

Volume 7 • Issue 14 November 12, 2020 and THE

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

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CONTENTSWEEKEND HAPPENINGS2WEEKEND & UPCOMING EVENTS3COMMUNITY NEWS4-9, 14DINING10HAPPENINGS12-13CLASSIFIEDS15LEHIGH VALLEY HEALTH NETWORK16	WEEKEND HAPPENINGS East Bangor Benefit Car Show A car show and event will he hold on Saturday , November 14th, 10:00am to 4:00pm at East Bangor Park on Park Road in East Bangor. The car show and event is a benefit for long time Slate Belt resident Jon
Please support the businesses who advertise in this publication! SHOP, BUY, DINE LOCAL! CONTACT US: 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	McMichaels UMC Breakfast A donation Only All You Can Eat Breakfast will be held Saturday November 14th 8:00am to 10:00am. Breakfast includes beverages. You will be served outside in your car We will NOT be serving breakfast in December. All State and CDC guidelines will be followed. 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 Next issue will be printed November 26th Deadline for all ad copy and news Friday, November 20th. Email your news and events to hebeltandbeyond@gmail.com
Publisher/Editor Candy Martin Account Executive Kaitlyn E. Szarzynski kemartin.thebeltandbeyond@gmail.com Feature Writer Sarah Janelle Loren Contributing Writer Kathleen J. McFall Contributing Photographers Kris Ordinsky-Parks, Lynn Cistone Photographers Nick Pulsinelli, Lisa Newberry, Lou Freeman	NOVEMBER 13 -WORLD KINDNAL DAYS NOVEMBER 13 -WORLD KINDNESS DAY NOVEMBER 13 -WORLD KINDNESS DAY NOVEMBER 14 - NATIONAL PICKLE DAY NOVEMBER 15 - AMERICA RECYCLES DAY NOVEMBER 17 - NATIONAL TAKE A HIKE DAY NOVEMBER 18 - MICKEY MOUSE BIRTHDAY NOVEMBER 19 - GREAT AMERICAN SMOKEOUT NOVEMBER 20 - NATIONAL CHILD'S DAY NOVEMBER 21 - NATIONAL GINGERBREAD COOKIE DAY NOVEMBER 23 - NATIONAL ESPRESSO DAY NOVEMBER 24 - NATIONAL SARDINES DAY NOVEMBER 28 - SMALL BUSINESS SATURDAY NOVEMBER 30 - CYBER MONDAY NOVEMBER 30 - CYBER MONDAY

TEKEND HAPPENINGS & UPCOMING EVENTS

BMCL BOOK Nook Sale

The Blue Mountain Community Library will hold a Half-Price Book Nook Sale on Friday, November 13th, and Friday, November 20th, from 9:00am to 1:00pm. Anyone wishing to come into the Library must call for a scheduled appointment. 30 minutes time slots will be assigned with a maximum of 3 people per time slot. Cash or Checks will be accepted. Please, no \$50 bills. The book nook is located on the second floor of the library at 216 S. Robinson Ave., Pen Argyl, PA. The phone number is 610-863-3029. Masks are required and gloves will be given at the library. For information, visit our website at www.bmcl.org or find us on Facebook at www.facebook.com/bmclpenargyl.

Mission of Love Free Community Take Out Thanksgiving Meal



The Mission of Love Food Bank will host a free, take out Thanksgiving meal to those in need in the community on Saturday, November 21st, 5:00pm to 7:00pm. Pre- registration is

required. If you would like to make a donation of food or a monetary donation please contact Pastor Frank at 570-807-7794. Mission of Love Food Bank is located at 555 N. Main Street, Bangor, PA.

Bangor Women's Club GFWC Elegant Holiday Wreath Sale Benefits Bangor Public Library

Fresh evergreen wreaths festively decorated by members of the Bangor Women's Club GFWC will be sold on Friday, November 27th and Saturday November 28th from 10:00am to 3:00pm, in the parking lot of the Bangor Public Library. These elegant holiday wreaths will be sold with proceeds going to the Bangor Public Library. Wreaths can be preordered by calling Club President, Heidi Bates at 610-599-8815.

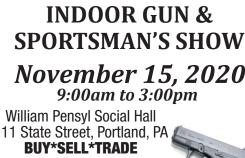
Pen Argyl Small Business Saturday Outdoor Market Come join 25 + vendors and businesses on Robinson Avenue in Pen Argyl on Small Business Saturday, November 28th, 10:00am-3:00pm, Rain date, Sunday, November 29th. Enjoy local shopping, food, wine and a visit from Santa!

McMichaels UMC Upcoming Events McMichaels UMC wil be holding the following events: Cheese Pizza Sale - Pizza orders must be placed by November 12th for pick up on November 21st by **12:00pm.** To place orders contact Martha Stout 570-992-6742.

Hoagie Sale - Variety of hoagies will be offered. Order deadline November 22nd for pick up on December 3rd. Call Pastor Ed 610-597-1030 to place your hoagie orders.

All State and CDC guidelines will be followed in preparing food. All food items individually wrapped. McMichaels UMC is located at 104 White Church Road Rt 715 & White Church Road Savlorsburg, PA. For more info visit the church website www.mcmichaelsumc.org





Portland Hook & Ladder Co. #1

Antique & Modern Firearm Fishing - Hunting - Archery FREE Parking ** Admission \$5.00 Adults Children under 10 FREE. Must Be With An Adult Food available *** ATM onsite PA COVID-19 Restrictions in place will be followed. Facial covering will be required Vendor tables available For more information contact: Jim Steele @ 610-216-4191 or

gunshow@portlandhookandladder.com All proceeds benefit the truck and equipment fund.







Save 5% on all orders made before November 25. Pick up after November 28th Open 7 davs a week

1602 MOUNT BETHEL HWY. (RT 512) MT BETHEL, PA.

American Legion Riders Post 927 Meeting

The American Legion Riders have 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. The Riders of Chapter 927 wish all a Merry Christmas and a Happy New Year! For more information, contact President Everett "Skippy" Shaver, 570-977-8208 or everett.shaver@vahoo.com.



NCC to Offer Dual Enrollment Info Sessions for High Schoolers Learn how high school students can earn college credits as well as other non-perishables like cereal, oatmeal, Northampton Community College (NCC) is offering Dual Enrollment Information Sessions on the Zoom platform, on November 18th at 6:00pm and November 20th at 11:00am. Discover why NCC's program is an effective way

to jump start your college career and earn transferable credits towards a future degree.

NCC will cover everything you need to know about Dual 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 of 4000 items were collected last year, with all families to get all of your guestions answered!

To register go to info.northampton.edu/de-info-sessions.

NCC Hosts Virtual Open Houses

Explore the area's most affordable college virtually Prospective students of all ages can choose from two convenient online Open Houses this fall to learn about the 100+ fields of study offered at Northampton Community College (NCC). The two Open Houses, inclusive of all NCC sites, will feature a mix of panels and information sessions that will run in 45-minute increments from 10:00am to 2:00pm on Saturday, November 21st. To see a full list of panel discussions, find more information, and to register, visit nfo.northampton.edu/open-house

Due to the Thanksgiving holiday, deadline for all news and ad copy for the November 26th Issue MUST be received by Friday, November 20th at 12:00pm

Pen Argyl High School Aims for Best Year for 2020 Stuff the Bus Season



The Pen Argyl High School's students and staff are preparing for another productive year of Stuff the Bus. Despite challenges presented with the COVID-19 pandemic, the event will be in full swing again, as

the need is expected to be higher than ever, due to the pandemic. Nonperishable food items, paper products, and winter wear items will be collected in the Pen Argyl High School parking lot through November 19th. These goods will be collected between 7:00am and 7:30am and again between 2:30pm and 2:45pm during the weekdays. Donation boxes will also be set up at Wind Gap Middle School, Plainfield Elementary School, Slate Belt Nazareth Baptist Church, and Waste Management for collections during their operating hours.

Suggested donations would include canned goods (such as fruits or vegetables), stuffing, instant mashed potatoes, gravy mix, soups, etc. The group is also in need of paper products, gloves, and hats, gift cards for meals, and turkeys. To put it simply, all items are appreciated!

These donations will be given to those in need throughout the Pen Argyl Area School District. Partnering with Families First once again, these items will benefit over 100 families within the school district if the goal is met. Last year, 87 families benefited from the support and kindness of the community, staff, and students. Upwards even benefitting beyond Thanksgiving dinner with extra food like breakfast and lunch items. We'd like to thank the many local businesses who have contributed each year and give a special thank you to Brandywine Bus Co. for the donation of the bus used for this great event. As always, any donations are appreciated! Thank you!

Overeaters Anonymous

Overeaters Anonymous is a fellowship of people who share a solution for compulsive overeating and food behaviors. No dues or fees. For meetings visit www.oa.org or greaterlehighvalleyoa.weebly.com

November 12, 2020



A Remembrance to my daughter, Kathy Meneeley Klingle on her anniversary in Heaven. The Kev

Among the many chores I encounter in a day, I found a key along the way. I had no idea what it was for, Until it came to mind, it must be for Heaven's door. In my dreams, I tried the key, It fit, I went inside to ask the Lord if I could visit with Kathy.

He said, "Please do not disturb her, she is taking care of the children that came before her." Her wish in life was to have children to love,

but doctor mistake has her loving them from above. When closing my eyes at night, the pain, the sorrow, the tears, I fight.

Although as her mother, knowing she is in God's hands, *I pray she is alright.*

All my love, prayers blessings, Happy Anniversary, Mom and Family

Bangor School District Receives



Check from the Post Foundation

John Birmingham, UMBT presented the Bangor Area School District with a check for \$40.000 on behalf of the John and Margaret Post

Foundation for cameras to be installed on all stop arms for the school buses that serve the Bangor Area School District. Those who violate the law by going through a stopped bus with red flashing lights and the stop arm out will face a 60-day drivers license suspension and 5 points on their license along with a \$250 fine.



BAHS BANDS ANNUAL FRESH FRUIT SALE The members of the Bangor Bands are currently participating in a Pee Jay's Fresh Fruit student fundraiser. The sale will take place through November 20th. Delivery is tentatively scheduled for the week of **December 14th**, at the school. UPS delivery available on some items. To Order Online: Please visit http://freshfruitorder.org/ bangorbands Questions? Please contact: Mr. Kevin Horne are: Monday-Thursday 10:00 am - 6:00 pm; Friday 9:00 am -Email: horneke@bangorsd.org





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beautiful smiles. Offering all phases of general and cosmetic dentistry in a safe, warm and friendly environment.

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Medicare Open Enrollment Runs Now Through December 7

MEDICA **OPEN ENROLLMENT** THROUGH DEC. 7 HEALTH CARE

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 Photos by Lisa Newberry health care needs. The open enrollment period is open now 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

Donna's Salon and Advanced Reiki Healing Community Food Drive

Donna's Salon and Advanced Reiki Healing will be collecting non-perishable food items to be donated to local food pantries in our community. The Covid-19 pandemic has affected many families in our area. Donations of canned goods, cereals, rice, pasta, and other non perishable food items can be dropped off at Donna's Salon from now through November 29th, at 201 W. Main Street, Pen Argyl, PA. 18072, 484-809-3727. Hours 4:00 pm; Saturday by appt.



Nov. 12 – Jan. 9

Walk in or make an appointment at hrblock.com.

H&R Block

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*If approved for an H&R Block Emerald Advance[®], your credit limit could be between \$350-\$1,000. H&R Block Emerald Advance[®] line of credit, H&R Block Emerald Savings[®] and H&R Block Emerald Prepaid Mastercard[®] are offered by MetaBank[®], N.A., Member FDIC. Cards issued pursuant to license by Mastercard International Incorporated. Emerald Advance[™], is subject to underwriting approval with available credit limits between \$350-\$1000. Fees apply. Offered at participating locations. Promotional period 11/9/2020 – 1/9/2021. Mastercard is a registered trademark, and the circles design is a trademark of Mastercard International Incorporated. DBT## B13696 ©2020 HRB Tax Group, Inc.



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Blue Valley Farm Show 707 American - Bangor Rd., Bangor, PA. Creamed Chipped Beef & Soup Sale

\$10 per quart Saturday, December 12, 2020 12 noon - 3pm

Soups available - Chicken Corn Chowder & Vegetable Beef.

Orders and payment need to be placed by Dec. 1st by calling Terry Kromer 610-258-5050.

Credit Card payment accepted over the phone or Check payment accepted via mail. P.O. Box 70, Bangor, PA. 18013.

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Slate Belt Heritage Center News The Slate Belt Heritage Center is now Accepting applications for its Annual Preservation



The Slate Belt Heritage Center is Now Accepting Applications for its Annual Preservation Award. This Award, which seeks to acknowledge individuals who have performed exemplary acts to promote and preserve the culture and heritage of the Slate Belt. Candidates may be an individual or group and may be nominated by themselves or another party. There are three categories: Initiative Award, Architectural

Award and Special Focus Award. Detailed descriptions of these categories, as well as the criteria involved may be found on the Heritage Center's web site, SBHC.org, and Facebook page, Slate-Belt-Heritage-Center-SBHC. Nominations will be accepted this fall and will be reviewed in January. Awards will be presented in June 2021. Interested parties may obtain an application at the Heritage Center on Sundays from 12:00pm -3:00pm at all local municipal offices or by contacting Jason Huggan at 484-754-2480. Please help us recognize those people who are working to preserve our history.

Slate Belt Heritage Center Pearl Harbor Program Update The Slate Belt Heritage Center will be posting a new

program on their Facebook page on **Thursday, December 3rd 7:00pm.** The program, given by James Paynter, will look at the attack on Pearl Harbor on December 7, 1941. Mr. Paynter, a graduate of Bangor High School, served in the United States Navy from 1967 – 1969, and has spent many years studying the events on "the day that will live in infamy".

Mr. Paynter will be sharing stories from people who were there the day of the attack, showing pictures of the ships that were at Pearl Harbor at the time of the attack, as well as presenting other artifacts and displays. It promises to be an interesting and informative talk about the day that led the United States to enter World War II. The Slate Belt Heritage Center is a 501(c)3 organization that preserves and teaches about the culture and artifacts of the different groups that settled in the Slate Belt. Their Facebook

NCC Offers Low-Cost Dental Cleanings

Dental hygiene students at Northampton Community College are welcoming new patients to the Litwak Dental Clinic in the college's Fowler Family Southside Center to provide multiple oral assessments, cancer screenings, dental cleanings, radiographs, fluoride treatments, and dental screenings, all under the supervision of licensed hygienists and dentists. The clinic is open **Monday**, **Wednesday, and Friday** in the fall and dental cleanings are free for all NCC credit students. Members of the public can utilize the services for a nominal fee. The appointments are long, but will be the most thorough trip to the dental hygienist you have ever encountered! Appointments can be made by phoning the clinic at (610) 861-5442.



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State Farm

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



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.

BAHS BANDS ANNUAL WREATH SALE

Limited availability. Contact any band student or email: Kevin Horne at horneke@bangorsd.org Pick up at the high school on **December 1st**

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/





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.



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Robin Tinsley Sabatino Insurance Agency Inc 17 S Robinson Ave 610-863-6033 ROBIN@SABATINOINS.COM

Request your free Medicare Supplement Guide.

Next issue will be printed November 26th Deadline for all ad copy and news Friday, November 20th. Email your news and events to thebeltandbeyond@gmail.com

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 candlelit toursleaving approximately every 15 minutes beginning at 3:00pm, with the last group going out at 7:00pm

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 luminaries to complimentary hot chocolate and cookies, Old Time Christmas is sure to become a favorite holiday pastime for many years to come.

Gather around a bonfire while you wait for your visit to the 1800s to begin. Guides in period clothing will lead guests on their journey into the past beginning with a glimpse at a Victorian era Christmas andtheir Christmas Putz, a homemade nativity and village scene.

The living Nativity, located in the barnyard, includes the Quiet Valley farmanimals and offers a look at the foundation of this special celebration and includes a soloist and scripture readings. Experience a rustic Christmas of the early 1800s in the upper barn. At the one room schoolhouse the school marm leads both the musicians and guests in singing their favorite seasonal carols. There is plenty of nervous excitement as folks await a visit from the Belschnikel, a traditional Pennsylvania German character who made his rounds during the Christmas season. He is the one who really knows if you were naughty or nice.

New this year, in celebration of the 30th anniversary of Old Time Christmas, is a Christmas Tree Forest where trees sponsored by families and business will be on display. We are asking our visitors to vote for their favorite decorated tree.

Complimentary refreshments add a festive touch to the visit. Before you leave be sure to stop in the Holiday Gift Shop which is stocked with heritage crafts handmade by Quiet Valley artisans. It is the place to find unique gifts at reasonable prices.

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 socialdistanced. MASKS ARE REQUIRED.

All funds raised support the mission of the non-profit farm museum.

To pre-buy tickets go to https://quiet-valley.ticketleap.com/ old-time-christmas or call the farm at 570-992-6161 and reserve your spot. Old Time Christmas is held annually the first two full weekends of December. You will be outside part of the time so remember to dress warmly. No pets or smoking please. Group of 12 or more with reservations,receive a discounted price any of the four days, when going out between2:00pm and 3:00pm. It takes about an hour and a half to two hours to see all of Old Time Christmas.

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For more information contact Quiet Valley at 570-992-6161, farm@quietvalley.org, or consult the website at www.quietvalley.org. Quiet Valley Living Historical Farm is a 501(c)(3) non-profit, educational corporation dedicated to the preservation and presentation of 19th century agricultural history. Quiet Valley is located 3 ½ miles south of Stroudsburg, Pa. off of Business Route 209.









Dine Locar

Shop Local Support Smal













Ignite Fitness Pink Out Craft & Vendor Fair

The Ignite Fitness Pink Out Craft & Vendor Fair was held on Saturday, October 31st. The event was a huge success with 30 + vendors and a great show of support from the Slate Belt community. #JenStrong





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UMBT Veterans Day Celebration

Upper Mt Bethel Township hosted a Veterans Day Celebration with a drive-by parade and fireworks display on Saturday, November 7th. See more photos on our facebook page. photos by Lisa Newberry



3rd Annual HBBA Chili Trail and Competition



It was a beautiful day on Saturday, Nov. 7th in downtown Bangor at the 3rd annual Historical Bangor Business Assoc. Chili Trail and Competition. Proceeds from the event benefit Liberty Fire Co. and Lookout Fire Co. #1.

This year's Chili competition winners were: Spiciest Chili - Liberty Fire Co. (3rd year winner in this category)

Most Creative Chili - Three Moons Kitchen, Mayor's Choice - Stone Lake Winery and People's Choice - Bangor Trust Brewing. There were a total of 13 chili competitors this year. Congrats to this year's winners! photos by Candy Martin















4 COMMUNITY NEWS -

New in the Bangor Public Library

Adult Fiction - A Virgin River Christmas by Robyn Carr; Paradise Valley by Robyn Carr; Second Chance Pass by Robyn Carr; Temptation Ridge by Robyn Carr; Two Reasons to Run by Colleen Coble; Hidden Bodies: A



Novel by Caroline Kepnes; Truly, Madly, Deeply: A Novel by Karen Kingsbury; Everything I Never Told You by Celeste Ng; Oathbringer by Brandon Sanderson; The Way of Kings by Brandon Sanderson; Words of Radiance by Brandon Sanderson; The Tower of Riots by Andrzej Sapkowski; Lincoln in the Bardo: A Novel by George Saunders; Memorial by Bryan Washington; Lethal Beauty by Lis W. Wiehl.

Large Print Fiction - The Return by Nicholas Sparks. Adult Non-Fiction - War Dogs: Tales of Canine Heroism, History, and Love by Rebecca Frankel; The History of Organized Crime: Secrets of the World's Most Notorious Gangs by David Southwell; American Lighthouses: A Pictorial History by Jill Caravan; Legendary Lighthouses: The Companion to the PBS Television Series by John Grant; Group: How One Therapist and a Circle of Strangers Saved my Life by Christie Tate; The Home Edit Life: The No-Guilt Guide to Owning What You Want and Organizing Everything by Clea Shearer; The Long Snapper: A Second Chance, A Super Bowl, A Lesson for Life by Jeffrey Marx; Ghost Ships: Tales of Abandoned, Doomed, and Haunted Vessels by Angus Konstam: Guadalcanal: The U.S. Marines in World War II: A Pictorial Tribute by Eric M. Hammel; Chicago's Great Fire: The Destruction and Resurrection of an Iconic American City by Carl S. Smith.

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

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

The food pantry will be open on **Monday**, **9:00am to noon**. The food pantry is located at the Portland Social Hall, 111 State Street, Portland, PA, 570-656-2967. Clients must wear a mask and practice social distancing. The Portland Upper Mount Bethel Food Pantry serves Wind Gap, Pen Argyl, Bangor, East Bangor, Portland, and Martins Creek.

Pen Argyl Salvation Army Food Pantry The Salvation Army Food Pantry 301 West Main St. Pen Argyl. Curb-Side Service. The first 4 Tuesdays of the month from 10AM-12Noon. Non- Perishable, fresh veggies, and meats offered. Senior Boxes offered for those that qualify. Easy Application process. Call 610-863-6677 for questions.

Mission of Love Food Bank

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

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.

Slater Family Network Backpack Buddies

In partnership with Prince of Peace Lutheran Church, Johnsonville, Slater Family Network is happy to announce the continuation of our Backpack Buddies program!

This program was cut from Second Harvest of the Lehigh Valley's budget this year, but with continued generous donations from our community, we will continue through this year!

To sign up or donate, please feel free to call our office 610-599-7019. Business Hours are Monday to Friday 8am-2pm.

Expirations by Robert L. Martin

Summer's mantle leaning into autumn, Expiring green of summer's run, Forests giving into chilly nights, Shedding leaves unto autumn rites, Forest floors from green to brown, As swirling leaves sit upon the ground.

Seasons roll into seasons with a gusto With new faces and colors aglow, A life expiring and another forming, Summer's end and winter's warning. "Take heed citizens of the earth. Prepare thy place afore an open hearth."

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 Mail: P.O. Box 33 Bangor, PA 18013





Stay safer. If you have a cardiology appointment, keep it. If you need an appointment, make it. The earlier you address potential heart problems, the better. **To schedule your appointment, call 888-402-LVHN or visit LVHN.org/heartinstitute.**



Your health deserves a partner.