

THE
Belt & Beyond
BB

FREE

Volume 11 • Issue 20

JANUARY 9, 2025

2025

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WEEKEND HAPPENINGS

- 2 Mt. Bethel Vol. Fire Co. Ladies Aux. Monthly Soup Night**
The Mt. Bethel Vol. Fire Co. Ladies Auxiliary will hold their first monthly soup night of the new year on **Thursday, January, 9**, and the second Thursday of every month thereafter at the Mt Bethel Vol. Fire Co., 2341 N. Delaware Drive, Mt Bethel, PA. Two varieties of homemade soups will be available by the quart Take-Out only. To pre-order call Sherry 908 672 9961. All proceeds benefit the MT Bethel Vol. Fire Co.

NASME Model Train Show

The Nazareth Area Society of Model Engineers will hold their train shows on **January 11 & 12, 1:00PM-4:00PM** 212 Main Street, Stockertown, PA. More info: <https://www.nasmemrr.org>

Slate Belt Heritage Center January Monthly Program

The Slate Belt Heritage Center will hold it's monthly historic presentation on **Sunday, January 12, 2:00PM**. Speaker for the afternoon will be, Kathleen Lynch, Librarian at the Bangor Public Library. Ms. Lynch's topic will be: "Microfilm, Genealogy and More."
The event is free and open to the public. The Heritage Center is located at 30 North 1st Street, Bangor, PA. FMI:contact Karen Brewer at 484-894-5661.

WELCOMING OUR NEW ADVERTISER
Keystone Rod and Gun Club Page 5

CONTACT US:

thebeltandbeyond@gmail.com
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610.704.6818

Like us on Facebook "The Belt and Beyond"
Online at www.thebeltandbeyond.com

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Email your news and events to
thebeltandbeyond@gmail.com

Look for our next issue on
Thursday, January 23

Deadline for all ad copy and news
Friday, January 17

Email your news and events to thebeltandbeyond@gmail.com

Happy New Year

As a new year begins we would like to thank our readers, advertisers and followers for your continued support. We look forward to another year to be your source for community news, events and happenings.

Contact us for your advertising, printing, and social media management needs.

The Belt and Beyond

Call or e-mail us for more information

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thebeltandbeyond@gmail.com

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Blue Mountain Antique Gas & Steam Engine Assoc. Winter Show

The Blue Mountain Antique Gas & Steam Engine Assoc. Inc. will hold its Winter Show **Saturday, January 18, 7:00AM-2:00PM** weather permitting. Jacktown Grove, 1229 Richmond Rd. Bangor, PA. 18013. FMI: www.Jacktown.org or call 610-588-7360.

Trinity Lutheran Church Free Clothing Closet

Trinity Lutheran Church in Bangor will host a free Clothing Closet on **Saturday, January 18, 11:00AM-1:30PM**. The clothing closet will be open the first and third Saturday of every month. 404 Broadway, Bangor, PA. 18013.

Washington Twsp, Vol. Fire Co. Meat & Moolah Bingo

The Washington Twsp, Vol. Fire Co. will hold a Meat & Moolah Bingo on **Saturday, January 18 (snow date January, 25)** at 920 Washington Blvd., Bangor, PA.

See ad at right for details

Ackermanville United Methodist Church Meal

Ackermanville United Methodist Church free community Drive-thru meal will be held on **Sunday, January 19, at 3:00PM**. The church hosts a free monthly community Drive-thru meal every 3rd Sunday of the month. The church is located at 1410 Ackermanville Rd., Ackermanville, PA.

Blue Valley Farm Show Monthly Breakfast

The Blue Valley Farm Show will hold their monthly breakfast on **Sunday, January 19, 7:00AM-12:30PM** at the Blue Valley Farm Show, 707 American Bangor Road, (RT 512) Between Bangor & Pen Argyl.

See ad on page 5 for details

Bangor Church of the Nazarene Sweet & Discreet

Bangor Church of the Nazarene offers a free monthly supply of feminine hygiene products to those in need on the 4th Saturday of the month. The next give away will be **Saturday, January 25, 9:00AM-11:00AM**. The church is located at 150 Bunny Trail Rd., Bangor, PA 18103.

Bender's Mennonite Church Sportsman's Banquet

Saturday, January 25, Doors open 5:30 PM, dinner at 6:30PM. Free to the public limited tickets call for tickets: 610- 365-2624 after 10:00AM. 975 Benders Church Rd, Pen Argyl, PA 18072.

St Peter's Lutheran Church Scholarship Oldie's Dance

St Peter's Lutheran Church will hold a Scholarship Oldie's Dance on **Saturday, February 1, 6:00PM-10:00PM** at the Blue Valley Farm Show, 707 American Bangor Road, Bangor, PA. 18013 For tickets/info contact Jackie at 610-588-2101

See ad on page 5 for details

Stroudsburg WinterFest

WinterFest in downtown Stroudsburg will be held, **Saturday, February 15, 11:00AM-4:00PM**. FMI visit: www.visitdowntownstroudsburg.com/events

Plainfield Twsp. Vol. Fire Co. Jackpot Bingo

Plainfield Vol. Fire Co. will hold a Jackpot Bingo on **Sunday, February 16 11:00AM-6:00PM** at the Plainfield Volunteer Fire Co. 6480 Sullivan Trail, Wind Gap, PA.

See ad on page 5 for details

Upcoming Events continued on page 7

WASHINGTON TOWNSHIP VOLUNTEER FIRE CO.

920 Washington Blvd., Bangor, PA. 18013

Meat & Moolah Bingo
Saturday, January 18, 2025

Snow Date Saturday, January 25, 2025 Check our Facebook page for updates!!!

Tickets \$25 in Advance - \$30 at the Door

Doors open at 4:30 PM - Games begin at 6:00 PM

Kitchen & Bar Open NO OUTSIDE FOOD OR BEVERAGE PERMITTED

For tickets call Tighe 610-588 2113

Tickets sponsored by:
Kneebone & Sons Farm and
Butcher Shop, Bangor, PA.



BAARDA FARMS & DENISE'S DESIGNS

We are Closed for the month of January.

We will re-open in February for egg sales and Valentine's Day orders. Remember to order early.

Winter Hours: Thursday - Sunday 9:00AM - 4:00PM

Weather Permitting

1566 River Road, Mt Bethel, PA 570-897-0135

Trinity Lutheran Church

CHILI SALE

Just in time for Super Bowl weekend!

Trinity Lutheran's Famous Farm Show Chili.

Perfect for Super Bowl parties and gatherings.



\$10 per Quart

Call to order 610-588-6713 or 610-588-6894

Deadline for orders Sunday, January 26, 2025

Pick up is Saturday, February 8, from 9:00AM-1:00PM

(In the event of snow, you may pick up your order on Sunday, February 9, from 9:00AM-1:00PM)

Trinity Lutheran Church 404 Broadway, Bangor, PA. 18013



KEYSTONE ROD & GUN CLUB

243 Mulberry St. • Bath, PA • 610-837-7644 • KRGLUB.COM

Block Shoot & Meat Raffle

Jan. 19 • Feb. 16 • March 16

1-5 pm Shells provided.

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2025 Memberships & Renewals

Monday nights* 6-8 pm and during public events.

*On Monday meeting nights-after 7:30.

Social night 2nd & 4th Mondays.

Indoor Archery-Wednesdays

Shoot 3, 5 or single spot or animal targets. \$10/night. Doors open 6 pm.

Open to the public!

April 5 • 6:00 pm
20 games-\$40 in advance/\$45 at the door
Guns - purses - cash - lottery tickets - cheer
Questions: email krgclub243@gmail.com

Advance tickets: Mondays 6-8, at block shoots or by Venmo: KeystoneRod_GunClub (include name/phone/# of books)

FOR MORE INFO GO TO KRGLUB.COM & FB

PUBLIC WELCOME!

Bushkill Township Volunteer Fire Co.
 155 Firehouse Lane, Nazareth, PA. 18064
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Pull-Tab Tickets



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

Families First Thank You

Families First would like to thank the following businesses and organizations for helping us make the holidays a joyous season for the families in our district, we would not be able to accomplish all we do without them:

The Pen Argyl Areas School District Staff and Faculty, Muschlitz Excavating, Rotary of the Slate Belt, The Slate Belt Chamber of Commerce, Slate Belt Regional Police Dept., Grace Lutheran Church, Grace Methodist Church, St. Peter's Lutheran Church, Christ Presbyterian Church, Hope Springs Church, Flicksville U.C.C., Pen Argyl's Woman's Club, Nazareth Girls Soccer Booster Club, St. Luke's Office Group, The Boy and Girl Scouts, PA Association of School Retirees, The Lehigh Valley Volunteer Center, PA Masonic Lodge No. 594, The Bangor Elks, Wind Gap Borough and Fire Company, Dat's Restaurant and Prime Pizza, and all of the generous community members who assisted.



WE LOVE TO HEAR FROM YOU!
 Send your news and events to
The Belt and Beyond
thebeltandbeyond@gmail.com
P.O. Box 33, Bangor, PA. 18013

Bangor Area High School Music Events Schedule 2025
February 19 Band Pops Concert 7:30 PM
April 4, 5 & 6 Spring Musical **April 4** - 7:30 PM;
April 5 2:00 PM & 7:30 PM; **April 6** 2:00 PM
April 24 Band Night of Jazz 7:30 PM
May 1 Band Spring Concert 7:30 PM
May 7 Chorus Spring Concert 7:30 PM -
May 16 Chorus Broadway Night 7:30 PM
 All concerts are held at Bangor Area High School at the Performing Arts Theatre, 187 Five Points Richmond Road, Bangor, PA.
 *Dates subject to change.

Bangor Elks Lodge #1106 Announces Hoop Shoot Winners

The Bangor Elks Lodge #1106 is happy to announce the winners of the Hoop Shoot contest held on Saturday, December 21, 2024 at the Washington Elementary School, Bangor, PA.

The following are the winners of the Bangor Elks Lodge #1106 Hoop Shoot:
 Boys 9, Bron Picone, Girls 9 Olivia Cunello,
 Boys 10 Landon Buist, Girls 10 Kylie Smith,
 Boy 12 Tomas Braganca, Girls 12 Abigail Hudelson.

On January 25, 2025 the winners will move up to the Northeast District Hoop Shoot to be held at Tamaqua High School. Congratulations to all and best of luck!

Grand Central Landfill of the Slate Belt Winter Bird Walk

It's that time of year again! Join us on **Saturday, February 15, 2025, 11:30 AM -12:30 PM**, as we walk the property to count bird species to include in the Great Backyard bird count!

Please wear appropriate clothing, boots and feel free to bring a camera! We will leave promptly from the education center, 891 Grand Central Road, Pen Argyl, PA. 18072 at 11:30am for our walk. Open to all ages! Must be able to walk on uneven terrain.

Message Adrienne with any questions. RSVP is not required but appreciated. If interested in the walk, please email Adrienne afors1@wm.com

First United Methodist Church of Bangor to hold 2nd Annual Soup Cook Off Fundraiser

The First United Methodist Church of Bangor will hold their 2nd annual Soup Cook Off Fundraiser to benefit their 2025 Backpack Program. The event will be held on **Saturday, February 22, 11:30AM- 2:30** at the Washington Township Vol. Fire Company, 920 Washington Blvd., Bangor, PA. 18013. Come and be the judge as local fire companies, non-profit organizations, and businesses compete for the title of Best Soup. Winner will be determined by who earned the most money (Cash ONLY) for their soup. Come out and support this great fundraiser to help children in our area with school supplies during our backpack giveaway event. If you are interested in competing please contact:
 CJPFaithDecor@yahoo.com

BLUE VALLEY FARM SHOW

All You Can Eat Breakfast



Sunday, January 19, 2025
7:30am-12:30pm

Adults \$14 Children 6-12 \$6 UNDER 6 FREE

SERVING OUR MONTHLY BREAKFAST SINCE 1991

Homemade Creamed Chipped Beef, Homefries (with or without onions), Scrambled Eggs, French Toast, Pancakes, Kielbasa, Scrapple, Pork Sausage, Turkey Sausage, Bacon, Ham **DESSERT BAR**
DRINKS: Orange Juice, Apple Juice, Coffee, Tea, Hot Chocolate

707 AMERICAN BANGOR ROAD (RT 512)(BETWEEN BANGOR & PEN ARGYL)
FOR MORE INFORMATION CALL 610-417-0959

St Peter's SCHOLARSHIP Oldies Dance

Saturday, February 1, 2025 6:00-10:00 PM

Doors open 5:00pm - Dinner & Dancing 6:00pm-10:00pm

\$28 per person BYOB

BLUE VALLEY FARM SHOW

707 American Bangor Rd., Bangor PA.

Pasta Dinner, Desserts, Chips/Pretzels, water, coffee/tea and soda included - BYOB

♡ DJ Frank Zito ♡

For tickets/Information call 610-588-2101 Checks payable to St. Peter's Scholarship. Mail to Jackie Brinker, 285 American Road, Bangor, PA 18013

*Help support our local food pantries, please donate non-perishable food items
 Event sponsored by Thrivent Financial

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PLAINFIELD TOWNSHIP VOL. FIRE COMPANY

6480 Sullivan Trail, Wind Gap PA 18091

JACKPOT BINGO

Sunday, February 16 - 11AM - 6PM

Pre-Sale Tickets \$30 - Tickets at the door \$35

<https://www.eventbrite.com/e/1138535894509?aff=oddtcreator>

Pre-Sale Tickets available at our weekly Thursday night Bingo

Doors open at 11:00am Games start at 1:00pm

Regular BINGO games, Specials, Pull Tab tickets, 50/50, Tricky Tray, and many other games of chance to play!

Concession stand will be open (No outside food or beverage permitted)
 Banquetfacility@plainfieldfireco.com or contact us through our Facebook



2242 RIDGE ROAD, BANGOR, PA18013

Whether you're looking for a home with space for a business, creative studio, a home office or expand the first floor living space into a mother in law suite the flexibility of this floor plan has endless possibilities! The home boasts original wide plank flooring, meticulously preserved to maintain its timeless appeal, and is complimented by many modern upgrades, including brand new granite counter tops, custom cabinetry, and stainless steel appliances in the fully renovated kitchen. The master bedroom features its own separate entrance, offering added privacy and has a large en suite complete with a walk-in closet. 4 additional spacious bedrooms, a sitting room/office, and full bathroom round out the second floor. The fully finished third floor is designed as the perfect entertaining space. Separate entrances ensure privacy between living and work areas. Additionally the roof has been replaced. Imagine hosting the holidays next year in this impeccable home. **\$474,900 Call to book your tour today!**



Nathan Powell, Realtor

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Cell: 610-657-4678

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WEEKDAY SPECIALS

2 Slices, 16oz soda \$5.99+tax
 Sicilian by the Slice & Specialty Slices Daily
 Cheesesteak w/sauce & onions, 16oz soda \$11.99+tax
 New to the menu Chili & many more daily specials
 SPECIALS AVAILABLE FOR DINE IN OR TAKE OUT

SUPER BOWL SPECIAL
 2 Large Cheese Pizzas, One Dozen Wings
 & 1 order of Garlic Knots
\$38.99+ tax
 **valid Super Bowl Sunday ONLY

2 Small Cheese Pies \$20.00+ tax
 Must present coupon or show ad for special

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 FRI.-SAT. 11AM-9:30PM; SUN. 11AM-9PM

Wind Gap Volunteer Fire Company
 111 N. Broadway Wind Gap, PA.

FRIDAY NIGHT BINGO
 DOORS OPEN AT 4:00PM
 GAMES BEGIN AT 6:40PM
 KITCHEN OPEN

PROGRESSIVE JACKPOTS
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 \$30 Large package

For tickets call: 610-703-8182 or purchase Friday night at the door.

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 Monday 9:00AM-3:00PM
 Tuesday: 8:00AM-6:00PM
 Wednesday: 9:00AM-3:00PM
 Thursday: 9:00AM-6:30PM
 Friday: 8:00AM-1:00AM
 Saturday/Sunday: Closed

101 Schanck Avenue, Pen Argyl, PA. 18072

Slater Family Network Seats & Feet Underwear and Sock Drive

During the month of January Slater Family Network will be collecting new socks and underwear for their clothing closet clients. All sizes are needed children to adult, all genders. Donations can be dropped off at the Slater Family Network office 187 5 Points Richmond Road, Bangor. FMI call 610-599-7019.



Weona Park Pool Pals Meeting February Meeting

The next meeting of the Weona Park Pool Pals will be held on **Monday, February 3, at 7:00PM** at the Pen Argyl Borough Hall, on Robinson Ave, Pen Argyl.

The public is invited and encouraged to attend. FMI please call 610-863-6472. Donations to the Weona Park Pool Pals can be made on their website <https://weonapool.wixsite.com/website/> or checks can be made payable to: Pen Argyl Athletic Park Association and mail to: Weona Park Pool Pals, P.O. Box 42, Pen Argyl, PA 18072. All donations are tax deductible.

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FOLLETT

Slate Belt Heritage Center Preservation Award

The Slate Belt Heritage Center, located at 30 Forth 1st Street, Bangor, Pa, is pleased to announce that it is now accepting applications for its' "Annual Heritage Award." The purpose of the award is to acknowledge individuals who have performed exemplary acts that promote and preserve the culture and heritage of the Slate Belt. Candidates may be an individual or group and can be nominated by themselves or by another party.



There will be three (3) categories:

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

Consideration is given to projects with:

- 1.) A specific start and end date.
- 2.) Whether the project meets Professionally accepted preservation and/or scholar standards.
- 3.) Whether the project is considered "complete" with goals and how they were achieved.
- 4.) Whether the project had a significant impact with before and after photographs for proof of information and/or proof that a historic piece would have been otherwise lost if the nominee had not completed the project.

Nominations will be accepted this fall and will be reviewed in January of each year. The awards will be presented at a special program in June. One prize will be awarded with the possibility of one per category depending on committee's review of candidates. Nominations should include a description of entry, photos (if applicable), and any pertinent documentation. The Heritage Center retains the right to exhibit and/or publish the application materials, including photographs. Applications for those not chosen will be held on file, indefinitely, for future consideration.

Interested parties may obtain an application at the Heritage Center (Sundays 1-3), at local municipal offices or by contacting Karen Brewer at 484-894-5661. If calling please leave an address to where applications can be mailed in addition to name and phone number. For additional information contact Karen Brewer.



**FORKS OF THE DELAWARE
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**\$1 OFF
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valid Feb. 8-9, 2025
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GUN SHOW

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THE ORIGINAL ALLENTOWN GUN SHOW**

Saturday, February 8, 9:00am - 5:00pm
(No tickets sold after 4:00pm)

and Sunday, February 9, 9:00am - 2:00pm
(No tickets sold after 1:00pm)

At the Agri-Plex Hall • Allentown Fairgrounds
17th & Chew Street, Allentown, PA

800 TABLES, FOOD ON SITE, FREE PARKING, NO FLEA MARKET ITEMS.
FORKS OF THE DELAWARE HISTORICAL ARMS SOCIETY, INC.

Hours: Saturday - Public - 9:00 AM to 5:00 PM
Sunday - Public - 9:00 AM to 2:00 PM
(Admissions ends 1 hour prior to closing time)

**A donation of \$10
requested at the door.**
Children 15 and under are free
when accompanied by an adult.

Visit our website www.allentownshow.com. For further club info call 610-438-9006

BINGO EVERY THURSDAY

at Plainfield Township Vol. Fire Co.
6480 SULLIVAN TRAIL, WIND GAP, PA.



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Pull Tab Tickets,
& Piggy!**

Doors open at 4:30 PM
BINGO 6:30 PM
**Plainfield
Volunteer Fire Co.**
6480 Sullivan Trail,
Wind Gap, PA.



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PIAC 46th Annual St. Patrick's Day Parade

The Pocono Irish American Club's 46th Annual St. Patrick's Day Parade will be held on **Sunday, March 23**
Step-off time will be 1:15PM from Stroudsburg High School parade will end at the Municipal Building, Crystal Street, East Stroudsburg. Individuals and groups interested in participating in this year's parade can find the rules, regulations and application form at www.poconoirishamericanclub.com/piac-st-patricks-day-parade-information

8 Ways to Live Healthier in 2025

Take steps to limit risk for cardiovascular disease

(Family Features) The last decade has seen a surge in cardiovascular risk factors such as uncontrolled high blood pressure, diabetes and obesity, each of which raises the risks of developing heart disease and stroke. These trends are leading researchers to conclude that the prevalence of cardiovascular disease (CVD) will continue to rise.

More than 60% of U.S. adults will have some type of CVD by 2050, according to forecasted projections from the American Heart Association, which is celebrating 100 years of lifesaving service as the world's leading nonprofit organization focused on heart and brain health for all. Additionally, total costs related to CVD are expected to nearly triple in that time to more than \$1.8 trillion.

The increase will be driven by an older, more diverse population, but these risk factors are rising even among children and adults.

"We recognize the landscape of cardiovascular health will change over the next three decades because of the coming tsunami of rising health care costs, an older population living longer and increasing numbers of people from under-resourced populations," said American Heart Association volunteer Karen E. Joynt Maddox, M.D., M.P.H., FAHA. "Yet these are still leading causes of death and disability in the U.S."

While continued systematic changes are needed in science, policy and health care, the majority of CVD is preventable at an individual level. You can help turn the tide on the dire outlook of CVD while improving your own health by following and encouraging others to follow the American Heart Association's "Life's Essential 8."

Eat better. Aim for an overall healthy eating pattern including whole foods, fruits and vegetables, lean protein, nuts, seeds and cooking with olive and canola oils.

Be active. Adults should get 2 1/2 hours of moderate or 75 minutes of vigorous physical activity per week. Kids should have 60 minutes every day, including play and structured activities.

Quit tobacco. Use of inhaled nicotine delivery products, which includes traditional cigarettes, electronic cigarettes and vaping, is the leading cause of preventable death in the U.S.

Get healthy sleep. Most adults need 7-9 hours of sleep each night. Children require 10-16 hours for ages 5 and younger, including naps; 9-12 hours for ages 6-12; and 8-10 hours for ages 13-18.

Manage weight. Achieving and maintaining a healthy weight has many benefits. Body mass index is a useful gauge. Optimal BMI is less than 25, but less than 18.5 is considered underweight. You can calculate it online or consult a health care professional.

Control cholesterol. High levels of non-HDL, or "bad," cholesterol can lead to heart disease. Your health care professional can consider non-HDL cholesterol as the preferred number to monitor, rather than total cholesterol, because it can be measured without fasting beforehand and is reliably calculated among all people.

Manage blood sugar. Most of the food you eat is

turned into glucose (or blood sugar) your body uses as energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.

Manage blood pressure. Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal. High blood pressure is defined as 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).

Find more ways to manage your health in the new year and beyond at heart.org.

Photo courtesy of Shutterstock. Source: American Heart Association



First Day of Spring March 20, 2025

Count Down to Spring
71 Days





JANUARY IS
NATIONAL
SOUP
MONTH

Creamy Italian Sausage & Orzo Soup

Ingredients:

- 2 tbsp olive oil
 - 1 lb Italian sausage, casing removed
 - 1 yellow onion, diced
 - 2 carrots, peeled and diced
 - 2 celery stalks, diced
 - 2 cloves garlic, minced
 - 1 tsp salt
 - 1 tsp Italian seasoning
 - 1/2 tsp black pepper
 - 1 tbsp all purpose flour, optional to thicken
 - 1 14 oz can tomatoes
 - 4 cups chicken broth
 - 1/2 cup uncooked orzo
 - 1 cup kale, stems removed
 - Juice from 1 large lemon, you can add more to your liking
 - 1/4 cup heavy cream
- Serve with grated parmesan cheese and enjoy!

Instructions:

Heat 1 tbsp olive oil in a large dutch oven or soup pot over medium heat. Add the sausage and break up with a spoon until browned. Remove and set aside.

Add another tablespoon of oil to the pan then add the onion, carrots, celery, and garlic to the pan, stirring occasionally for about 5 minutes.

Season with salt, Italian seasoning and pepper.

Sprinkle in the flour and stir to combine.

Add the tomatoes and crush them with your spoon.

Add the chicken broth and sausage back in and bring to a boil.

Add the orzo ,cover and simmer for 15 minutes, stirring to make sure the orzo doesn't stick to the bottom of the pot.

Turn off the heat and stir in the kale, lemon juice and heavy cream.

Season to taste and serve with parmesan cheese.



WINTER WORD SEARCH

I C I C L E L F C I E L C H T
 N C A O M T I R E T N I W E E
 K O N S C N Y A C M T D R S D
 N L E N T E R C E E A L H S R
 W D G O E H O S L L O O O E T
 I R N W T E S M W D V L T L A
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 R A T A S L W U O E O C S Y C
 L D E K N G B B W M E S C O N L
 F I R E P L A C E B Z T A D D
 R N I W B O L Y A E O O A R M
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 S F O S O E M I T T E N S Z F
 T R E H T S R Y L R L O O Z Y
 D E R O S D N N D H C W R I R
 S E O S N O W A F O O M C L A
 L Z L K L L O L E L D A S B O
 S E L L H G N I L S L N O I L

- | | | |
|----------|-----------|-----------|
| Snow | Mittens | Snowman |
| Blizzard | Scarf | Fireplace |
| Icicle | Winter | Shovel |
| Cold | Snowflake | December |
| Frost | Gloves | Icy |
| Freeze | Hot cocoa | Snowball |
| Sleet | Boots | |



Answers on page 14.

NATIONAL DAYS

JANUARY IS NATIONAL BLOOD DONOR MONTH

JANUARY NATIONAL DAYS

- JANUARY 9 - NATIONAL LAW ENFORCEMENT APPRECIATION DAY**
- JANUARY 11 - NATIONAL HUMAN TRAFFICKING AWARENESS DAY**
- JANUARY 12 - NATIONAL SUNDAY SUPPER DAY**
- JANUARY 13 - NATIONAL SHOP FOR TRAVEL DAY**
- JANUARY 15 - NATIONAL BAGEL DAY**
- JANUARY 18 - NATIONAL WINNIE THE POOH DAY**
- JANUARY 19 - NATIONAL POPCORN DAY**
- JANUARY 20 - NATIONAL CHEESE LOVERS DAY**
- JANUARY 21 - NATIONAL HUGGING DAY**
- JANUARY 22 - CELEBRATION OF LIFE DAY**
- JANUARY 23 - NATIONAL PIE DAY**
- JANUARY 24 - NATIONAL PEANUT BUTTER DAY**
- JANUARY 25 - NATIONAL IRISH COFFEE DAY**
- JANUARY 26 - NATIONAL GREEN JUICE DAY**
- JANUARY 27 - NATIONAL HOLOCAUST REMEMBRANCE DAY**
- JANUARY 28 - NATIONAL BLUEBERRY PANCAKE DAY**
- JANUARY 29 - NATIONAL PUZZLE DAY**
- JANUARY 30 - NATIONAL PLAN FOR VACATION DAY**
- JANUARY 31 - NATIONAL HOT CHOCOLATE DAY**

JANUARY HOLIDAY

JANUARY - 20 MARTIN LUTHER KING JR. DAY

Jacobsburg Environmental Education Center January 2025 Community Programs

Snowshoes and Hiking Poles Available - Monday thru Friday, 8:15 AM-3:30 PM. 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. You can check our website for current winter conditions and snow depth:

<https://www.dcnr.pa.gov/StateParks/WinterReport/Pages/default.aspx>

First Day Hike - Wednesday, January 1, 2025 10:00AM to 11:30AM and Wednesday, January 1, 2025 1:00:PM to 2:30PM. Get out and get hiking on the first day of 2025! Join us for a three-mile interpretive hike at Jacobsburg. We will explore the fields of the Homestead Trail to enjoy views of Blue Mountain and the village of Belfast. The hike will start and end at the visitor center at 400 Belfast Road. Children must be at least 5 years old if walking on their own. Dress for the weather, wear comfortable hiking shoes, and bring a water bottle. Registration is required.

Women in the Wild - First Day Hike - Wednesday, January 1, 2025 1:00PM to 2:30PM. Get out and get hiking on the first day of 2025! Join fellow women hikers for a three-mile interpretive hike at Jacobsburg. We will explore the fields of the Homestead Trail to enjoy views of Blue Mountain and the village of Belfast. The hike will start and end at the visitor center at 400 Belfast Road. Children must be at least 5 years old if walking on their own. Dress for the weather, wear comfortable hiking shoes, and bring a water bottle. Registration is required.

Women in the Wild is a monthly series of outdoor programs held at state parks throughout the Southeast. Each month of 2025 there will be an opportunity to get outdoors, learn a new skill, and have fun in a relaxed, friendly, and affirming environment. Are you drawn to the outdoors and interested in exploring new hobbies and wilderness skills, but you're not enthusiastic about entering a hyper-masculine space to do so? This series is designed especially for you! Choose from activities like archery, paddleboarding, rock climbing, and birdwatching. Check out the event at your closest state park or follow Women in the Wild to a new park each month. We're excited to spend the year with you trying new things! Not sure if this series is right for you? Contact Lauren at 610-746-2801 with any questions!

Family Science Night - Snowy Owls - Friday, January 10, 2025 6:30PM to 8:00PM. This winter is shaping up to be a good one for catching a glimpse of a Snowy Owl! Bring your family along to Jacobsburg Environmental Education Center to learn about the winter irruptions of Snowy Owls and how you can help track their population. We'll be screening "Magic of the Snowy Owl". Learn about the intelligent and charming Snowy Owl and how it survives in its bleak Arctic home. The program starts at 6:30pm and the movie starts promptly at 7:00pm. Registration is required. You may preview the film online:

<http://www.pbs.org/wnet/nature/magic-of-the-snowy-owl-introduction/7833/>

Speaker Series: The Ecology of Black Vultures in Pennsylvania - Wednesday, January 29, 2025 6:00 to 7:00PM. Black Vultures have expanded their range and increased in numbers in Pennsylvania over the last 40 years. Despite their abundance and the critical role they play in our ecosystem, little is known about their basic ecology in Pennsylvania. From nesting to feeding to daily movements, we'll explore the world of Black Vultures in Pennsylvania and what makes them such a successful species. This month's guest speaker is David Barber, Senior Research Biologist with Hawk Mountain Sanctuary. Registration is required. You can view and register for community programs online at <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg> If you need an accommodation to participate in a program, please contact the park office at 610-746-2801 or jacobsburgsp@pa.gov. Interpreters for people who are deaf or hard of hearing are available for educational programs with at least seven days notice.

Area Food Banks & Food Pantries

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

The Portland Upper Mt Bethel Food Pantry P.U.M.P. is open **Mondays 8:30AM to 11:30AM**. P.U.M.P. is located at 111 State Street in Portland. The phone number is 570-897-5847.

Mission of Love Food Bank

Every Tuesday 9:00AM to 12:00PM, 555 North Main Street, Bangor, PA. Questions contact Pastor Frank Pons (570) 807-7794.

Helping Hands Food Pantry at Stroudsburg Wesleyan Church

1st and 3rd Fridays of each month from 5:00 PM - 6:00 PM. Drive Thru Pick Up parking lot opens at 4:30 PM. 915 North 5th Street, Stroudsburg, PA. For more information contact the church 570-421-0750

St. Elizabeth/St. Joseph Food Ministry

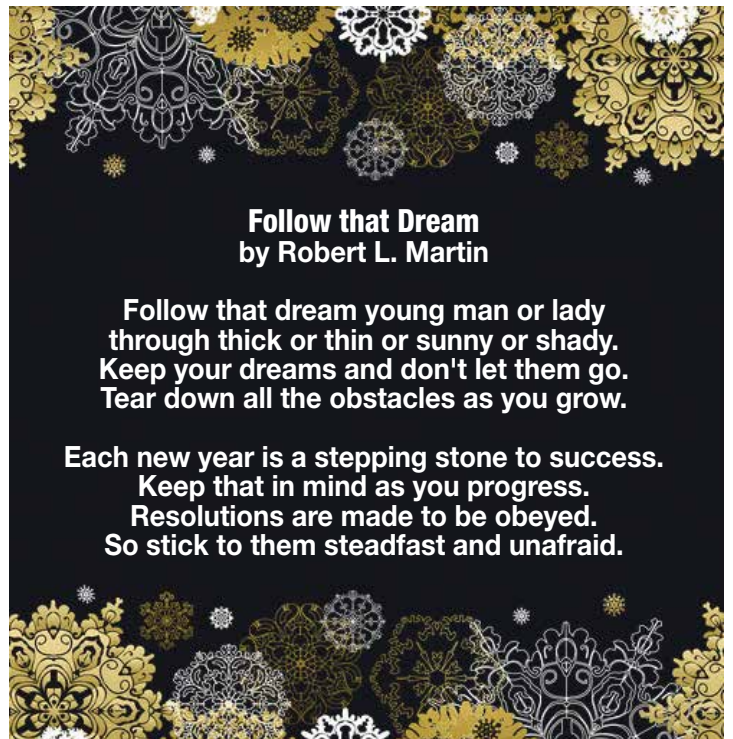
Corner of Genoga St. and Rte. 512, Wind Gap. The **second and fourth Saturdays of each month from 9:00AM-10:00AM**. Contact Katherine Kerler for more information: 610-863-7542.

John Wesley Covenant Church

19 West Street in Wind Gap. The church offers free meals to the community **every third Thursday of the month**.

East Bangor United Methodist Community Church AA Meeting

AA Meeting - **Saturday, December 2, 8:00PM**.
136 W. Central Ave. (Rt. 512). East Bangor, PA 18013



**Follow that Dream
by Robert L. Martin**

**Follow that dream young man or lady
through thick or thin or sunny or shady.
Keep your dreams and don't let them go.
Tear down all the obstacles as you grow.**

**Each new year is a stepping stone to success.
Keep that in mind as you progress.
Resolutions are made to be obeyed.
So stick to them steadfast and unafraid.**

7th Annual Snowmen of Stroudsburg

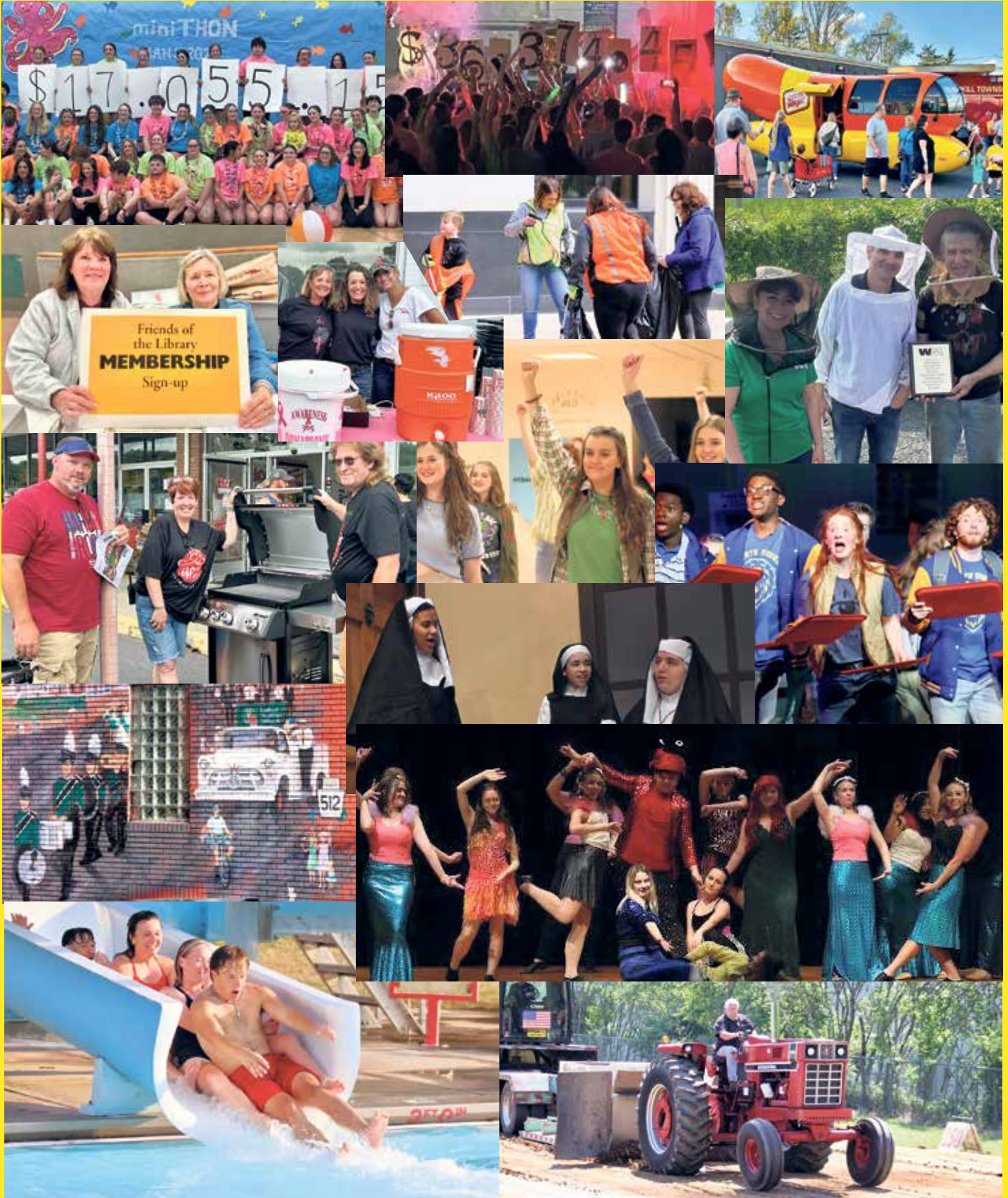
Photos by Candy Martin

Enjoy the 60 plus snowmen in downtown Stroudsburg now through February 21, 2025.
For more information, visit www.gocollaborativestbg.com/snowmenofstroudsburg/

See more photos on our Facebook page



2024 Highlights - The Year at a Glance



Photos by Lisa Newberry, Nick Pulsinelli, Candy Martin and Cory Dailey



New in the Bangor Public Library

Adult Fiction - The Most Wonderful Crime of the Year: A Novel by Ally Carter; I Think I Was Murdered by Colleen Coble;



Robert B. Parker's Buzz Kill by Alison Gaylin; The Woman With a Purple Heart: Based on True Events by Diane Hanks; Servant of Earth by Sarah Hawley; Backwater Justice by Fern Michaels; A Sky of Emerald Stars by A. K. Milford; The Perfect Marriage by Jeneva Rose; The Last Letter: A Novel by Rebecca Yarros.

Adult Non Fiction - The Impossible Man: Roger Penrose and the Cost of Genius by Patchen Barss; Challenger: A True Story of Heroism and Disaster on the Edge of Space by Adam Higginbotham; The Home Apothecary: 40 Books in 1 by Megan Morren.

Easy Reader Fiction - Mercy Watson Thinks Like a Pig by Kate DiCamillo; Mercy Watson Something Wonky This Way Comes by Kate DiCamillo; Fancy Nancy at the Museum by Jane O'Connor.

Junior Fiction - Escaping Peril Wings of Fire by Tui Sutherland.

Junior Non Fiction - What are the Winter Olympics? by Gail Herman; What are the Summer Olympics? by Gail Herman; The Genius Kid's Guide to the Olympics by Chris MacDougall; Political Parties: A Kid's Guide by Cari Meiter; The Electoral College: A Kid's Guide by Cari Meister; How the U.S. Government Works, Third Edition by Syl Sobel.

Young Adult Fiction - Heavenly Tyrant by Xiran Jay Zhao.

The Bangor Public Library is located at 39 S. Main Street, Bangor, PA. The phone number is 610-588 4136. **Hours: Mon., 1-8pm; Tues., 10am-8pm; Wed., 1-8pm; Thurs., 10am-8pm; Fri., 1-5pm; Sat., 10am-4pm; Sun. Closed.**

WINTER WORD SEARCH

I	C	I	C	L	E	L	F	C	I	E	L	C	H	T
N	C	A	O	M	T	I	R	E	T	N	I	W	E	E
K	O	N	S	C	N	Y	A	C	M	T	D	R	S	D
N	L	E	N	T	E	R	C	E	E	A	L	H	S	R
W	D	G	O	E	H	O	S	L	L	O	O	O	E	T
I	R	N	W	T	E	S	M	W	D	V	L	T	L	A
T	E	P	F	C	C	N	S	R	E	H	H	C	O	P
E	E	G	L	N	E	O	E	L	C	O	E	O	D	T
R	A	T	A	S	L	W	U	O	E	O	C	C	Y	C
L	D	E	K	N	G	B	B	W	M	E	S	O	N	L
F	I	R	E	P	L	A	C	E	B	Z	T	A	D	D
R	N	I	W	B	O	L	Y	A	E	O	O	A	R	M
O	N	A	E	O	V	L	C	N	R	S	S	Y	A	A
S	F	O	S	O	E	M	I	T	T	E	N	S	Z	F
T	R	E	H	T	S	R	Y	L	R	L	O	O	Z	Y
D	E	R	O	S	D	N	N	D	H	C	W	R	I	R
S	E	O	S	N	O	W	A	F	O	O	M	C	L	A
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S	E	L	L	H	G	N	I	L	S	L	N	O	I	L

Fun Facts About the New Year

Julius Caesar, the emperor of Rome, was the first to declare January 1 a national holiday. He named the month after Janus, the Roman god of doors and gates. Janus had two faces, one looking forward and one looking back.

Auld Lang Syne is a Scottish folk song made famous in America by Canadian bandleader Guy Lombardo in the late 1920s.

Kissing someone at midnight is said to come from the idea that doing so will prevent loneliness during the coming year and ward off evil spirits.

Times Square first hosted a New Year's Eve celebration in 1904 with a giant fireworks display but when city leaders banned fireworks a few years later, the ball drop tradition was born in 1907

At the Hershey Press Building in Pennsylvania, a 300-pound, seven-foot-tall Hershey's Kiss is raised three stories.

Champagne production skyrocketed from 300,000 to 20 billion bottles per year between 1800 and 1850, as the world started ordering more for ship christenings and New Year's celebrations.

The most common resolution people make is to get healthier.

Each year, it is estimated that 80 percent of New Year's resolutions are abandoned by February.



Pet Friendly Winter Tips

HIDING IN THE HOOD
Warm engines attract cats and small animals. Bang on your hood before starting the engine.

LIMIT CAR TRAVEL
Never leave your pet in your car.

PAW PATROL
Check regularly and wipe away salt after outdoor walks.

GET COZY
Provide warm beds for naps.

BE ALERT
Signs of hypothermia include shivering, whining, sluggish or anxious behavior.

STORM PREP
Create disaster kit with food, water and medication that can last 5 days.

STAY INDOORS
Keep cats and dogs inside. Consider providing dry, well-insulated shelter for feral and neighborhood cats.

SWEATER WEATHER
Play dress up with cozy sweaters and coats.

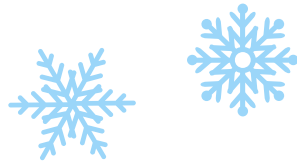
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\$15 per issue each or \$25 for 2 issues.
There will be an additional charge of
25 cents per word over 25 words

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or
1 Column X 1.75"
\$28 per insertion or \$50 for 2 Issues

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