

Volume 7 • Issue 25 April 15, 2021

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Earth

A PUBLICATION FEATURING local events, news, happenings and more

Day, April 22

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Email your news and events to thebeltandbeyond@gmail.com

Next issue will be printed April 29th. Deadline for all ad copy and news Friday, April 23rd Email your news and events to thebeltandbeyond@gmail.com



April 15, 2021



MCTI Trek for Tech Virtual 5K Run or Walk Saturday, April 17th at 9:00am to 12:00pm. Monroe County Career & Technical Institute's Trek for Tech is an untimed virtual event hosted by MCTI's Aevidum Club, Interact Club and National Technical Honor Society chapter. All proceeds benefit Women's Resources, Pocono Family YMCA, and Big Brother Big Sister. . Sign up at www.mctitrek4tech.com

Complete your 5k anytime between Saturday April 17th and Saturday May 15th.

Blue Valley Farm Show Drive Thru Chicken Dinner The Blue Valley Farm Show will host a Drive - Thru Chicken Dinner on Saturday, April 17th, 4:00pm to 6:00pm. 707 American Bangor Rd., Bangor. For tickets contact Terry Kromer. See ad for full details page 7.

Ackermanville UMC Free Monthly Community Meal Join us for our monthly community meal, Sunday, April 18th, Drive thru starts at 3:00pm, first come, first serve - 100 meals will be prepared.Ackermanville United Methodist Church, 1410 Ackermanville Rd, Bangor, PA



Like and Follow us on Facebook and Instagram



UPCOMING EVENTS

Spring Vendor & Outdoor Market Event

Save the date! You don't want to miss this! A Spring vendor & outdoor market event will be held on Robinson Avenue in Pen Argyl, Saturday, April 24th, 10:00am to 3:00pm. (Rain date Sunday, April 25th) See ad Page 5 for full details.

NCC to Highlight Financial Aid in Free, Virtual Info Session Learn about many scholarship opportunities and much more. Northampton Community College (NCC) has a robust financial aid program. The College will hold a free, virtual information session on Wednesday, April 21, 4 p.m.; and Thursday, May 6, 7 p.m. The session will focus on understanding your options when it comes to paying for college, including everything you need to know about the process - from filling out the FAFSA application to different scholarship opportunities available. This event will last approximately 60 minutes.

https://info.northampton.edu/virtual-admissions-events#financial-aid

Indoor/Outdoor Craft/Vendor/Flea Market

St John Lutheran Church, Westbrook Ave, Pen Argyl Saturday, May 8th,from 9:00am to 3:00pm Vendor info, contact Gail at 610-588-7545

Memorial Day Service Canceled

The West Bangor Memorial Association will not be sponsoring the annual Memorial Day services on May 15th, 2021 due to the Covid-19 pandemic.

HBBA Sweets & Treats Trail & Festival

The Historical Bangor Business Association will host a Sweets & Treats Trail on Sunday, May 16th, 1:00pm to 4:00pm in downtown Bangor. Tickets can be purchased online at https://hbba.ticketleap.com/sweets-treats-trail-and-festival/

NATIONAL DAYS

	APRIL IS NATIONAL TISM AWARENESS MONTH
	PRIL NATIONAL DAYS
APRIL 15	- NATIONAL TITANIC REMEMBRANCE DAY
	- NATIONAL ORCHID DAY - NATIONAL LINEMAN
	APPRECIATION DAY
APRIL 21	- NATIONAL ADMINISTRATIVE PROFESSIONALS' DAY
the second s	- NATIONAL EARTH DAY - NATIONAL TAKE A CHANCE
DAY	
	- NATIONAL ARBOR DAY - NATIONAL PET PARENTS DAY
APRIL 26	- NATIONAL PRETZEL DAY - NATIONAL BABE RUTH DAY
APRIL 28	- NATIONAL BRAVEHEARTS DAY
APKIL 30	- NATIONAL HAIRSTYLIST APPRECIATION DAY



START AT THE Y ENROLL TODAY IN CHILD CARE IN CHI



All Orders are Pre-Ordered/Pre-Paid by Monday, April 19th

Meal includes: Hot Smoked Pulled Pork Sandwich, Baked Beans, Coleslaw, Corn Bread & Chocolate Chip Cookie. BBQ sauce on the side. To order call 610-588-2113 or 610-588-6417 Monday Nights at Firehouse from 6:30-8pm Lane's Auto Repair Monday- Friday 8am-5pm

3



Enrollment like the benefits, costs, application process, how to register for classes and scholarship opportunities. If you're a current High School student taking college prep, honors/AP or career/technical coursework, don't miss out on the chance to get all of your questions answered! To register go to info.northampton.edu/de-info-sessions.

"We have forgotten how to be good guests, how to walk lightly on the earth as its other creatures do." ~ Barbara Ward

SPRING VENDOR EVENT

Saturday, April 24th 10:00AM-3:00PM Rain date: Sunday, April 25th, 10AM -3PM

at the Pen Argyl Outdoor Market

located on Robinson Avenue in Pen Argyl Shopping, Crafts, Food, & Drinks Over 70 local businesses and vendors

Come out and enjoy the day while supporting local businesses and vendors!

Vendors **Dena's Delights Damsels in Defense Candleman Creations, LLC Jasmine's Doggie Delights** Norwex **Park Lane Pampered Chef AVON, Glass, & Jewelry by Paula** Waste Management **Threadstone Trading Co Perfectly Posh Author Jolynn Angelini Book Signing ColorStreet Nails Touch Stone Crystals by Swaroski** MaryKay **Origami Owl Our Blessed Little Nest AVON by Jill Sweet Treats & Creative Crafts Carla's Crafty Creations Champagne Limousine Slate Belt YMCA Trinkley's Trinkets Kind Hearted Hands Functional Pottery Scentsv You Gnome Me** Hens on the Hill **Prints Galore** Walk for Paws **Crafty Carrie Midnight Shadow Boudoir**

Event Performances: JUST DANCE DANCE STUDIO

will perform at 10:15 & 11:00 AM; 1:45 & 2:30 PM

JENNIFER'S CONSIGNMENT BOUTIQUE FASHION SHOW

11:30 AM - 12:30 PM

1:45 -12:45 pm \$INGER MACKENZIE GOFFREDO HUGHE\$

1:15 PM

BELLA VITA CHILL ON WHEELS CLEVER GIRL WINERY J. DEFRANCO & DAUGHTERS CATERING MOONLIGHT PIZZA NAZ-O-NUTS RICHMOND FARM & BREWERY RUSTICA ARTISAN CATERING SLATE BELT REGIONAL POLICE LOOKOUT FIRE CO. #1

**Parking Available at the Green & White Athletic Fields (Left Side ONLY) ** Masks Required and ALL CDC Guidelines will be followed

Vendors **Furry Friends Food Bank The Taste Smokers Little Doggie Designs Chooze to Diffuse** John's Live Liver Donor Search **Chalk Cotture Red Lotus Yoga Blue Mt Community Library DJ Lil Rock** Arbonne Masks by Patty **Aungie's Recycle & Homemade Shop Glorious Banners Stems & Gems Designs Crafty Mom Girl Scouts Gretchen Anne Designs Magic Charms Books Nichole'3 Precious Petals Floral Tastefully Simple Bonnie's Crafts Country Crafts Thirty One** Wreaths Baskets & More For Shore **Unique Finds Crafts by KBR Psychic Mary Kate Prints Galore Kellie's Kreations Just Dance Dance Studio Pure Romance Juice Pluce Jennifer's Salon & Consignment Boutique/Home Decor**

COMMUNITY NEWS ·





We can help you achieve that dazzling white smile you've always wanted!

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Dr Wendy Magda, DMD and her staff specialize in beautiful smiles. Offering all phases of general and cosmetic dentistry in a safe, warm and friendly environment. Our Patients Safety is our First Priority Our office is clean and sanitized to meet CDC guidelines. Every precaution is taken to ensure your visit is safe.

> 323 Blue Valley Dr, Bangor, PA 18013 (610) 588-1571



Create an Indoor Living Plant Design Picture Frame at NCC Plant-keeping tips are included.

Bring springtime into your home: design and create your own colorful picture frame using Adobe Illustrator and a template at Northampton Community College's (NCC) Fab Lab, Fowler Family Southside Center, 511 E. Third Street, Bethlehem, on Tuesdays and Thursdays, April 20th, 27th, and 29th, 6:30 - 9:30 p.m. Then pot your plants in the "picture" portion of your frame. Plantkeeping tips will be included.

To enroll/fees visit www.northampton.edu/fablab or call 610-332-8665.



Like us on Facebook



Blue Valley Farm Show Drive-Thru Dinners 707 American Bangor Rd., Bangor. PA Chicken Dinner \$12 (Only 200 Dinners available) Saturday, April 17, 2021 3pm - 6pm

1/2 Roast Chicken, Mashed Potatoes,

Stuffing, Corn, Pickled Cabbage and Roll

Advanced tickets recommended.

For tickets contact Terry Kromer 610-703-0850 Credit Card payment accepted over the phone or Check payment accepted via mail. P.O. Box 70, Bangor, PA. 18013. Milkshakes will be available for purchase! All proceeds benefit the BVFS Scholarships



Nana's Oasis Pool Supply, LLC

6690 Sullivan Trail, Wind Gap, PA 18091 610-365-8967

www.nanasoasis.com

TIME TO THINK POOLS AND SPAS.

DON'T WAIT AND MISS OUT THIS SEASON! We are here and ready to assist you in getting your pool and spa ready for the upcoming season! Our services include: Pool & Spa Sales and Service, Chemical Sales, Parts, Pumps & Filters. Annual Pre-Season Sale Sun. April 25 - Sat. May 8

15% off Most Products



Garden Garden Gpas



COMING SOON!

We are excited to announce the opening of our new pool and spa showroom, located directly across the street at 501 E. Moorestown Road in the plaza. The new location will feature Garden Leisure Spas (coming in July) above ground pool wall samples, and Mom and Pop CDB shop. All your pool and spa needs are still conveniently located at our original location.

Summer Hours: Monday - Friday 10:00am - 6:00pm; Saturday 9:00am - 5:00pm; Sunday 10:00am - 3:00pm





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.



"The Earth is what we all have in common. Wendell Berry



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



Headlines Harrisburg Submitted by Rep. Joe Emrick (R-Northampton) Home Heating Assistance Program Extended

The Department of Human Services is extending the 2020-21 Low Income Home Energy Assistance Program (LIHEAP) season and will now accept applications through April 30.

LIHEAP is a federally funded program that helps individuals and families pay their heating bills through home heating energy assistance grants. It also provides crisis grants to help in the event of an emergency or if a resident is in danger of losing his or her heat due to broken equipment. lack of fuel or termination of utility service.

The income eligibility guidelines for LIHEAP are set at 150% of the federal poverty income level. For example, the income limit for an individual is \$19.140; for a couple. the limit is \$25,860; and for a family of four, it is \$39,300. Additional information about the program is available by

visitina

http://links.pahousenews.com/a/GiTIIm09mk-Rflet4aZW9aaJB6ko-cAhNavLkQvUscJxKvVORcDwJn-68h7A Apply at compass.state.pa.us or contact your local County Assistance Office.

Northampton County Seeks Nominations for **Outstanding Senior Awards 2021**

Lamont McClure and the Northampton County Area Agency on Aging are seeking nominations for outstanding seniors. Nominees must be sixty years or older, a resident of Northampton County, and have a passion for helping others through personal action, inspiration, public service, sports, educational instruction or humanitarian efforts.

Nominations may be made in an essay of 250 words or less with a description of why the nominee deserves to be recognized and a listing of their volunteer activities. Forms for nominations can be obtained from Melissa Titus at 610-829-4509 or mtitus@northamptoncounty.org For each nominee, please return one entry form along with the essay to: Melissa Titus Area Agency on Aging 2801 Emrick Blvd., Bethlehem, PA 18020

Nominations must be postmarked by May 17, 2021. The selected individuals will be announced in July.

April 15, 2021 9

I pride myself on my commitment to all my clients. My goal has always been to provide every client with the highest level of my 15+ years of service, market knowledge and professionalism. Today's Market is HOT!

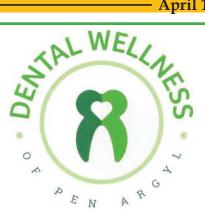


Cathie Rogers

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dentalwellnessofpenargyl.com 225 S. Robinson Ave Pen Argyl, PA 18072

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



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Questions? Call us.

H&R215B South First Street, Bangor, PA, 610-588-0011BLOCK228 South Broadway, Wind Gap, PA | 610-863-7303

10 DINING-



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

We will be Closed Saturday, April 24th.

Check out Facebook, Instagram, and our website for Teacher Appreciation Week, Cinco DeMayo and Mother's Day Specials! Everyone loves Q! It's perfect for any occasion or celebration!

HOURS: THURSDAY, FRIDAY & SATURDAY 2-7PM; SUNDAY 12-5PM • CLOSED MONDAY, TUESDAY & WEDNESDAY

Hearty Wholesome Dishes to Support Immune Systems

(Family Features) If feeding your family wholesome meals is a daily goal, keep in mind you can serve up tasty foods that also feed your immune system by including ingredients like mushrooms. With their earthy flavor, mushrooms - like many other fruits and vegetables - can also play a positive role in supporting a healthy immune system.

Studies at Oregon State University concluded there are a variety of micronutrients important for supporting a healthy immune system. Consider that three of these nutrients (vitamin D, selenium and B vitamins) can be found in mushrooms, meaning these family-friendly recipes for Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto; Grilled Portobello Gyros with Yogurt Dill Sauce; Creamy Spinach, Mushroom and Lasagna Soup; and Asian Barbecue Sesame Salmon with Noodles and Veggies can help you add all-important nutrients to your family's menu.

Find more ways to add mushrooms to family meals at mushroomcouncil.com.

Grilled Portobello Gyros with Yogurt Dill Sauce

Recipe courtesy of Emily Weeks of "Zen and Spice" Cook time: 15 minutes Total time: 25 minutes Servings: 4 4 portobello mushrooms 1 tablespoon extra-virgin olive oil 1/2 teaspoon dried oregano 1/4 teaspoon smoked paprika 2 yellow bell peppers, sliced

Yogurt Dill Sauce:

English cucumber, grated
cup whole-milk
Greek yogurt
cup sour cream
tablespoons extra-virgin olive oil
small lemon, juice only
cloves garlic, minced





- 1 teaspoon salt
- 1 tablespoon minced fresh dill
- 4 pita breads or naan
- 2 tomatoes, thinly sliced
- 1/2 red onion, thinly sliced
- 1/2 head green lettuce
- crumbled feta cheese (optional)

Remove stems from mushrooms and brush caps with wet towel. Using spoon, carefully scrape out gills. Slice mushrooms into 1/4-inch pieces and place in medium bowl with olive oil, oregano and smoked paprika.

Preheat indoor grill pan over medium-high heat. Add mushrooms and peppers; grill, tossing occasionally, until tender, 5-7 minutes.

To make yogurt dill sauce: Squeeze grated cucumber in clean towel to remove excess liquid. Add to large bowl with yogurt, sour cream, olive oil, lemon juice, garlic, salt and dill. Stir to combine.

To serve, place mushrooms and peppers in middle of pita bread. Top with tomatoes, onion, lettuce, feta, if desired, and big dollop of yogurt dill sauce



OMMUNITY NEWS

Waste Management Celebrates Earth Day with **Commitment to Plant 50,000 Trees**

Grand Central Landfill and Hauling team members honor Thursday, April 15 at 8:30am to 10:30am the 51st anniversary of Earth Day with personal pledges to live sustainably at home, at work and on the go.

Waste Management of Pen Argyl team members are celebrating Earth Day every day by personally pledging to live more sustainably at home, at work and on the go. In honor of every pledge made, WM is partnering with the National Forest Foundation and Tree Canada to plant trees across North America.

"We set a goal to plant 50,000 trees, representing our team's collective commitments to the environment. We want to be part of the solution by providing a tangible benefit to the environment that lasts 365 days a year and beyond," said Sr. Community Relations Specialist Adrienne Fors. "The impact yielded from trees planted, combined with our team members' combined efforts to live more sustainably, will extend beyond our lifetime."

WM Teammates across Pennsylvania have made the following pledges to make every day Earth Day:

 Plan out meals before going to the grocery store to reduce food waste.

 Donate gently used clothing and household items to someone in need.

 BYOB – bring your own (reusable grocery) bag to conserve paper and plastic.

Maintain vehicles for fuel efficiency.

 Use natural lighting in the home as much as possible instead of turning on the heat.

 Stay mindful of keeping unused appliances/devices unplugged and powered off.

• Walk, ride a bike, carpool, or take public transportation whenever possible.

Set-up a backyard compost.

• Encourage multi-family complexes to order WM's Recycle Right Reusable Tote Bag for all personal units to easily transport recyclables to the main bin.

"Environmental protection is one of our core values at WM. We are always working for a sustainable tomorrow which is why our overarching environmental goal is to reduce greenhouse gas emissions (GHG) while protecting the environment and avoiding and offsetting even more GHG," said Fors. "As an environmental solutions leader, we are on track to attain our environmental goals. But it's more than that to us. This Earth Day we're highlighting our personal commitments and our dedication to environmental change by demonstrating simple promises that will make a difference."

Trees are a solution since forests are the most efficient natural system for pulling carbon dioxide out of the atmosphere. By working with National Forest Foundation and Tree Canada, the right trees will be planted in the right places to protect our tomorrow while aligning with WM's 2038 goal to reduce four times the GHG emissions we generate through our operations.

Jacobsburg Environmental Education Center Weekly Weeders

Thursday, April 22 at 8:30am to 10:30am

Interested in learning more about gardening with native plants? Volunteer to work alongside our education staff as they mulch, pull weeds, divide plants, and amend soil in the center's native plant garden. We provide instruction, tools, and weeding mats. Registration is required.

All participants over the age of two are required to wear a mask in order to participate. All participants are required to maintain a safe social distance at all times during the program. Our written health and safety plan is available upon request. Please register all members of your party as space for this program is limited to 4 attendees total each day.

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 five days notice.



Reduce.

Earth Day Every Day

Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.

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AIR APRIL CLEAN CLIMATE COMPOST CONSERVATION ENERGY ENVIRONMENT			EXTINCTION FOREST GLOBAL LAND LITTER NATURE OCEAN OZONE			PEOPLE PLANET POLLUTION RECYCLE REDUCE RESOURCES REUSE SMOG				TRASH TREES WASTE WATER WILDLIFE				
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Reuse.

Recycle

12 **FURRY FRIENDS**

Spring is Flea and Tick Time. Check out our online store to keep your pets flea and tick free. Leekvet.com

Leck Veterinary 610-863-3111

MEET PETE AND VELVET!



PETE - Meet Pete, his persons moved and were not able to take him with them. He is a great little one, he's 13 years old, well mannered, and just wants someone to love him and have a home again. He's

the perfect little one dog for a furever home. Come meet Pete and consider giving him a home for his senior years.

VELVET - Beautiful momma. Velvet! Her babies Silk, Cotton, and Wool will all be leaving for their forever homes soon and she is still waiting to find her place! Pre-applications can be found at www.awsomanimals.org



The AWSOM Animal Shelter is located at 3129 Godfrey Ridge Drive, Stroudsburg, PA 18360. Hours of operation are from 11AM to 4PM, 7 days a week. Due to Covid-19 restrictions and until further notice, meet and greets and adoptions are by appointment only, pending approval of a pre-adoption application. Pre-adoption applications can be found on our website: AwsomAnimals.org. All members of the public must wear a mask and be symptom-free to visit our facilities. Call 570-421-DOGS (3647) or email us at info@awsomanimals.org for more information.

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. Appointments are required and masks must be worn at all times. Call 570-424-1060 for more information or to make an appointment. Visit our website at AwsomAnimals.org Facebook: A.W.S.O.M.Visit our website at AwsomAnimals.org Facebook: A.W.S.O.M.

National Adopt a Shelter Pet Day April 30th 🧡

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



I Adopted Your Dog Today

I adopted your dog today. he had fleas and a cold, but don't worry none. You've unburdened your load.

I adopted your dog today. Were you having a baby or moving away? Did you suddenly develop allergies or was there no reason he couldn't stay?

> I adopted your dog today. he doesn't play or eat much He's very depressed, but he will learn again to trust.

I adopted your dog today. And here he will stav. He's found his forever home and a warm bed on which to lay.

I adopted your dog today. And I will give him all that he could need. Patience, love, security, and understanding. Hopefully he will forget your selfish deed.

-Author Unknown

April 15, 2021 13

New in the Bangor Public Library

Adult Fiction - The Roy2034: A Novel of the Next World War by Elliot Ackerman; The Mockingbird's Song by Wanda E. Brunstetter; Haunted Hibiscus by Laura Childs; Meant to Be by Jude Deveraux; The Women of Chateau



Be by Jude Deveraux; The Women of Chateau Lafayette by Stephanie Dray; The Bounty by Janet Evanovich Danger in Numbers by Heather Graham; Under the Alaskan Ice by Karen Harper; Night and Day by Iris Johansen; Sunflower Sisters: A Novel by Martha Hall Kelly; The Last Garden in England by Julia Kelly; You Love Me: A You Novel by Caroline Kepnes; The First Sister by Linden A. Lewis; The Drowning Kind by Jennifer McMahon; No Way Out by Fern Michaels; The Red Book by James Patterson; Forever Summer by Nora Roberts; Good Company: A Novel by Cynthia D'Aprix Sweeney; The Last Days of Magic by Mark Tompkins.

Adult Non-Fiction - The Women of the Bible Speak: The Wisdom of 16 Women and their Lessons for Today by Shannon Bream; The Importance of Being Earnest and Four Other Plays by Oscar Wilde; Elizabeth & Margaret: The Intimate World of the Windsor Sisters by Andrew Morton The Light of Days: The Untold Story of Women Resistance Fighters in Hitler's Ghettos by Judy Batalion; Beautiful Things: A Memoir by Hunter Biden ; The Beauty of Living Twice by Sharon Stone.

Easy Fiction - My Little Brave Girl by Hilary Duff; Little Fox in the Forest by Stephanie Graegin; The Best Place in the World by Petr Horacek; Something's Wrong!: A Tale of a Bear, a Hare, and some Underwear by Jory John; Rabbit! Rabbit! Rabbit! By Lorna Scobie; How Do Dinosaur's Say I'm Mad? By Jane Yolen.

Junior Fiction - Lost in a Book by Jennifer Donnelly; Rowley Jefferson's Awesome Friendly Spooky Stories by Jeff Kinney; The Fairy's Return and other Princess Tales by Gail Carson Levine; Dog Man: Mothering Heights by Dav Pilkey. Junior Non-Fiction - Wild Horses by Michael Bright. Young Adult Fiction - Rule of Wolves by Leigh Bardugo; As Old as Time: A Twisted Tale by Liz Braswell; Unbirthday by Liz Braswell; Seraphina by Rachel Hartman; Shadow Scale by Rachel Hartman; Good Girl, Bad Blood by Holly Jackson; American Royals by Katharine McGee; Majesty by Katharine McGee; The Rise of Kyoshi by F. C. Yee.

DVDs - A Million Ways to Die in the West; News of the World; Resident Evil: the Complete Collection; Soul; Underworld: Ultimate 5 Film Collection; Wonder Woman 1984.

New to the Bangor Library: We are currently piloting a Hot Spot program, and have T-Mobile Wi-Fi Hot Spots available for rent! See Library for Details, or call 610-588-4136. The Bangor Public Library is located at 39 South Main Street, Bangor, PA.

Storywalk through Jacobsburg Environmental Center

Stop by anytime during the day to read, walk, and watch the birds feed. Start at our mailbox 400 Belfast Road, Nazareth. Jacobsburg Environmental Education Center has developed a new StoryWalk® trail in Henry's Forge. The Storywalk Trail has pages of a story book posted along the way so that you can read a story while you enjoy a self-guided walk. The trial is easy and best suited for families with young children. Begin across the street from the visitor center at 400 Belfast Road Nazareth.

The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT and developed incollaboration with the Kellogg-Hubbard Library.

Some things just belong together

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"The Earth is a fine place and worth fighting for."

~ Ernest Hemingway

From Seed to Fruit By Robert L. Martin

Early awakenings in orchard home, Morning stretching in a satiny loam, Winter' heart softening up ahead, Pumping blood and life instead, The rite of spring of the glory days, A bursting out into the morning haze,

Orchards in worship of the midday sun, Singing psalms unto the meadow's hum, Naked branches filling up with blossom On the bright side of nature's pendulum, The blood of life on its yearly pilgrimage, Up the side of the wooded grade To the fruited summit for the ripening at last.

COMMUNITY NEWS -

Greater Valley YMCA Expands Child Care Offerings in Underserved Communities At two local Branches, the Y is offering additional child care programming.

Earlier this week, the Greater Valley YMCA announced the expansion of its child care offerings at its Slate Belt location. Since 2015, the Slate Belt Y has offered child care through its Keystone STARS-Accredited Program in a DHS Licensed facility for school-age children. The Y will offer care for toddlers and preschool children ages 2 through 5 in its newly-constructed child care wing.

For decades the Slate Belt community was looking for a local community center and hub of support. The Y became a part of the conversations 15 years ago, and was able to make the dream a reality in 2015 with a core facility located in the heart of the Slate Belt area at 315 West Pennsylvania Avenue in Pen Argyl. The Y team is currently finalizing this community group's original plans by completing the facility's child care wing expansion, as well as the addition of the pool and gym this spring. The Slate Belt region is a service desert, and the Y has stepped up to provide even more solutions through this program despite the pandemic's effects. Once the child care wing construction was completed earlier this year, volunteers with the United Way VISTA program supported the move of furniture and other supplies to get the classrooms prepared. Certification gv-ymca.org/child-care or email cmesser@gv-ymca.org. from DHS was recently completed so registration is now open for toddlers and preschoolers. Child care is offered Monday through Friday from 6AM to 6PM.

In addition to expansion at its Slate Belt location, the Y is reopening Preschool offerings at its Suburban North location located at 880 Walnut Street in Catasaugua.

The Y has a history in the region dating back to 1897. The Y has provided care and programming for children in the Lehigh Valley through its accredited program for decades. Prior to the pandemic, the Y served 1,100 children daily through child care and school age programming. The Y offers 25 licensed child care programs in PA and NJ.

David Fagerstrom, President & CEO of the Greater Valley YMCA, expressed, "Our team is thrilled to expand our child care offerings for Lehigh Valley families. We love partnering with parents and guardians to provide children with a bright start. The Y has a rich history of helping children learn, grow, and thrive. We are proud to help so many children reach their potential."

Amid a season of increased challenges for all with the pandemic, once child care centers were permitted to reopen on June 8, 2020, the Y team adapted and adjusted standards to continue to provide families with a safe environment for their children to be cared for, enriched and engaged.

At each of its locations, the Y strives to provide quality early childhood education in a caring, safe, positive, structured environment emphasizing on the building blocks needed to promote healthy child development. The Y embodies the values, policies, and practices that support the right of every infant, toddler, preschooler, kindergarten, school age child and their family, regardless of ability, to participate in a broad range of activities and contexts as full members of families, communities and society. The desired results of inclusive experiences for children with

and without disabilities and their families include a sense of belonging and membership, positive social relationships and friendships, and development and learning to reach their full potential.

Supported by an understanding of children's learning styles, interests, and PA Early Learning Standards, the Y's Preschool curriculum is designed to provide activities that enhance cognitive, social, emotional, and physical development. This contributes to a child's success in school and throughout life. The curriculum follows Creative Curriculum and STEM (Science, Technology, Engineering & Mathematics) supporting growth and development of youth in seven key learning areas: Literacy, Science, Math/Problem Solving, Arts, Social Competence, Fitness/ Nutrition, and Technology. This curriculum supports a unique learning environment that stimulates a child's curiosity while reinforcing essential academic standards.

Financial Assistance for preschool is available for those who qualify.

To learn more about the Y's child care offerings, schedule a tour of the facility or register, visit

Portland Upper Mt Bethel Food Bank P.U.M.P. The Portland Upper Mt Bethel Food Pantry P.U.M.P. is open on Mondays only. Hours are 9:00 am to Noon. For the safety of all please remember masks are required.

In the event of inclement weather please check the P.U.M.P. facebook page or WFMZ channel 69. P.U.M.P. is located at 111 State Street in Portland. The phone # is 570-897-5847.

We are in need of a new or used Fork Lift. The very old one we have been using has died and is no longer usable. If you know of anyone that can help, please message us on Facebook or call the food pantry directly 570-897-5847

Pen Argyl Salvation Army Food Pantry



The Pen Argyl Salvation Army Food Pantry located at 301 West Main St. Pen Argyl is open the first 4 Tuesdays of the month from 10:00am to 12:00 noon. Curbside assistance is provided from A Street in PenArgyl. Please

stav in cars and wait for direction. For more information please contact the office at 610-863-6677.

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