



**FREE**  
**Volume 12 • Issue 21**  
**February 5, 2026**





## CONTENTS

WEEKEND HAPPENINGS

UPCOMING EVENTS

COMMUNITY NEWS 4, 5, 6, 7, 10, 11, 14

VALENTINE'S DAY 8, 9

HAPPENINGS 12, 13

BUSINESS CARDS/CLASSIFIEDS 15

WELCOMING OUR NEW ADVERTISER

**Blu Flame Horsemanship Page 3**

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## WEEKEND HAPPENINGS

### St Peter's Lutheran Church Scholarship Oldies Dance

2 St Peter's Lutheran Church will hold their annual  
3 Scholarship Oldies Dance on **Saturday, February, 7, 2026,**  
**6:00PM -10:00PM** at the Blue Valley Farm Show,  
707 American Bangor Road, Bangor, Pa. For tickets/  
information call 610-588-2101.

### Owl Prowl Cherry Valley Refuge

Join us on **Friday February 7th, 6:30PM** for our free  
and family-friendly Owl Prowl Program at the Cherry  
Valley National Wildlife Refuge (2138 Croasdale Road,  
Stroudsburg, PA 18360). We'll take a walk through the  
woods to search for owls by sight and sound, dress for  
the weather and bring a flashlight or headlamp if you have  
one. After, we'll head back to warm up with hot chocolate  
and marshmallows by the fire and then head inside to get  
first-hand experience discovering what's inside an owl  
pellet. Please note that service animals are welcome, but  
pets are not allowed.

## PRESIDENT'S DAY MONDAY, FEBRUARY 16, 2026

"America was not built on fear. America was  
built on courage, on imagination and an  
unbeatable determination to do the job at hand."

Harry S. Truman



Count Down to Spring  
**42 DAYS**

First Day of Spring Friday, March 20th



Next issue will be printed  
**February 19th**

Deadline for all ad copy and news  
**Friday, February 13th**

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

### MT. Bethel Vol. Fire Co. Ladies Aux. Soup Night

The MT. Bethel Vol. Fire Co. Ladies Auxiliary will hold their monthly soup night on **Thursday, February 12th**, 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.

### Nazareth Winter Market

The Nazareth Winter Market will be held on **Saturday February 14th, 10:00AM -1:00PM** at the Nazareth Center for the Arts, 30 Belvidere Street, Nazareth, Pa. The market will be open the second Saturday every month through April.

### Stroudsburg WinterFest 2026

Stroudsburg WinterFest will be held on **Saturday, February 14th 11:00AM-4:00PM**. Over 40 ice sculptures will be on display on the streets in Downtown Stroudsburg. Live ice carving demonstrations will be held in Courthouse Square. Event is free. For more information visit <https://www.visitdowntownstroudsburg.com/events> Event sponsored by Thrivent Financial

### Portland Hook and Ladder LizTech Bingo and Tricky Tray Event

The Portland Hook & Ladder Vol. Fire Co. will hold a Liztech Jewelry BINGO & Tricky Tray **Saturday February 14th, doors open 11:00am, Bingo starts at 1:00pm**. (snow date February 22, 2025) William Pensyl Social Hall, 111 State Street, Portland PA For tickets: <https://portlandhookandladder.com> FMI: Contact Stephanie 610-216-6716 **See ad on page 5 for details**

### Jim Thorpe 33rd Annual Winterfest

Historic Jim Thorpe will host their 33rd annual Winterfest on **Saturday, February 14th and Sunday February 15th**. Jim Thorpe transforms into a winter wonderland during this annual Presidents' Day weekend celebration. Come and enjoy the Ice sculptures, lights, music, and shopping. Downtown Jim Thorpe, 1 Susquehanna St., Jim Thorpe, PA.

### Ackermanville United Methodist Church Free Meal

Ackermanville United Methodist Church free community Drive-thru meal will be held on **Sunday, February 15th, 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, February 15th 7:00AM-12:30PM** at the Blue Valley Farm Show, 707 American Bangor Road, (RT 512) Between Bangor & Pen Argyl. **See ad at right for details**

### First United Methodist Church (FUMC) Bangor Free Luncheon

The First United Methodist Church (FUMC) in Bangor will offer a Free sit down luncheon on **Sunday, February 22nd, at 12:30PM** (held every 4th Sunday of the month) in the Fellowship Hall. Please enter at the alley entrance off of North 3rd Street, Bangor, PA.

### 8th Annual Snowmen of Stroudsburg

The 8th Annual Snowmen of Stroudsburg will be on display **through February 28, 2026** FMI: visit <https://gocollaborativestbg.com/snowmenofstroudsburg/>

## BLUE VALLEY FARM SHOW

### All You Can Eat Breakfast

**Sunday, February 15, 2026**

**7:30am-12:30pm**

Adults \$15 Children 6-12 \$7 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**

## Equines and Valentine's

**Where:** 2557 Ackermanville Rd, Bangor, PA

**When:** Sunday 2/15/26 (2-4pm)

**What to Expect:**

- ♥ Kissing booth with a pony!
- ♥ Festive craft!
- ♥ Decorate a pony!
- ♥ Sensory fun!



\$25 Entry per child (\$20 with pre-registration) (Adults accompanying a child get in free)

**KISSING BOOTH**



Contact us to pre-register!

[blufamehorsemanship@gmail.com](mailto:blufamehorsemanship@gmail.com) | 570-664-7510

Free Admission

**SPRING**

**CRAFT & VENDOR FAIR**

Join us for a day of community and shopping at our Spring Craft & Vendor Fair! Come support the firehouse and local crafters/vendors at this event \*\*

Food and drinks will be available for purchase

**SATURDAY, MARCH 14, 2026**

**9:00AM - 3:00PM**

Vendors wanted contact Dennis 908-400-5953

**Bushkill Township Volunteer Fire Co.**

155 Firehouse Lane  
Nazareth, Pa 18064

Free Admission

### Christ Presbyterian Church of the Slate Belt Hospitality Luncheon

Christ Presbyterian Church of the Slate Belt invites you to join them on **Saturday, February 28th, 11:30AM-1:30PM**. Dine in or Take out. Luncheons are held on the last Saturday of the month. The church is located at 332 Kennedy Drive, Bangor, PA.

### Slate Belt Restaurant Week

Mark your calendars for Slate Belt Restaurant Week **March 2 - 8, 2026**. Visit local restaurants throughout the Slate Belt for special menus. For more information visit the Chamber website [slatebeltchamber.org](http://slatebeltchamber.org) and watch for Restaurant Week details in The Belt and Beyond.

**Upcoming Events continued on page 4**





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

**BINGO EVERY THURSDAY**

**PROGRESSIVE JACKPOTS,  
PULL TAB TICKETS, & PIGGY!**

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

### Trinity Lutheran Church Free Clothing Closet

Trinity Lutheran Church Free Clothing Closet is able to serve many individuals in our community and we are now in need of help replenishing our supplies.

If you are able to donate any of the items listed below, please bring your donations **Tuesday through Thursday 9:00AM- 11:00AM.**

If those days or times do not work for you, please call the office at 610-588-2023 to arrange an alternative drop-off time.

Items Needed:

- Men's and women's winter socks (brand new or very gently used)
- Women's clothing in sizes 3X and 4X
- Men's and women's winter coats in all sizes
- Men's, women's, and children's winter boots, sneakers, and shoes
- Purses, handbags, and men's and women's wallets

Your kindness and generosity make a meaningful difference. Thank you for supporting this ministry.

The clothing closet is open twice per month.

**February Hours: Saturday, February 7th and 21st from 10:00AM -12:00 PM.**

Trinity Lutheran Church is located at 404 Broadway, Bangor, Pa.

### PIAC 47th Annual St. Patrick's Day Parade

The Pocono Irish American Club will host its 47th Annual St. Patrick's Day Parade on **Sunday, March 22nd. Step-off time is 1:15PM** from Stroudsburg High School parade will end at the Municipal Building, on Crystal Street, in 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](http://www.poconoirishamericanclub.com/piac-st-patricks-day-parade-information)

### 4th Slate Belt Pride 2026

The 4th Annual Slate Belt Pride will be held on **Saturday, June 13, 2026, 12:00PM-6:00PM**, at Weona Park Rt. 512, Pen Argyl, PA (new location).

*"A flower cannot blossom without sunshine, and man cannot live without love."*

~ Max Muller

### Pen Argyl Women's Club HOBY Recipient

Talia Curtolo, daughter of Philip & Erin Curtolo of Plainfield Township has been chosen as a recipient of the Hugh O'Brian Youth Leadership Award. With sponsorship of GFWC PA Women's Club of Pen Argyl, Talia, a sophomore in Pen Argyl High School, will attend the Hugh O'Brian Youth Leadership Seminar to be held June 12 through June 14 at Neumann University, Aston, Pennsylvania. Taliawill have an opportunity to meet with and learn from forerunners in the corporate and scientific fields.



Talia Curtolo

Talia was selected based upon her character, leadership skills and academic achievement. She was selected on the recommendations of her teachers and guidance counselor.

Talia is a member of the Knights Order, Leo Club, Aevium, Character Education and Varsity Softball. In addition to her schoolactivities she is also a member of the Forks Thunder 18U Softball, St Peter's Bell and Youth Choirs and the Youth Representative for the Plainfield Township Parks and Recreation Board.

### EBUMCC Lenten Bible Study

The East Bangor United Methodist Community Church will be hosting a Lenten Bible Study based on Richard Wilke's thoughtful book, "He Set His Face To Jerusalem." The 5-week study will meet at **10:00 am on Wednesdays (February 25 - March 25)** and will also be accessible on Zoom. (It will be recorded for those who cannot attend.) The book is available through Amazon, Cokesbury, and other booksellers. The church is located at 136 W. Central Ave. (Rt. 512), East Bangor. If you have any questions and for the Zoom access, please contact Dave Goss at 570-556-9482.



### Slate Belt Heritage Center & Museum to Hold Preservation Workshop

The Slate Belt Heritage Center & Museum will hold a Preservation Workshop on **Sunday, February 8th at 2:00PM**. Presenters will be Curator Melissa Hough along with Board Member Rachael Winston. Come and learn about the best practices for paper preservation, in addition to general artifact handling and storage for family heirlooms. They will also offer suggestions on how to put together a successful Time Capsule Envelope so it will be readable 50 years from now. This is in preparation for the burial of the new Bangor Time Capsule that will take place in the Church Memorial Park next to the Heritage Center and Museum. Leave a letter for your descendants by purchasing an envelope at the Center, any Sunday from 12:00 p.m. -3:00 p.m. Envelopes must be returned by March to be included in the time capsule. The Center is located at 30 North 1st Street, Bangor, PA.

For additional information please contact Karen Brewer at 484-894-5661.





FORKS OF THE DELAWARE  
HISTORICAL ARMS  
SOCIETY, INC.



**\$1 OFF**  
Admission  
with this coupon  
valid February 14 & 15 2026  
**ONLY**

## GUN SHOW

NEW, USED AND COLLECTIBLE FIREARMS & MILITARIA  
THE ORIGINAL ALLENTOWN GUN SHOW

**Saturday, February 14, 9:00am - 5:00pm**

(No tickets sold after 4:00pm)

**and Sunday, February 15, 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](http://www.allentownshow.com). For further club info call 610-438-9006

## PLAINFIELD TOWNSHIP VOL. FIRE COMPANY

6480 Sullivan Trail, Wind Gap PA 18091

## JACKPOT BINGO

**Sun., Feb. 15 - 11:00AM - 5:00PM**

Doors open at 11:00AM Games start at 1:00PM

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

[https://www.eventbrite.com/e/jackpot-bingo-at-plainfield-township-vol-fire-co-tickets-1979781265058?fbclid=IwVERDUAPV3iZleHRuA2FibQlxMABzcnRjBmF-wcF9pZAo2NjI4NTY4Mzc5AAEeBxPW3TXV1Lc5yvwDYhfBP4RZpudeeYJ7WbANpZsX-X-LyqmkUBTKX52rj9M\\_aem\\_VkjmHyNBqXV\\_GVY3gbwrKg](https://www.eventbrite.com/e/jackpot-bingo-at-plainfield-township-vol-fire-co-tickets-1979781265058?fbclid=IwVERDUAPV3iZleHRuA2FibQlxMABzcnRjBmF-wcF9pZAo2NjI4NTY4Mzc5AAEeBxPW3TXV1Lc5yvwDYhfBP4RZpudeeYJ7WbANpZsX-X-LyqmkUBTKX52rj9M_aem_VkjmHyNBqXV_GVY3gbwrKg)

Presale tickets are available every Thursday at our weekly bingo event. Doors open Thursday night at 4:30PM, or stop by the firehouse or stop by Monday nights 6:30PM-8:30PM. Door admission ticket includes: 9 board top bingo package.

Your Specials are included in your Bingo package! 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

JACKPOT

## KEYSTONE ROD & GUN CLUB

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

## Block Shoot & Meat Raffles

Feb. 15 • March 15 • 1-5 pm

April 25 • 5-9 pm

Shells provided.

Bring 12 or 20 Ga. or use club gun

Kitchen Open! Public welcome! Refreshments!

## SPECIAL QUARTER STEER RAFFLE

1st Prize-Quarter Steer; 2nd Prize-52 Qt. RTIC cooler;  
3rd Prize-Case of Burgers & Hot Dogs Tickets \$10 or  
3/\$25 Available at block shoots and membership nights.

## 2026 Memberships & Renewals

Monday nights 6-8 pm through  
April 13 and during public events.



## Indoor Archery-Thursdays

Started January 8, doors open  
at 6:30, starts 7 pm. 12 weeks  
\$10/night. Open to the public!

## Blue Mountain 3D Archery League

Starts in February  
see [krgclub.com](http://krgclub.com)  
for full flier.  
Open to public.



**April 11  
5:00 pm**

20 games-\$40 in advance/\$50 at the door  
Guns - purses - cash - lottery - cheer

Advance tickets available Mondays 6-8 pm, at block  
shoots or by Venmo: [KeystoneRod\\_GunClub](https://www.venmo.com/KeystoneRod_GunClub)

FOR MORE INFO GO TO [KRGCLUB.COM](http://KRGCLUB.COM) & FB

PUBLIC WELCOME!



## Portland Hook & Ladder Co. #1 18th Annual LIZTECH Jewelry BINGO & Tricky Tray

**Saturday February 14, 2026, at 1:00pm**

William Pensyl Social Hall, 111 State Street,  
Portland PA

**\$25 Advance Ticket(s) ~ \$30 at the door**

Doors Open at 11:00am \*\*\* Food Available

(snow date February 15, 2025)

For tickets | Stephanie 610-216-6716 or

[phl33ladies@gmail.com](mailto:phl33ladies@gmail.com)

Online tickets scan the QR code or visit

<https://portlandhookandladder.square.site>



Proceeds benefit ~  
Portland Hook & Ladder Co. #1  
[www.portlandhookandladder.com](http://www.portlandhookandladder.com)  
@PortlandHookandLadder



**BUY \$5 WORTH OF TRICKY TICKETS, GET \$5 FREE  
LIMIT 2 WITH AD**

## Mt. Bethel Fire Co. Ladies Auxiliary 31st ANNUAL

## SPRING CRAFT/VENDOR SHOW

**Saturday March 14, 2026 9:00 am-3:00 pm**

**\$25 will reserve an 8 foot table or space,**

**\$15 for a second table or space.**

Table and 2 chairs per table provided.

Event is first come, first serve basis. We will do our best to accommodate  
special requests for specific hall spaces but cannot guarantee.

**\*Table rental fees refundable with minimum 2 week cancellation notice**

Venue doors open at 7:00 a.m. Please park your vehicles in the back of  
the fire hall after unloading to accommodate our patrons.

We also request that you stay for the time we have advertised to be open  
so patrons continue to come back to see you. Patrons will come after 2 pm.

Leaving early will jeopardize your ability to reserve a table in the future!

**RESERVATIONS WILL BE ACCEPTED FROM  
CRAFTERS OF HOMEMADE ITEMS AND VENDORS**

Please fill out the form below and return it No later than **February 14, 2026** with your check or  
money order. Please mail to:

Ladies Auxiliary of Mt Bethel Fire  
PO Box 194, Mount Bethel, PA. 18343

Questions please email [mbladiesauxiliary@gmail.com](mailto:mbladiesauxiliary@gmail.com)

CLIP AND MAIL

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

CRAFT: \_\_\_\_\_

NUMBER OF TABLES: \_\_\_\_\_ NUMBER OF CHAIRS: \_\_\_\_\_ TOTAL AMOUNT DUE: \_\_\_\_\_

ELECTRICITY: \_\_\_\_\_ WALL SPACE: \_\_\_\_\_ SPACE INSTEAD OF TABLE: \_\_\_\_\_

**\*\*SPRING SHOW ALL ARE BASED ON AVAILABILITY\*\***



**Bushkill Township Volunteer Fire Co.**  
155 Firehouse Lane, Nazareth, PA. 18064  
— **BINGO Every Wednesday Night starting at 6:30pm** —  
Kitchen Open Air Conditioning (No Smoking or vaping) ATM  
Cash & Credit Cards Accepted  
**\$750.00 Jackpot**  
**Pick 4 Spinning for Jackpots**  
Minimum payout \$100  
**Weekly Specials**  
**\$50 Reg. Games • \$70 Specials**  
Winner Take All, U-Pick-Em, Quickies  
Bingo supports Bushkill Twp. Vol. Fire Co.  
6 TV monitors with verification

**SFT SPRAY FOAM TECHNOLOGIES, INC.**  
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Wind Gap, PA 18091  
[debbie.pettinari.wz73@statefarm.com](mailto:debbie.pettinari.wz73@statefarm.com)

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**UPROOTED**  
TREE SERVICE  
**WINTER WILL SOON BE HERE. DON'T DELAY, CALL TODAY!**  
**WE CAN TAKE CARE OF YOUR TREE PROBLEMS**  
"Servicing Monroe County and neighboring communities"  
Tree Trimming & Removal  
Free Estimates • Fully Insured • References Available  
**MATTHEW SZARZYSKI, Experienced Arborist**  
[uprootedtree1@gmail.com](mailto:uprootedtree1@gmail.com)

## Super Bowl LX

The New England Patriots and the Seattle Seahawks will play in Super Bowl XL (60) on Sunday, February 8, 2026, at Levi's Stadium in Santa Clara, California. Kick off is scheduled for **6:30 p.m.**



This year's halftime show performer is Bad Bunny. Another popular Bowl on Sunday, is the Discovery Channel's Puppy Bowl XXII. Team Fluff and Team Ruff, will be competing to win the "Lombarky" Trophy. For more information and on this year's Puppy Bowl and the pup line up visit [www.discovery.com/shows/puppy-bowl/vote](http://www.discovery.com/shows/puppy-bowl/vote)

**BONO PIZZA BANGOR**  
**105 Broadway, Bangor, PA**  
Pizza • Stromboli • Cheesesteaks • Subs • Pasta • Wings  
**610-588-6989**  
**WEEKDAY SPECIALS**  
**2 Slices, 16oz soda \$6.99+tax**  
**Cheesesteak w/sauce & onions, 16oz soda \$11.99+tax**  
**SPECIALS AVAILABLE FOR DINE IN OR TAKE OUT**  
**PIZZA SPECIALS**  
**SUPER BOWL SPECIAL**  
2 Large Cheese Pizzas,  
8 Wings & 1 Order of Garlic Knots  
**\$38.99+ tax BOWL SUNDAY ONLY**  
**2 LARGE CHEESE PIZZAS \$27.99+ tax**  
Available Mon. - Tues. - Wed. Only  
**HOURS: MONDAY CLOSED; TUES.-THURS. 11AM-9PM; FRI.-SAT. 11AM-9:30PM; SUN. 12PM-9PM**

## Super Bowl Trivia Quiz

1. The First Super Bowl took place when and where?
2. Which team has the most Super Bowl Championships?
3. In 1995, who threw six touchdown passes in one Super Bowl?
4. During the first Super Bowl, broadcast how much did a one-minute TV ad cost?
5. Which Pittsburgh Steeler was the first wide receiver to be named a Super Bowl MVP?
6. Whose Super Bowl ring was the biggest one ever made?
7. Where was the last Super Bowl of the 1960s played?
8. Terry Bradshaw has how many Super Bowl MVP awards?
9. What team recorded a rap, "Super Bowl Shuffle" in Nov. '85, and then won the Super Bowl a few months later?
10. What Trophy is awarded to the winners of the Super Bowl?

See page 10 for answers



## National Donor Day is February 14

Valentine's Day is Saturday, February 14th, it's also National Donor Day, which is observed annually on this day and celebrated by many. National Donor Day is a day to celebrate the gift of life, a day to raise awareness of the life-saving benefits of donations of Organs, Tissues, Marrow Platelets and Blood.

National Donor Day aims to raise awareness of the live-saving benefits of five different types of donation – Organs, Tissues, Marrow, Platelets, and Blood. Every 8 minutes, another person is added to the national transplant waiting list. Today there are more than 100,000 people on that list. Why so many you may ask? Because there are not enough registered donors. There are many non profit health organizations that sponsor donor registration initiatives for organs and tissue, as well as blood and bone marrow drives nationwide.

You can help by giving blood, becoming an organ donor, and raising awareness about donation. Let your loved ones know you're a donor or become a donor and encourage your family members and friends to register, as well. Blood donations are always in need, organize a blood drive or volunteer with the American Red Cross. For more information, visit [donors1.org](http://donors1.org), [redcrossblood.org](http://redcrossblood.org) and [donatelifenot](http://donatelifenot).



## VALENTINE'S DAY Word Search

Can you find all the words associated with Valentine's Day?  
Words can be found up-and-down, side-to-side and diagonally!

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

VALENTINE  
CANDY  
CHOCOLATES  
HEART  
ROSES

FOREVER  
ADMIRER  
CUPID  
PINK  
BE MINE

CARD  
LOVE LETTER  
POEM  
GIFT  
CELEBRATE

CUDDLE  
KISSES  
XOXO  
SWEETHEART  
ROMANCE

Answers on page 11

We ♥ to hear from you!

NEWS • PHOTOS • EVENTS

610-704-6818

[thebeltandbeyond@gmail.com](mailto:thebeltandbeyond@gmail.com)

[www.thebeltandbeyond.com](http://www.thebeltandbeyond.com)



LIKE AND FOLLOW US ON FACEBOOK AND INSTAGRAM



# BAARDA FARMS & DENISE'S DESIGNS

**VALENTINE'S DAY IS  
SATURDAY, FEBRUARY 14.**

PLEASE REMEMBER TO PLACE YOUR ORDERS EARLY.

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

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

*happy  
valentine's  
day*

*Amethyst*  
BEAUTY CO

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Treat Yourself to a Relaxing Experience this Valentine's Day

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## Valentine's Sip. Shop & Sweets Soiree

**SATURDAY, FEBRUARY 14TH**

**10AM - 4PM**

**INDOOR EVENT**

**CHOCOLATE &  
SWEET TREATS**

**POP UP VENDORS  
& ARTISANS**

**Tastings &  
More**

**CLEVER GIRL  
WINERY**

**Gift with  
Purchase**

**Live Music**  
12PM - 3PM  
RICK KOVAL ACOUSTIC



**Inside Artisan  
Pop Up Sip &  
Shop Event**



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# MT. BETHEL DINER

**Valentine's Day Specials**

**Specials available Friday, February 13 - Sunday, February 15**

**DINE IN OR  
TAKE OUT**

Broiled Seafood Combo with Lobster Tail .....	\$29.99
Delmonico Steak & Grilled Shrimp .....	\$25.99
Prime Rib .....	\$25.99
T-Bone Steak .....	\$25.99
Shrimp Trio (21) Breaded, Broiled, & Cocktail over Rice w/soup or salad & 1 vegetable & cake .....	\$25.99
Filet Mignon w/Red Peppers Mozzarella Cheese, & Porta Bello Mushrooms .....	\$20.99
Pot Roast .....	\$20.99
Broiled Salmon over Rice w/Dill Sauce .....	\$20.99
Chicken Sophia w/Crabmeat & Shrimp .....	\$20.99
Smoked Pork Chops (2) .....	\$20.99
Maryland Crab Cakes .....	\$20.99

\*\* Above Entrees include 2 vegetables, choice of soup or salad and cake unless otherwise noted.

Chicken Parmesan with Spaghetti .....	\$20.99
Shrimp & Broccoli Penne w/Garlic & EV00 .....	\$20.99
Chicken Francaise w/Angel Hair Pasta .....	\$20.99

\*\*Above entrees include choice of soup or salad and cake.

**Regular Menu**

**Available**

2600 N Delaware Drive  
Mt. Bethel, PA  
(570) 897-6409

**REGULAR HOURS: OPEN DAILY 6:00AM - 9:00PM • TUESDAY HOURS 6:00AM - 3:00PM**



## Slate Belt Diner

370 Blue Valley Drive, Bangor, PA 610-452-9205



### VALENTINE'S DAY SPECIALS

Available Fri. Feb 13 - Sun. Feb. 15

<b>Ribeye Steak w/5 Shrimp.....</b>	<b>\$27.99</b>
<b>Shrimp Scampi over Pasta ...</b>	<b>\$27.99</b>
<b>Salmon w/1 Crab Cake .....</b>	<b>\$27.99</b>
<b>Marry me Chicken over Pasta .....</b>	<b>\$26.99</b>
<b>Chicken Stuffed w/Crab Meat.....</b>	<b>\$25.99</b>

Above entrees include: Soup and 2 vegetables

**Dine In or Take Out  
Regular Menu Available**

**Open 7 Days Sun. - Thurs. 6:00 AM - 7:00 PM  
Friday. & Sat. 6:00 AM - 8:00PM**



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Feb. 9th - 13th - 9:00 AM - 6:00 PM  
Feb. 14th - 9:00 AM-5:00 PM**

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# AMERICAN HEART MONTH FEBRUARY

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## Fasnachts or Pancakes on Shrove Tuesday (Fat Tuesday)

Fasnacht or Pancake Day coincides with Shrove Tuesday, also known as "Fat Tuesday" or "Mardi Gras." It's the day before Ash Wednesday, the start of the Christian observance of Lent. A 40-day season of fasting, repentance, and reflection before Easter Sunday. Shrove Tuesday is the last day of feasting on indulgent foods, such as fasnachts or pancakes before Ash Wednesday. Traditionally, Fasnacht Day is a Pennsylvania Dutch tradition. Fasnacht is a German word meaning "Fasting Night" in English. Using up the lard, sugar, butter, eggs and other rich foods in the cupboard making the fasnachts before Lent begins. So what is Fasnacht? It's a donut.

There are three kinds of Fasnachts, one made with yeast, one made with baking powder, and one made with potatoes and yeast. All are slightly crispy on the outside and not nearly as sweet as a regular donut.

In the UK, Shrove Tuesday is more commonly referred to as "Pancake Day." We know a pancake is a thin, flat cake, made of batter and fried in a frying pan. Traditionally, an English pancake is very thin and is served with syrup or lemon juice and caster sugar are the usual toppings for these pancakes.

The ingredients for the pancakes can be seen as symbolizing four points of significance at this time of year: Eggs - Creation, Flour - The staff of Life, Salt - Wholesomeness, and Milk - Purity. So, whether you choose to indulge in fasnachts, Shrove pancakes, or some other decadent food, enjoy and eat up on Fat Tuesday!



## Super Bowl Trivia Answers

1. January 15, 1967, at the Los Angeles Memorial Coliseum, Los Angeles, California; 2. Pittsburgh Steelers; 3. Steve Young; 4. \$85,000; 5. Lynn Swan; 6. William "The Refrigerator" Perry of the Chicago Bears, a size 23; 7. Orange Bowl, Miami, Florida; 8. Two; 9. Chicago Bears; 10. The Vince Lombardi Trophy



## 10 Ways to Improve Your Heart Health

- 1 Balance calorie intake with physical activity.
- 2 Add a variety of fruits and vegetables.
- 3 Incorporate whole grains.
- 4 Focus on healthy protein sources, mostly from plants and seafood.
- 5 Use non-tropical liquid plant oils.
- 6 Eat minimally processed foods.
- 7 Minimize added sugars.
- 8 Cut down on salt.
- 9 Limit alcohol. (If you do not drink alcohol, do not start.)
- 10 Follow these recommendations whether eating at home or dining out.

Need more food for thought? Go to [heart.org/eatsmart](http://heart.org/eatsmart).

## FEBRUARY NATIONAL DAYS

### NATIONAL AMERICAN HEART MONTH FEBRUARY NATIONAL DAYS ♥

FEBRUARY 5 - NATIONAL OPTIMIST DAY  
FEBRUARY 6 - NATIONAL WEAR RED DAY  
FEBRUARY 7 - NATIONAL SEND A CARD TO A FRIEND DAY  
FEBRUARY 8 - NATIONAL BOY SCOUTS DAY  
FEBRUARY 9 - NATIONAL PIZZA DAY  
FEBRUARY 10 - NATIONAL FLANNEL DAY  
FEBRUARY 11 - NATIONAL LATTE DAY  
FEBRUARY 13 - GALENTINE'S DAY  
FEBRUARY 14 - NATIONAL ORGAN DONOR DAY  
FEBRUARY 17 - NATIONAL RANDOM ACTS OF KINDNESS DAY  
FEBRUARY 18 - NATIONAL DRINK WINE DAY  
FEBRUARY 20 - NATIONAL LOVE YOUR PET DAY  
FEBRUARY 21 - NATIONAL CAREGIVERS DAY  
FEBRUARY 22 - NATIONAL MARGARITA DAY  
FEBRUARY 23 - NATIONAL BANANA BREAD DAY  
FEBRUARY 24 - NATIONAL TORTILLA CHIP DAY  
FEBRUARY 26 - NATIONAL CHILI DAY  
FEBRUARY 27 - NATIONAL RETRO DAY  
FEBRUARY 27 - NATIONAL CHOCOLATE SOUFFLE DAY

### FEBRUARY HOLIDAYS

FEBRUARY 14 - VALENTINE'S DAY ♥  
FEBRUARY 16 - PRESIDENTS DAY



## Jacobsburg Environmental Education Center February Community Programs

### Forest BAETHing - Saturday, February 14, 2026 10am to 11:30am.

Looking for something peaceful to do with your 'bae' this Valentines Day? Join the team at Jacobsburg as we practice the Japanese art of forest bathing, shinrin-yoku, which translates to "bathing in the forest atmosphere". This program is intended to cultivate a sense of mindfulness and appreciation for our loved ones using a slow forest walk as the modality. A traditionally 'coupled' pair is not required- best friends, families, and individuals are all welcome to join! Participants will be walking on slightly uneven terrain. Please wear comfortable shoes and appropriate layers to be outside for the duration of the program. Registration is required.

### Sugaring with your Sugar - Saturday, February 14, 2026 1pm to 3pm.

Nothing is sweeter than syrup! Sugaring is the practice of boiling sap from trees into a tasty delicacy. Learn more about the sugaring process and bring along your sweetest friends for this program. Participants will be walking on slightly uneven terrain. Please wear comfortable shoes and appropriate layers to be outside for most of the program. Registration is required.

### Winter Plant Walk - Wednesday, February 18, 2026 10am to 12pm.

Join volunteer Doug B. on a walk through the woods and fields of Jacobsburg in search of winter plants that provide food for birds and other animals. Learn how to identify plants in winter and enjoy the winter landscape. Dress for the weather and wear comfortable hiking shoes. Registration is required.

### Walking in the Footsteps of Jacob of Jacobsburg - Session 1:

Saturday, February 21, 2026 10am to 12pm or Session 2:

Saturday, February 21, 2026 1:30pm to 3:30pm. Celebrate America's 250th by learning about Jacobsburg's namesake Jacob Hubler and his role in the American Revolution! We'll learn what Jacobsburg looked like in the late 1700's while taking a walk to the ruins of the Jacobsburg Inn. Find out the role the inn played in the early years of our country, as well as some of the intriguing local folklore about what it became in its later years! This program will involve walking along roads and through parts of the forest that do not have established trails for about a quarter of a mile. You must be able to traverse uneven surfaces to attend this walk. We will continue on established trails for the remaining mile of the walk, for a total of 1.3 miles. There are two sessions of this walk on the same day, please choose one session. The program will start at the Connector Trail Parking Lot at 835 Jacobsburg Rd. Wind Gap, PA 18091. Registration is required. Detailed directions to the meeting location for this program can be found in the registration confirmation email.

### Family Film Night: Owl Power - Friday, February 27, 2026 6:30pm to 8pm.

Owls are well known for their charismatic faces and eerie nighttime calls. How much do you really know about their amazing powers though? Bring your family along for a craft activity and screening of the PBS Nature Series film Owl Power. The film follows the lives of two Barn Owl chicks and will help us understand the adaptations that make owls the successful hunters that they are! Craft time starts at 6:30pm and the movie starts promptly at 7:00pm. Registration is required as supplies and seating are limited. You may preview the film online:

<http://www.pbs.org/wnet/nature/owl-power/11628/>

### Snowshoes and Hiking Poles Available - Monday thru Friday,

8:15 AM-3:30 PM at Jacobsburg Visitor Center, 400 Belfast Road, Nazareth. Borrow snowshoe equipment to use on Jacobsburg's trails this winter! Snowshoes are available for folks of any age or shoe size, including small children. Snowshoes will not be made available during times of insufficient snow cover, at least six inches of snow is required. To borrow equipment, you must provide a driver's license or other form of state issued identification. For more information call 610-746-2801 or email [jacobsburgsp@pa.gov](mailto:jacobsburgsp@pa.gov). You can check our website for current winter conditions and snow depth:

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

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](mailto: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 Pantries

### Bethel Bible Church Food Pantry

Every Saturday 9:30AM - 11:00AM. 7742 N. Delaware Drive, (Rt 611), Martins Creek PA. FMI call (908) 483-8231.

### 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 7:30AM to 11:00AM, 555 North Main. Street, Bangor, PA. Questions contact Pastor Frank Pons (570) 807-7794. Check Facebook for weather related changes

### 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.

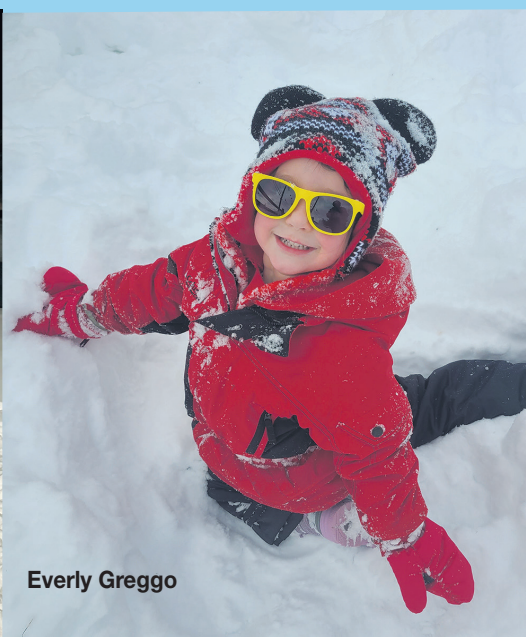




## WINTER STORM FERN PHOTOS



Lorri Stinson and grandkids Bennett and Blair.



Everly Greggo



Landon Greggo



Photos submitted by Esther Schoeneberger



All Aspects at the Barn, Mt Bethel



Raelynn and Robert enjoy the snow day!



## Immaculate Conception School Open House

*Photos by Cory Dailey*

On Sunday, February 1, 2026 Immaculate Conception School held their annual Open House, which was rescheduled due to snow. They celebrated Catholic Schools week with fun activities for the students and their families. For more information about ICS please visit their website: [www.immaculateconceptionschool.net](http://www.immaculateconceptionschool.net)

See more photos on our Facebook page



## Bangor Area High School Lady Slaters vs Pleasant Valley Bears

*Photos by Lynn Cistone*

The Bangor Slater girls basketball team hosted the Pleasant Valley Bears on Saturday, January 31st. The Slaters won the game with a final score of 42- 26.





### New in the Bangor Public Library

#### Adult Fiction - Catch Her If You Can: A

Novel by Tessa Bailey; Lost Lambs: A Novel by Madeline Cash; My Husband's Wife: A Novel by Alice Feeney; Graceless Heart by Isabel Ibanez; The Wayfinder: A Novel by Adam Johnson; The Friend of

the Family by Dean R. Koontz; Half His Age: A Novel by Jennette McCurdy; Code Blue by Fern Michaels This is Where the Serpent Lives by Daniyal Mueenuddin.

**Adult Non Fiction** - The Typewriter and the Guillotine: An American Journalist, a German Serial Killer, and Paris on the Eve of WWII by Mark Braude; Being Thomas Jefferson: An Intimate History by Andrew Burstein; It's Not You: Identifying and Healing from Narcissistic People by Ramani Durvasula; Enough: Your Health, Your Weight, and What It's Like to Be Free by Ania M. Jastreboff; The Windsor Legacy: A Royal Dynasty of Secrets, Scandal, and Survival by Robert Jobson; The Doctors' Riot of 1788: Body Snatching, Bloodletting, and Anatomy in America by Andy McPhee.

**Large Print Adult Fiction** - Skylark: A Novel by Paula McLain.

**Easy Fiction** - Bluey: I Love My Family by Bluey and Bingo; Happy Valentine's Day, Mouse! By Laura Joffe Numeroff.

**Easy Non Fiction** - Frog: A Story of Life on Earth by Isabel Thomas.

**Junior Fiction** - The Land of Stories: The Wishing Spell 1 by Chris Colfer; Xolo: How One Good Dog Saved Humankind by Donna Barba Higuera; The Deep End by Jeff Kinney.

**Young Adult Fiction** - Beth is Dead by Katie Bernet; The Swan's Daughter: A Possibly Doomed Lovae Story by Roshani Chokshi.

**DVDs** - One Battle After Another; Roofman; Wicked: For Good; My Little Pony, Friendship is Magic: Season One.

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.



### Blue Mountain Community Library News

#### New for February



**Magazine swap:** Take a magazine, leave a magazine! (Recent magazines, please). No checkout required.

**Craft supply swap:** Started a craft and have leftovers? Bring in your extra or unwanted craft supplies, and take whatever you can use.

**Children's room scavenger hunt:** Children are invited to look for pictures hidden throughout the children's room and then turn in their paper for a small prize from the prize basket! (Donations of stickers, wrapped non-peanut candy, and small toys for the basket are gladly accepted).

The book discussion group will discuss The Note by Alafair Burke on **Tuesday, Feb. 10 at 6:30pm**. Email info@bmcl.org to reserve a spot.

Adults are invited to a "Love Libraries" trivia challenge on **Thursday, Feb. 12 at 6:30pm**, to test their knowledge of libraries in general and the BMCL in particular! A small prize will be awarded to the winner.

Space is limited; registration is required. Email info@bmcl.org to register.

#### New to the circulating collection:

**Adult fiction:** The Black Wolf (Louise Penny), Coyote Hills (Jonathan and Jesse Kellerman), The Hypocrite (Jo Hamya), The Unworthy (Agustina Bazterrica), Skylark (Paula McLain), The Storm (Rachel Hawkins), The First Time I Saw Him (Laura Dave), The Murder at World's End (Ross Montgomery), Theo of Golden (Allen Levi), Remote: The Six (Eric Rickstad), Detour (Jeff Rake), A Refiner's Fire (Donna Leon)  
**Adult large print fiction:** The King's Ransom (Janet Evanovich), Nash Falls (David Baldacci)

**Adult nonfiction:** Book of Lives (Margaret Atwood), The Essential Recipes (Ree Drummond), 99 Ways to Die (Ashely Alker).

**Young adult fiction:** The Girl Who Fell to Earth (Patricia Forde), The Ballad of Songbirds and Snakes (Suzanne Collins), Sunrise on the Reaping (Suzanne Collins)

**Juvenile fiction:** Holy Moly Roly Poly! (Deb Mills), I'm Sorry You Got Mad (Kyle Lukoff), The Day the Crayons Made Friends (Drew Daywalt), My Life as a Potato (Arianne Costner), The Tip-Off (PragerU), The Academy (T.Z. Layton), It Happened to Anna (Tehlor Kay Mejia), Big Jim Begins (Dav Pilkey), The Scarlet Shedder (Dav Pilkey), Art Club (Rashad Doucet)

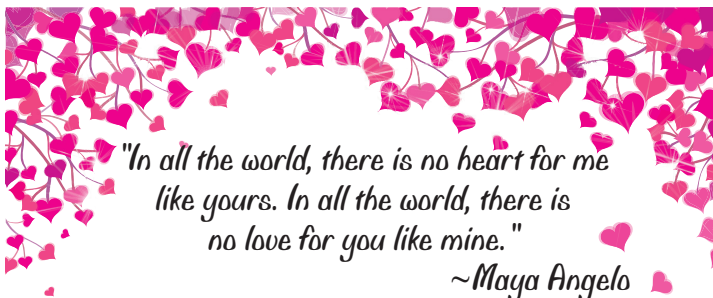
The Blue Mountain Community Library is located at 216 S. Robinson Ave. in Pen Argyl. **Hours are 10-12, Monday through Saturday mornings and 6-8, Monday and Thursday evenings.** All information is available on our Facebook page and website @www.bmcl.org.

### Ode to My Beloved

by Robert L. Martin

An ode to my beloved, a Valentine for her,  
of when that special day occurred,  
when she stood out above the crowd  
and my heart beat from soft to loud.

And when she spoke to me, my spirit climbed.  
I began to think in sonnets and rhyme  
instead of earthly drama and mundane thoughts;  
for my heart was tied up in heavenly knots,  
and she became my wife I must say.  
So Valentine's Day is in remembrance of that day.





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