only Roast Beef Dinner on **Saturday, December 12th, 2:00pm-5:00pm**. Drive-through - pick-up only. All are welcome! McMichaels UMC is located at 104 White Church Road Rt. 715 & White Church Road Saylorsburg, PA. For more info visit the church website [www.mcmichaelsumc.org](http://www.mcmichaelsumc.org)

### Tuscarora Inn and Conference Center Christmas Marketplace

Tuscarora Inn and Conference Center will host their second annual Christmas Marketplace on **Saturday, December 12th, 10:00am-4:00pm**. Tuscarora Inn and Conference Center is located at 3300 River Rd, Mount Bethel, PA. For more info visit their website <https://www.tuscarora.org/.../10/15/christmas-marketplace>

### Veterans & First Responders Support Group Breakfast

A Clean Slate will host a Veterans & First Responders Breakfast. **Saturday, December 12th 8:00am to 9:30am** 100 S. 1st Street, Bangor, PA. 18013.

### American Legion Riders Post 927 Meeting

The American Legion Riders will hold their monthly meeting on **Sunday, December 13 at 10:30am** at the American Legion Post 927, Route 209 and Fairgrounds Road, Gilbert. The American Legion Riders contribute to Veterans, the Community, and enjoy riding. FMI contact President Everett "Skippy" Shaver, 570-977-8208 or [everett.shaver@yahoo.com](mailto:everett.shaver@yahoo.com).

### UMBT Christmas in the Park

**Saturday, December 19th**, UMBT Community Park, 1535 Potomac Street, Mt Bethel, PA. Craft vendors, Live Christmas Music, Santa, Tree Lighting at **5:00pm**. Masks required and all CDC guidelines will be followed. *See ad page 4*

### First UMC Bangor Free Lunch

The First United Methodist Church, 55 North Third Street, Bangor will be hosting a free lunch on **Sunday, December 27th, 12:30pm to 1:30pm**. The lunch will be a meatloaf meal.

**f Like us on Facebook**



**Baarda Farms**  
**Christmas Preview**  
**Saturday, December 5 & Sunday, December 6**  
**9:00am - 5:00pm**  
**Holiday decor, gifts and more!**  
 Open 7 days 9:00am - 4:00pm • Winter hours begin December 25  
 1588 RIVER RD., MT BETHEL - OPEN 7 DAYS 9AM-5PM  
 570.897.0135

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STROUDSBURG PA

### 30th Annual Old Time Christmas



**Saturdays & Sundays**  
**December 5, 6 & December 12, 13**

**\$5 per person, under 3 free**  
**2pm - 8pm, last entrance**  
**into farm at 7pm**

Experience a candlelit  
 visit to an 1800s  
 Christmas.

Christmas Putz, Live  
 Nativity, Gift Shop,  
 Complimentary  
 Refreshments, Christmas  
 Tree Forest & more  
**MASKS REQUIRED**

**WWW.QUIETVALLEY.ORG 570-992-6161**

### The Washington Township Volunteer Fire Co. will host a Pancake & Sausage Breakfast to Go with Santa Sunday, December 13th 8:30am-11:30am



Tickets \$7 at the door Ages 3 and under free.  
 (You do not need to visit with Santa to enjoy the pancake breakfast.  
 You can purchase a ticket, get your breakfast and go.)

**Photos with Santa by Todd LaBar Photography will be available for purchase** Affordable photo packages also available

\*\*This year you will need to park in the lot, come inside to purchase tickets and then visit with Santa. Attendees will then pick up their pancake breakfast and go. A limited number of guests will be permitted in the building at a time. \*\* Masks and all CDC guidelines will be followed.

**920 WASHINGTON BLVD. ( RT. 191) BANGOR, PA.**



UPPER MOUNT BETHEL TWSP.  
PRESENTS

## CHRISTMAS IN THE PARK

**December 19, 2020**  
2-5pm

Upper Mount Bethel Community Park  
1535 Potomac Street  
Upper Mount Bethel, PA

Please wear masks and practice social distancing

Shop craft vendors  
under the pavilion  
from 2-5pm

Enjoy Live  
Christmas music in  
the Park

Bring your children to see Santa Claus, receive a small gift and take a picture with Santa. Social Distancing will be in place.

**Pictures with Santa 3-5pm**

Join us as we light our first annual Christmas Tree in the park at 5pm

Kids can make all natural pine cone ornaments to decorate the tree.

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State Farm Mutual Automobile Insurance Company  
State Farm Indemnity Company, State Farm Fire and Casualty Company  
1101201.1 State Farm General Insurance Company, Bloomington, IL

### Medicare Open Enrollment Runs Through December 7

**MEDICARE**

OPEN ENROLLMENT THROUGH DEC. 7

The annual open enrollment period for Medicare allows new beneficiaries to sign up for prescription drug coverage and health plans, and it offers current beneficiaries a chance to review and change coverage to meet their individual health care needs. The open enrollment period is open through December 7.

Medicare-eligible individuals can receive free, objective advice and information on coverage options through the APPRISE Program by calling the APPRISE Helpline at 1-800-783-7067 from 9 a.m. until 4 p.m., Monday through Friday. Counselors are available to provide information on eligibility, enrollment, prescription benefits, financial assistance and more. Call 1-800-783-7067 or visit: <https://www.aging.pa.gov/.../medicare.../Pages/default.aspx>

### Bangor Borough Walk Works Program

Did you know that there are three walking trails through Bangor? Now that the weather is cooling off, it's the perfect time to get out and enjoy a fun, free outdoor activity. Trail Guides are also available at the Bangor Borough office, located at 197 Pennsylvania Ave., Bangor, PA. <http://bangorborough.org/walkworks-program/>

### Salvation Army Seeks Christmas Bell Ringers

The Salvation Army of the Slate Belt is currently seeking individuals willing to stand kettles this Christmas season.

If you are interested in learning more about this opportunity, please contact Captain Barbara Cure at 610-863-6677.

### EBUMC Reverse Advent Calendar

A Reverse Advent Calendar will be observed at the East Bangor United Methodist Community Church. Advent is just around the corner and this year we'd like to suggest you consider a reverse advent calendar project. Instead of a typical advent calendar that you would open up and get something from, we're inviting you to consider putting an item in a bag for each day of Advent to go to the Portland-Upper Mt Bethel Food Pantry and local shelters. Consider the following: Canned goods, boxed macaroni and cheese, other non-perishable food items, toiletries, socks, etc. Dates of the project are **December 1st - 24th**. Donations can then be brought to the church and placed by the kitchen door for distribution. The church is located at 136 W. Central Ave. (Rt.191), East Bangor. Any questions, call 610-588-4453.--

### UMBT 2nd Annual Christmas House Decorating Contest

Join UMBT for the 2nd annual Upper Mount Bethel Christmas House Decorating contest. Prizes will be given for 1st, 2nd & 3rd place winners. For more information go to UMBT Township website [www.umbt.org](http://www.umbt.org) click on Parks and Recreation and under Announcements find the information for the Christmas House Decorating contest. This event is for Upper Mount Bethel Residents. Winners to be announced on **December 19th at 4:00pm**. Sponsored by UMBT Park and Recreation Board.

### BMCL News

#### BMCL Virtual Christmas Tree Fundraiser

Honor or memorialize a family member or pet by purchasing an ornament for our virtual Christmas tree. Your virtual ornament will be posted on our facebook page.

Ornaments are \$5.00 each. There is no limit to the number of ornaments you request. Cash and checks will be accepted.

The library is located at 216 S. Robinson Avenue in Pen Argyl, PA. 610-863-3029. [www.bmcl.org](http://www.bmcl.org)

#### BMCL Friday Hours

The Blue Mountain Community Library will be open on Fridays beginning in December. Craft packets for our Story Time are available. The Library will be closed **Dec. 24th, 25th and 26th all shifts and pm shift on Dec. 31st**. We will be closed on **Jan.1st** and will open **Saturday, Jan 2nd am shift** for Book Nook Sale only. Call 610-863-3029 for information or to make an appointment to use the library.



### Small Business Saturday in the Slate Belt



Rita Bolles

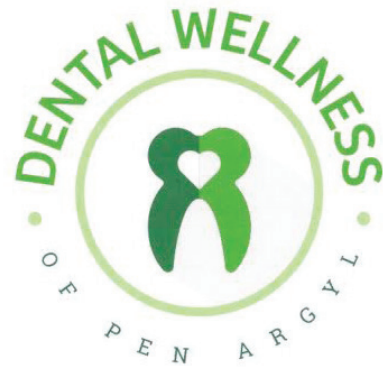
Pictured Rita Bolles, owner of Expressions thru Glass and Sandy Antunes, owner of Sandy's Boutique along with many other small businesses in the area

were grateful for all who patronized small businesses on Small Business Saturday.

Photos by Candy Martin



Sandy Antunes



### WELCOME TO YOUR NEW DENTAL HOME!

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[dentalwellnessofpenargyl.com](http://dentalwellnessofpenargyl.com)

225 S. Robinson Ave  
Pen Argyl, PA 18072

\*We continue to process all your insurance claims as in the past.

# SHOP LOCAL

Shop the Slate Belt this holiday season



## SLATE BELT PENNSYLVANIA

[SLATEBELTRISING.ORG](http://SLATEBELTRISING.ORG)

[SLATEBELTCHAMBER.ORG](http://SLATEBELTCHAMBER.ORG)

PAID FOR IN PART BY THE NORTHAMPTON COUNTY HOTEL TAX GRANT PROGRAM



# Christmas Eve Services

**JOIN US AT  
GRACE CHURCH**

**2:00 PM 4:00 PM 7:00 PM**

404 E. Mountain Ave., Pen Argyl

610-863-4811 worshipatgrace.org

There will be a Children's message at the 2:00 and 4:00 services, and we will have a candlelight at all three services, we will observe physical distancing and masks will be worn

Sunday services in person at 8:30 and 10:00, live streamed on YouTube at 10:00 and posted on website following the service

## Christmas Tree Lightings

**East Bangor Fire Co. Tree Lighting - Saturday, December 5th, at 7:00pm.**

**Mt Bethel Christmas - Sunday, December, 6th 6:00-7:00pm.** Mt Bethel Vol Fire Co., 2341 N Delaware Dr, Mt Bethel, PA. Please wear face masks and observe social distancing.

**Forks Township Holiday Festival & Tree Lighting - Sunday December 6th 5:00pm to 8:00pm,** 500 Zucksville Road, Easton, PA. Event will be held at the Amphitheater. Masks required and the Department of Health and all CDC guidelines will be followed.

### Christmas in Nazareth

Tune in to the Nazareth Area Chamber's Facebook Page on **Friday, December 11th, 7:00pm** for this annual tradition from the comfort of your home!

**East Bangor Borough Tree Lighting - East Bangor Park** at the gazebo, **Saturday, December 12th, 7:00pm.**

**UMBT Christmas in the Park** **Saturday, December 19th,** Tree Lighting at **5:00 pm** UMBT Community Park, 1535 Potomac Street, Mt Bethel, PA.



## A Very Special Christmas at Boulton House Tours

**SATURDAY, DECEMBER 12, 2020 11AM - 4PM**

**SUNDAY, DECEMBER 13, 2020 12PM - 4PM**

**ADULTS \$10**

Children 12 & under are Free JHS Members,  
Active Duty Military & Scouts in Uniform are Free



### Visit our beautifully decorated 1832 J. Joseph Henry House!

1832 J. Joseph Henry House - Summer Kitchen, Nicholas Hawk Gunshop, Early American Craft Center, Pa. Longrifle Museum, Carriage Shed Display, Henry Boat House Display, Blacksmith Shop Display.

*Enjoy refreshments including our famous Jacobsburg Brew!*

**SPECIAL HOLIDAY J. JOSEPH HENRY HOUSE ONLY TOUR**

on Sunday, December 27, 2020 Noon-3pm Adult Admission \$5 Weather Permitting

*Shop for unique items in  
our Museum Gift Shop.*

*Fresh greens available for  
sale in the barn*

*Jacobsburg Annual Living History Events are funded in part through the 2020 Northampton County's Hotel Tax Program.*

**JACOBSBURG HISTORICAL SOCIETY & BOULTON HISTORIC SITE**

**LOCATED AT 402-403 HENRY ROAD, NAZARETH PA JUST OFF THE BELFAST EXIT OF ROUTE 33**

**PHONE 610-759-9029 [www.JACOBSBURGHISTORY.COM](http://www.JACOBSBURGHISTORY.COM) EMAIL: [JACOBSBURG@RCN.COM](mailto:JACOBSBURG@RCN.COM)**



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Secret Santa.**

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**Monday - Saturday 10am -5pm; Sunday 10am -3pm**



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and more!**

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Call for date availability 610-258-5050

Information available on our website [Clearspringfarm.net](http://Clearspringfarm.net)

All payments can be made on the website.

All parties will be a minimum of 10 persons and a maximum of 20, once 10 are paid in your group, your group you can add up to 20 total participants. We supply all materials to make your own wreath from scratch.

COVID COMPLIANT **BYOB**



## LOOK FOR THE NEXT ISSUE OF THE BELT AND BEYOND ON DECEMBER 17TH



Give the gift of memories  
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### *Holiday Special* **\$75 photo session**

Price includes: Photo session and disc with photos.

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*Book your photo session now to ensure  
holiday delivery.*

**Call or Text 610-936-0206**

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# SHOP LOCAL

*Shop Local Shop in Historic Bangor Borough  
this holiday season.*



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## SLATE BELT PENNSYLVANIA

[bangorborough.org](http://bangorborough.org)

[hbbapa.org](http://hbbapa.org)



### First United E.C. Church Christmas Concert

The local musical group, FREELY GIVEN, will present a very special Christmas concert on **Saturday, December 12th, at 7:00pm** at First United E.C. Church, 25 South Second Street, Bangor, beginning at 7:00 p.m. The public is cordially invited. Social distancing rules will apply; the sanctuary is roped off to insure this practice and masks will be required at all times. Questions: call 610-588-3226 and leave a message.

### Christmas Trivia

- The character of "Jacob Marley" can be found in which Christmas movie?
  - I'll Be Home for Christmas
  - Scrooge (A Christmas Carol)
  - The Santa Claus
  - The Christmas Shepherd
- Which popular Christmas song was actually written for Thanksgiving?
  - Angels We Have Heard on High
  - Silent Night
  - We Three Kings
  - Jingle Bells
- Who first recorded "All I Want for Christmas is My Two Front Teeth" in 1948?
  - Bob Hope
  - Travis Saveri
  - Spike Jones
  - Jerry Lewis
- In which city is the famous 34th Street from the film "Miracle on 34th Street"?
  - Las Vegas
  - Philadelphia
  - New York City
  - San Francisco
- How many sides does a snowflake have?
  - 4
  - 5
  - 6
  - 8
- In the movie "It's a Wonderful Life", what happens every time a bell rings?
  - An Angel gets it wings
  - Someone's prayer is answered
  - Love is felt in your heart
  - A baby is born
- What did Frosty the Snowman have for a nose?
  - A carrot
  - A twig
  - A button
  - A piece of coal
- What Christmas song includes "Let every heat prepare him room"?
  - Oh, Holy Night
  - O Come All ye Faithful
  - Hark the Herald Angels Sing
  - Joy to the World
- Who conceived the idea of a Christmas tree in the 7th century?
  - English
  - Italians
  - Germans
  - Norwegians
- What is the best-selling Christmas record of all time?
  - White Christmas
  - Silent Night
  - Jingle Bells
  - Joy to the World

★ See answers on page 14

### Bangor Elks Lodge #1106 Donates to Bangor Borough Police and Fire Departments

Bangor Elks Lodge #1106 in partnership with the Elks National Foundation recently provided a donation of \$2500 to the Bangor Police Department and Fire Department. In a November 23 presentation during the Borough Council meeting, Bangor Lodge Exalted Ruler Mike Jankowski presented a check for \$1250 to each the Bangor Police Department and Bangor Volunteer Fire Department.

The Bangor Lodge recognizes and appreciates the efforts of each of the departments, who often go above and beyond, in preserving the safety and well-being of the residents of the Borough. With the onset of the recent Covid pandemic, each of these organizations has endured additional expenses in providing their officers and members with additional personal protective equipment.

Exalted Ruler Mike Jankowski notes of the donation, "It is to help with the COVID financial burden to all Departments as well as to help purchase vital equipment needed to perform daily tasks."

The Bangor Elks Lodge continues its commitment of support to the local community with events such as the maintaining and operating the Borough Park Train and the Annual Halloween Parade. Unfortunately, due to the pandemic, these events were missed the past year, but will continue as soon as conditions permit. Jankowski also mentions "The Police Department and the Fire Department are always there to help us with the events happening around town, especially the Halloween Parade. Their help, along with the Bangor Fire Department Division of Fire Police is critical in making events a success."



Bangor Elks Lodge Exalted Ruler Mike Jankowski presents a donation to Bangor Borough Police Chief Scott Felchock.



Bangor Elks Lodge Exalted Ruler Mike Jankowski presents a donation to Bangor Fire Dept. Asst. Chief Todd Albert, Captain Jason Albert, Captain Dan Lucas, and Captain Ron Karasek Jr.





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Pen Argyl, PA 18072  
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**Hours: Closed Mon., Tues., Wed., Thur., Sun. 11:00am-9:00pm  
Friday & Saturday 11am-10:00pm**

**News from Northampton County Community College**  
Northampton Community College (NCC) Chefs Katie Horan and Will Rufe and culinary program administrator Cindy Litzenberger will be coming straight to you from the Hampton Winds Kitchen to share their expert tips and favorite family recipes from their holiday traditions. This free, interactive virtual presentation will take place on Thursday, Dec. 10, at 4 p.m. Go to [northampton.edu/virtual](http://northampton.edu/virtual) to register.

The host will be Chef Francine Marz, who will share some of her cooking tips and a dash of fun, too! Don't miss this opportunity to expand your cooking knowledge just in time for the holidays and meet the team behind the excellent culinary program at NCC.



Chef Francine Marz (l) and Chef Katie Horan cooking in NCC's Hampton Winds kitchen



**Like and Follow us on  
Facebook and Instagram**

 Like us on Facebook 

### Christmas Cookies in a Jar

Ingredients needed:

- 1/3 c. sugar
- 1/3 c. packed brown sugar
- 3/4 c. all-purpose flour
- 1/2 tsp. baking powder
- 1/8 tsp. baking soda
- 1/8 tsp. salt
- 1 cup quick-cooking oats
- 1 cup dried cranberries
- 1 cup vanilla chips
- 1/2 cup butter, melted
- 1 egg
- 1 tsp. vanilla extract



Directions:

In a quart size glass jar, layer the sugar and brown sugar packing well between layers.

Combine the flour, baking powder, baking soda and salt and spoon into jar. Top with oats, cranberries and chips. Cover with lid.

To make cookies: Pour cookie mix into a large mixing bowl; stir to combine. Beat in butter, egg and vanilla. Cover and refrigerate for 30 minutes.

Drop by tablespoonfuls 2 inches apart onto ungreased baking sheets.

Bake at 375°F for 8-10 min. or until browned. Remove to wire racks to cool.

This recipe is perfect for holiday gift giving, Print the directions and attach with ribbon around the jar and you have a delicious, gift for friends and family.





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

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**Pocono Community Pharmacy**  
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Brodheadsville, PA  
570-801-7886

**Pocono Community Pharmacy II**  
175 E. Brown Street, Suite 107,  
E. Stroudsburg, PA  
570-661-8226

(located opposite to Pleasant Valley High school) (located opposite to Lehigh Valley PMC ER)

**Hours: Mon-Thurs 8:00am-6:00pm; Friday 8:00am-5:00pm;  
Saturday 9:00am-1:00pm**

*Recently Engaged or Married?*



Send us your  
Engagement or Wedding  
Announcement

along with a photo and we will  
share your special news  
in an upcoming issue.

Send info and photo  
Email: [thebeltandbeyond@gmail.com](mailto:thebeltandbeyond@gmail.com)  
Mail: P.O. Box 33 Bangor, PA 18013



**Happy Holidays**



**Magda Family Dental, LLC**

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**Sabatino Insurance Agency Inc**  
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Pen Argyl, PA 18072-1765  
[ROBIN@SABATINOINS.COM](mailto:ROBIN@SABATINOINS.COM)  
610-863-6033



\*64% of homes are undervalued—and potentially underinsured—by 19%, according to Marshall & Swift/Boeckh, a leading provider of building cost data to real estate professional. \*\*ErieSecure Home<sup>SM</sup> with Guaranteed Replacement Cost requires home improvements over \$5,000 to be reported within 90 days. Coverage of costs to comply with laws or ordinances is subject to limits. Depreciation may be deducted until repair or replacement is made. Visit [www.eriesecurehome.com/details](http://www.eriesecurehome.com/details) or talk to your ERIE Agent for more information. Not all companies are licensed to operate in all states. Go to [eriesurance.com](http://eriesurance.com) for company licensure and territory information. Equal opportunity insurer. S1420D 5/12



## Pen Argyl Outdoor Market

The Pen Argyl Outdoor Market was held on Small Business Saturday, November, 28th on Robinson Ave. in Pen Argyl. The event was a wonderful success with more than 30 businesses and crafters/vendors participating.

Photos by Candy Martin



SB Rising  
Stephanie Steele  
and Kristi Thomas



Dena's Delights



Jasmine's  
Doggie Delights



Kristen  
Capozzolo,  
Red Lotus  
Yoga &  
Healing



Joann  
Anderson,  
Anderson's  
Prints  
Galore &  
Anderson's  
Formalwear



## Roseto Christmas tree lighting

The Annual Roseto Christmas Tree lighting was held on Sunday, November 29th, at the Roseto Borough Hall. The Roseto Helping Hands provided Hot chocolate, coffee and snacks.

The Peifly family.



Cousins Chase and Consetta and Santa Claus.



Sisters Ellie and Frannie with  
cousin Trevor enjoyed the tree  
lighting and Santa!



## Boost Your Spirits Through the Holidays and Beyond

(Family Features) Stress and anxiety are all too familiar to many Americans, this year especially, and the added pressure of the holiday season may provide a new set of challenges. Practicing self-care and nurturing your mental health can help you navigate these potentially isolating times, especially if you're tackling this season single.

With so many other demands in life, taking care of yourself, including your emotional and mental well-being, may not always be at the top of your list. However, putting more emphasis on yourself and your needs can be achieved in small, measurable ways and may not only help boost your spirits but can affect your approach to dating, too.

"We believe happy and healthy relationships start with happy and healthy individuals," said Stefan Harvalias, head of global marketing for Plenty of Fish, one of the largest global online dating companies.

Harvalias points out there are a number of ways you can alleviate stress and anxiety. While there's no one magic formula that fits all, many people find coping easier with activities like these.

**Listen to music.** Numerous studies have demonstrated the benefits of music in managing mental health. Slow, mellow music can help the mind shift into a lower gear and has even been shown to influence the body's physical state such as reducing blood pressure, pulse and heart rates. For someone with anxiety, music can be a welcome distraction from the troublesome thoughts occupying the mind. For others, music is simply a way to escape from reality and focus on something enjoyable.

**Talk with friends and family.** Although COVID-19 may be creating physical distance, there's one way it can bring people together: by acknowledging your shared stress to one another. While the impacts of the pandemic vary greatly, everyone has been navigating uncertainty and change that comes with such a widespread event. A weekly check-in call or video chat with friends and family members can help you feel less alone with your feelings and experiences. Topics like mental health and mindfulness have risen to the surface of everyday discussions, removing a lot of the stigma they once had.

**Seek out tools to help you unwind.** If you've never given much thought to managing your mental health, you may not know where to begin practicing better self-care, and that's OK. That's where you can benefit from resources like those available through Plenty of Fish. Knowing the toll the pandemic is taking on singles, the dating app partnered with Shine, a leading self-care app, to create two free dating-related meditations developed to help singles better manage anxiety and improve mental health and wellness.

Navigating dating, work and your personal life can feel like an intense juggling act. To help find balance and feel less pressure, consider listening to the "Balance Dating While Busy" guided meditation and reflect on your energy and

priorities so you can make space for dating in your life.

Although dating may look and feel different right now, it's still doable. Shift your mindset and reflect on ways to adapt with an option like the "Navigate Dating During COVID" guided meditation.

**Recognize the role of physical wellness.** The mind and body are intrinsically connected, and how you take care of your body can have an impact on your mental state. This includes eating well to ensure you're getting proper nutrition, which can positively impact your mood. Additionally, exercise releases feel-good hormones, so a quick walk around the block or a 10-minute exercise video can benefit you both physically and mentally.

**Give yourself permission to disconnect.** When life feels uncertain, being closely tied to an information source like your smartphone can give you a sense of security, but it can also add to your everyday stress. If you're working from home, you may find you never fully shift out of work mode. However, it's easy to become addicted to refreshing your newsfeed, allowing your devices to cut into time you could spend more productively. Limit your screen time to force yourself to focus on the present and activities that bring you pleasure while allowing your brain



to rest, like spending time with loved ones or enjoying a good book or movie.

Find more resources to support your mental health and dating experiences this holiday season at [blog.pof.com](http://blog.pof.com).

### Keep COVID from Crushing Your Dating Game

As if single life and dating didn't bring enough uncertainty on their own, a global health crisis has only heightened the anxiety many singles feel. Dating pressures and anxiety tied to COVID-19 were the subjects of a study by Plenty of Fish, which showed just how challenging dating has been for singles this year.

According to the survey of singles:

- \* 60% have experienced feelings of anxiety before going on a date
  - \* 29% have canceled a date due to anxiety
  - \* 44% are anxious about their date not wearing a mask
- When it comes to the benefits of self-care, a majority of surveyed singles reported:
- \* 66% practice self-care regularly
  - \* 87% said self-care activities reduce stress
  - \* 78% said they feel less stressed after a self-care routine
  - \* 50% meditate
  - \* Alone time, exercise and pampering were listed as the top self-care activities

"Prioritizing your mental health matters more than ever," Harvalias said. "Self-care and wellness mean something different to everyone - all that matters is that you find an outlet to disconnect and do what makes you happy."

Photos courtesy of Getty Images #15522

Source: Plenty of Fish



## Jacobsburg Environmental Education Center Community Programs Winter 2020-2021

**Snowshoes and Hiking Poles Available - Monday thru Friday, 8:00am to 2:30pm.** Jacobsburg Visitor Center, 400 Belfast Road, Nazareth. Borrow snowshoe equipment to use on Jacobsburg's trails this winter! Snowshoes are available for folks of any age or shoe size, including small children. Snowshoes will not be made available during times of insufficient snow cover, at least six inches of snow is required. To borrow equipment, you must provide a driver's license or other form of state issued identification. For more information call 610-746-2801 or email [jacobsburgsp@pa.gov](mailto:jacobsburgsp@pa.gov). You can check our website for current winter conditions and snow depth: <https://www.dcnr.pa.gov/StateParks/WinterReport/Pages/default.aspx>

### First Day Hikes - Friday, January 1, 2021 at 10:00am to 11:30am or 1:00pm to 2:30pm

Get out and get hiking on the first day of 2021! Join us for one of two moderate 2-mile hikes at Jacobsburg. We will explore the forests and creek-side trails. The hikes will leave at 10:00 AM and 1:00 PM. The meeting location will be emailed to participants with the registration confirmation. Dress for the weather, wear comfortable hiking shoes, bring a snack and a water bottle. All participants over the age of two are required to wear a face mask in order to participate. All participants are required to maintain a safe physical distance from staff and other visitors at all times during the program. Registration is required.

You can view and register for community programs online at <http://events.dcnr.pa.gov/>. If you need an accommodation to participate in a program please contact the park office at 610-746-2801 or [jacobsburgsp@pa.gov](mailto:jacobsburgsp@pa.gov). With at least three days notice, interpreters for people who are deaf or hard of hearing are available for educational programs.

Next issue will be printed  
December 17th  
Deadline for all ad copy and news  
Friday, December 11th.  
Email your news and events to  
[thebeltandbeyond@gmail.com](mailto:thebeltandbeyond@gmail.com)

Shop Local  
this Holiday Season



Season's  
Greetings

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**Leck Veterinary 610-863-3111**

### AWSOM's Annual Home for the Holidays Foster Program

Give a shelter animal a Home for the Holidays! Foster one of AWSOM's shelter animals so they can spend the holidays in a happy home. Pick up will be **December 21st, 2020** and drop off **January 2nd thru January 4th, 2021**. You can find the home for the holidays foster application on their website [AwsomAnimals.org](http://AwsomAnimals.org) or call or stop by the shelter located at 3129 Godfrey Ridge Drive, Stroudsburg, PA. or call 570-421-3647.

### AWSOM Wellness Center Christmas Photos & Annual Bake Sale

Annual Christmas photos and bake sale hosted by AWSOM will look a bit different this year with COVID. Photos will take place outdoors and all participants will be required to wear masks. The event will take place at AWSOM Wellness Center 3129 Godfrey Ridge Drive, Stroudsburg, PA. **Saturday, December 5th, 10:00am to 3:00pm & Sunday December 6th, 10:00am to 3:00pm.** There is also an online option for those wishing to stay home this year. It's easy! Find a good photo of your fur baby, choose a background, and place your order at [tomstorm.net](http://tomstorm.net)





### Quiet Valley Announces its 30th Annual Old Time Christmas

Quiet Valley Living Historical Farm will present its 30th annual Old Time Christmas event on **December 5th, 6th and December 12th, 13th** with continuous, self-guided tours from **2:00 p.m. to 8 p.m.**, with the last entrance to the farm at **7:00 p.m.**

More than any other holiday, Christmas celebrations center on the traditions of our families and our heritage. Begin a new tradition with your family this year during an outing to Quiet Valley Living Historical Farm, where the Christmas customs of the past are brought to life. From the softly glowing lantern light and luminaires to complimentary hot chocolate and cookies, Old Time Christmas is sure to become a favorite holiday pastime for many years to come.

Due to COVID concerns we are making changes to Old Time Christmas needed for the safety of our visitors, volunteers and staff. This year there will be continuous, self-guided tours of the beautifully decorated farm. Candlelit lanterns and luminaries will abound and the farm will be decked out in festive holiday finery. Plenty of photo opportunities. Stop by the bonfire to get warm and listen to a story or two. Visit the Christmas putz, watch as the "farm family" makes special gifts for their loved ones and don't miss the live Nativity in the lower barnyard. New this year, in celebration of the 30th anniversary of Old Time Christmas, is the Christmas Tree Forest where decorated trees sponsored by Quiet Valley families and local businesses will be on display. We are asking our visitors to vote for their favorite tree. Complimentary refreshments and the Holiday Gift Shop are a great way to finish your tour. The total time of your visit will be about an hour and a half. Please dress warmly.

Those looking for a truly meaningful way to start their Christmas season will discover it at this very special event. Adjusts will be made to keep this event appropriately social-distanced. **MASKS ARE REQUIRED.**

### Quiet Valley Living Historical Farm Announces Farm School

In September Quiet Valley introduced a class for students in online or hybrid learning situations due to COVID restrictions. These classes, held in Quiet Valley's Engel Education Center, will be continuing for the next semester on **Mondays and Tuesdays beginning January 11th.**

Students in grades 3-8 participating in online or hybrid learning can spend their day at Quiet Valley working on their teacher-assigned classwork with the assistance of trained educators. Students will also have the opportunity to help out on the farm, try historical crafts and cooking, and learn about history through the Quiet Valley homestead.

There are a limited number of spots available and social-distancing measures are in place. All money raised is used to support the mission of our non-profit historic farm museum and its educational programs.

For more information visit **HYPERLINK** "<http://www.quietvalley.org>" [www.quietvalley.org](http://www.quietvalley.org) or call 570-992-6161.



Pictured volunteer Kaylee Hunter

### New in the Bangor Public Library

**Adult Fiction** - Angel's Peak by Robyn Carr; Forbidden Falls by Robyn Carr; Moonlight Road by Robyn Carr; Wild Man Creek by Robyn Carr; The Archer by Paulo Coelho; The Law of Innocence by Michael Connelly; Marauder: A Novel of the Oregon Files by Clive Cussler; Fortune and Glory: Tantalizing Twenty-Seven by Janet Evanovich Love Your Life: A Novel by Sophie Kinsella The Kingdom by Jo Nesbo; Three Women Disappear by James Patterson; The Pact: A Love Story by Jodi Picoult; A Picture of Love by Beth Wiseman; Shakeup by Stuart Woods.

**Adult Non-Fiction** - Humans by Brandon Stanton; Dearly: New Poems by Margaret Atwood; The Truths We Hold: An American Journey by Kamala Harris.

**Easy Fiction** - Bonaparte Plays Ball by Margery Cuyler; Hello Little Dreamer by Kathie Lee Gifford; Share Some Kindness, Bring Some Light by Apryl Stott.

**Junior Non-Fiction** - Dinosaurs: Fact and Fable: Truths, Myths, and New Discoveries! By Seymour Simon.

**Young Adult Fiction** - Darkness Within by Erin Hunter; Kingdom of the Wicked by Kerri Maniscalco.

**DVDs** - The Mummy; Bill & Ted Face the Music; Epic.

The Bangor Public Library is located at 39 South Main Street, Bangor, PA. The phone number is 610-588-4136.



### Storytime at BMCL

Storytime is back at the Blue Mountain Community Library! The BMCL will offer a Preschool Storytime and Craft activity on FACEBOOK every Thursday. Stories will have seasonal themes and crafts. We will provide the supplies, which can be picked up at the Library at 216 S. Robinson Ave., Pen Argyl. All children are welcome to participate; no membership is necessary.

Call 610-863-3029 for your craft packet. For more information, visit us at [www.bmcl.org](http://www.bmcl.org).

### Holidays Alone by Robert L. Martin

When friends and family all assemble  
In congenial homes around the table,  
Sharing stories and laughing together,  
Talking about all the best times ever,

There are some who are out there all alone  
Without any friends, who live life on their own.  
Some who forgot what life they left behind,  
And some with a bit of sadness in their mind.

There are some in defiance of holiday festivities,  
Who would rather walk the streets in the cities,  
But deep down in their cold empty hearts,  
Sharing is the sum of all their parts,  
Of their true desires and of their needs.



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# THINK YOU HAVE THE FLU, A COLD OR COVID-19? **STAY HOME**



Body aches



Shortness  
of breath



Fever



Loss of  
taste/smell



Cough

Whether it's a runny nose, an upset stomach  
or a loss of taste and smell,  
your symptoms may be contagious.

Stay home and choose the virtual care  
option that's best for you.

**[LVHN.org/virtualcare](https://www.lvhn.org/virtualcare)**



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