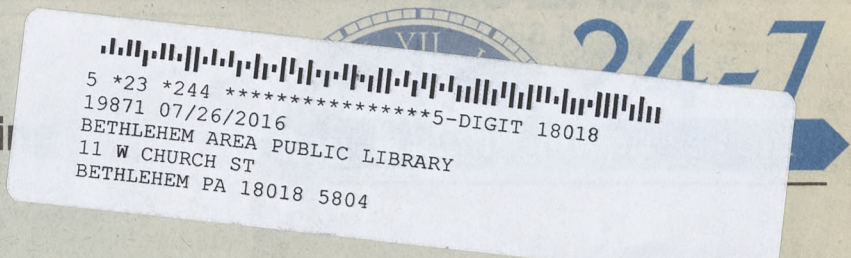




SPORTS
Hawks are
3A champs
See A9



INSIDE
Spagnola
homecoming
See A15



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FEBRUARY 17, 2016

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Feds to study synthetic turf safety

PEOPLE SAY
BY DANA GRUBB

What has been or would be your favorite way to experience romance on Valentine's Day?



"Probably the first one my husband and I were together 50 years ago. He bought me a box of chocolates and we spent the day together. We married the following July."
Paula Olexa
Bethlehem

BY GEORGE TAYLOR
NATE JASTRZEMSKI
gtaylor@tnonline.com
njastrzemski@tnonline.com

A Feb. 22 vote by Bethlehem Area School Board members on a \$4.5 million turf field project for both Freedom HS and a BASD field and track may have hit a snag following the announcement last Friday that three federal agencies are going to work together to review safety issues associated with crumb rubber artificial turf in playing fields and playgrounds.

The Environmental Protec-

tion Agency, the Centers for Disease Control and the Consumer Product Safety Commission announced a plan Friday to answer questions raised about synthetic turf made from recycled tires and possible risks for young athletes. They hope to have a report issued by the end of the year.

Friday's announcement came three weeks after two senators asked the Obama administration to examine concerns about health risks associated with exposure to artificial playing surfaces.

"Parents and athletes of all ages want and deserve conclusive answers on whether exposure

to crumb rubber turf can make one sick," said Sen. Bill Nelson (D-Fla.). Sen. Richard Blumenthal (D-Conn.) joined Nelson in requesting federal action.

According to the NBC News website, the plan calls for scientists to test different types of crumb rubber to determine what chemical compounds they contain and whether they are released when a person comes into contact with them. NBC News recently ran a series of reports on safety issues associated with artificial turf and play surfaces.

While critics and supporters of See **STUDY** on Page A2

What is synthetic turf? Caution advised See page A2

SOUTHSIDE

Turf talks

Vote planned for next meeting

BY ZACH DUFFY
Special to the Bethlehem Press

The Bethlehem Area School Board touched on the more than \$4.5 million turf field project for both Freedom HS, and a BASD field and track for the second week in a row last week at the human resources committee meeting.

Many points have been made the last two weeks at BASD board meetings regarding the potential purchase of a new track and field at two different locations. The main concern about the natural grass option is the maintenance it would take for upkeep. If the board were to go that route and bid a natural turf field, members say they would be inclined to hire a full-time staff to maintain the field. A counterargument that the synthetic turf supporters offered is the amount of pesticides that would be needed for upkeep on a grass field. Their argument is there have been reports of these chemicals causing cancer.

Board President Michael Faccinnetto spoke briefly about the process in which potential field options have been considered.

"We did not discuss a natural turf because we didn't think it was a viable option due to the usage (of the field)," he said. "We tried to pick

See **TURF** on Page A2

40 DAYS OF LENT BEGIN



PRESS PHOTO BY TIM GILMAN

LEFT: Summer Stengel, a student at St. Anne School, kneels in prayer during the Ash Wednesday Mass at St. Anne's Church in Bethlehem. Summer was among 300 students and parishioners attending the Feb. 10 service. More photos on page A3.

BELOW: After removing browned fastnachts from the grill, Luda Pankina, the baker at Valley Farmer Market on Stefko Boulevard, hands them over to her assistants in the kitchen, who will box them up. Pankina and her assistants prepared the 18,000 fastnachts. More photos on page A13



"For me, it's not what you do, it's who you're with."
Glenn Gunkle
Center Valley

PEOPLE SAY
Continues on A2

BETHLEHEM PRESS

VOLUME 11, ISSUE 19

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What has been or would be your favorite way to experience romance on Valentine's Day?



"Our idea of romance would be minus 40 degrees and standing under the northern lights in Alaska."
Jan Tremer
Coopersburg



"Get a couple's massage."
Katie Havlik
Allentown



"A nice dinner together."
Catherine Barrow
Allentown



"Ice skating, of course!"
Randy Rhode and Elaine Barber
Allentown

STUDY

Continued from page A1
crumb rubber turf don't agree on whether the surface poses a health risk - the industry says studies have shown no link with illness, while some parents and activists demand more testing - all sides want federal regulators to take a clear public position

"We hope the federal government's involvement, which we have been encouraging for years, will settle this matter once and for all, put parents' minds at ease, and validate past and recent due diligence by public officials," read a statement by the Synthetic Turf Council, an industry group, following Friday's announcement.

"We have consistently said that we support all additional research," the group said in a statement. "At the same time, we strongly reaffirm that the existing studies clearly show that artificial turf fields and playgrounds with crumb rubber infill are safe

and have no link to any health issues."

Peter Crownfield has been a critic of Bethlehem School District's plan to install artificial turf.

"Just like the tobacco companies 60 years ago, turf manufacturers assure us it's safe - but so far, nearly 200 student athletes have developed lymphoma and other cancers after playing on synthetic turf," Crownfield said in a letter to the editor in last week's Bethlehem Press.

Crownfield coordinates the sustainability and health initiative for the Alliance for Sustainable Communities-Lehigh Valley, a coalition working to sustain and enhance the quality of life in the area.

"In my opinion, the only responsible course of action for BASD (and other schools) is to rule out any use of synthetic turf at this time - instead of rationalizing the reasons why synthetic turf is okay, the administration should devote its considerable ability, skill, and resources to finding ways to succeed

without exposing children to potential health risks," Crownfield said following Friday's announcement. "Installing synthetic turf in the face of these risks is reckless, gambling with the long-term health of the children."

BASD administrators also saw the announcement, and responded to inquiries over the weekend.

Board President Mike Faccinnetto said, "I have seen the announcement and certainly think this is warranted given the media reports. Hopefully a thorough and comprehensive review by the Feds will put some of the concerns to rest. According to the release they are launching this for three reasons: To identify what is in recycled tire crumb, identify ways in which people may be exposed to it, and determine if it is harmful."

"I still believe the fields are safe and it doesn't change my support of our projects."

Likewise, Superintendent Dr. Joseph Roy continues to lean toward

using the new surfaces, stressing the government agencies are not actually performing an exhaustive investigation.

"It looks like they will conduct a review of the existing literature to determine areas where the current research could be extended," Roy said. "The district has reviewed a number of recent (less than a year old) reviews of the scientific literature related to crumb rubber/turf conducted by the county (in Virginia) and state (Massachusetts) as well as an independent review by a materials science firm on the West Coast. All these recent reviews concluded there is no scientifically valid research that links crumb rubber in turf to cancer."

The complete background on the federal review can be found on the EPA website at <http://www.epa.gov/chemical-research/federal-research-recycled-tire-crumb-used-play-grounds>

WHAT IS SYNTHETIC TURF?

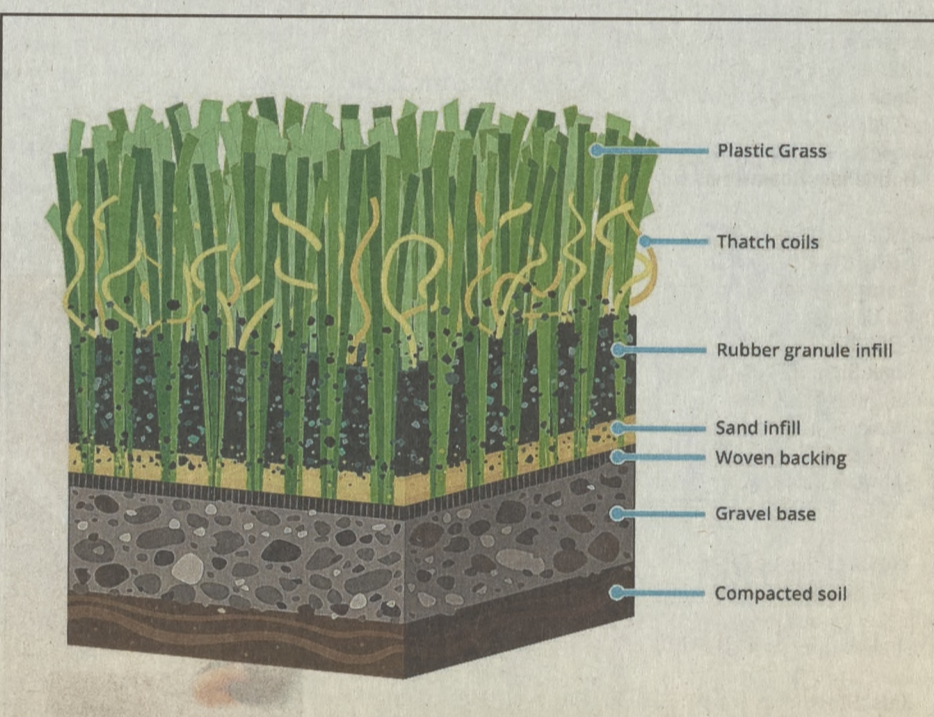
The grass in synthetic turf (also known as artificial turf) is plastic, usually high-density polyethylene, polypropylene or nylon. The tufts of grass are attached to a blanket or membrane and supported by the infill material. Some turf systems use little coils of polyethylene or nylon (sometimes called 'thatch') to provide additional support.

The pesky little black beads found on most artificial turf fields are 'crumb rubber', used as an infill material to support the grass. Most crumb rubber is made from recycled automotive tires and contains many harmful compounds. The exact mix varies from field to field, but common ingredients include latex, silica, black carbon, lead, zinc, barium, and selenium.

Alliance for Sustainable communities-Lehigh Valley

CAUTION ADVISED

Although the desire to improve access to sports fields is clearly well-intentioned, the risks that accompany synthetic turf need to be carefully considered. Issues of toxicity, movement, heat, cost, friction, sanitation, lifespan, maintenance, warranty, disposal costs, odor, loss of habitat, combustibility, should be thoroughly addressed before any decision to purchase is made. The community should carefully consider



ALLIANCE FOR SUSTAINABLE COMMUNITIES-LEHIGH VALLEY

all the options including natural grass.

There are many manufacturers of artificial turf with different products and advertising claims. It is reasonable to expect vendors to identify the chemical ingredients of all turf components and provide a material safety data sheet on each component, especially the crumb rubber. If the crumb rubber is of unknown composition, that should raise a serious warning.

Tires are known to contain over 60 different substances. Typically, 45 percent is vulcanized or

cross-linked polymer, 45 percent is carbon black, and the rest is dispersing oil, sulfur, synthetic fibers, pigments, processing chemicals and steel or fiberglass. Tire manufacturers use a variety of formulation recipes and ingredients are often kept secret. Therefore the company that produces the crumb rubber will most likely have to analyze its composition on a regular basis to provide accurate information on ingredients, since different batches can be expected to vary in content.

When it comes to

synthetic turf, the most sensible approach may be to follow the precautionary principle of assuming something involving chemicals is hazardous until scientific evidence proves that it is not. Some public health professionals are calling for a moratorium on installing any new fields that use ground-up rubber tires until the hazards are better understood. Some are also recommending that exposures to already installed fields that contain rubber-tires should be limited.

New Jersey Work Environment Council

TURF

Continued from page A1

the ones that gave the best stability and would be safest for the athletes."

Board member Tom Thomasik pointed out what he considers a bigger issue in the BASD. He noted the number one problem in the district is reading and literacy.

"My thoughts lead me to ask this question: How does spending over \$4.5 million on artificial turf fix our number one problem?" he asked.

Thomasik said he doesn't believe the board should scrap the project, but he insists they spend taxpayers' money on the bigger issue.

"I just don't see grass as a feasible option, and not doing anything isn't an option," said board member Craig Neiman in response to Thomasik.

Member Angela Sinkler continued to hold her ground regarding the issue.

"Everybody else doing it is not good enough for me," she said about installing artificial turf. She told the board she

couldn't ignore the lists of athletes with cancer who have played on synthetic turf.

Sinkler also believes there should be guidelines available for Bethlehem Area student-athletes when it comes to synthetic turf. For example, when a BASD team travels to a school with turf, the athletes should be instructed to turn their clothes inside out after the game is completed, and to not allow rubber particles from the track or turf backing to get into water bottles, so that they can avoid ingestion.

Not all board members have decided which way their vote will go at the Feb. 22 regular board meeting.

"I still haven't made up my mind; I'm weighing a lot of things," said board member Eugene McKeon. "I've got a 32-year-old at home who is partially disabled." McKeon believes his son's disability may or may not have been a result of falsified medical testing, so he is hesitant and plans to put careful thought into his decision before the vote.

Board sets 2016-17 academic calendar

BY ZACH DUFFY
Special to the Bethlehem Press
Bethlehem Area School Board members

discussed the pending 2016-17 academic calendar, as well as other items, at the human resource committee meet-

ing Feb. 8 at the Education Center in North Bethlehem.

Due to committee chair Rogelio Ortiz feeling under the weather, BASD Superintendent Dr. Joseph Roy ran the human resources meeting. He acknowledged the calendar immediately.

"The calendar works pretty well for the district. We stayed similar the last couple of years," Roy said. The school district intends to start the 2016-17 academic year

before Labor Day on Sept. 5.

Board member Eugene McKeon questioned the process of coming up with the academic calendar.

"Do we try and coordinate calendars with other school districts?" he asked.

Roy quickly responded, stating the administration talks with the Saucon Valley and Northampton school districts to keep consistency.

See YEAR on Page A3

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Wednesday, Feb. 17

Free babies/toddlers story time for all ages, 10:30 a.m. Bethlehem Area Public Library, main library, 11 W. Church St. No registration needed. Call 610-867-3761, ext.499 or visit www.bapl.org for information.

Kids' Storytime with Jane, 10:30 a.m., ages 2 to 4; sign up in children's book department; Moravian Book Shop, 428 Main St. Call 610-866-5481 or visit www.moravianbookshop.com.

Salvation Army, adult Bible study, 11 a.m. to noon; women's ministries ages 16 and up; Valentine party, 1 p.m. 521 Pembroke Road. Call 610-867-4681.

Thursday, Feb. 18

Salvation Army, seniors 50 and over, 10:45 a.m. program: Yellowstone Park Tour with Stanley Sloyer, followed by lunch (donation). 521 Pembroke Road. Call 610-867-4681.

Family Story Time, 11:30 to noon. Bethlehem Area Public Library, Southside Branch, 400 Webster St. Call 610-867-7852 or visit www.bapl.org/southside/ssprograms.htm.

Conversational Spanish classes, 5 to 6 p.m. Bethlehem Area Public Library's Southside Branch, 400 Webster St., Free, open to the public; registration required. Visit www.bapl.org or call 610-867-7852 to register.

Homework Help, free, 4 to 6 p.m. Grades K-12 with any subject. No registration. Bethlehem Area Public Library, near teen area in main library, 11 W. Church St. Visit www.bapl.org/youth/ysprograms/ or call 610 867-3761.

Zumba classes, 6:30 p.m. Bethlehem Area Public Library, Southside Branch, 400 Webster St. Visit www.bapl.org or call 610-867-7852 to register.

Friday, Feb. 19

Mystery Discussion Group, hosted by Mary Pat Beebe: "Decent" by Tim Johnston. 10 a.m. Moravian Book Shop, 428 Main St. Call 610-866-5481.

Saturday, Feb. 20

Special Olympics of Northampton County benefit, L.V. Polar Plunge, 8:30 to 11:45 a.m. registration, 9 a.m. Plunge Town, 11 a.m. costume contest, noon plunge. Delaware River at Scott Park, Easton. Visit <http://specialolympicspa.org/about-lehigh-valley-plunge> for information.

Food culture and educated healthy diet choices workshop with professor Kelly R. Allen, 10:15 a.m. to 12:30 p.m. Open to the public; cost. Main Library, 11 W. Church St. Visit www.bapl.org or call 610-867-3761 ext. 224.

"Selma," starring David Oyelowo, free, 1 to 3:30 p.m. Bethlehem Area Public Library Southside Branch, 400 Webster St. Registration is required: visit www.bapl.org or call 610-867-3761 ext. 224 or 610-867-7852.

Book Signing with Travis Toth: "The Promises of God," books 1 and 2. Moravian Book Shop, 2 to 4 p.m. 428 Main St. Call 610-866-5481.

Bethlehem Bookworms Discussion Group, "Still Alice" by Lisa Genova, 6 p.m. Moravian Book Shop, 428 Main St. Call 610-866-5481. Call 610-866-5481 for details.

Sunday, Feb. 21

Moravian Book Shop Word Slingers Writing Group hosted by Angela Cousins. 3 p.m. Moravian Book Shop, 428 Main St. Call 610-866-5481.

Book Signing: "All Ducks Are Birds (But, Not All Birds Are Ducks)" with Tara Michele Zrinski, 3 p.m. Moravian Book Shop, 428 Main St. Call 610-866-5481.

Tuesday, Feb. 23

Salvation Army, Calling All Bridge Players program, for seniors 50 and up, 9:30 to noon 521 Pembroke Road. Call 610-867-4681.

Wednesday, Feb. 24

Free babies/toddlers story time for all ages, 10:30 a.m. Bethlehem Area Public Library, main library, 11 W. Church St. No registration needed. Call 610-867-3761, ext.499 or visit www.bapl.org for information.

Kids' Storytime with Jane, 10:30 a.m., ages 2 to 4; sign up in children's book department; Moravian Book Shop, 428 Main St. Call 610-866-5481 or visit www.moravianbookshop.com.

Salvation Army, adult Bible study, 11 a.m. to noon; women's ministries ages 16 and up; craft service project for kids, 1 p.m. 521 Pembroke Road. Call 610-867-4681.

Moravian College students: tracing the history of African Americans- findings, video and discussion. 6:30-7:45 p.m., main library, 11 W. Church St. Free, open to the public; registration required. Visit www.bapl.org or call 610-867-3761, ext. 224.

The Bethlehem Press calendar listings are, to the best of our knowledge, correct at the time of printing. We are not responsible for the accuracy or reliability of information submitted by external parties.

MEETING BOARD

Wednesday, Feb. 17

Bethlehem Twp. Municipal Authority, 6:30 p.m. municipal building, 4225 Easton Ave.

Thursday, Feb. 18

Bethlehem City Redevelopment, 4:30 p.m., 10 E. Church St. **Northampton Co. Council**, 6:30 p.m., Northampton Co. Courthouse, 669 Washington St., Easton.

Monday, Feb. 22

BASD regular board, 7 p.m. auditorium, East Hills, 2205 Chester Road. Snow date: Feb. 24.

Bethlehem Township Planning Commission, 6 p.m., municipal Building, 4225 Easton Ave.

Northampton Co. Gaming Revenue and Economic Redevelopment, 5:30 p.m. third floor, room 3116, Northampton Co. Courthouse, 669 Washington St., Easton.

Tuesday, Feb. 23

Saucon Valley School Board, 7 p.m. Audion building, 2097 Polk Valley Road.

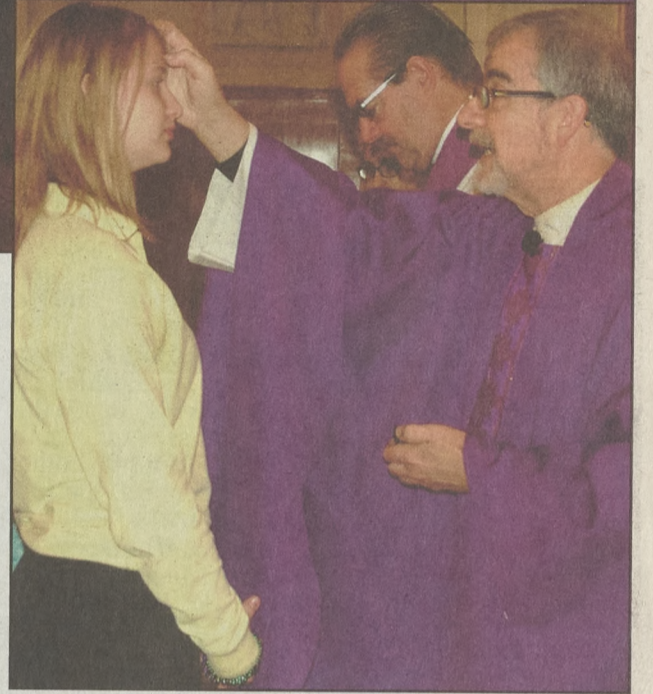
Mayor's South Side Task Force, 4 p.m. Fowler Family Center, 511 E. Third St.

See **MEETINGS** on Page A4



PRESS PHOTOS BY TIM GILMAN

Emma Marzen of St. Anne School receives the sign of the cross on her forehead from Father Anthony Mongiello during the Ash Wednesday service at St. Anne's Church in Bethlehem. The kindergarten student was accompanied by sixth-grader Vanessa Speciale, left. They were "prayer partners" who received the sacred blessing together. The Feb. 10 service, which was also open to parishioners, marked the start of the Lenten season.



Haley Alford is blessed with ashes in the sign of a cross by Father Anthony Mongiello of St. Anne's Church in Bethlehem.

Mass marks LENT'S beginning



Linda Williams and her daughter **Kylie** attend the Ash Wednesday Mass. **Cody Williams**, another Williams child, also attended with classmates.



ABOVE: Prayer partners **Lindsay Reissmiller** and **Summer Stengel** and **Brooklyn Sek**, sitting behind them, are among 300 attending the Ash Wednesday observance.



LEFT: **Marley Gardner** sings during the Ash Wednesday Mass for St. Anne students.

YEAR

Continued from page A2

Later in the meeting, chief human resources officer **Russell Giordano** spoke about the substitute teacher policies in the district, and their improvements. Specifically, he said the fill rates are improving in BASD and the number of subs has increased,

thanks to the approval of the board, making more substitutes available in the buildings.

"It's better than it was; it's not perfect," Giordano said. He said the district hopes to renew the substitute agreement that was approved by the board, while adding more finite details to the plan. Giordano said he hopes to

submit the revised plan in the coming months for board review and approval.

"I want to thank you for being so supportive of this process," he said.

The issue regarding the substitute teachers arose when potential subs realized they could make significantly more

money working in other districts, so it became harder to find available subs. A plan previously approved by the board has contributed to fixing this issue, and BASD buildings now have subs that consistently work in those schools.

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Christopher T. Domyan

B. Braun administrator

 Christopher T. Domyan, 56, of East Allentown, died Jan. 30, 2016. Born in



Allentown and raised in Bethlehem, he was a son of the late Leonard and Mary (Sedlacek) Domyan.

He was a 1977 graduate of Bethlehem Catholic HS.

He was in the U.S. Navy aboard the U.S.S. Nimitz during the Iranian Hostage Crisis.

He attended Northampton Community College and earned a restaurant purchasing certificate from Cornell University.

He was employed for 25 years for B. Braun Medical, Bethlehem, most recently as an inventory administrator.

Previously, he worked at Tanczos Beverages in various capacities, at Kearney Beverages as a store manager, in the Saucon Valley Country Club field house as a supervisor and purchasing agent and also at Hotel Bethlehem.

He was a parishioner of Ss. Simon and Jude R.C. Church, where he was a lector and a volunteer.

He was a member of both the Petersville and Guthsville Rod and Gun Clubs and of the Monocacy Field and Stream Association.

He is survived by a daughter, Roberta of Bethlehem; four brothers, Leonard and his wife Brenda Domyan of Utah, Richard and his wife Mary Domyan of Fleetwood, Paul and his wife Sandy Domyan of Ky., and Mark and his wife Patricia Domyan of Wescosville; two sisters, MaryAnne and her husband Andrew Sedler of Bethlehem and Rosemary and her husband Alan Mayr of Florida; 11 nieces and nephews; five great-nieces and great-nephews; and a great-great-nephew.

Contributions may be made to Bethlehem Catholic HS or Wildlands Conservancy, both c/o the funeral home, 527 Center St., Bethlehem, PA 18018.

Arrangements were made by James Funeral Home Inc., Bethlehem.

John Szabo

owned masonry business

John Szabo, 81, of Bethlehem, died Feb. 4, 2016. Born in Bethlehem, he



was a son of the late Joseph and Mary (Bosoti) Szabo. He was the husband of the late Carol Szabo.

He owned and operated a masonry and stucco business in Bethlehem.

He is survived by a son, John P.; a daughter, Suzanne; a granddaughter, Marie and her husband Michael Szilagyi;

a grandson, John and his wife Tara Szabo; two brothers, Paul and Billy Szabo; and four sisters, Mary Gatta, Irene Wallace, Theresa Kray and Julia Bauer.

He was predeceased by a sister, Helen Micolockich; and two brothers, Joseph and Frank.

Contributions may be made to the American Heart Association, 968 Postal Road, Allentown, PA 18109.

Arrangements were made by Connell Funeral Home Inc., Bethlehem.

Loretta A. Macsi

W.E. inspector

Loretta A. Macsi, 87, of Bethlehem, died on Feb. 1, 2016. Born in Bethlehem,



she was a daughter of the late Emmanuel and Stella (Lucia) Piccirilli. She was the wife of the late Gabor S. Macsi Jr. for 67 years.

She was a 1946 graduate of Bethlehem HS.

She was an inspector at Western Electric.

She was a parishioner of St. Anne's Catholic Church.

She was a volunteer and team mom and a band parent.

She is survived by two sons, Richard G. and his wife Kay of Ronks and Robert M. and his wife Michele of Bethlehem; two grandchildren, Brian and his wife Nicole Macsi and Rebecca Macsi; and two great-grandsons, Tyler and Gavin.

She was predeceased by a sister, Mary Jancsarics; and a brother, Francis Piccirilli.

Contributions may be made to the Wounded Warrior Project, www.woundedwarriorproject.org/donate.

Arrangements were made by Connell Funeral Home Inc., Bethlehem.

Ruth M. Frey

teletype operator

Ruth M. Frey, 90, of Bethlehem Township, died, Feb. 7, 2016, at St. Luke's University Hospital - Anderson, Bethlehem. Born in Bethlehem, she was a daughter

of the late Stanley and Martha (Hartzell) Sharer. She was the wife of Walter H. Frey for 55 years.

She was a teletype operator for the Bethlehem Steel Corporation.

She was a member of Ebenezer Bible Fellowship Church.

In addition to her husband, she is survived by a son, Larry W. of Bethlehem Township.

Contributions may be made to Ebenezer Bible Fellowship Church, 3100 Hecktown Road, Bethlehem, PA 18020.

Arrangements were made by Long Funeral Home Inc., Bethlehem.

Judith L. Egge

Classic Cleaners owner

Judith L. Egge, 69, of Bethlehem, died Feb. 7, 2016, at home. Born in Allentown, she was a daughter of the late Lester and Mildred (Ritter) Hoffman. She was the wife of Ronald Egge for 53 years.

She was the owner of Classic Cleaners, Whitehall.

She was a member of Christ U.C.C., Allentown.

She was a volunteer with the Northampton Area Food Bank, where she was a board member, and the East Allen Township Fire Department. She was a member, president and past governor of the Quota Club.

In addition to her husband, she is survived by two daughters, Kelly and her husband Barry Frantz of Northampton and Kimberly DeRosa of Bethlehem; four grandchildren; five great-grandchildren; and two brothers, Donald and his wife Sandy Hoffman and Allan and his wife Ellie Hoffman.

Contributions may be made to the Quota Club, Northampton Area Food Bank or to the East Allen Township Fire Department, c/o the funeral home, 326 E. 21st St., Northampton, 18067.

Arrangements were made by Reichel Funeral Home Inc., Northampton.

Warland Crawford

piano technician

Warland "Bud" Crawford, 79, of Lower Milford Township, died Feb. 4, 2016. He was a son of Audrey (Allen) Crawford and the late Warland L. Crawford. He was the husband of Paulette S. (Delp) Crawford.

He spent many years in a band, was a piano tuner and technician and restored classic pianos.

In addition to his wife

and mother, he is survived by eight children, Justin N., Angie Lande, Stefani Pereira, Connie Donaldson, Mark, MaryBeth Galletta, Michele and Steven Crawford; and two brothers, David and Clare Crawford.

He was predeceased by a brother, Mark.

Arrangements were made by Connell Funeral Home Inc., Bethlehem.

Wasil Russell Yurchak Jr.

Morgan Stanley officer

Wasil Russell Yurchak Jr., 75, of Bethlehem, died Jan. 26, 2016, at St. Luke's VNA Hospice House, Lower Saucon Township. Born in Nanticoke, he was a son of the late Wasil Russell Yurchak Sr. and Susan (Reno) Yurchak. He was the husband of the late Joleita (Wagner) Yurchak for 45 years.

He earned a bachelor's degree in economics and business administration from Moravian College, and a master's degree in business economics from Lehigh University. He was a senior vice president and financial advisor for Morgan Stanley, Allentown office. He was a private practice consultant in investment advisory service for nearly 40 years before joining Morgan Stanley. He was a national lecturer.

He was a member of Trinity Episcopal Church, Bethlehem.

He was a charter member of the National Association of Business Economists (NABE) and a member of the Bethlehem Lodge #283 of Free and Accepted Masons.

He is survived by a son, Kirk Elliott and his wife Patricia Joan Schantz of Coopersburg; a sister, Justine Fink of Bethlehem; and two grandsons, Konnor Emmitt and Kullen Emerson Yurchak.

He was predeceased by a son, Kraig Eric Yurchak.

Contributions may be made to Trinity Episcopal Church, 44 E. Market St., Bethlehem, PA 18018. Arrangements were made by Long Funeral Home Inc., Bethlehem.

Marvin H. Karll

Hess's vice president

Marvin H. Karll, 83, of Bethlehem, formerly of Allentown, died Jan. 30, 2016. Born in Allentown, he was a son of the late Reuben and Anna (Reichenbach) Karll. He was the husband of the late Ingeborg (Mulyk) Karll.

He was a merchandise manager and a vice president at Hess's. He later managed Appel Jewelers and was, most recently, employed at Beverly Palm Jewelers.

He is survived by four children, Douglas A. and his wife Fiordaliza of Florida, Christine A.


and her husband David Sestak of Bethlehem, Janis D. and her husband Thomas Pany of Orefield and Gerald R. of Allentown; 12 grandchildren, Jon Anthony Karll, Kristy Karll Brown, Christopher Lentz, Jennifer Grom, Khaley and Linzi Sestak, Brittny, Thomas, Lucas and Alexa Pany, Matthew and Ryan Karll; and 10 great-grandchildren.

He was predeceased by a son, Wolfgang.

Arrangements were made by Heintzelman Funeral Home Inc., Schnecksville.

John A. Weninger

martial arts instructor

 John A. Weninger (Pai Li Lung), 71, of Wind Gap, died Jan. 23, 2016. Born in Bethlehem, he was a son of the late John and Anne (Kratzer) Weninger. He was the husband of Janice (Elliott) Weninger for 50 years.

He was a 1962 graduate of Liberty HS.

He was in the U.S. Army during the Vietnam War from 1967 to 1969.

He was an inspector for Bethlehem Foundry until 1971 when he opened a martial arts school. He taught Pai Lum (White Dragon) Kung-fu and Tai Chi for 45 years. He was the senior student of the late

Grandmaster Daniel K. Pai. He owned and operated the Weninger Kung-fu Institute franchise and, for many years, taught privately.

In addition to his wife, he is survived by a daughter, Jandra and her companion Fred True of Bloomsbury, N.J.


He was predeceased by a sister, Diane Shaffer.

Contributions may be made to The Center for Animal Health and Welfare, 1165 Island Park Road, Easton, PA 18042-9599.

Arrangements were made by James Funeral Home Inc., Bethlehem.

The Rev. Gerald A. Reiss

church vicar

 The Rev. Gerald A. Reiss, 83, of Hellertown, died Jan. 30, 2016, at Lehigh Valley Hospital, Cedar Crest. Born in Bethlehem, he was a son of the late Elmer J. and Anna (Falvello). He was the husband of Dorothy S. (Spisak) Reiss for 61 years.

He was in the U.S. Army during the Korean War.

He graduated from Lehigh University and from the Berkeley at Yale Divinity School.

He first was the vicar for both Christ Church, Frackville, and St. James, Schuylkill Haven, and then was an assistant at Trinity Episcopal, Bethlehem. He was a vicar at St. Peters, Clarksboro, N.J. and St. Stephens, Mullica Hill,

N.J. He then was the full time rector at St. Peters until he retired in 1995.

He was a member of the Paulsboro Masonic Lodge, New Jersey.

In addition to his wife, he is survived by two sons, Duane R. and his Lisa of Harleysville and Gary J. and his wife Joanne of Baltimore, Md.; five grandchildren, Brooke, Joshua, Glenn, Christine and Trevor; three great-grandchildren, Kaylee, Cole and Joelle; and a godchild, Jayne Fenstermacher.

Contributions may be made to St. Paul's Anglican Church, 2510 Livingston St., Allentown, 18104.

Arrangements were made by Heintzelman Funeral Home Inc., Hellertown.

MEETINGS

Continued from page A3

Wednesday, Feb. 24

City of Bethlehem Parking Authority, 4:30 p.m., 85 W. North St.

City of Bethlehem Zoning Hearing Board, 7 p.m. (time change), 10 E. Church St.

Lehigh Co. Commissioners, 7:30 p.m. Public hearing room, Gov't. Center, 17 S. Seventh St., Allentown.

Bethlehem Township Zoning Board, 7 p.m. Municipal building, 4225 Easton Ave.

The Bethlehem Press calendar listings are, to the best of our knowledge, correct at the time of printing. We are not responsible for the accuracy or reliability of information submitted by external parties.

BRIEFLY

VALLEY

Support group sessions begin

Crime Victims Council of the Lehigh Valley has announced support groups are forming for adult men and women survivors of sexual assault.

Each group has a maximum capacity of 10 participants and is led by a trained sexual assault counselor.

All sessions will meet at 801 Hamilton St., Allentown, on the third floor.

The group for adult male survivors started Feb. 1. Sessions meet 5:30 p.m. and continue Mondays for eight to 10 weeks.

To join this group, contact Connor Moriarty at 610-437-6610, ext. 18 or cmoriarty@cvcvlv.org

A group for adult female survivors starts March 1. Sessions meet 5:30 p.m. and continue Tuesdays for eight to 10 weeks.

To join this group, contact Freda Rafes at 610-437-6610, ext. 19 or rafes@cvcvlv.org

Crime Victims Council of the Lehigh Valley is a nonprofit, comprehensive victim service and rape crisis center serving Lehigh and Northampton counties.

Confidential services are available to all victims of crime at no cost, including private counseling for people of all ages, a 24/7 hotline (610-437-6611), crisis intervention, victim rights advocacy and accompaniment to police stations, hospitals, and court. Violence and sexual assault prevention education programs for all age groups, as well as training programs for professionals, are also available at no cost.

For more, call 610-437-6610, visit cvcvlv.org.

PennEast Pipeline protesters



PRESS PHOTO BY BERNIE O'HARE

Carrying signs saying "108 miles of devastation" and "STOP the Pipeline!" about 20 PennEast Pipeline protesters attended an outdoor rally at Guy Wagner's farm in Lower Nazareth Township. Four of them - Wagner, Stormie Fenner, Jeff Porter and Linda Heindel - ripped up lease agreements proposed by PennEast. Heindel called the pipeline a "despotic action." Above: Some of the children who were with their parents at this rally. The young man with the stop sign is River Venini. He is joined by Tia Venini, Javis Venini, Jaycee Venini, Pipa Russell, Addy Russell, Johanna Bowers, Bella Waits and Kaia Elinich. The PennEast Pipeline is a \$1 billion, 118-mile, 36-inch diameter proposed pipeline which will deliver approximately 1 billion cubic feet of natural gas per day from Wilkes-Barre to Mercer County, New Jersey. A formal application seeking approval of the project was filed with the Federal Energy Regulatory Commission (FERC) on Sept. 21, 2015. Construction is expected to start in 2017.

BRIEFLY

VALLEY

Music club offers scholarship

The Allentown Music Club announces its memorial scholarship for 2016.

High school seniors who are planning to study music performance are eligible.

The prize is \$1,000. The winner is required to perform for the Allentown Music Club at its program May 1.

For more information and an application, contact Dan Rambo at 610-435-4659 or sdrsong@verizon.net.

VALLEY

Victim Council

seeks volunteers

Crime Victims Council of the Lehigh Valley, the local victim service and rape crisis center, is accepting applications for volunteer positions.

Students and adults can gain experience in working directly with crime victims and their families, while helping those in their time of need.

Tasks include providing support to callers on the 24-hour hotline (from your own home); accompanying victims of violence to hospitals, police stations and court; and assisting with office tasks, projects and fundraisers.

Training began Feb. 1 at the CVC Office, 801 Hamilton St., Allentown, on the third floor.

One training session will be at Penn State Ag Extension, 4184 Dorney Park Road, South Whitehall Township.

For information, visit cvcvlv.org, or contact Sara Ullmer at 610-437-6610, or email sullmer@cvcvlv.org to arrange an interview.

Retiring authority member recognized

BY NATE JASTRZEMSKI
njastrzowski@tnonline.com

BETHLEHEM AUTHORITY

Bethlehem Authority board spent most of its Feb. 11 meeting discussing financial arrangements - such as which banks to invest bonds in - but did take time to bid farewell to a longtime member.

Mark Jobs, a local banker, retired from public service after 10 years on the board.

Members were emphatic that they will still welcome his advice.

"A lot of good things happened under your watch," board president John Tallarico said. "All your banking knowledge helped us along the way."

Handing Jobs a small plaque, Tallarico noted the exiting member had an attendance record of just over 90

percent during his long tenure.

Executive Director Steve Repasch said he knew Jobs before he came aboard from playing basketball at the YMCA.

"Back when I could still play," Repasch said, adding in a dig, "When he could still play. Well, I don't know if Mark could ever play."

Resident and meet-

ing regular Stephen Antalics said he appreciated that Jobs had always asked the right questions and always waited for the right answer.

As far as momentum of the PennEast pipeline goes, the sample drilling sites near Beltzville lake - needed to test the ground for further underground digging feasibility - has been completed, and the authority must await the results.

Maser consulting See **JOBES** on Page A6

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"What Must I Do?"
To the question, "What must I do to be saved?" some have answered, "Nothing. Christ has done it all for you." Such an answer addresses only part of the whole truth! When the jailer asked this question in Acts 16:30, Paul and Silas answered, "Believe on the Lord Jesus Christ!"
In Acts 2:37, we find the question, "Men and brethren, What shall we do?" Did the Apostles answer, "Nothing?" No, Peter's reply was, "Repent."
Jesus Christ declared, "I am the way, the truth, and the life: no man cometh unto the Father, but by me" (John 14:6). He is the Way to the Father, and there is no other way. I have nothing to do in the providing of the way, but I have something definite to do to avail myself of it! All who wish to be saved must come to Jesus Who said, "Come unto me...and I will give you rest" (Matthew 11:28). To come to Him as Savior, to submit to Him as Lord, are definite acts of our will! To do nothing - to fail to come to Christ - is to reject eternal life. Jesus said, "Ye will not come to me, that ye might have life" (John 5:40).
The Bible clearly states what you must do to be saved! "If thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised Him from the dead, thou shalt be saved" (Romans 10:9). Jesus is "the author of eternal salvation unto all them that obey him" (Hebrews 5:9).
My question to you is: What have you done to be saved? The work of Jesus Christ on the cross for your salvation was perfect and complete - nothing more can be added! But, what have you done about it? Do nothing and you will be lost for eternity! Jesus stands at the door of your heart knocking - you must open it to be saved (Revelation 3:20). What will you do to be saved?

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- 4. Farm expenses.** Farmers can deduct ordinary and necessary expenses they paid for their business. An ordinary expense is a common and accepted cost for that type of business. A necessary expense means a cost that is proper for that business.
- 5. Employee wages.** You can deduct wages you paid to your farm's full- and part-time workers. You must withhold Social Security, Medicare and income taxes from their wages.
- 6. Loan repayment.** You can only deduct the interest you paid on a loan if the loan is used for your farming business.
- 7. Net operating losses.** If your expenses are more than income for the year, you may have a net operating loss. You can carry that loss over to other years and deduct it. You may get a refund of part or all of the income tax you paid in prior years.
- 8. Farm income averaging.** You may be able to average some or all of the current year's farm income by spreading it out over the past three years. This may cut your taxes if your farm income is high in the current year and low in the prior three years.
- 9. Tax credit or refund.** You may be able to claim a tax credit or refund of excise taxes you paid on fuel used on your farm for farming purposes.
- 10. Farmers Tax Guide.** For more details on this topic see Publication 225, Farmer's Tax Guide.

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JOBES

Continued from page A5
engineers representative Rob Madison said the three drillings went well. PennEast promised care would be taken, and no mishaps were reported.

The next authority meeting is scheduled for 4 p.m. March 10 at City Hall.

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PRESS PHOTO BY DANA GRUBB

**First book sale
tops \$10,000**

The Bethlehem Area Public Library's initial book sale of 2016 was a success, as development director Liza Holzinger reported over \$10,800 earned. All proceeds support the library's programming. Book sale coordinator Laurel Stone said library staff and volunteers continue to receive compliments about how well organized the sale is and the quality of the books. The next sale is scheduled for March 16 and 19 at the Main Branch, located at 11 West Church St. Additional information on future book sales is available at www.bestbooksale.org or by calling 610-867-3761, ext. 235. **LEFT:** Book sale patrons come in all ages and sizes as six-year-old Carter Krouse of Bethlehem peruses a possible purchase. Carter's mother, Lauren, said he likes to find books about animals and sports. "All the books they have here is amazing," she added.

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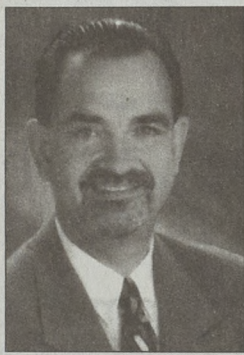
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'A very exciting time'

Cancer breakthroughs topic of pilot 'Health Now' program

BY CAROLE GORNEY
Special to the Bethlehem Press

A panel of cancer specialists from St. Luke's University Health Network discussed the latest research findings and cancer treatment breakthroughs during the taping of a pilot for what is hoped will be a new St. Luke's health series to run on PBS WLVT-39 called "Health Now." The pre-taping was done in two half-hour segments before a live studio audience that included cancer survivors.

In the first half hour, host and producer Ashley Russo introduced each of five panelists and questioned them about their particular specialties. During the second half, Russo opened up the discussion to all the panelists, and asked questions submitted by the audience.

Panel members included Dr. Lee Riley, chair of Oncology Services; Dr. Trisha Kelly, a surgeon and breast cancer specialist; Dr. Sanjiv Agarwala, chief of medical oncology and hematology; Tracy Butryn, director of clinical trials and research; and Dr. David Anderson, chief of pathology and chair of the pathology department. Among the topics they discussed were targeted therapies, immunotherapy, genomic analysis and the newest clinical trials being used to fight cancer.

Dr. Riley, who describes himself as an advocate for clinical



PRESS PHOTOS BY CAROLE GORNEY

The pilot for the proposed Health Now television series was taped before a live audience at the WLVT PBS-39 studios near SteelStacks. The panel of cancer specialists from St. Luke's University Health Network featured Dr. Lee Riley, Dr. Trisha Kelly, Dr. Sanjiv Agarwala, Tracy Butryn and Dr. David Anderson. They all stressed the need for multi-disciplinary approaches to the treatment of cancer.



Kenneth Szydlow, St. Luke's vice president of marketing and public relations, expects "Health Now" to become a series that will be able to explore major health issues in depth. During a break in taping, he talked with program host Ashley Russo.

trials for breast cancer, told the host that genetic testing is being used to find a toxin against cancer, and to find out what is causing a specific cancer so that it becomes possible to target that cancer with far fewer side effects.

"Clinical trials are now testing these drugs. It's a very exciting time," he said.

All the panelists agreed that collaboration among various medical and research disciplines is very important in treating cancer patients. This collaboration is not only nationwide, but worldwide, as well.

"It is no longer one-size-fits-all," Dr. Kelly See **PILOT** on Page A8

About Cancer

By CAROLE GORNEY
Special to the Bethlehem Press

The scourge of cancer has plagued mankind from the earliest times. The first written record of it can be found in an Egyptian papyrus from about 3000 B.C. that described breast cancer. Down through the centuries many incorrect theories developed about the causes and treatments of cancer.

Hippocrates, the father of medicine, believed that cancer was caused by black bile — a notion that went unchallenged for 1,300 years. As recent as the 1920s, trauma was thought by some to cause cancer. At one time it was even believed to be contagious.

Today, we know that cancer is not a single disease. There are more than 100 different types of cancers that affect nearly every part of the body. And while human cancer, itself, is not contagious, we now know that certain viruses, bacteria, and parasites can increase a person's risk of developing cancer.

Lifestyle choices, such as obesity, poor diet, lack of physical activity and consumption of alcohol are contributing factors. The use of tobacco accounts for more than 1/5 of all cancer deaths. Approximately 5-to-10 percent of cancers are due to inherited genetic defects.

Since the risk of cancer is more common in developed countries, and increases with age, the World Health Organization expects cancer to increase globally as lifestyles change in developing countries and populations live longer.

In the United States, cancer is the second leading cause of death, according to the American Cancer Society, which estimates that one-half of all men and one-third of all women in the U.S. will develop cancer during their lifetimes. According to its most recent published report, the ACS projects that in 2016, there will be an estimated 1,685,210 new cancer cases diagnosed, and 595,690 cancer deaths in this country alone.

The Center for Disease Control publishes state-by-state reports of cancer diagnoses and deaths. The latest figures are from 2012, and they show that Pennsylvania ranks in the highest range for incidences of all cancers combined, with a rate of 476 per 100,000. Only six other states are in this top range. Considering only cancer deaths, Pennsylvania falls within the second highest incidence rate, with 174.9 per 100,000. In both incidents and deaths, Pennsylvania rates are slightly higher than the national average.

On the positive side, the National Cancer Institute reports that despite increases in incidences of cancer in the United States, due in part to progress in diagnosis and the aging of the population, the overall cancer death rate has been declining since 1992. At the same time, five-year survival rates, which are commonly used to evaluate and compare different treatment options, have increased dramatically in many cancers. According to the NIH's most updated statistics, the five-year survival rate among adults for all cancers combined is now approximately 68 percent; for children it is approximately 81 percent.

Survival rates for some specific cancers are even more dramatic. As of 2006, survival rates for four of the most common cancers were: breast, 90 percent; prostate, 100 percent; colorectal, 67 percent; and bladder, 81 percent.

As the St. Luke's panel of cancer specialists noted in the pilot of "Health Now," today there are many different approaches to treating cancer, often in combinations, that are contributing

See **ABOUT** on Page A8



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PILOT

Continued from page A7
remarked. "We are looking at multiple issues so we are working with a multidisciplinary team to target you and your specific cancer."

Genetic testing, she added, "allows us to work out if you would benefit from chemotherapy or something else."

In talking about breast cancer in particular, Kelly said that she even wants to figure out "what screening works for what women."

Using machines and automobiles as examples of what he called the "new concept" of targeted therapy, Agarwala explained, "Mutation [of cells] is the driver of the machine [cancer]. If you can find the gene that makes the drug go to find the driver, that will stop the machine." Immunotherapy, he continued, is a way to give patients the tools to use to fight the cancer themselves through their



The chair of St. Luke's oncology services, Dr. Lee Riley, gets help with his microphone from Katie Wallace, the director of photography for ASR Media, which is producing the pilot.

own immune system.

Anderson said when cells don't grow the way they should, proteins in our body kick in to "fix it."

"If the cell has grown too fast or fixit hasn't done its job, the cell undergoes uncontrolled growth. Over the years, it has become evident that the body and cancer

are so complex that it takes a team to characterize what is wrong.

"The most advancement," he said later in the program, "has come by keeping track of very small cells." He credited technological advancements, such as the increased speed of computers and the development of chips like the ones in

smart phones, for making that possible.

When Russo asked the panelists at the end of the second program what they were most passionate about, Riley stressed that with all the new technology, he didn't want to forget about the patient. Dr. Agarwala said he wanted to find a way to cure cancer completely. Referring to his fellow panelists, Dr. Anderson answered, "I'm passionate about keeping their passions high."

The programs will be in post-production for about a month, and an air date will be announced later after focus group testing. Kenneth Szydlow, St. Luke's vice president of marketing and public relations, said this proposed new series is an expanded format following on the earlier show, "Talk With Your Doctor." This new format, he said, will make it possible to go into health topics in more depth.

GRACEDALE NURSING HOME, Nazareth needs volunteers to transport residents to appointments and to various activities within the facility. Also needed are bilingual volunteers for friendly one-to-one visits with Spanish speaking residents. Contact Michael Colon, 610-746-5248, mcolon@northamptoncounty.org.

SHARECARE FAITH IN ACTION, Bethlehem needs volunteers to assist clients in Lehigh and Northampton counties to help elderly and disabled clients with various caregiving services. Contact Lynn Marie Heiney, 610-867-2177, ShareCare@aol.com.

PINEBROOK FAMILY ANSWERS, Allentown - Compeer of the Lehigh Valley needs adult volunteers to match in one-on-one friendships with adults in mental health recovery. Contact Vicky Conte, 610-774-1450, vconte@pbfalv.org.

UNITED WAY OF THE GREATER LEHIGH VALLEY, Allentown is looking for a database administration intern/volunteer for scrubbing, entering, importing/exporting data in donor database StratusLive, written in Microsoft Dynamics CRM. Participate in writing of code, macros and queries in MS Dynamics CRM and MS Excel. Contact Mary Terp, 610-807-5712, MaryT@unitedwayglv.org.

Contact the Volunteer Center to receive a brochure listing agencies in need of volunteers at 610-807-0336 or e-mail: vc@volunteerv.org. Visit our website www.volunteerv.org for a larger listing of volunteer opportunities.

ABOUT

Continued from page A7

to more positive outcomes, and generating optimism about a potential cure. These are some examples, cited by the National Institute of Health:

- Combination chemotherapy that contains the drug cisplatin has led to cure rates for testicular cancer of approximately 95 percent, while 80 percent of patients with metastatic testicular cancer can now be cured.

- Three cancer prevention vaccines have been approved by the U.S. Food and Drug Administration (FDA). One of these, the hepatitis B virus vaccine, has the potential to prevent some forms of liver cancer. The remaining two vaccines have the potential to prevent approximately 70 percent of

cervical cancers.

- Several other cancer treatment vaccines are being tested in large-scale clinical trials, including vaccines for the treatment of non-small cell lung cancer, pancreatic cancer, ovarian cancer, melanoma, and multiple myeloma.

- Therapies that target the specific molecular changes that cause cells to become cancerous and processes that are required for continuous cancer cell growth and survival are now part of the therapeutic arsenal. To date, the FDA has approved approximately 30 molecularly targeted agents for cancer-related indications.

- Radioactive seeds, designed to deliver high doses of radiation to tumors while minimizing the doses delivered to nearby healthy tissue, are now widely used.

Planners support FedEx expansion

BY BERNIE O'HARE

Special to the Bethlehem Press

Deed restrictions prohibiting commercial or industrial use have stymied FedEx's efforts to build a \$335 million megahub for its delivery service in Allen Township for the past two years. This legal monkey wrench has also prevented Lehigh-Northampton Airport Authority from making its final, \$7.1 million payment, on a \$26 million award entered against the authority when it condemned the land in the '90s. But instead of walking away from the Lehigh Valley, FedEx is being lured by come hither looks by Bethlehem.

On Feb. 11, Bethlehem's Planning Commission voted 4-0 to approve plans for a distribution center in Bethlehem along 131 acres at 3633 Commerce Center Boulevard, next to centers already owned and operated by Walmart and Crayola.

The project was endorsed by the city's planning department.

Eric Scheler, Majestic Realty's District manager, outlined plans for a 981,321-square-foot warehouse distribution center, exactly 1.3 miles along Route 412 from Route I-78. Over 400 trucks a day would flow into the

facility as 2,500 employees working three shifts would sort and load packages. Most of that truck traffic would then return to I-78, although a smaller number of local delivery vans would leave the facility for local deliveries in the Bethlehem area.

"The city is open for business," said Scheller, adding that his company "has the horsepower to attract these kinds of tenants."

The only concern, raised by Matt Malozi, was whether delivery trucks would stack at other locations. Scheler said the four-lane approach to

the facility would allow trucks to stack there.

"I don't think you could find a better spot," said planning chairman Rob Melosky, who called the project a "slam dunk."

Melosky pressed Scheler for a time line.

"We're ready to pour concrete in May," Scheler answered.

FedEx representatives were absent from the meeting.

No members of the public opposed or supported the project.

Voting to approve the plans were Chair Rob Melosky, Matt Malozi, Tom Barker and Lou Stellato. Jim Fiorentino was absent.

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HEALTH & FITNESS

Eating right can improve quality of life

Legend states that on April 2, 1513, Spanish explorer Juan Ponce de León was the first European to discover modern-day Florida when he traveled on a quest for the mythical "Fountain of Youth." While modern science has proven that there is no mystical fountain or body of water that can reverse or slow down the aging process, there are many steps people can take to age well and prolong their lives.

Eating the right foods is one way to age well. According to Ralph Felder, M.D., Ph.D., coauthor of "The Bonus Years Diet," reversing the aging process internally is more difficult than outward cosmetic changes. But the right foods can go a long way toward increasing both life expectancy and quality of life. Those who want to employ diet to increase their life expectancy may want to start adding more of the following foods to their breakfast, lunch and dinner plates.

- Broccoli, grapes and salad: According to Health magazine, researchers have found that compounds in these three foods boast extra life-extending benefits.

- Berries: In addition to their abundance of antioxidants, berries have other benefits. A 2012 study from Harvard University found that at least one serving of blueberries or two servings of strawberries each week may reduce the risk of cognitive decline in older adults.

- Fruits and vegetables: Produce is good for the body because it's low in calories and high in fiber, vitamins and other nutrients. Numerous studies have indicated that diets plentiful in fruits and vegetables help people maintain a healthy weight and protect against cardiovascular disease.

- Whole grains: Whole grains pack a lot of nutrition into a low-calorie food. Whole grains help protect against type 2 diabetes, and researchers at the University of Texas Health Sciences Center found study participants whose diets included plenty of whole grains and fruit cut their heart disease risk by almost half compared to those whose diets favored meat and fatty foods.

- Red wine: A glass a day for women and no more than two glasses daily for men can be beneficial. Moderate consumption of red wine has been shown to slow age-related declines in cardiovascular function, according to the American Heart Association.

- Fiber: Increase your fiber intake for a longer life. Research from The American Journal of Clinical Nutrition finds that the more fiber you include in your diet, the lower your risk of coronary heart disease. The daily recommendation is 25 to 35 grams.

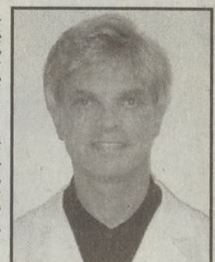
While there may be no such thing as the fountain of youth, a healthy diet can help men and women prolong their lives.

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Health & Fitness DEADLINE: Before 5 pm Wednesday, one week prior to publication.

INSIDE
SPORTS



DIVING AND SWIMMING

Madison Young committed to Marshall while the Freedom boys and girls swimmers both won a recent meet.

A10

▼ **THEY SAID IT**

"We really felt this weekend, if we wrestled our best, we could take it to a lot of these teams and I think we did that. Whenever people think you're going to lose to someone, you want to go out and prove them wrong. It's just great to finally win this because we've been working so hard for this."

Luke Karam
 BC wrestler

▼ **BRIEFLY**

LEHIGH SIGNUPS

Lehigh Sports Association is currently offering registration for the upcoming 2016 season.

Baseball and softball offered from ages 4-16 for boys and girls.

Online registration at www.lehighsportsassociation.org from Jan. 17-Feb. 20.

FOOTBALL BANQUET

The 56th annual Lehigh Valley Chapter of the National Football Foundation Scholar Athlete Banquet will be held Sunday, March 6, beginning at 4:30 p.m. at the Northampton Community Center.

This year's guest speaker is former Whitehall, Penn State and NFL player Matt Millen, who is now a television sports analyst.

Anyone interested in purchasing tickets should contact Tony Cocca at amcocca@yahoo.com or 610-437-4649 by Friday, Feb. 19. Cost is \$30.

Look for nominees and bios in an upcoming edition of the Lehigh Valley Press.

STATE DUALS

This time, a 3A title!



PRESS PHOTOS BY PETER CAR

Bethlehem Catholic seniors (left to right) Adam Soldridge, Joey Gould, Luke Karam, Stephen Maloney, Cole Karam and Sean Redington bask in the moment of taking home the school's first 3A state wrestling championship.

Hawks avenge last year's loss

BY PETER CAR
 pcar@tnonline.com

It was the final mountain Bethlehem Catholic's wrestling program had to climb. After winning nearly everything in their path over the last six years, the Golden Hawks had one piece of hardware they coveted in the form of a PIAA AAA team championship.

That final hurdle came to a completion over the weekend when Becahi outclassed Boyertown 37-12 in Saturday afternoon's state championship at the Giant Center in Hershey.

The title laid claim to more history by the

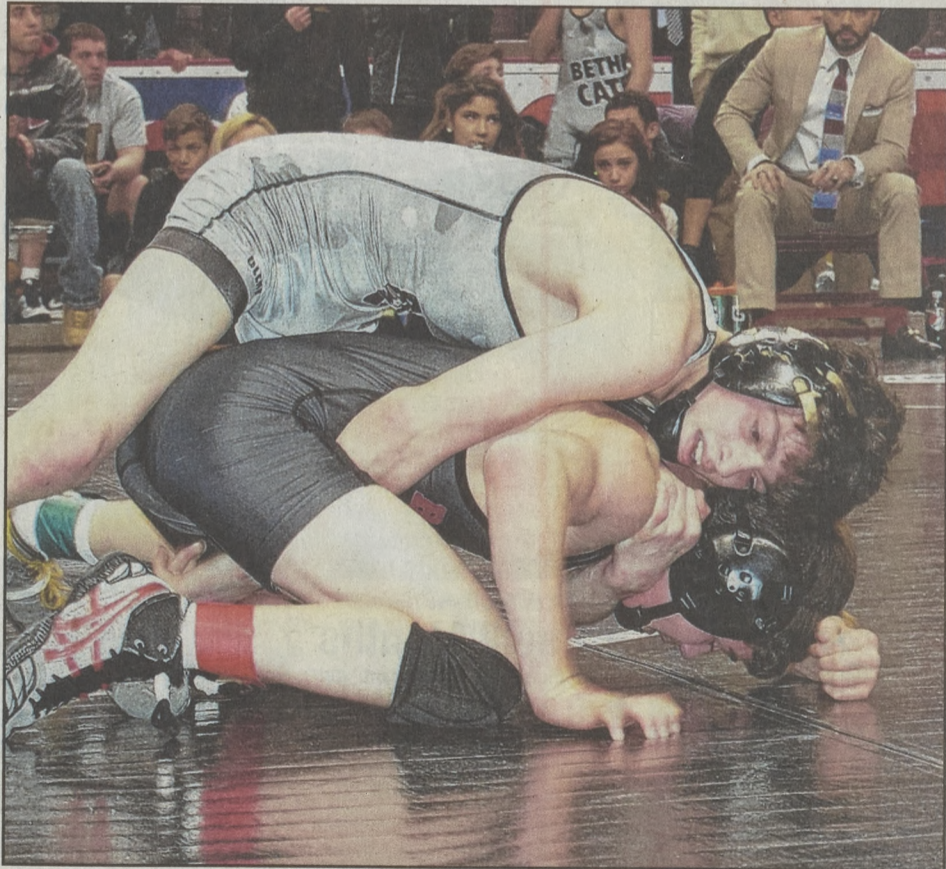
Golden Hawks, as they became the first program in state history to win state championships in both classifications. They also became the first Pennsylvania program to own five state championships (four in AA) in total.

With so many great memories over the years, asking head coach Jeff Karam about his favorite team or title is like comparing one man's abundance of sports cars, but this year's team had a different feel about them that Karam certainly recognized as he reflected on Saturday's state title

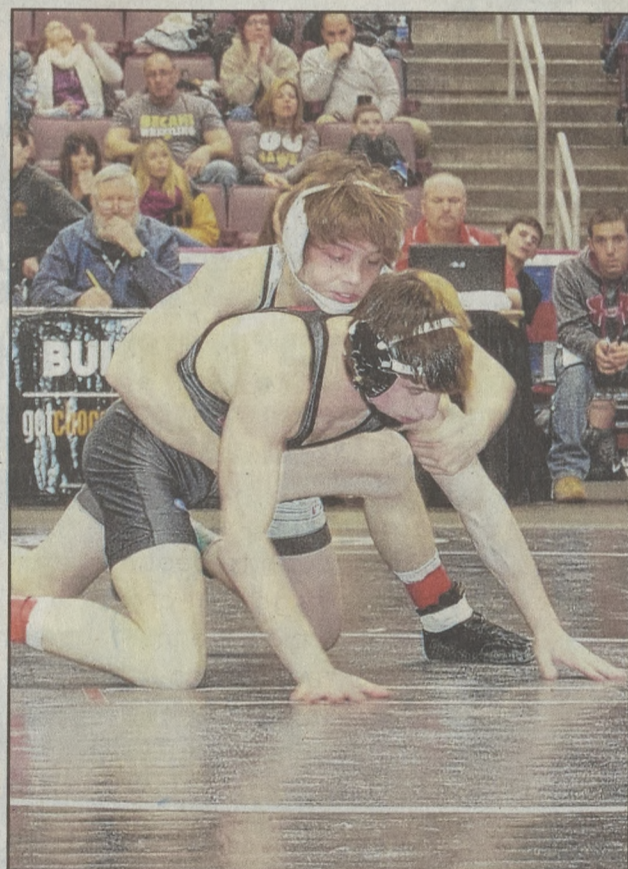
See **BC** on Page 11.



Bethlehem Catholic's wrestling team poses after capturing the 3A title in Hershey last Saturday. Next up is individual districts February 26-27.



Zach Glenn controls Boyertown's Matt Wilde during a 3-0 win in Saturday's state final.



Ryan Anderson clamps down on Jakob Campbell during a 1-0 win at the Giant Center.

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SWIMMING AND DIVING

Young commits to Marshall for diving

BY KATIE MCDONALD
kmcdonald@tnonline.com

Freedom High School diver, Madison Young, recently signed a National Letter of Intent with Marshall University in Huntington, W. Va.

In a press release, Marshall University diving coach Andrew Helmich said, "Madison is exactly the type of student-athlete that we want here at Marshall University. She is talented, hardworking and intelligent. I know that the athletes as well as the coaching staff are excited about her being a part of this team, and I am certain that the future holds big things for Madison."

The Patriot senior holds the Freedom school record and the Northampton High School pool record in diving.

"I was excited [about the pool record], but more excited that it was my highest score this season," Young said.

Young is the third member of the Marshall University swimming and diving recruiting Class of 2020.

"I was looking at a bunch of colleges, and I went on a recruiting visit. I stayed overnight with a diver and met the whole team. The team has a close bond, and that's something I was looking for. The coach is positive and motivational. He's a really good coach," said Young.

Young plans to enter the nursing program at Marshall.

"I'm looking forward to getting the opportunity to dive year-round and to be part of a large, college team," she said.



CONTRIBUTED PHOTO

Freedom diver Madison Young will head to Marshall to continue her career.

Teams set for D11 playoffs

BY PETER CAR
pcar@tnonline.com

The District 11 basketball playoffs kick off this week and the opening round 4A matchups for Liberty and Freedom pits them in rematches against East Penn Conference foes when Wednesday's opening round gets underway.

Liberty (9th seed) will travel to Nazareth (8th seed) for a 7 p.m. affair on Wednesday, while Freedom (11th seed) has to make a trek up north to Stroudsburg (6th seed).

Both teams have familiarity with each other this season, as the Hurricanes (12-10) won their first encounter over the Blue Eagles (13-9) on January 8 by a 63-49 margin.

Freedom topped Stroudsburg 53-34 in December 18 blow out victory.

That was then and this is now and both head coaches know that postseason basketball is a different animal.

"I think the biggest thing this week is who can knock the rust off after almost two weeks of not playing games," said Liberty head coach Chad Landis. "The start of the game will be important for both teams, but playoff basketball is usually won by the team that takes care of the ball and is willing to defend."

The start of the game was the difference between Freedom (11-11) and Stroudsburg (14-8) when the two teams met in December, as the Patriots used a 20-3 second quarter to build a 17-point lead going into the second half that Stroudsburg could never recover from.

This time around, head coach Joe Stellato knows he'll have a tougher task traveling on the road against a team that surely remembers how the first encounter ended.

"We have to rebound the ball," Stellato said. "We'll force them to take jumpers, so we must rebound the ball. We need to penetrate there zone defense and not settle for jump shots."

Should either team win on Wednesday, they'll move to Saturday's quarterfinal round where Liberty would take on top-seeded Parkland (19-3) at 7:30pm at Freedom.

Should the Patriots advance, they'll travel up north again, this time for a 6 p.m. contest at Pleasant Valley to take on third-seeded Pocono Mountain West (19-3).

In 3A, the top bracket is loaded with the three best teams starting off with top-seeded Pottsville (22-0), but Bethlehem Catholic (14-8) and Central Catholic (13-9) unfortunately are set to square off in the quarterfinals Friday at 7:30pm in a four-five matchup at Allen.

This will be the first meeting between both teams this season and unfortunately, one of their season's will end this weekend.

"We need to stop Zay Jennings and control the boards," said Becahi head coach Ray Barbosa on the keys to beating Central. "We need to work the ball inside offensively as well, because I think we have an advantage there."

Jennings is averaging 21 points a game this season for the Vikings and is the catalyst for their offense.

Kweku Dawson-Amoah, who averages 13.6 points a game,

See **HOOPS** on Page 11

FHS boys, girls down Stroudsburg

BY KATIE MCDONALD
kmcdonald@tnonline.com

Freedom High School's girls' swim team clinched a two-point victory on Friday when the Patriots defeated Stroudsburg 91-89.

"We knew, going in, it would be pretty close," said Freedom junior, Reilly Ward. "[Coach] Jon [Larson] told us to try our hardest and stay psyched up."

Several events were won by Freedom, but the Mountaineers were able to gain points by taking second and third places in those races, keeping the score close throughout the meet.

"We were all very excited to get a win. Our season has been pretty hard. We lost some girls to graduation last

year, but we got a lot of new, enthusiastic swimmers," Ward said.

Ward took first place in the 200 free, and Emily Justice was fourth. Raleigh Ellis won the 200 IM, and Andie Graney placed fourth.

In the 50 free, Alex Koehl came in first, and Laura Davison was fifth.

Ellis was a repeat winner with a victory in the 100 butterfly, and Megan Schupp was fifth. Ward was also a repeat winner with a victory in the 100 free, and Linda Mao came in fourth.

Koehl won the 500 free, her second victory of the day, and Davison placed third.

In the 200 free relay, Ellis, Koehl, Graney, and Ward came in first, while Mao, Schupp, Madison Young, and Bridget Tarnowski

came in third. Those finishes scored 10 points for Freedom.

"Before I went in, I knew I had a head start, and while I was swimming, I knew I was ahead, but I was still swimming as fast as I could," said Ward, who anchored one of the relay teams.

Young won the diving event, and Leigha Evans placed second.

Ward said, "We had the lead after diving, but we had to keep it up."

In the 100 backstroke, Mao came in second place, and Graney was fourth. Tarnowski was second in the 100 breaststroke, and Justice was third.

With three teams in the 400 free relay, two of which were Stroudsburg's, the Patriots needed a minimum sec-

ond-place finish to win the overall meet. Koehl, Justice, Tarnowski, and Schupp accomplished that second-place finish.

Ward said, "Everyone was excited. We were jumping up and down."

Freedom's boys' swim team also defeated Stroudsburg 117-51.

Andy Conzola, Colin Burnette, Brandon Burnette, and Nick Carbonaro won the 200 medley relay to open the boys' competition.

Troy Watlington placed first in the 200 free, and Brandon Burnette was first in the 200 IM.

The Patriots scored a 1-2-3 finish in the 100 butterfly with Tyler Higgins, Cameron Bell, and Brandon Burnette, respectively, and Conzola won the 500 free.

Al J Bell, Conzola, Brian Seitz, and Higgins teamed up to win the 200 free relay, and later in the meet, Al J Bell, Colin Burnette, Seitz, and Higgins won the 400 free relay.

Colin Burnette also won the 100 backstroke, and Dominic Fresoli was second. The Patriots had another 1-2-3 finish with Al J Bell, Higgins, and Seitz, respectively, in the 100 breaststroke.

This Thursday the Patriots will take on the Liberty Hurricanes at Freedom in one of the friendliest rivalry meets of the year.

"We're all really excited and training hard. We know they have the advantage, but everyone is really psyched," said Ward.

FLY FISHING

Fly fishing aficionados, lay down that cast because the original and pre-eminent exhibition of fly fishing cinema, the acclaimed Fly Fishing Film Tour (F3T), is back March 30, 7:30 p.m., at the ArtsQuest Center at SteelStacks, 101 Founders Way, Bethlehem.

Tickets for the event, a fundraiser for are \$15 in advance at www.steelstacks.org and 610-332-3378, and \$20 at the door.

Proceeds from the Fly

Fishing Film Tour benefit the Monocacy Chapter of Trout Unlimited's habitat improvement work and cold water conservation efforts on streams throughout the Lehigh Valley, as well as the ArtsQuest Arts Education Programming Fund, which helps to support ArtsQuest's free music, arts and education programming for the community.

For more information on The F3T event at SteelStacks, visit www.steelstacks.org.

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Outdoors: ice fishing starting to heat up

BY NICK HROMIAK
Special to the Press

With our recent extremely cold temperatures, ice fishing has to turn-on on local waters. In fact fishing has been decent so far on Pocono lakes and even north of there where temperatures allowed for safe ice.

Willie, from Willie's Bait & Tackle in Cementon, says he's been getting sporadic reports from places like Shohola and Pecks Pond where pickerel and bluegills were the main bite. Ice thickness there was averaging 8-9 inches and most fish were being pulled up on minnows. Willie also added that a couple customers hit Ontelaunee Reservoir in upper Berks County and managed to pick up 30 plus crappies all on minnows and through five inches of ice. But, there was two inches of snow atop the ice.

He did get a good report from White Oak Lake above the Poconos that is, like Leaser Lake was, being drawn down for repairs. As such, anglers are encouraged to fish it out. Hearing that, three local anglers went there and managed to take home 143 bluegills, all on fathead minnows.

Chris, from Chris's Outdoor Sports in Mertztown, reported that nearby Ontelaunee Reservoir, as of Wednesday, had 3-5 inches of varying ice on the lake. Customers were pulling in pickerel, crappies, bluegills - but



PRESS PHOTO BY NICK HROMIAK

This ice fisherman on Ontelaunee Reservoir was able to pull up some panfish for dinner.

no bass - all on pike shiners.

As for Leaser Lake, Chris has no reports, but there should be some action now that the water level is back to normal and there's more cover that was planted and what grew naturally to spread the fish out. Of course, the only keeper fish from there are trout.

At the recent board meeting, the Pennsylvania Fish & Boat Commission (PF&BC) adopted a regulatory amendment that extends catch and release regulations on Leaser Lake to all fish except trout. The PFBC began re-establish-

ing the fisheries in 2013 after the dam at the lake was rebuilt and the lake reopened. However, the agency says recent assessment found that fish populations have not been significantly reestablished. The amendment will go into effect July 19, 2016.

Mike, from Mike's Bait & Tackle in Nazareth, says Lake Minsi in Northampton County had some ice fishermen on it last week. But the ice there was barely 3-4 inches with a considerable amount of open water. And with wind, it will not allow the water to freeze, said Mike. Instead of Minsi,

he had received decent reports from Promised Land Lake that was fishing good, Shohola that was just OK, Gouldsboro and Tobyhanna lakes were giving up pickerel and some panfish.

For those brave enough to withstand temperatures in the teens, ice fishing on local waters could be good. But, before walking on ice, here are a few reminders from the PF&BC:

* Leave information about your plans with someone such as where you intend to fish and when you expect to return.

* Wear a personal flotation device and try not to fish alone.

* Ice varies in thickness (as on Ontelaunee) and condition. Always carry an ice spud or chisel to check ice as you proceed.

* Be extremely cautious crossing ice near river mouths, points of land, bridges, islands and over springs. Current almost always causes ice to be thinner over these areas.

* Avoid going onto ice if it has melted away from the shore. This indicates melting is underway, and ice can shift position as wind direction changes.

* Waves from open water can quickly brake up large areas of ice. If you can see open water in the lake and the wind picks up, get off.

* Carry a set of hand spikes to help work your way out onto the surface of the ice if you go through. Holding one in each hand, you can punch them into the ice and pull yourself out. They can be made at home by using large nails or buy them at tackle shops.

* Carry a safety line that can be thrown to someone who has gone through the ice.

* And equally as important, bring a fully-charged cell-phone.

If frigid temperatures continue, ice fishermen will be able to walk on water and into some hungry midwinter fish.

LHS softball to host a comedy night

BY KATIE MCDONALD
kmcdonald@tnonline.com

On March 11, The Comedy Tornado and the Liberty Hurricanes will converge at the American Club Pavilion in Coplay for a night of food, music, and most of all, laughter.

Paul Venier is a comedian from Toms River, N.J. who will perform his one-man show as a fundraiser for Liberty's girls' softball team.

Liberty coach Sam Carrodo said, "The school takes care of us very well, but we want to take some of that burden off and have enough money for some other things, like bat bags and jackets, and food, if we have a long away trip."

Carrodo first heard of Venier when the coach headed the softball team at Northampton Community College.

"He is just 100 mph on that stage. He brings

props, he uses the audience, he sings. It's just hilarious," said Carrodo.

Doors will open at 6 p.m. for a buffet-style dinner, and the adults-only (ages 18 and older) comedy show will begin at 7 p.m.

Tickets cost \$20 per person and can be purchased at the door, or by contacting Carrodo or any Liberty High School softball player.

HOOPS

Continued from page 10
will be the focal point for the Hawks interior game.

The winner of Friday's quarterfinal will most likely meet Pottsville in the semifinal round on February 23.

In 4A girls action, Liberty (fifth-seed) hosted Bangor (twelfth-seed) on Tuesday night, which was past Press deadlines. The Hurricanes (17-5) were favorites to move into Friday's quarterfinals, where they would meet fourth-seeded Pottsville (19-3). That game is slated to be played at 7 p.m. in Blue Mountain.

Bethlehem Catholic (14-8) will need to wait until Saturday to open up district action



PRESS PHOTO BY ROB MERCHANT

Liberty's Taysia Snead battles with Becahi's Salam Bauman during a recent regular season game. Both teams made the D-11 playoffs.

when they take on East Stroudsburg North (11-11) in a three-six quarterfinal matchup.

A win would push

the Hawks into next Wednesday's (Feb. 24) semifinals against either Jim Thorpe (12-10) or Blue Mountain (20-2).

BC

Continued from page 9

achievement. "As far as just going out there and banging and grinding and doing your job, this team is tough from 106 to heavy-weight," Karam said. "They know their role. We've had some good teams back with Darian [Cruz], Randy [Cruz], Elliot [Riddick] and Zeke [Moisey], but I gotta say this year's team is the top because we just won a AAA state championship."

While the Hawks didn't have many flashy moments against Boyertown, they did thoroughly out-wrestle the Bears in nearly every facet, starting on top.

The Hawks won the first seven bouts of Saturday's finale by decision, sucking the life out of Boyertown's initial confidence with methodical and skilled precision. Their ability to ride opponents put Becahi in another category, as the Hawks rode out their opponents for entire periods during the tournament.

Zach Glenn (106), Ryan Anderson (113) and Luke Carty (120) accomplished those feats in the first three wins to solidify to everyone that Boyertown was going to have a long afternoon ahead of them.

Anderson knocked off Jakob Campbell, the second-ranked wrestler in the state, 1-0 to send an early message.

If the Bears had any chance at pulling off momentum, they needed a win at 113 and Anderson assured the momentum would stay in Becahi's

favor.

"I really wanted to show something out there," said Anderson. "I wanted to have our seniors walk out of here on a high note and help them win. I knew getting a win there [at 113] would be big for us. It's really the best feeling I've ever felt in my life."

The feeling started with Friday's 33-30 semifinal win over Belle Vernon.

The Leopards were the only team that could threaten the Hawks chances at a crown, but despite the result only being a three-point difference, Becahi eventually took over after they trailed 18-10 midway through the match.

Decisions by Niko Camacho (HWT) and Zach Glenn (106) pulled the score within 18-16 and then the Hawks went off.

Anderson followed with a 23-8 tech fall over Logan Seliga at 113 to push the Hawks in front 21-18. Carty then pinned Jake Fine in 13 seconds at 120 and Luke Karam clinched the victory with a fall over Tyler Seliga in 2:25, giving Becahi a 33-18 advantage with two bouts to go, as they would forfeit the rest of the way.

"We really felt this weekend, if we wrestled our best, we could take it to a lot of these teams and I think we did that," said Luke Karam. "Whenever people think you're going to lose to someone, you want to go out and prove them wrong. It's just great to finally win this because we've been working so hard for this."

And the hard work

may be the one aspect of the Hawks' program that is greatly overshadowed. Whether it's superior conditioning, mat awareness or skill, this year's state championship team had it all, despite what the detractors say.

Following the Hawks win on Friday night, Belle Vernon wrestlers bitterly asked their Becahi counterparts about their hometowns during post match handshakes.

In the aftermath of dismantling Boyertown, Bear wrestlers were joined in communion with fans chanting "Home Grown," while they received their silver medals, purposely jabbing at Becahi.

No matter what people think of Becahi, it was extremely poor sportsmanship for a team and adults to act in the manner they did following a thorough beat-down in the final.

"Wrestling is an emotional sport and those kids on that Boyertown team are probably really good kids that come from good families," Jeff Karam said. "Nobody likes to lose and we were here last year when we lost, but I wasn't shouting over to Franklin Regional 'home grown' because they had a couple transfers on their team."

"You're always going to have the naysayers. Hopefully, over time people will reflect back when the emotions die down and understand that these young men are a special group that really got better."

A team of young men that went out as champs.

PIAA's first reading for playoffs passed

BY PETER CAR
pcar@tnonline.com

The PIAA gave a first-look of what the future state playoff tournaments may look like last week, when the Board of Directors passed a first reading, detailing state qualifiers for classifications, as well new brackets in the six classification sports for the 2016 and 2017 calendar years. The proposal must pass three readings to become official with the final adoption slated for a meeting on May 25.

Overall, the number

of state qualifiers has went up for schools in District 11 with girls and boys basketball seeing the biggest bump in numbers. In girls basketball, 6A will receive four qualifiers, 5A will get one entry, 4A gets two, 3A gets four, while 2A and 1A each receive two spots.

In boys basketball, 6A will now get four spots, 5A will see two, 4A qualifies four, while 3A and 2A each get two. Three teams will qualify from 1A.

Boys and girls soccer has increased to four classes and will see two qualifiers in 4A. All other classes will have one qualifier. Field hockey will get two qualifiers in 3A and 1A, leaving one spot in 2A. Baseball and softball will have one qualifier in the first five classes, but get spots in 6A. Girls volleyball will now have two qualifiers in 4A and only one in the three other classes, while in boys volleyball will now receive two qualifiers in 3A.

DARTS

Bethlehem Inter-Church Dart
Baseball League

Standings Week 2-4

St. Peter's Lutheran	9	3	750
Christ UCC	8	4	667
Holy Trinity Lutheran	8	4	667
East Hills Moravian	7	5	583
Bethany UCC	5	4	556
First UCC	6	6	500
Fritz-Wesleyan	6	6	500
St. Matthew's Luth	6	6	500
West Side-Edgeboro	4	5	444
Christ Lutheran	5	7	417
Schoenersville	5	7	417
College Hill Moravian	4	8	333
Holy Cross Lutheran	4	8	333
Trinity UCC	4	8	333

RESULTS

2/1: West Side-Edgeboro at Bethany no report; St. Matthew's at Christ Lutheran 1-2, 10-7, 4-3; College Hill at First UCC 3-4 (12), 7-4, 3-9; Holy Cross at Schoenersville 2-3 (13), 5-4 (12), 3-6;

Trinity CC at East Hills 0-1, 8-13, 1-4; Fritz-Wesleyan at Christ UCC 4-3, 4-7, 3-6; St. Peter's at Holy Trinity 4-7, 4-0, 4-3 (14)

SCHEDULE

2/15: East Hills at Bethany; Holy Trinity at Holy Cross; Schoenersville at Fritz-Wesleyan; Trinity UCC at St. Matthew's; West Side-Edgeboro at First UCC; Christ Lutheran at St. Peter's; College Hill at Christ UCC

HIGHLIGHTS

1) Matt Balikian 6-13 (including the cycle) for Fritz-Wesleyan.
2) Rich Lambert and Paul Schelzter each hit for the cycle) for Christ UCC.
3) Cliff Weston 7-13 for St. Matthew's.
4) Norm Hein 7-13 for Christ Lutheran.
5) Kirk McFadden 6-15 (including the cycle) & Travis Frankenfield

6-15 for St. Peter's.
6) Dale Mack 6-15 for Holy Trinity.
7) Bruce Laudenslager 7-12 & Ann Marie Scholl 4-11 for Trinity UCC.

8) Wayne Gruver 4-8 (including the cycle- pinch it walk off HR in Game 1), Steve Kuhns 5-10 Byron Bachman 6-13 & Bob Baer 6-13 for East Hills.

9) Tom Hartzell, Dan Deutsch & Jim McNeal all 6-14 (Jim McNeal had the cycle) & Bill Austin 9-14 for College Hill.

10) Doug Miller 7-10 for First UCC.

11) Rich Stein 8-17 & Tim Royer 4-9 for Holy Cross.

BANQUET: The 85th banquet will be on MONDAY, MAY 16 at Dryland UCC. Cost is \$17 per person. Tickets available soon.

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BRIEFLY

PSU/LV

Alumni THON reveal Feb. 21

The Penn State Lehigh Valley Alumni Society will hold a marathon fundraising total event at 12:30 p.m. Feb. 21 at the ArtsQuest Center, 101 Founders Way. Money raised from THON is donated to the Four Diamonds Fund at Hershey Medical Center.

The free, open to the public celebration will include a live streaming of THON from the Bryce Jordan Center, University Park; entertainment, line dancing and a visit from the Nittany Lion.

To register, visit lehighvalley.psu.edu/THONRevealParty, call 610-285-5066, or email dmcaloon@psu.edu.

BETHLEHEM

Oscars party set for Feb. 22

Wegmans is partnering with ArtsQuest to present the 88th Academy Awards at 6:30 p.m. Feb. 28 at the ArtsQuest Center, SteelStacks, 101 Founders Way. There will be a red carpet stroll, Wegmans hors d'oeuvres and desserts, drinks and prizes.

The Oscars show will be held at 8:30 p.m. with a multiple-screen telecast in the Frank Banko Alehouse Cinemas. Tickets may be purchased at steelstacks.org or by calling 610-332-3378.

The Red Carpet Party presented by Wegmans is not sponsored by or affiliated with the Academy of Motion Pictures and Sciences or the Oscars. For information, visit www.steelstacks.org or www.facebook.com/steelstacks.

BETHLEHEM

Project Child dinner March 5

Project Child's 10th annual Have a Heart for Children dinner dance will be held at 5:30 p.m. March 5 at the Hotel Bethlehem, Main Street.

There will be live music by the Philadelphia Funk Authority. Proceeds benefit initiatives designed to reduce child abuse in the Lehigh Valley. For information, visit www.projectchildlv.org or call 610-954-9561, ext. 334.



Luda Pankina, Valley Farm's fastnacht baker, lowers a grill laden with fastnachts into the fryer.



Steve Torok picked up his granddaughter, Samantha, after school so they could go fastnacht shopping together.

Fastnacht frenzy

The Farmer's Market on Stefko Boulevard does a brisk business in the days preceding Ash Wednesday, the first day of Lent, a 40-day period when many people give up sweets. Things get busy in the supermarket kitchen on the Saturday before Shrove Tuesday (also known as Fastnacht Day, Doughnut Day, Fat Tuesday, and Mardi Gras Day). That's when Luda Pankina, the baker, and her assistants begin making the 18,000 fastnachts

that will be sold in the next few days. Twelve years ago, Pankina immigrated to the United States from Ukraine, where she had been a high school principal for 20 years. On Shrove Tuesday, she and her assistants made 7,000 fastnachts, which they boxed up and displayed outside the kitchen. There was a steady stream of customers poring over the display before choosing to purchase plain, powdered, or glazed fastnachts for their pre-Lenten treat.



Since fastnachts are new to Noah Gubish, his father, David, was eager to introduce him to the treats.



"We have a great team," Luda says. "Everybody works together."



Tyler Bokan, a member of the kitchen crew, adds more fastnachts to the display.



RIGHT: Tibor Szasz enjoys the fastnacht tradition here as much as he did in his native Hungary.



Karen Betz is delighted to be back fastnacht shopping again this year.



Lyn Boger buys fastnachts every year because, "I try to stick to the 40-day thing."

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PRESS PHOTOS BY TIM GILMAN

Vincenzo Bruneo leaves the warmth of Wegmans market in Bethlehem with a dozen roses for his wife Saturday morning around 8 a.m. The police officer said he's used to weather extremes after walking the streets of Easton while on duty. Bruneo, a Bethlehem resident, said he planned to stay indoors with his family for Valentine's Day. The weekend's below-freezing temperatures along with wind chill



A Washington Ave. home's outdoor thermometer reads 9 degrees at 8 a.m. Sunday morning.

conditions hovering in the single digits brought the Northeast the coldest weather of the winter season. According to AccuWeather, Saturday's temperatures ranged from 12 to 21 degrees. Sunday's outdoor thermometer dipped even lower, to a near record 2 degrees.

Valentine card artist



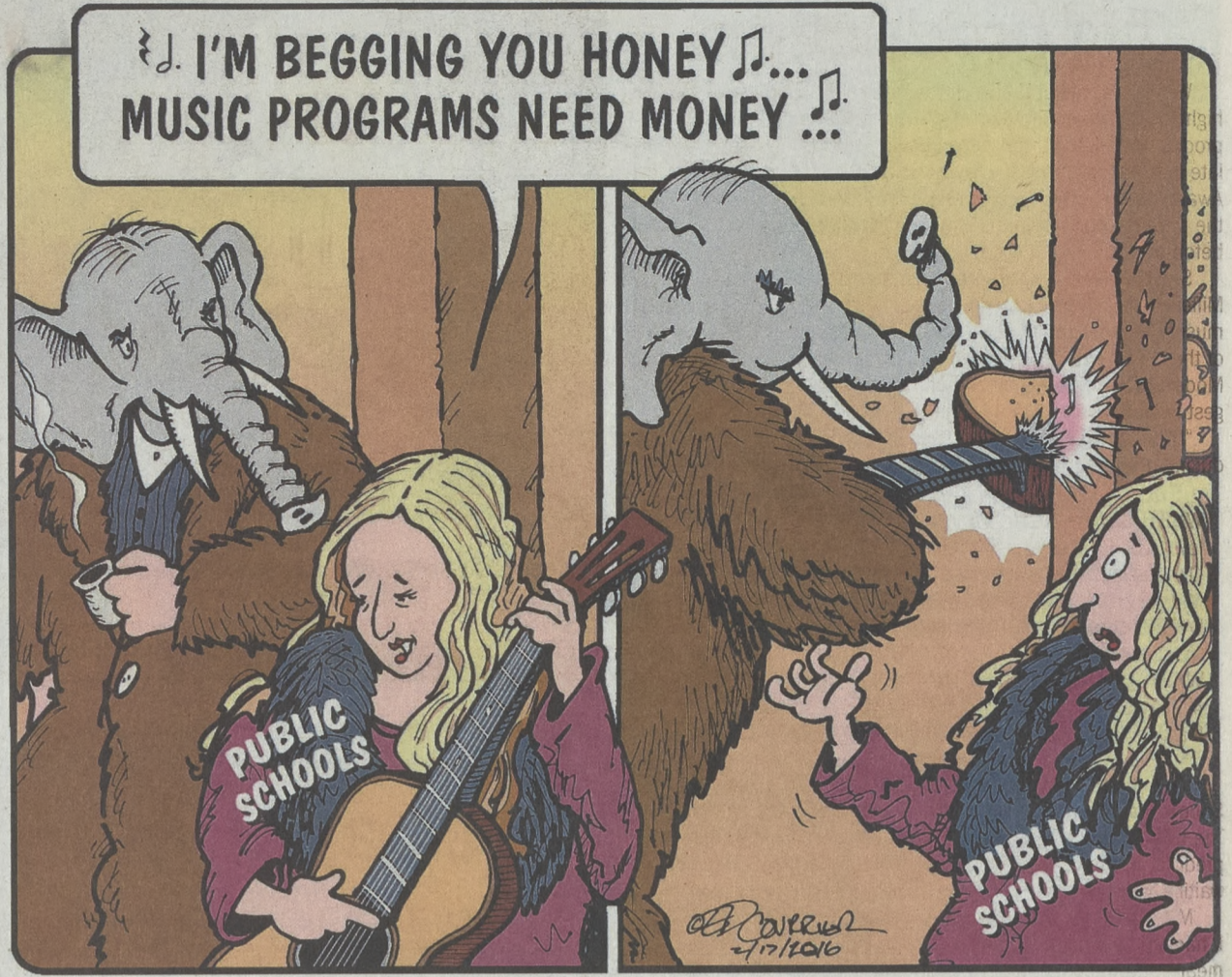
PRESS PHOTOS BY TIM GILMAN

Rosa Reyes works on a Valentine's Day card for her mother during an arts and crafts session Feb. 6 at the Kemerer Museum of Decorative Arts. "We come here a lot for different activities," said Rosa's mother, Natalia Reyes of Bethlehem. The Kids Club "be my valentine" activity is part of a monthly family program at Bethlehem Museums and Sites which is free for children 4-12 years old with an adult museum ticket or HBI membership. The next Kids Club is "City Lights" to create illuminated cityscapes March 5 from 11 a.m.-2 p.m. at Kemerer Museum on New Street. More info at historicbethlehem.org/event/kids-club.



Young card artist Rosa Reyes smiles with a completed handmade Valentine's Day card she made for her mother Natalia Reyes.

ED'S WORLD



GRAPHIC COMMENTARY BY ED COURRIER

NORTHAMPTON COUNTY

Gracedale beats 2015 budget

BY BERNIE O'HARE Special to the Bethlehem Press

Obviously, \$2.1 million is a lot of money. So when Northampton County Executive John Brown told county council at its Feb. 4 meeting that it only took \$2.1 million to keep its nursing home Gracedale afloat last year, that's still a lot of money. But the good news is that the county had budgeted \$7.7 million. So Gracedale beat the budget forecast by \$5.6 million.

According to Brown, the nursing home is moving in the right direction. "We are very optimistic we are going to repeat that," he told council. He indicated no one change and

no one person is responsible for the financial improvement, although he had high praise for the workforce. Gracedale's employees did vote to give up \$2.5 million in annual benefits when the nursing home was in trouble. Workers commonly take residents shopping or bring them home for the holidays. Many become volunteers after retiring. Brown also reported that the county closed the books on 2015 with a \$31 million fund balance, compared to about \$33 million at the end of 2014. He said this money was there after moving \$10 million into a human services capital fund and after setting aside a rainy day fund. He is pleased by the "very

strong financial performance." Perhaps all this good financial news made council a bit more picky. By a 6-3 vote, they rejected a \$200,000 "gift" for the 2016 Senior Games from Humana, a health insurance provider. In exchange for this "gift," the county would be required to provide Humana with a table at these Senior Games, and would also be required to feature this business in its program for the event. "They weasel their way in any way they can," Ken Kraft noted after being informed that Humana is a health insurer. Council members Peg Ferraro, John Cusick and Mat Benol voted to accept the money.

LEHIGH COUNTY

DA's office obtains first gang enhancement sentence in assault

CONTRIBUTED ARTICLE

The Lehigh County District Attorney's Office has obtained the first gang enhancement sentence in an assault case as the office and the Lehigh County Regional Intelligence and Investigation Center contribute resources to gang-related prosecution.

A 20-year-old Allentown woman who pleaded guilty to aggravated assault as a first-degree felony was sentenced Jan. 5. to four to 20 years in state prison for assaulting a 15-year-old girl, Chief Deputy District Attorney Bethany Zampogna, said.

Zampogna is supervisor of gang prosecutions, human trafficking and nuisance bars for the DA's office.

At a hearing before Lehigh County Judge Maria L. Dantos, Zampogna established the crime was committed in association with a criminal gang. The enhancement added 12 months to the lower end of the standard range sentence and 12 months to the higher end of the standard range.

The enhancement can apply to certain crimes involving criminal gangs.

The Pennsylvania Crimes Code defines "criminal gang" as "a formal or informal ongoing organization, association or group, with or without an established hierarchy, that has as one of its primary activities the commission of criminal or delinquent acts and that consists of three or more persons."

In the case, Antanyia Lakeisha Franklin, of the 800 block of North Sixth Street, was charged with punching a juvenile numerous times and kicking her in the head, causing injuries.

According to Zampogna, Franklin, who is a member of the Frutown Brim Brick City Brim gang, said to be a sect of the Bloods, became angry when the juvenile, who is not a gang member, flashed gang signs. Franklin, who is known as "Vicious Brim," yelled at the juvenile that she was not a Brim and repeatedly assaulted her on the afternoon of July 16, 2015, in the 700

block of South Fifth Street in Allentown.

Franklin had the assault videotaped. Zampogna introduced the videotape into evidence, and the judge watched the videotape during the sentencing hearing.

In September 2015, District Attorney James B. Martin named Zampogna supervisor of gang prosecutions, human trafficking and nuisance bars.

Zampogna, who was a prosecutor in the Northampton County District Attorney's office, joined the Lehigh County District Attorney's office in January 2007. She previously headed narcotics prosecutions. Zampogna will continue to be involved in drug investigations and prosecutions when gangs or human trafficking are involved.

The RIIC has enabled investigators to research gang members and their associates, and guns, vehicles, crimes and places with which they are associated. Investigators also are able to make connections between people and

past and present crimes.

Martin said the RIIC has received two grants totaling \$249,000 from the Pennsylvania Commission on Crime and Delinquency, allowing the RIIC to revamp and enhance the gang intelligence database.

Zampogna said that when she started her career as a prosecutor in 1999, she did not think criminal gangs would become so entrenched in the Lehigh Valley area.

Violent crimes involving gangs are difficult to prosecute, she added, because victims can be uncooperative, and victims and witnesses may be gang members.

Human trafficking cases are difficult because victims who have fallen prey to defendants have vulnerabilities such as drug addiction, family instability and financial problems, making them easier to exploit, according to Zampogna. Those issues also make it difficult to locate victims and to get them to cooperate in investigations, she said.

TIPS FOR HEALTHY LIVING

We're not eating as well as we should

Corporate America spends billions of dollars a year trying to get you to buy what you think are quick, cheap and healthy foods. These products may not be as healthy as you think. The federal government acknowledges that poor eating habits have long term health consequences. More obesity and health concerns are occurring with our youth

and adults in our country. Please take a moment and think about your eating habits.

The U.S. Department of Agriculture (USDA) wants the public to eat nutritious foods and tells you how. There is no better way to reinforce what you have already heard before than by reminding you of it. These points do work in making you and your

family healthier. They have some really great items on their website, www.USDA.gov. Find the link "Food, Nutrition and Consumer Services."

Another website, choosemyplate.gov, gives many helpful tips for eating right and staying fit. Some of their tips include the following:

• Before you eat, think about what goes on your

plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products and lean protein foods contain the nutrients you need without too many calories. Make half your plate fruits and vegetables. Eat red, orange and dark green vegetables, such as tomatoes, sweet potatoes and broccoli, in main and side.

See TIPS on Page 16

get the Keys Friends don't let friends drive drunk



BY LARA THRAPP

Small school makes big production

Well, it is about that time of year again. The time of year when high schools all around the Lehigh Valley put on their musical productions. The musical season begins around late February and ends in May with the Freddy Awards at the State Theater in Easton. However, the process begins before spring and even far before winter.

Saucon Valley's director and producer, Chad Miller, started working on the high school's musical in June, and now the school will be one of the first to kick off the season with "Thoroughly Modern Millie." This will be one of Saucon's "biggest productions yet," says Miller.



Thrapp

"Millie" is Miller's first time directing and producing a Saucon production, but he is not a stranger to the field by any means. He has been a teacher in the music department since 2012, conducting the high school chorus, teaching music theory and other instrumental classes, and assisting with vocals in Saucon's past productions.

WHAT: Saucon Valley's Production of "Thoroughly Modern Millie"

WHERE: Saucon Valley HS's Auditorium

WHEN: March 3, 4, and 5 @ 7 p.m.; March 6 @ 2 p.m.

Miller said the dynamic of this year's musical has changed. As a teacher, he is actually available to the students during the school day to practice vocals and numbers.

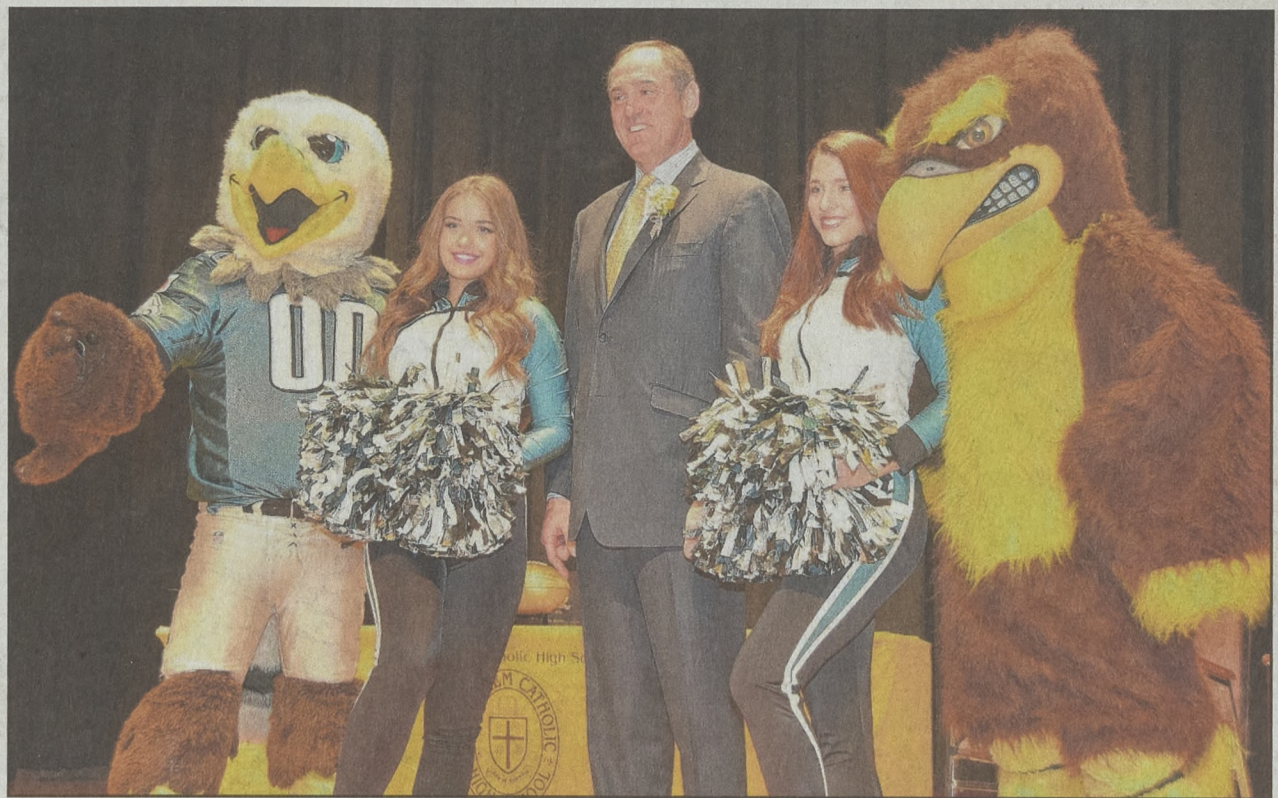
Kim Tassinaro, a biology teacher at Saucon, has been assisting with choreography in the production. The fact that the students have a familiar sense for their leaders predictably has contributed to the masterpiece that Saucon has waiting in the wings.

Miller said this production was just perfect for Saucon because it had the right number of leads and a contagious upbeat demeanor. Even though this is a Broadway musical, Miller feels this production is akin to "Bye, Bye Birdie;" it's simply meant for high school.

For those unfamiliar with the play, "Thoroughly Modern Millie" follows a girl's travels from Kansas to the Big Apple in the Roaring 20s. It has plenty of fun tap numbers sprinkled throughout Millie's quest to find a job and a husband.

Lauren Skillinge, a senior veteran to the stage, is featured as Millie and brings much energy to the production. Zachary Dumack, also a qualified senior, plays the other lead, Jimmy. Those who do attend this fantastic production in March will be delighted to see an impressive set, enjoy toe-tapping beats from Saucon's very own pit orchestra, experience the best lighting and sound Saucon has ever had, and of course be amazed by the overall sheer talent of a smaller school.

For more information, go to svsdtheater.com.



PRESS PHOTOS BY DANA GRUBB

John Spagnola was joined on stage by two Philadelphia Eagles cheerleaders, Eagle's mascot "Swoop" and the Bethlehem Catholic Golden Hawk mascot.

Becahi grad brings special NFL gift



Former Philadelphia Eagles tight end and Bethlehem Catholic HS alum John Spagnola paid a visit to his alma mater the week before this year's 50th anniversary Super Bowl to make a presentation and receive

an honor. A 1975 graduate, Spagnola is among the 2,000 NFL players who have played in the Super Bowl (SB XV in 1984, while with the Eagles) and who have been given a gold 50th Super Bowl anniversary game ball by

the NFL for presentation to the high schools for which they played. Spagnola, who addressed current Bethlehem Catholic students in an assembly, was also inducted into the Bethlehem Catholic Hall of Fame.

LV CHARTER ARTS NEWS

BY ANN GILLETTE

School gets LV Board of Directors Award

The new year began with many accolades and awards for the Lehigh Valley Charter HS for the Arts (Charter Arts). Charter Arts was named a Grammy Signature School semifinalist. Finalists for this prestigious distinction will be announced in March. In other news for the music department, Charter Arts will be honored at the 17th annual Lehigh Valley Music Awards with a Board of Directors Award, 17 students will be participating in the Northampton Community Band, two students will participate in the PMEA Regional Orchestra Festival, three students will participate in the PMEA District Jazz Band Festival, and the Charter Arts Jazz Band will participate in the SteelStacks HS Jazz Band Showcase.

In the visual art and literary art departments, students earned over 70 awards at the prestigious Scholastic Art & Writing Awards. The school is also proud to be hosting the Scholastic Art Awards exhibit in the Charter Arts Gallery in April. The visual art department held an opening reception for its alumni group art exhibit Feb. 5. This exhibit will be on display until March 23.

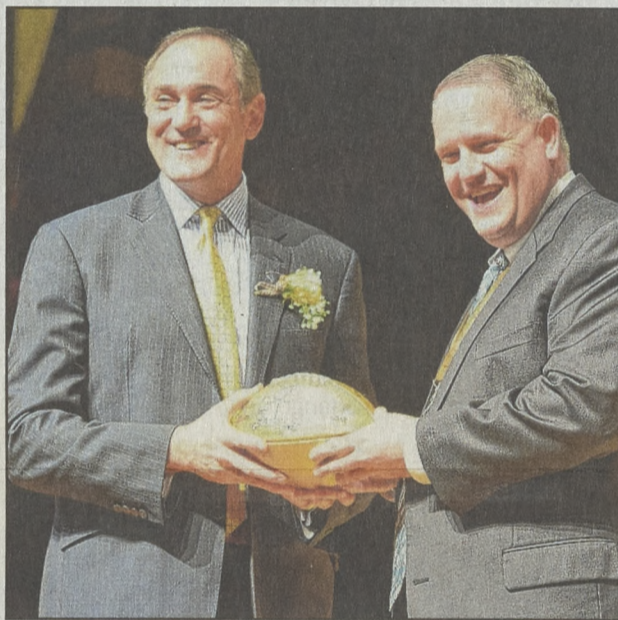
A blizzard could not stop the theater department's production of "The Taming of the Shrew." The production received rave reviews from audiences. The department is now in rehearsals for the upcoming production of "The Bald Soprano," which is being produced by the school's student-run theater company, and runs in the Charter Arts Black Box Theatre Feb. 25-28. Rehearsals have also begun for the spring musical, "Evita," which will open April 14. Tickets for shows can be purchased online at www.CharterArts.org.

The dance department recently held a residency at Kirkland Farm in Bucks County for intense rehearsals in preparation for the upcoming high school dance festival and various spring dance concerts. Thirty dancers from the Rutgers University dance department also recently visited the school to hold a master class for dance majors.

Charter Arts will be holding auditions for the 2016/2017 school year Feb. 26. Any student residing in Pennsylvania entering 9th, 10th, 11th or 12th grade is eligible to audition. Auditions are by appointment only and can be scheduled through the school's registrar.

The Charter Arts Theatre was also recently host to the Piano Recital, The first Wanda & Leo DeLong Honors Piano Recital, Faculty Recital, and the student-organized Rock Your School Benefit Concert.

Upcoming events include the Jazz Cafe in the Charter Arts Theatre Feb. 23; the parent association's Flying Solo Fashion Show benefit March 6 at the Palace Center in Allentown; and a side-by-side percussion concert with the IUP Percussion Ensemble March 8.



Bethlehem Catholic graduate, former Eagles tight end, and Super Bowl XV participant John Spagnola presents the commemorative 50th Super Bowl anniversary football to Bethlehem Catholic Principal John Petruzzelli.



John Spagnola and childhood friend Bruce Brugger catch up at a reception following the award assembly. Brugger said he and Spagnola had been close friends since the third grade.



Bethlehem Catholic quarterback Julian Spigner presents a bouquet of flowers to Katherine Spagnola, John's mother, during the presentation assembly.



Looking fit and trim, one-time Philadelphia Eagle John Spagnola responds to a familiar face with a smile and handshake as he arrives in the auditorium.



John Spagnola admires his Bethlehem Catholic Hall of Fame plaque as 2015 football team captains senior quarterback Julian Spigner and senior defensive end Brandon Blobe present flowers and a team jersey to Spagnola.



Crediting others for his success on and off the gridiron, John Spagnola tells students, "I think I'm ordinary. I am a product of this school. I'm a product of good parents."

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YOUR LOCAL WEATHER

7 Day Forecast	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
	Rain/Snow Possible	Sunny	Partly Cloudy	Rain/Snow Possible	Mostly Sunny	Sunny	Mostly Sunny
	42 / 22 5-10 mph W	34 / 19 6-10 mph W	40 / 31 9-11 mph SE	48 / 30 6-8 mph SE	50 / 32 6-9 mph SE	53 / 35 5-7 mph E	54 / 35 5-10 mph SW

FORECAST FOR LEHIGH VALLEY PENNSYLVANIA

Today we will see partly cloudy skies with a 40% chance of rain and snow, high temperature of 42°, humidity of 70%. The record high temperature for today is 57° set in 1990. Expect partly cloudy skies tonight with an overnight low of 22°. The record low for tonight is -11° set in 1934. Thursday, skies will be sunny with a high temperature of 34°, humidity of 44%. Skies will be partly cloudy Thursday night with an overnight low of 19°. Expect partly cloudy skies Friday with a high temperature of 40°. Skies will remain partly cloudy Saturday with a 30% chance of rain and snow, high temperature of 48°. Sunday, skies will be mostly sunny with a high temperature of 50°.

ANSWER: White out.

Weather Trivia

What is the blinding effect of a blizzard called?

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TIPS

Continued from page A14

dishes. Eat fruits, vegetables or unsalted nuts as snacks – they are nature's original fast foods. Switch to skim or one percent milk; they have the same amount of calcium and other essential nutrients as whole milk but have less fat and calories.

Make at least half of your grains whole grain. Choose 100 percent whole grain cereals, breads, crackers, rice and pasta. Check the ingredients list on food packages to find whole grain foods. Vary your protein food choices. Twice a week, make seafood the protein on your plate. Eat beans, which are a natural source of fiber and protein. Keep meat and poultry portions

small and lean.

- Cut back on foods high in solid fats, added sugars and sodium (salt). Many people eat foods with too many solid fats, added sugars and salt. Added sugars and fats load foods with extra calories you don't need. Too much salt may increase your blood pressure. Choose foods and drinks with little or no added sugars. Drink water instead of sugary drinks. There are about 10 packets of sugar in a 12-ounce can of soda. Select fruit for dessert. Eat sugary desserts less often. Choose 100 percent fruit juice instead of fruit-flavored drinks.

- Look out for salt in foods you buy - it all adds up. Compare sodium in foods like soup, bread and frozen meals, and choose the foods with

lower numbers. Add spices or herbs to season food without adding salt. Eat fewer foods that are high in solid fats.

- Make major sources of saturated fats, such as cakes, cookies, ice cream, pizza, cheese, sausages and hot dogs, occasional choices and not everyday foods. Select lean cuts of meats or poultry and fat-free or low-fat milk, yogurt and cheese.

- Switch from solid fats to oils when preparing food. Examples of solid fats include beef, pork and chicken fat, butter, cream, and milk fat, coconut, palm and palm kernel oils, hydrogenated oil, partially hydrogenated oil, shortening and stick margarine. Examples of oils include canola oil, corn oil, cottonseed oil, olive oil, peanut oil, safflower and sunflow-

er oil, tub (soft) margarine and vegetable oil.

- Eat the right amount of calories for you. Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie. Enjoy your food, but eat less. Get your personal daily calorie limit at choosemyplate.gov and keep that number in mind when deciding what to eat. Think before you eat... is it worth the calories? Avoid oversized portions; use a smaller plate, bowl and glass; and stop eating when you are satisfied, not full.

- Cook more often at home, where you are in

control of what's in your food. When eating out, choose lower calorie menu options. Check posted calorie amounts. Choose dishes that include vegetables, fruits and/or whole grains. Order a smaller portion or share when eating out. Write down what you eat to keep track of how much you eat.

- If you drink alcoholic beverages, do so sensibly – limit to one drink a day for women or two drinks a day for men.

- Be physically active your way. Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

- As a note to parents, what you eat and drink and your level of physical

activity are important for your own health but also for your children's health. You are your children's most important role model. Your children pay attention to what you do more than what you say. You can do a lot to help your children develop healthy habits for life by providing and eating healthy meals and snacks. For example, don't just tell your children to eat their vegetables – show them that you eat and enjoy vegetables every day.

This information was taken from choosemyplate.gov, USDA Publication number: Home and Garden Bulletin No. 232-CP HHS Publication number: HHS-ODPHP-2010-01-DGA-B June 2011. For more information on healthy life choices, also visit dietaryguidelines.gov, healthfinder.gov.

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'Transcultural'

Allentown Art Museum commissions mural by surrealist artist Rigo Peralta

GALLERY VIEW

BY NELSON QUINONES
 Special to The Press

Six days into the new year, the Allentown Art Museum of the Lehigh Valley made art history with the first-ever commissioned mural in the museum's vestibule entrance.

The Allentown Art Museum commissioned surrealist artist Rigo Peralta for a three-panel mural, "Transcultural: A Mural," on view through Jan. 14, 2018.

The mural will be dedicated at 1:30 p.m. Feb. 21 at a ceremony in the museum lobby. It will include remarks by David Mickenberg, Allentown Art Museum of the Lehigh Valley President and Chief Executive Officer; commentary by Julio Guridy, Allentown City Councilman, and a talk at 1:45 p.m. by Peralta.

There will be Dominican-inspired fare catered by Karen Hunter and Luna Bakery. The event is free and open to the public. Admission to the museum is free Sundays through the sponsorship of CrossAmerica Partners and the Gadomski Foundation.

Peralta, incorporating imagery from Taino and Mayan architecture and building on the tradition of heroic figures in mural painting, addresses personal and regional identity and history. The dynamism of his human forms belies their subservience to technology, as they meld into an industrial tableau of gears and cogs.

The composition incorporates the development of forms that emerge organically through the application of layers of paint washes and bursts with a palette of color inspired by the landscape of Peralta's birthplace.

The Dominican-born artist based in Allentown says he "made the three-panel mural to reflect one story." Upon closer examination,



CONTRIBUTED IMAGE

Rigo Peralta, "Transcultural" (acrylic on linen, 2015) detail of Taino Cemi God from one of the mural's three panels.

one sees that the mural portrays a canvas of stories. Peralta's "Transcultural Mural" bridges elements of the Indigenous, the African and European cultures.

Peralta weaves into the figures a silhouette of engine gaskets that appear to symbolize how individuals can be bound by technology. The gasket silhouettes seem to hold the human figures together as if in a motorized composition.

The human figures impact the gears and cogs of machinery. The human form motions with extended arms, legs, fingers and embraces to express a basic

element found in every culture: dance rituals. Whether the dance is ceremonial, salsa or merengue, jazz or swing, ballet or flamenco, through the machinery the figures appear to be dancing to free their spirits.

The dancing figures form an aesthetic that transcends the technology. The ritual of dance embraces the transcultural human spirit.

Peralta's vivid use of acrylic paints poses another transcultural story in the stonewash sculpture figures found at the corners of the canvas. The sculpture-like figures are

reminiscent of the ancient Taino Cemi God from the Caribbean.

The bared bodies on the mural give an illusion of ancient Greek mythology heroes. Overall, the mural emits a mystical dance full of radiant colors to spark a dance in us all.

The exhibition is funded by the Audrey and Bernard Berman Family Fund and the Leon C. and June W. Holt Endowment.

Peralta will give a talk at noon April 6 as part of the "Wednesdays at the Museum" series. Lunch is included. Reservations: 610-432-4333, Ext 110



PHOTO BY SARA CARLSON

Jackie Moyer, foreground; Rachel Halkias, floor, and Julie Wright, background, rehearse "The Cloud of Unknowing," premiering at 8 p.m. Feb. 20, Charles A Brown Ice House, Bethlehem.

Dancing On 'The Cloud'

Sara Carlson premieres work that explores existential angst

BY CAMILLE CAPRIGLIONE
 Special to The Press

"The Cloud of Unknowing," a performance which explores the nature of uncertainty through improvisational dance, premieres at 8 p.m. Feb. 20, Charles A Brown Ice House, 56 River St., Sand Island, Bethlehem.

Sara Carlson, founder and artistic director of DanceLink, looks at the dichotomy of, and human responses to, the continual uncertainties of life.

The performance is part of the "Ice House Tonight" series, a regional arts program created by Doug Roysdon of Mock Turtle Mariquette Theater. The series is in its third year and serves

the sustainable arts community of the Lehigh Valley by featuring a broad spectrum of artists who offer theater, dance, poetry and music. The recent world premiere of Crowded Kitchen Players' "Pints, Pounds & Pilgrims" is part of the 2016 series.

"Sustainable arts refers to regional artists trying to make a living right here in the Valley," says Carlson.

Carlson was raised outside of Boston. Her mother hails from Philadelphia and her father is from upstate New York. Carlson danced professionally for 10 years in New York City with nu-

See 'CLOUD' on page B2

the Readers Pick scar Winners

Nominations for the 88th Academy Awards have been announced.

The Academy of Motion Picture Arts and Sciences will present the 88th Academy Awards for outstanding film achievements of 2015 at the Dolby Theatre, Hollywood and Highland Center, Hollywood, with host Chris Rock, at 8:30 p.m. Feb. 28 on ABC-TV.

The person who chooses the most correct number of Oscar recipients in the annual Lehigh Valley Press Focus section contest receives a \$50 Penn's Peak gift card, tickets to movies at the Roxy Theatre, Northampton; a Lehigh Valley Press prize package (including a one-year subscription to one of the Press newspapers), and may have his or her photo published in the Focus section of the eight Lehigh Valley Press newspapers and web sites.

The Oscar contest entry form is on Page B3 of this Focus section and on the Focus page of the Lehigh Valley Press web site: TheLehighValleyPress.com



8 DAYS A WEEK

Your look ahead at Valley Arts



CONTRIBUTED PHOTO

Simon's "Playlist": Acclaimed pianist Simon Mulligan has played with everyone from The Royal Philharmonic to Sting. Mulligan returns to Allentown for an evening of standards, jazz classics and original music from his CD, "Playlist," in the "Jazz Upstairs" series, 7:30 p.m. Feb. 19, Rodale Community Room, Miller Symphony Hall, Allentown. Gene Perla, who this year replaces Steven Liu on bass, has performed with Elvin Jones, Sarah Vaughan, Nina Simone, Sonny Rollins and other jazz luminaries. Rounding out the rhythm section is Dave Willard on drums. The Times of London has called Mulligan "the most abundantly gifted of pianists." Expect to hear the Simon Mulligan Trio's sophisticated take on your favorite timeless melodies and Simon's own compositions. Tickets: Miller Symphony Hall Box Office, 23 N. Sixth St., Allentown; allentownsymphony.org; 610-432-6715



CONTRIBUTED PHOTO

Teen pop trio: Il Volo, the Italian teen pop opera trio that has taken the United States by storm, returns at 7 p.m. Feb. 21 to the State Theatre Center for the Arts, Easton. Il Volo, above, whose last appearance at the State Theatre was Oct. 15, 2012, is composed of Piero Barone, Ignazio Boschetto and Gianluca Ginoble. The group has released four albums, beginning in 2011: two studio albums, a live album and a Christmas album. They have been guests on TV ("The Tonight Show," "The Today Show," "Good Morning America," "American Idol" and "The Ellen DeGeneres Show"). Il Volo sang with Barbra Streisand in 2012, performed at Madison Square Garden in New York City as special guests of Laura Pausini, won a Billboard Latin Music Award, and has toured the United States and Latin America. Tickets: State Theatre Box Office, 453 Northampton St., Easton; statetheatre.org, 1-800-999-STATE, 610-252-3132

the Oscar Winners



Here is the entry form for the Lehigh Valley Press Focus section "Readers Pick the Oscars" recipients contest for the 88th Academy Awards

- | | |
|--|---|
| BEST ACTOR
<input type="checkbox"/> Bryan Cranston, "Trumbo"
<input type="checkbox"/> Matt Damon, "The Martian"
<input type="checkbox"/> Leonardo DiCaprio, "The Revenant"
<input type="checkbox"/> Michael Fassbender, "Steve Jobs"
<input type="checkbox"/> Eddie Redmayne, "The Danish Girl" | BEST SUPPORTING ACTRESS
<input type="checkbox"/> Jennifer Jason Leigh, "The Hateful Eight"
<input type="checkbox"/> Rooney Mara, "Carol"
<input type="checkbox"/> Rachel McAdams, "Spotlight"
<input type="checkbox"/> Alicia Vikander, "The Danish Girl"
<input type="checkbox"/> Kate Winslet, "Steve Jobs" |
| BEST ACTRESS
<input type="checkbox"/> Cate Blanchett, "Carol"
<input type="checkbox"/> Brie Larson, "Room"
<input type="checkbox"/> Jennifer Lawrence, "Joy"
<input type="checkbox"/> Charlotte Rampling, "45 Years"
<input type="checkbox"/> Saoirse Ronan, "Brooklyn" | DIRECTING
<input type="checkbox"/> Adam McKay, "The Big Short"
<input type="checkbox"/> George Miller, "Mad Max: Fury Road"
<input type="checkbox"/> Alejandro G. Iñárritu, "The Revenant"
<input type="checkbox"/> Lenny Abrahamson, "Room"
<input type="checkbox"/> Tom McCarthy, "Spotlight" |
| BEST SUPPORTING ACTOR
<input type="checkbox"/> Christian Bale, "The Big Short"
<input type="checkbox"/> Tom Hardy, "The Revenant"
<input type="checkbox"/> Mark Ruffalo, "Spotlight"
<input type="checkbox"/> Mark Rylance, "Bridge of Spies"
<input type="checkbox"/> Sylvester Stallone, "Creed" | BEST PICTURE
<input type="checkbox"/> "The Big Short"
<input type="checkbox"/> "Bridge of Spies"
<input type="checkbox"/> "Brooklyn"
<input type="checkbox"/> "Mad Max: Fury Road"
<input type="checkbox"/> "The Martian"
<input type="checkbox"/> "The Revenant"
<input type="checkbox"/> "Room"
<input type="checkbox"/> "Spotlight" |
| ANIMATED FEATURE FILM
<input type="checkbox"/> "Anomalisa"
<input type="checkbox"/> "Boy and the World" | <input type="checkbox"/> "Inside Out"
<input type="checkbox"/> "Shaun the Sheep Movie"
<input type="checkbox"/> "When Marnie Was There" |

CONTEST INSTRUCTIONS
 Email your Oscar Contest Entry Form to: jfisher@tnonline.com; mail Entry Form to: Jennifer Fisher, The Press, 1633 N. 26th St., Allentown, Pa. 18104, or drop off Entry Form 9 a.m. - 5 p.m. Monday - Friday, The Press offices, 1633 N. 26th St. (26th Street and Walbert Avenue), South Whitehall Township. Include name, address, telephone number and email. Your contact information will not be published. One entry per person. Entry deadline: 5 p.m. Feb. 26. In event of tie for most number of correct choices, earliest entry determines winner.

'The Revenant' has Oscar heat

Dress warmly when you see "The Revenant." As you probably know by now, this is the film in which Leonardo DiCaprio plays Hugh Glass, an 1820s trapper and trader mauled by a bear in the northern reaches of America's Louisiana Purchase and left for dead by his cohorts.

By now you also probably know that DiCaprio survives to crawl his way through the snow and mud, battling sub-freezing temperatures, negotiating raging rapids, climbing mountain cliffs, and trekking over hill and dale to finally reach his destination: an Oscar.

Talk about "Oscar so white." "The Revenant" is one big snowy white landscape. It snows so much throughout the film, you may think snowflakes are falling in your popcorn.

It's a tribute to the brilliance of "The Revenant" director Alejandro González Iñárritu, who cowrote "The Revenant" screenplay with Mark L. Smith (screenplay, "Martyrs," 2015; "The Hole," 2009; "Vacancy," 2007) based on the novel (said to be based on a true story) by Michael Punke, that the two-hour and 36-minute movie not only holds your interest, but makes you feel the cold, the pain and the anguish.

"The Revenant" leads Oscar nominations with 12: Picture, Actor (Leonardo DiCaprio), Supporting Actor (Tom Hardy), Directing (Alejandro González Iñárritu), Cinematography (Emmanuel Lubezki), Editing (Stephen Mirrione), Costume Design (Jacqueline West), Makeup and Hairstyling, Sound Mixing, Sound Editing, Visual Effects and Production Design.

The nominations are all well-deserved and, while the closest competition in picture and director is from "Mad Max: Fury Road" (10 Oscar nominations) and its director George Miller, it's likely that with "The Revenant," Iñárritu will repeat in Picture and Directing categories, for which he received Oscars for "Birdman" (2014).

"The Revenant" is a film of astounding visual beauty. Scenes of extraordinary vistas, fields, clouds, gathering storms, the falling snow (it's as though you can feel every snowflake) and several views upward through the forest give the movie-goer a sense of the vastness of the wilderness, and the brute force of nature.

The film has great swaths of scenes with

MOVIE REVIEW

By Paul Willistein
pwillistein@tnonline.com



no dialogue. Composer Ryuichi Sakamoto brings a breathtaking minimalism to the score.

The mountain men's outfits (Hugh Glass is ironically wrapped inside a bearskin, looking himself at times like a gangly bear), the camps, the fort, the weaponry have an authenticity that goes beyond most previous films in this genre.

The storyline builds precipitously to a climax, with realistic portrayals by lead actors and supporting cast.

DiCaprio is riveting as Hugh Glass, having to use body gestures and facial expressions to convey a range of emotions. DiCaprio dug deep for this role. His other fine performances ("The Wolf of Wall Street," 2013; "Django Unchained," 2012; "J. Edgar," 2011; "The Aviator," 2004; "Titanic," 1997) pale in comparison.

Tom Hardy is amazing as Hugh Glass's nemesis, John Fitzgerald. He commits one of the most reprehensible characters ever to the screen.

Outstanding is Domhnall Gleeson, as Captain Andrew Henry, in a role that brings some decency and moral certitude to the plot; Will Poulter, as Bridger, a young and impressionable trapper, and Forrest Goodluck, in his big-screen debut as Hawk, Hugh Glass's son.

Few of the characters in "The Revenant" can be said to be heroes. The French fur trappers, especially, seem to be dastardly opportunists. "The Revenant" is a profound meditation on Manifest Destiny, which doesn't appear very manifest nor particularly destined. The Wild West seems to have been pretty much of a wild mess.

As with many of the great films, "The Revenant" has an enigmatic ending. It is a landmark epic. Don't miss it.

"The Revenant," MPAA Rated R (Restricted. Children Under 17 Require Accompanying Parent or Adult Guardian.) for strong frontier combat and violence including gory images, a sexual assault, language and brief nudity; Genre: Adventure, Drama, Thriller, Western; Run Time: 2 hrs., 36 mins.; Distributed by Twentieth Century Fox

Film Corp. Credit Readers Anonymous: "The Revenant" was filmed in Canada, Arizona, Mexico and Argentina.

Box Office, Feb. 12: "Deadpool" opened at No. 1 for the Valentine's Day Presidents' Day weekend with a record \$135 million for the biggest February opening ever, pushing "Kung Fu Panda 3" to No. 2 after two weeks in a row at No. 1 with \$19.6 million, \$93.9 million, three weeks, keeping "How to Be Single" opening at No. 3 with \$18.7 million and "Zoolander 2" opening at No. 4 with \$15.6 million;

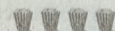
5. "The Revenant" (12 Oscar nominations and five BAFTA awards, including actor for Leonardo DiCaprio), \$6.9 million, \$159.1 million, eight weeks; 6. "Hail, Caesar!," \$6.5 million, \$21.3 million, two weeks; 7. "Star Wars: The Force Awakens," (five Oscar nominations), \$6.1 million, \$914.8 million, nine weeks; 8. "The Choice," \$5.2 million, \$13.2 million, two weeks; 9. "Ride Along 2," \$4.1 million, \$82.6 million, five weeks; 10. "The Boy," \$2.9 million, \$30.7 million, four weeks.

Unreel, Feb. 19: "Risen," PG-13: Kevin Reynolds directs Joseph Fiennes, Tom Felton, Peter Firth and Cliff Curtis in the drama about the Biblical story of the Resurrection, as told through the eyes of a non-believer. Clavius, a powerful Roman Military Tribune, and his aide Lucius, try to determine what happened to Jesus after the crucifixion to disprove the belief in a risen Messiah and prevent a Jerusalem rebellion.

"Race," PG-13: Stephen Hopkins directs Stephan James, Jason Sudeikis, Eli Goree and Shanice Banton the biopic about Jesse Owens competing in the 1936 Olympics against a backdrop of Adolf Hitler's philosophy of Aryan supremacy.

"The Witch," R: Robert Eggers directs Anya Taylor-Joy, Ralph Ineson, Kate Dickie and Julian Richings in the horror film about a family circa 1630s New England battling the forces of witchcraft.

"Neerja," No MPAA rating: Ram Madhvan directs Shabana Azmi, Sonam Kapoor, Shekhar Ravjiani and Yogenra Tikku in the biopic about Neerja Bhanot, who sacrificed her life to protecting the lives of 359 passengers on the Pan Am Flight 73 terrorist hijacking in 1986.



11th Annual Student Poetry Project

Lehigh Valley Press accepting entries

Submissions are now being accepted for the 11th annual award-winning Lehigh Valley Press Student Poetry Project.

In celebration of National Poetry Month in April, poems will be selected in each of the Elementary School, Middle School and High School categories and published in the April 20 and 21 Focus section in the eight Lehigh Valley Press newspapers and web sites.

The student in each of the three categories whose poem is selected for publication on the front page of the Focus section may have his or her photo published, with the permission of the student's parent or guardian.

The three student writers of the first-place poems will be invited to read their poems and be interviewed on "Lehigh Valley Arts Salon," 6-6:30 p.m. April 18, WDIY, Lehigh Valley Community Radio, 88.1 FM, wdiy.org. The entry guidelines are:

1. The Student Poetry Project is open to Le-

high Valley elementary school, middle school and high school public, parochial, private, charter, cyber and home-school students in the circulation areas of the Lehigh Valley Press newspapers (Salisbury Press, East Penn Press, Parkland Press, Northwestern Press, Whitehall-Coplay Press, Catasauqua Press, Northampton Press and Bethlehem Press).

2. Poems are to be submitted in PDF form and should not exceed one page in length using a font no smaller than 10 point and no larger than 14 point. No illustrations will be accepted.

3. Include student name, age, grade, school, school district, telephone number and email of parent or guardian for contact information only (the phone number and email will not be published or shared).

4. Each student may submit one or up to three poems, which must be his or her original composition. Each poem should be a separate entry. Students working with short forms such as haiku may

submit individual poems, or a sequence of 3-5 poems with a title, on a single page.

5. E-mail poems and/or questions to George Van Doren at georgevan@mac.com.

6. Hand-written or printed versions of poems may be mailed to or dropped off to: Student Poetry Project, care of Lehigh Valley Press, 1633 N. 26th St., Allentown, Pa. 18104. Teachers may submit multiple class poems in a single envelope as long as they are on separate pages and contain the required student information.

7. Entries must be received (by U.S. Mail or email) by 5 p.m. March 15.

8. Permission of a parent or guardian is required for a student's photo to be taken and published in the Focus section in the Lehigh Valley Press newspapers and web sites.

9. Copies of poems will not be returned.

10. For ideas on teaching poetry, go to Poetry Project on Facebook. Please "like" the page.

\$50,000 grant to assist veterans attending LCCC

Lehigh Carbon Community College (LCCC) has received a \$50,000 grant to fund a new Veterans Reservists' Special Emergency Reserve Fund (V-SERF) from the Lehigh Valley Community Foundation. The grant provides \$10,000 over five years.

The grant establishes a dedicated emergency grant fund for veterans at LCCC in the event of a catastrophic personal incident or last-minute changes that cannot be handled by the govern-

ment-based veterans' support program.

The V-SERF fund will allow veterans to handle textbook purchases and other pertinent education expenses in the case of an emergency or late, unaccommodated change without the need to repay the V-SERF fund.

Since many veterans have at least some funding going into the year, LCCC anticipates the V-SERF fund should be able to assist at least 20 students annually.

Examples of emergen-

cy situations include delays in veteran's benefits or personal issues such as house fire, medical issues, loss of materials and books because of unforeseen or traumatic circumstances, changes in financial status, and even students left homeless.

Veterans may apply for grants up to \$1,000 once per academic year.

For additional information about the multi-year impact grant, contact LCCC's Office of Returning Adult and Veteran Affairs at 610-799-1545.

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The general who won Gettysburg topic of author's LVHM lecture

Noted historian and prolific author Tom Huntington presents a talk about his book, "Searching for George Gordon Meade: The Forgotten Victor of Gettysburg," at 1 p.m. Feb. 27, Lehigh Valley Heritage Museum, 432 W. Walnut St., Allentown.

"Tom Huntington's book brings to life the Union general who won the pivotal Battle of Gettysburg only three days after taking command," said Joseph Garrera, executive director of the Lehigh Valley Heritage Museum. "It's a fascinating and dramatic story that is well-known yet in many ways been largely overlooked."

Huntington, in his talk, "My Search for Meade," will chronicle his investigation into Meade's vanishing reputation. Huntington became fascinated with General Meade after reading an article on forgotten Civil War generals. In addition to



PHOTOGRAPHY COURTESY THE LIBRARY OF CONGRESS
General George Meade, Union Army of the Potomac, is credited with winning the Battle of Gettysburg.

studying historical documents, Huntington visited museums and battlefields, talking to park rangers, curators, and preservationists.

Meade (1815-1872) graduated from West Point and fought in the Mexican-American War. He received command of the dysfunc-

tional Union Army of the Potomac only three days before winning the pivotal battle of Gettysburg, and he remained the Army's leader until it was dissolved June 28, 1865.

Almost immediately, Meade's reputation began to be eclipsed by sniping from less tal-

ented, more political-ambitious colleagues. Before his death, Meade wrote to his wife, ruefully, "I suppose after awhile it will be discovered I was not Gettysburg at all." Prominent Civil War historian James McPherson notes that Tom Huntington's book "does a great deal to redress that historical injustice."

Huntington has authored four books and is the former editor of American History and Historic Traveler magazines. His articles have appeared in The Smithsonian, Air & Space, American Heritage, Invention & Technology, British Heritage and Yankee.

Copies of Huntington's book, "Searching for George Gordon Meade," will be available for purchase, and the author will sign copies following his talk.

Information: 610-435-1074

Appreciating every tree in the forest

At a recent club event I went to with friends, my friend Lisa asked me to do her a favor. It was an easy favor to do.

Lisa asked me to sit with her husband, Larry, and to keep him engaged in conversation.

She told me her husband didn't want to come to the luncheon because it's too hard for him to make conversation with strangers. And, to him, we are all strangers, even though we are his wife's close friends.

Since she's president of the organization, she wanted her husband to be with her for the occasion, especially since she was getting an award. But, as the one in charge, she had a lot to do and couldn't stay by Larry's side.

To make it easier for Lisa to take charge of everything that needed to be done, I promised her I would keep her husband company.

I truly enjoy people. I find it's easy to "make conversation" with people. In my experience, it's always possible to find something in common with someone.

It helped that I knew ahead of time some interesting things about Lisa and Larry. I knew that they had something in common with David and me in that they, too, were in a "late in life" marriage. I also knew they were high school sweethearts before they drifted apart and married other people.

"Actually, we were 'sweethearts' since we were 7 years old," Larry told me.

That subject gave us something to talk about all through dinner as he talked about how he and Lisa got together again when both lost their spouses.

To keep the conversation going, I asked him about his present hobbies or interests. "Sitting on the couch," he answered.

I laughed, thinking he was joking. He wasn't.

When he isn't working, Larry says he spends his time on his comfortable sofa. When he retires in another month, he says he'll be glad not to have to leave the house.

Ouch. His wife is a vivacious, lively person who loves to interact with others. Larry says he is a "loner" who likes it that way, and he wants his active wife to stay home with him.

It was rather obvious my friend and her husband are far apart in what they want in this stage of life.

Well, that's something they will have to work out. My only involvement was carrying on a conversation with Larry for one afternoon.

To tell you the truth, after the first hour, it was a little harder than I thought it would be. But it worked.

One thing I'm conscious of is trying not to be what I call a one-note singer — talking about only one thing and expecting others to do the same.

Here's my example of a one-note singer I'll call Nancy. Whenever we

WARMEST REGARDS

By Pattie Mihalik
newsgirl@comcast.net



are in each other's company, which happens once a week because we belong to the same activity, she talks about one thing: Biking. When she meets someone, she asks if they are a "serious biker." If you're not a serious biker, your role is to sit there and listen to her while she talks about her 100-mile trips.

Serious bikers — those who ride for 50 and 100 miles at a time — would call me a recreational biker.

Well, I'm one happy recreational biker because I say of prayer of gratitude whenever I can enjoy the freedom of riding my bike.

But it's only a small part of my life.

The problem with "Johnny One Notes" is more than the fact that they bore others by talking only about one thing. They also miss out on getting to know some incredible people who can share interesting stories and worthwhile information.

I've always believed everyone has a story. And I love to hear their stories. Time and time again I find myself amazed at the surprising experiences of others. But that only happens if I take time to listen.

Some only seek social friends who are "just like them." Fine. That works — provided they don't ignore the other trees in the forest.

A friend forwarded to me a little piece by author Ram Dass that offers a little lesson about life. I'm sharing some of the author's words with readers:

"When you go out into the woods and look at trees, you see all the different trees. Some are bent, some are straight, some are evergreen, some not. You look at the trees and you allow it ... you appreciate the tree just the way it is.

"The minute you get near humans, you lose all that. Judging comes into play.

"So I practice turning people into trees. Which means appreciating them just the way they are."

I like his message about turning people into trees so we can appreciate them just the way they are.

We don't demand that every tree be the same. So why do it with people?

Some of us may be passionate about biking. Some may thrive by being in the great outdoors. Some love activity. Some love being surrounded by people.

And others may just enjoy sitting on the couch.

We don't need to be the same, any more than all the trees in the forest need to be the same. After all, it is our differences that make each of us unique.

Contact Pattie Mihalik at newsgirl@comcast.net.

It's 'Girl Scout Cookie Crunch' time

The Girl Scouts of Eastern Pennsylvania, ArtsQuest and the region's culinary community will come together for the 2nd annual "Girl Scout Cookie Crunch," 1-3 p.m. Feb. 28, ArtsQuest Center at SteelStacks, 101 Founders Way, Bethlehem.

At "Cookie Crunch," held on "National Girl Scout Cookie Weekend," attendees will enjoy a variety of offerings created by area restaurants and eateries from appetizers to desserts featuring one or more of the nine Girl Scout Cookie selections.

"The Girl Scouts Cookie Program is unique in that it is the largest girl-led business in the world and girls choose how to use their proceeds," said Ken Anderson, Senior Director of Product Program at Girl Scouts of Eastern Pennsylvania.

"Girl Scout Cookie Crunch is a fun opportunity for the community to come together to support Girls Scouts and celebrate the annual cookie sale," Anderson said. The cookie sale continues until March 13.

Last year's first-place winner, Iron Lakes Country Club of Allen-



town, which wowed the crowd with their Chipotle Shortbread Mac n' Cheese, is expected to return in an attempt to maintain its "People's Choice" title.

Proceeds benefit the Girl Scouts of Eastern Pennsylvania and the ArtsQuest Arts Education Fund.

Tickets: steelstacks.org, 610-332-3378

Burkholder's HVAC aids Meals: Burkholder's Heating and Air Conditioning kicked off the new year with a new way of giving back to the community by helping Meals on Wheels raise almost \$7,000 to provide nourishment for seniors and other homebound residents throughout the Lehigh Valley.

Burkholder's HVAC is donating one meal, or \$7.96, for every new Customer Maintenance Agreement signed before March 11, said Burkholder's HVAC President Bob Burkholder.

Meals on Wheels (MOW) has been serving the local community since 1971 and has delivered more than 6 million meals since its founding. On average, the agency serves about 450 clients each day with 675 meals delivered by volunteers who donate more than 37,000 hours per year. There are approximately 877 area MOW clients.

Giving back to the community is part of the Burkholder business philosophy. In October 2015 the team raised \$3,790 for the Breast Cancer Support Community of Greater Lehigh Valley.

Information: burkholders-hvac.com

Sacred Heart in Highmark Walk: The Sacred Heart Hospital Foundation plans to join 25 Lehigh Valley Health and Human Service organizations at the annual Highmark Walk For A Healthy Community June 4 at DeSales University, Center Valley.

This year, proceeds benefit the refurbishment of Sacred Heart's Older Adult Behavioral Medicine Center, a floor at the hospital dedicated to patients age 55 and older with dementia and other behavioral issues.

The Foundation hopes to raise \$10,000 with the help of individual walkers and teams, who can sign up for a 5K walk or a "Fun 1 Mile" walk.

To register: shh.org/community-services/foundation/highmark-walk.asp

Rock out for Project Child: Project Child hosts its 10th annual "Have a Heart for Children" dinner-dance March 5 at the Hotel Bethlehem, 437 Main St., Bethlehem. The event begins at 5:30 p.m. Entertainment is provided by the Philadelphia Funk Authority.

Project Child is a program of Valley Youth House operating since 1991 with the mission of preventing child abuse and neglect in the Lehigh Valley and the surrounding region.

Tickets: projectchildlv.org, 610-954-9561, ext. 334

To submit press releases for consideration in the Good Cause column and request coverage of fundraisers and galas, email Paul Willistein, Focus features editor: pwillistein@ATntonline.com

The second most-reported illness in U.S.

Q. I seem to get diarrhea more often now than I used to when I was younger. Any ideas why?

Before I offer you some general information about diarrhea, I urge you to see a doctor for a diagnosis. As I tell everyone who writes to me, I'm a journalist, not a physician.

Diarrhea is caused by bacteria, viruses, parasites, certain foods, medicines and diseases. Diarrhea is a common malady that usually lasts a day or two and goes away without treatment. In the United States, it's second only to respiratory infections in reported illnesses.

Here's a question for you: Ever notice how often diarrhea is mentioned as a side effect in the package inserts for medicine?

Seniors often get diarrhea from medicine. This is a complex subject.

The first issue is that seniors take a lot more medicine than younger people. The average

HEALTHY GEEZER

By Fred Cicetti
fred@healthygeezers.com



also lose salts that your body needs. Diarrhea can make a victim pass more than a quart of watery stools a day.

Dehydration symptoms include thirst, reduced urination, dark urine, dry skin, fatigue, dizziness, fainting.

You should see a doctor if your diarrhea lasts more than three days, or if you have dehydration symptoms, severe abdominal or rectal pain, a fever of 102°F or higher, or blood in your stools.

In many cases of diarrhea, the only treatment needed is replacing lost fluid and salts. Adults should consume broth, non-citrus fruit juices, flat ginger ale and ice pops.

As your condition improves, you can start eating bananas, plain rice, boiled potatoes, toast, crackers, cooked carrots. Smaller meals are recommended because they're easier to digest.

When you have diarrhea, avoid dairy products, fat, high-fiber foods, sweets, spicy

foods, carbonated beverages, chewing gum, caffeine, and any food or beverage that is hot.

It is common to get diarrhea when visiting a foreign country. It's so common that the medical community has a name for it: traveler's diarrhea.

The following are some tips for avoiding diarrhea away from home. Don't:

Drink tap water.

Use ice cubes made from tap water.

Drink unpasteurized milk or dairy products made from it.

Eat raw fruits and vegetables.

Eat meat or fish unless it is well-cooked and served hot.

Eat food sold by street vendors.

Have a question? Email: fred@healthygeezers.com.

Order "How To Be A Healthy Geezer," 218-page compilation of columns: healthygeezers.com

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ALLENTOWN MUSIC CLUB

Memorial Scholarship accepting applicants

The Past Presidents' Assembly of the Allentown Music Club announces its Memorial Scholarship for 2016.

High school seniors who are planning to study music perfor-

mance at a college, university or conservatory are eligible.

The prize is \$1,000.

The winner is required to perform for the Allentown Music Club at its program May 1.

For more information and an application, contact Dan Rambo, sdrsong@verizon.net, 610-435-4659.

LV house sales in brisk start, up 14.4 percent for January

Closed sales of houses in the Lehigh Valley started out the new year at a brisk pace, reversing a three-month downward trend that closed out 2015.

Closed sales of houses in the Lehigh Valley increased by double digits, up 14.4 percent in January to 445 from 389 in January 2015, according to statistics provided by the Greater Lehigh Valley Realtors (GLVR).

"The economy is strong and January is usually a time of optimism. We're expecting a good year in real estate, with controlled, steady growth," said Justin Poremba, CEO of the Greater Lehigh Valley Realtors.

Closed sales of houses in the Lehigh Valley had concluded out the year 2015 with the third straight month of decreased sales.

Closed sales were down 5.3 percent in December to 595 from 628 in December 2014. The decrease was larger than the November decrease of 0.2 percent and the October decrease of 0.3 percent.

However, for the year 2015, closed sales were up 11.4 percent to 7,345 from 6,592 for the year 2014.

Pending sales increased 11.4 percent in January to 559 from 502

in January 2015.

Days on the market decreased 6.8 percent in January to 69 from 74 in January 2015.

The months supply decreased 38.2 percent in January to 4.7 months from 7.6 months in January 2015. Inventory of four to seven months is regarded as constituting a balanced real estate market.

Inventory decreased 29.4 percent in January to 3,053 from 4,323 in January 2015.

New listings decreased 11.3 percent in January to 770 from 868 in January 2015.

The average sales price increased 11.1 percent in January to \$195,642 from \$176,052 in January 2015.

The median sales price increased 15.1 percent in January to \$172,599 from \$150,000 in January 2015.

The percentage of list price received increased 1 percent in January to 96.6 percent from 95.5 percent in January 2015.

The affordability index decreased 15.2 percent.

"The Lehigh Valley real estate housing market remains active with observed activity for nearly all price levels and styles, but particularly favoring the better condition properties," said Chris Raad, 2016

Past President of the Greater Lehigh Valley Realtors.

According to Carbon County data for January provided by the Greater Lehigh Valley Realtors, new listings were up 36.4 percent, average sales price is up 11.3 percent to \$125,349 and the months supply of inventory remained steady at 106 days on market.

The monthly housing data is collected by the GLVR from its Multiple Listing Service, a comprehensive database that includes housing market information from its more than 2,000 Realtor members.

The GLVR is a not-for-profit trade association providing professional development and training resources, competitive market information, legislative advocacy, a peer review and mediation process for members, and a dispute resolution service for consumers.

The GLVR owns and operates the Greater Lehigh Valley Multiple Listing Service, the Greater Lehigh Valley Real Estate Academy and is publisher of Greater Lehigh Valley Real Estate Weekly.

Information: GreaterLehighValleyRealtors.com

Entrepreneur-in-Residence named at Bridgeworks Enterprise Center

The Allentown Economic Development Corporation (AEDC) has chosen Karen Campbell of Strix Insights Consulting as the first person named to the new Entrepreneur-in-Residence program that has been added to its business incubation program at the Bridgeworks Enterprise Center, Allentown.

"We are very excited to have Ms. Campbell on board as our first Entrepreneur-in-Residence," said Scott Unger, Executive Director of AEDC. "Karen's experience and knowledge in business development, market analysis, and team building will be invaluable to our early-stage companies."

Campbell joins the business incubation program at AEDC after a long career at Air Products and Chemicals that covered a wide variety of commercial roles. Campbell's most recent position was managing an organization providing global business and technology analysis that supported strategic marketing and business development decisions.

She spent most of her career at Air Products in new ventures where she commercialized new technologies, managed the idea pipeline evaluating research and development activities for commercial value, developed go-to-market strategies, worked with startups as key partners for acquisition, licensing and co-development and shuttered projects not meeting expected valuation criteria.

Upon her departure from Air Products, Campbell brought her expertise to the Lehigh Valley chapter of SCORE, the Small Business Administration funded all-volunteer corps of executives that provides mentorship to small businesses and startups in the United States. Through SCORE, she is helping companies to do everything from transforming ideas into business plans, to developing marketing strategies and creating succession plans for their companies.

"I had the opportunity to meet Karen through our interactions with Lehigh Valley SCORE last year," said Anthony Durante, Program Manager of the Bridgeworks Enterprise Center for AEDC. "I was thoroughly impressed with her credentials and with the way she interacted with one of the clients who we had referred to SCORE for some assistance. When we decided to create the Entrepreneur-in-Residence program, Karen was the first person I thought of to fill the role."

As the Entrepreneur-in-Residence, Campbell will assist incubator clients with taking strategic goals and developing tactical plans to execute upon. The program capitalizes on the expertise that seasoned executives, like Campbell, bring to the table in order to drive the early-stage companies towards growth. With her assistance, companies will develop detailed marketing plans, strategically grow their executive teams and build processes that spur revenue creation and sales growth.

"We are continuing our efforts to focus our incubation program almost exclusively on rapidly growing the sales pipeline of these companies," said Durante. "The survival of these startups depends entirely on generating revenue and moving the company towards profitability."

"I'm excited to be a part of the Bridgeworks incubator program and look forward to working with its entrepreneurs," said Campbell. "I believe that in the Entrepreneur-in-Res-



Karen Campbell

idence role I can help them accelerate their success by sharing my experience and applying some of the innovation methodologies I have used successfully."

As a volunteer working with Bridgeworks incubator clients, Campbell will have a semi-private office in the Bridgeworks Flex Launch & Coworking space that she can also use as a base for her consulting practice. Campbell has committed to working with AEDC clients for the next six months. Durante said at that time, AEDC and-or Campbell can either choose to end the agreement or to renew.

It is also not uncommon for an entrepreneur-in-residence to launch a company of his or her own or join one of the existing incubator clients that they make take a particular interest in.

"As we examined this type of program at other incubators, we saw examples where an entrepreneur-in-residence had stepped into the role of CEO for a portfolio company that was having leadership issues," said Durante. "We also saw a case where the entrepreneur-in-residence had expertise in a specific industry that the founding team was missing and that individual ultimately joined the startup, helping it grow exponentially faster than it had been."

The Allentown Economic Development Corp., 905 Harrison St., Allentown, is a nonprofit dedicated to a mission of identifying, encouraging, developing and managing strategic business opportunities for the benefit of Allentown, its citizens and the Lehigh Valley. Its goal is to improve vacant and underutilized properties by assisting manufacturers, business owners and entrepreneurs in obtaining the resources and opportunities they require for success in the City of Allentown. AEDC offers access to financing and incentives, assistance with brownfield remediation, and support for growing businesses within the city.

During its 27-year existence, the Bridgeworks Enterprise Center, founded in the refurbished Mack Trucks Plant 4A in 1989, has helped launch more than 70 companies in Allentown that have created more than 300 jobs. It is a member of the Ben Franklin Business Incubator Network.

The Enterprise Center is home to Architrep, ColdEdge Technologies, The Colony Meadery, County Seat Spirits, HiJinx Brewing Company, JH Plastics, LightLab International Allentown, MTS Ventures, Polymer Contours and Zzyzx Polymers.

Information: allentownedc.com

Buckno Lisicky taps managing director

Buckno Lisicky & Company named a new managing director as the firm heads into its 46th year of operation.

Named managing shareholder of the firm earlier this year, Lou LeMaster heads into his first tax season in the new leadership position.

LeMaster joined Buckno Lisicky & Company in 1993 and became a shareholder of the firm in 1998. He has been a member of the firm's executive committee for the past 15 years and has headed the technology department for the past

10 years.

LeMaster received a BS in Business Administration, Accounting from Kutztown University.

LeMaster is treasurer of the Lower Macungie Youth Association. He has served on the Lehigh Valley American Cancer Society board of directors; past president, secretary and treasurer of Kutztown University Alumni Association and alumni representative to the Kutztown University Foundation; the Greater Lehigh Valley Chamber of Commerce



Lou LeMaster

and March of Dimes.

LeMaster, his wife, Patricia, and their family reside in Lower Macungie Township.

LCCC Students may register for nurse aide program

Lehigh Carbon Community College (LCCC) is registering students for its Nurse Aide non-credit program, with classes being offered in Lehigh and Carbon counties. Class times vary, with evening, daytime or nights and weekend hours offered.

The program provides hands-on clinical experience for those seeking a career as a nurse's aide and related subjects, including medical terminology, infection control and functions of human body systems, as well as the legal and ethical standards of healthcare, residents' rights and required nursing skills.

Classes begin Feb. 29, March 14 and June 1 at LCCC's Allentown campus at The Donley

Center and March 21 at the Carbon Career and Technical Institute. Background clearance, health screening and TB testing are required as program prerequisites.

Orientations are held at 1 p.m. most Tuesdays in The Donley Center.

Information on Allentown classes: 610-799-1206.

To schedule an orientation session in Carbon County: 610-799-1957.

For class times and availability: lccc.edu

LCCC Business courses

Lehigh Carbon Community College (LCCC) is offering classes for personal and business interests:

Career as a Florist, 6-8:30 p.m. Feb. 15-April 11;

Customer Service and Communication program, noon-3 p.m. March 7-May 13;

Grant Writing Boot

Camp, 8:30 a.m.-12:30 p.m. March 12;

Computerized Bookkeeping, 8:30 a.m.-12:30 p.m. March 14;

Patent Your Invention, 7-10 p.m. March 16;

QuickBooks, 9 a.m.-noon April 1-May 5, and

Fundamental Payroll, 9 a.m.-noon. May 24-June 30

To register, course details and locations: lccc.edu, ncregistrar@mymail.lccc.edu, 610-799-1197



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www.WhitehallBFC.org
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10:30 a.m. Morning Worship
6 p.m. Bible Study
7 p.m. Youth Group
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7974 Claussville Rd., Fogelsville
610-285-6967
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Snack & Chat 9:45 a.m.
Worship 10:15 a.m.
Rev. Ken Kalisz
hopecommunitychurch.org
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7343 Gun Club Road
New Tripoli 610-298-8028
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www.heidelberg-lutheran.org
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10:15 a.m. Worship
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Orefield 610-395-5912
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9:15 a.m. Sunday School
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Pastor Ray Hand
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- EMMAUS MORAVIAN CHURCH**
146 Main St., Emmaus, PA 18049
610-965-6067
Rt. Rev. Christian Giesler, Pastor
9 a.m. Sunday School
10:30 a.m. Worship
www.emmausmoravian.org
Linda Wisser, Director,
Growth & Development
- NON-DENOMINATIONAL**
- FAITH FELLOWSHIP CHURCH**
1201 N. Ulster St., Allentown
610-841-3616
Pastor Louis Felix 484-560-0618
Sun. Fellowship 10 a.m.
Worship 10:30 A.M.
Spanish/English Service 1 p.m.
Wed. Community Meal, 5-6:30
Thurs. Prayer Service, 6:30 p.m.
Preschool starting January
- JACOB'S CHURCH**
Route 143, Jacksonville, PA
Rev. Scott L. Shay, Pastor
610-756-6352 or
610-756-6676
Church School 9 a.m.
Family Worship 10 a.m.
Nursery Available
Bible Study Wed. 7:30 p.m.
Handicapped Accessible
- LIVING STONE FELLOWSHIP**
6925 Flint Hill Road
New Tripoli, PA 18066
610-298-3020
Senior Pastor: Jean Masiko
Sunday Worship Service 10:00 a.m.
Children of all ages welcome
Handicapped Accessible
www.thehealingchurch.com
- PRESBYTERIAN**
- ALLENTOWN FIRST PRESBYTERIAN CHURCH**
Cedar Crest Blvd. & Tilghman St.
8 a.m. Communion Service, Chapel
9 & 10:30 a.m. Alternative Worship
10 a.m. Arabic Worship in the Chapel
10:15 a.m. Traditional Worship Sanctuary
12:15 a.m. Chin Worship, in the Chapel
610-395-3781 www.fpcallentown.org
- FAITH PRESBYTERIAN CHURCH OF EMMAUS**
N. 2nd & Cherokee Sts.
Emmaus 610-967-5600
Rev. Timothy Michael Dooner
10:30 a.m. Worship
Nursery care provided
9:15 a.m. Sunday School
www.faithchurchemmaus.org
office@faithchurchemmaus.org
- FIRST PRESBYTERIAN CHURCH OF BETHLEHEM**
2344 Center St., Bethlehem
In The Kirk Center
Oasis Contemporary Services
Saturdays at 6 p.m.
Sundays at 9 & 10:30 a.m.
In the Sanctuary
8:45 a.m. Sundays
Traditional Worship 10:15 a.m.
610-867-5865
www.fpc-bethlehem.org
- FIRST PRESBYTERIAN CHURCH OF HOKENDAUQUA**
3005 S. Front Street
Whitehall, PA 18052
610-264-9693
Rev. Joyce Smothers
Worship 10 a.m.
Email: hokeypres@gmail.com
Web: www.hokeypres.org
- PRESBYTERIAN CHURCH CATAQUA**
2nd & Pine Sts.
610-264-2595
Rev. P. Douglas Crouce, Pastor
10:45 a.m. Worship Service
9:30 a.m. Sunday School
Nursery available
Air Conditioned
cattypresbyterian.com
- QUAKERS**
- LEHIGH VALLEY FRIENDS MEETING**
4116 Bath Pike, Bethlehem, PA
1/2 mi. North of US 22 on PA 512
610-691-3411
Meeting for Worship 9:30 a.m.
Everyone welcome
Child care provided
Web: LehighValleyQuakers.org
- SHARED MINISTRY**
- JERUSALEM WESTERN SALISBURY CHURCH**
3441 Devonshire Road
Allentown, PA 18103
610-797-4242 or 610-791-4979
Rev. Homer E. Royer Jr., Sr. Pastor
Rev. Samantha Drennan, Assoc. Pastor
8 a.m. U.C.C. Holy Comm. - pew
9 a.m. Sunday School Classes
10:30 a.m. Lutheran Word Service
- UNION**
- ST. PETER'S UNION CHURCH**
(Lutheran & UCC)
Lynnville, PA 610-298-8064
Worship 9:30 a.m.
Handicapped Accessible
All Welcome!
Pastor Rebekah Thomas
- UNITED CH. OF CHRIST**
- CEDAR U.C.C.**
3419 Broadway
(2 blks. W. Cedar Crest Blvd.)
610-395-6332
Pastor Lee Schleicher
10:30 a.m. Worship
All Are Welcome!
- CHRIST CHURCH UCC**
75 E. Market St., Bethlehem
610-865-6565
www.christucc.org
Rev. Jeffrey Bauer
Rev. Cecilia Baxter
9:15 a.m. Faith Formation
10:30 a.m. Worship
Nursery Avail./Handicap Acces.
- CHURCH OF THE GOOD SHEPHERD U.C.C.**
135 Quarry Rd., Alburtis
610-966-2991
Rev. Scott M. Sanders
9 a.m. Sunday School
10:30 a.m. Worship
Lenten Journey
Tuesdays - Wine 'N' Jesus 6:30-7 p.m.
- EBENEZER U.C.C.**
Route 143, New Tripoli
610-298-8000
Rev. Kevin Fruchtl, Pastor
9 a.m. Sunday School (Ages 3-10)
10:15 a.m. Worship Service
Nursery Available
Handicapped Accessible
- GRACE UNITED CHURCH OF CHRIST**
902 Lincoln Ave.
Northampton, PA 18067
The Rev. Heather N. Kurtz
610-262-7186 graceuccchurch.com
9:15 a.m. Sunday School
10:30 a.m. Worship
Summer Worship 9:30 a.m.
Handicapped Accessible
- HEIDELBERG U.C.C.**
Irvin & Church Roads
Heidelberg Township
Pastor Karen Yonney 610-767-4740
11 a.m. Worship Service
9:45 a.m. Sunday School
Handicapped Accessible/AC
www.uccheidelberg.org
- HOPE U.C.C.**
1031 Flexer Ave., Allentown
610-439-8118
Pastor Mia G. White
9:00 a.m. Contemporary Worship
10:15 a.m. Traditional Worship
Child Care Available
www.hopeuccallentownpa.org
Lenten Bible Study begins Feb. 14 at
11:45 a.m. for 6 wks.
- JORDAN UNITED CHURCH OF CHRIST**
1837 Church Road, Allentown
(Corner of 309 & Walbert Ave.)
jordanucc.org
610-395-2218
Rev. Dr. David Charles Smith, Sr. Pastor
8 & 10:30 a.m. Worship Services
9:15 a.m. Sunday School for all ages
- OLD ZIONSVILLE UCC**
5981 Fountain Rd., Old Zionsville
(at the Y of Fountain Rd & King's Hwy)
The Rev. Lori Esslinger 610-966-3601
Home of the Village School Preschool,
openings for ages 2-4
Worship 10:15 a.m.
Sunday School 9 a.m.
Sat. 11 a.m. All You Can Eat Breakfast
www.oldzionsucc.org
- ST. JOHN'S UNITED CHURCH OF CHRIST**
139 North Fourth St.
Emmaus 610-965-9158
Sr Pastor Rev. Dr. Paul Knappenberger
8 & 10:30 a.m. Worship
9:15 Sunday School
Tuesdays 6:30 p.m. Informal Worship
- ST. JOHN'S U.C.C. FULLERTON**
575 Grape Street, Whitehall 18052
Rev. Dr. Becky J. Beckwith, Sr. Pastor
Rev. George R. Eckstein, Assoc. Pastor
8:15 & 10:45 a.m. Worship
9:30 a.m. Sunday School
Accessible & Elevator
Everyone is Welcome!
610-264-8421
stjohnsucc.pastor@rcn.com
- ST. PAUL'S UCC OF INDIANLAND**
767 Almond Road
Walnutport (Cherryville)
610-767-5751
Rev. Martin E. Nuscher
9 a.m. Sunday School
10:15 a.m. Traditional Worship
8 a.m. Contemporary Worship,
2nd & 4th Sunday
Nursery Avail. Handicapped Accessible
- ST. PAUL'S UNITED CHURCH OF CHRIST**
19th St. & Lincoln Ave.
Northampton 610-261-2910
Rev. Todd Fennell
9 a.m. Sunday School
10:15 a.m. Worship
Nursery & Child Care provided
Sally Jane Payson, Child Care Teacher
Sanctuary, Handicapped Accessible
- SALEM UNITED CHURCH OF CHRIST**
615 Third Street
Catasauqua, PA 18032
610-264-4091
Rev. Mike Smith, Pastor
9 a.m. Sunday School
10 a.m. Sunday Worship
8:30 a.m. Adult Sunday School
Handicapped Accessible
Nursery Available
- UNION U.C.C.**
5550 Route 873
Neffs, PA 18065-0066
610-767-6961
www.unionucc.org
8 a.m. Heritage Worship
9:15 a.m. Education Hour (Sept.-May)
10:30 a.m. Horizon Worship
- ZIEGEL UNITED CHURCH OF CHRIST**
9990 Ziegels Church Road
Breinigsville, PA 18031
Phone: 610-285-6157
www.ziegelschurch.org
Sunday School 10 a.m.
Worship, 11:05 a.m.
Handicapped Accessible
Pastor Candi Cain -Borgman
- UNITED METHODIST**
- BETHANY CHURCH**
Macungie Campus
3801 Brookside Road
610-395-3613
Blended Worship, Sun. 8 a.m.
Contemporary Worship 9:15 & 11 a.m.
(Child Care Available, Hearing Asst.,
Handicapped Access at all Services.)
Wescosville Campus
1208 Brookside Rd.
Catasauqua Campus
429 Walnut St., Catasauqua
610-395-3613
Contemporary Worship Sun. 9:30 a.m.

To have your religious services listed in The Press contact Joie Jackson Wenner at 610-740-0944 — Ext. 3703

Dinner's ready at St. Stephen's Episcopal Church, Whitehall



PRESS PHOTOS BY STEPHANIE RAPHUN
Mike, Anne and Kathryn Esser, of Northampton, enjoy a pork and sauerkraut dinner with Helen and Frank Sodl, of Whitehall, at St. Stephen's Episcopal Church, Whitehall, Feb. 6.



Volunteers serve the meal. Proceeds from the event benefit the church and its outreach programs.

THE PRESS LVP lehighvalleypress.com

MARKETPLACE Classifieds

APPROX. 83,600 READERS PER WEEK

610-377-2051 OR 800-443-0377 24 HRS/DAY

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Our Classified office is open to receive advertisements Monday through Friday from 7:00 A.M. to 4:30 P.M.

BY MAIL The Press Classified Department P.O. Box 239, Lehighton, PA 18235

BY TELEPHONE 610-377-2051 or 800-443-0377 24 hrs/day FAX: 610-826-9607

DEADLINES* Classified Line Ad and Legal Deadline is Monday noon for same week

CONTACT Kim - Ext. 3173 email - kstillman@tnonline.com Donna - Ext. 3109 email - dhall@tnonline.com

ONLY 2100 6 lines 4 weeks



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NORTHAMPTON COUNTY SENIOR MENUS

FOR LOCATIONS, CALL 610-559-3245

Wednesday, Feb. 17: Chicken a la king over puff pastry, carrot raisin salad, wheat bread with margarine, tropical fruit.

Thursday, Feb. 18: White minestrone soup, tater tot casserole, green beans with mushrooms, wheat bread with margarine, fresh fruit cup.

Friday, Feb. 19: Cream of wild mushroom soup, potato crusted cod, au gratin potatoes, Scandinavian vegetable blend, wheat bread with margarine, iced pumpkin bar.

Monday, Feb. 22: Cream of potato soup, pot roast sandwich, sour cream cucumber salad, ambrosia.

Tuesday, Feb. 23: Chicken noodle soup, sausage sandwich with sauce, peppers and onion, Pennsylvania Dutch potato salad, fresh pineapple tidbits.

Wednesday, Feb. 24: Swedish meatballs over noodles, mixed vegetables, wheat bread with margarine, dark sweet red cherries.

Thursday, Feb. 25: Chicken parmigiana over linguine, Brussels sprouts, Italian bread with margarine, chilled peaches.

LEHIGH COUNTY SENIOR MENUS

FOR LOCATIONS, CALL 610-782-3254

Wednesday, Feb. 17: Veal parmesan, pasta, butternut squash, diced pears.

Thursday, Feb. 18: Beef pot roast, roasted potatoes, Brussel sprouts, apple.

Friday, Feb. 19: Plain fish, confetti rice, Mediterranean medley, strawberry almond delight.

Monday, Feb. 22: Chicken croquette, roasted potatoes, green beans, grapes.

Tuesday, Feb. 23: Ziti with meatballs, zucchini, fresh fruit.

Wednesday, Feb. 24: Beef tips, mashed potatoes, carrots, banana.

Thursday, Feb. 25: Pork loin, mashed yams, braised red cabbage, oatmeal cookie.

Conceptis Sudoku

By Dave Green

9x9 Sudoku grid with some numbers filled in.

Difficulty Level ★★★

2/17

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

Answer to previous puzzle

9x9 grid with numbers 1-9, representing the solution to the previous puzzle.

CRYPTOGRAM

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T D B S C W D C E W S M K Y O S M W N W B S S K T W
IDJ H N H U O X H J R B C K U X - R K B M U D D O - D I I K B
Q M W Y S M W J W ' B U M K E K Q W H S M W J

See solution on page B8

Today's Cryptquip Clue: M equals H

PREMIER Crossword

By Frank A. Longo

HEARTFELT WISH ACROSS

- 1 Birmingham locale
8 Holy See leaders
13 Largest living bird
20 One vilifying in print
21 Spitz relative
22 City WSW of Albany
23 Aroma source
24 Former NBA'er Odom
25 Most humble
26 Own delicately pretty baby enclosures?
29 With 32-Across, tourist's reference
30 Baseballer Hershiser
31 Rhine feeder
32 See 29-Across
35 People put aside their pride for a while?
43 Posed for a painting, e.g.
46 Mineo of film
47 Tidbits
48 Log splitter
49 Bring on
53 Turbine part
56 "Weird Al" Yankovic hit
57 Pinched a chubby shrink?
61 Pet's jingler
62 Gluck's "— ed Euridice"
63 My, in Milan
64 "Ammo" pair
67 "New Math" singer Tom

15x15 crossword grid with some words filled in like ALABAMA, POPPETAS, HAVANA, etc.

- 69 "The Donald"
72 Shiite, e.g.
75 Stubborn beast
76 Not at home
79 Wage hike
82 Open spot in a forest
83 "Airplane!" co-star created an online fund-transfer service?
88 Large parrot
91 Exotic juice berry
92 India or Iran
93 Park it
94 Astounds
96 "Yay, team!"
98 Geezers
100 Turn down a mawkish sea monster?
106 USN rank
107 Chip or nick
108 Large feline
109 See 85-Down
113 What this puzzle's long answers are anagrams of
120 Enchant
123 PC character format
124 Some suede
125 In pieces
126 Diadem's kin
127 Prayer rug user, say
128 Hot springs

- 129 Lueifer
130 50- (some long field goals)
DOWN
1 Maui "hello"
2 Detection system that uses a laser
3 Higher than
4 Deprive (of), as through absence
5 "When I was — ..."
6 Actress Suvari
7 Intro class for painters
8 Trifling
9 Signed off on
10 Zits
11 List-curtailling abbr.
12 Poet Teasdale
13 Tuba sound
14 Disdain openly
15 Many a rave attendee
16 Soldiers on "M*A*S*H"
17 Salt additive?
18 Dol. parts
19 Fez or kepi
27 "Just joking!"
28 "Yahoo!"
32 Beef or ham
33 Opposing
34 "Hey, I've got a secret ..."

- 36 Maintain
37 Essential
38 Boise setting
39 Volcanic flow
40 Actor Ladd
41 JFK was one
42 Bog material
43 Philippines' capital
44 Lime, silica and rust
45 — of despair
50 The, to Franz
51 Roosevelt's successor
52 Higher than
54 "Rambo" site, for short
55 Yale student
58 Duffer's goal
59 "— joking!"
60 Thanksgiving staple
64 Slip by
65 In-flight
66 Puts in a blast furnace
68 Singer Clark
70 Singer Aimee
71 Bread for a gyro
73 Kampala site
74 Cunning
77 Signer of SALT I and II
78 Quirky habit
80 Unit for Graf
81 Mandate

- 83 Ill-defined
84 Astonishes
85 With 109-Across, zilch
86 Apothecary's bottle
87 Roo's friend
88 Produced
89 Revival reply
90 Gives the boot
95 Selection of chocolates
97 Spiteful, violent sort
99 Ground, as the teeth
101 Daily news sources
102 Inquire nosily
103 TV host Meredith
104 Old Greek
105 Cookout pest
110 "Swan Lake" villainess
111 Watchdog Ralph
112 People ogling
113 Attila's bunch
114 Secretary, say
115 Giant tubs
116 Yemen locale
117 Really gross
118 Octa- + one
119 Fancy water jug
120 Luggage item
121 Dialect suffix
122 Man

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See solution on page B9

THE PRESS Classified Ad Index

Table listing various classified ad categories and their corresponding page numbers, such as Lost & Found (40), Entertainment (50), etc.

WHAT'S IN THE CLASSIFIEDS?

Cars • Bikes • RVs • Auto Repair Services • Boats • Electronics • Pet Supplies • Antiques • Collectibles • Home Furnishings • Jewelry • Sporting Goods • Musical Instruments • Personal Services • Real Estate • Travel Packages • Employment and Business Opportunities • Personals • Public Notices, and much more ... Pick up your copy today.



1.800.443.0377 — Kim Ext. 3173 • Donna Ext. 3109

**PUBLIC NOTICE
CATASAUQUA BOROUGH**

AN ORDINANCE AMENDING ARTICLE 3, SECTION 195 RELATING TO PLAYGROUNDS AND PARKS OF THE CATASAUQUA CODE; ADDING GENERAL PARK RULES AND RULES FOR PLAYGROUND/PAVILION RENTALS.

WHEREAS, Article 3, Section 195-12 of the Catasauqua Code regulates rentals of the playground pavilion rental rules; and **WHEREAS**, it is necessary to amend and add to the rules for the use of the playgrounds and for pavilion rentals.

BE IT ORDAINED AND ENACTED by the Council of the Borough of Catasauqua, Lehigh County and the Commonwealth of Pennsylvania:

SECTION 1: That Article 3, Section 195-10 Rules and Regulations, of the Catasauqua Code be amended by adding the following rules and regulations:

- J. No charcoal grills are allowed in the park except those provided by the Borough.
- K. Grilling using propane tanks is prohibited.
- L. No amplified sound or music is permitted to be played at a level to be disruptive to other persons enjoying the park.
 - 1. Exceptions: Performances presented by, or sponsored by, the Borough of Catasauqua are exempt from this regulation.
- M. All concessionaires and/or vendors on the park premises must have a permit and/or be authorized by the Borough in order to sell or promote their products, food, goods or services.
- N. During all hours when the concession stand is open, except for patrons of the concession stand purchasing food or consuming the same, no one is permitted to use the area, or the picnic tables between the walkway and the concession stand for a distance of fifty (50) feet in each direction from the window facing the walkway.
- O. Picnic tables and/or benches are not permitted to be removed from their original placement by the Borough.
- P. Whenever either of the two pavilions located near Church Street have been rented, the area bounded by the bathhouse, the road into the parking lot, Church Street and the Catasauqua Creek are for the exclusive use of the persons or organizations which have rented either of the two pavilions.
- Q. No vehicle is permitted to drive onto the park grounds with the exception of a "permitted" caterer.
 - 1. Exception - vehicles owned and operated by Borough of Catasauqua employees or other vehicles in the performance of tasks and/or the preparation for their performance as authorized by the Borough.

SECTION 2: That Article 3, Section 195-12 of the Catasauqua Code relating to playground/pavilion rental, Subsection A is amended in its entirety to read as follows:

The rules for playground/pavilion rentals are:

- A. Fees for the use of the pavilion, band shell and swimming group admissions are non-refundable.
- B. The security deposit must be paid not less than 30 days prior to the event or the reservation will be cancelled and the fee for the reservation will be forfeited. Upon inspection of the facilities by the Catasauqua Public Works Department, customarily the morning after the event, and their determination that the facilities have been left in a clean and acceptable manner, the deposit will be refunded by mail to the person or organization who rented the facility, generally within two weeks.
- C. The large pavilion can be rented no more than 364 days in advance of the event. All rentals must be made in person at the Borough office and is not considered complete until the fee is paid. The Borough will not "hold" reservations.
- D. Restrooms are located adjacent to the large pavilion and by the play climber.
- E. Responsible use of alcoholic beverages is permitted at the pavilions. No one is permitted to walk around the playground or park with opened containers of alcoholic beverages.
- F. The pavilion has electricity, water, and a grill (you must bring your own charcoal).
- G. The park closes at 10:30 PM and cleanup is expected by each group at their site.
- H. The park has a "pickup game" non-regulation baseball field, tennis, volleyball, and basketball courts and playground facilities. This permit does not give you exclusive rights to these fields.
- I. Events that have caterers must be complete and submit a separate caterer application and permit form not less than two weeks before the scheduled event.
- J. Upon payment of the group rate admission fee to the pool, based on the number of participants indicated, special daily tickets will be issued in the number requested. If additional participants attend and wish to use the pool, they must pay the standard daily rates, unless they are season ticket holders. Group rate admission tickets must be made at least five (5) days in advance of the reservation date.
 - 1. Group rate admission pool tickets will only be honored on the date for which they are issued. There are no cash refunds. If the pool is open at all during the day of the event, there is no refund or rain check given. If the pool is not open at all on the day of the event, the tickets can be returned to the Borough office within seven days for rain checks that can be used on any future date.

ORDAINED AND ENACTED on this 7th day of March, 2016
Feb. 17

CRYPTO SOLUTION

MOST PEOPLE THINK THE BEST TIME FOR A BACKYARD SPICY-DISH COOK-OFF IS WHEN THERE'S CHILI WEATHER.

PUBLIC NOTICE

Estate of **JOSEPH G. BENKO**, late of the Borough of Coplay, County of Lehigh, Pennsylvania. Letters Testamentary have been granted to the undersigned, who requests all persons having claims or demands against the Estate of the Decedent to make known the same, and all persons indebted to the Decedent to make payable without delay to:

JOANNE M. SODL
1368 West Penn Pike
New Ringgold, PA 17960

or to her Attorney
John L. Obrecht, Esquire
1731 Main Street
Northampton, PA 18067-1544
Feb. 10, 17, 24

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that, in the **ESTATE OF CARL L. WAGNER** late of Allentown, Lehigh County, Pennsylvania, the Register of Wills has granted Letters Testamentary to the undersigned, who request all persons having claims or demands against the Estate of the Decedent to make known the same, and all persons indebted to the Decedent to make payments without delay to:

John A. Wagner
3137 Broadmoor Dr.
Center Valley, PA 18034

Or to his attorney:

Curtis C. Creveling, Esq.
CREVELING, CREVELING & CAPPELLINI
123 North Fifth Street
Allentown, PA 18102
610-435-8711
Feb. 10, 17, 24

MEETING NOTICE

ALLEN TOWNSHIP BOARD OF SUPERVISORS AND PLANNING COMMISSION COMPREHENSIVE PLAN UPDATE

Notice is hereby given that the Allen Township Board of Supervisors and the Allen Township Planning Commission will conduct joint public meetings on the fourth Wednesday of each month (beginning February 24th, 2016 for the 2016 calendar year) at 7:00 P.M. to discuss the development and update of the Township Comprehensive Plan as well as any other matters properly brought before the Supervisors and Commission. The meetings will commence at 7:00 PM in the main meeting room of the Allen Township Municipal Building located at 4714 Indian Trail Road, Northampton, Pennsylvania. All interested parties are invited to attend.

Ilene Eckhart, Manager
Allen Township

Feb. 17

**PUBLIC NOTICE
IN THE COURT OF COMMON PLEAS OF
LEHIGH COUNTY, PENNSYLVANIA
CIVIL ACTION-LAW
NO. 2015-C-2995**

NOTICE OF ACTION IN MORTGAGE FORECLOSURE
James B. Nutter & Company, Plaintiff vs. Barbara Romm, In Her Capacity as Heir of Kathryn H. Erwins, Deceased, Patricia Bachman, In Her Capacity as Heir of Kathryn H. Erwins, Deceased, Loretta Pryor, In Her Capacity as Heir of Kathryn H. Erwins, Deceased and Unknown Heirs, Successors, Assigns and All Persons, Firms or Associations Claiming Right, Title or Interest From or Under Kathryn H. Erwins, Deceased, Defendants
TO: The Unknown Heirs, Successors, Assigns and All Persons, Firms or Associations Claiming Right, Title or Interest From or Under Kathryn H. Erwins, Deceased, Defendant(s), whose last known address is 1241 West Chew Street, Allentown, PA 18102.

COMPLAINT IN MORTGAGE FORECLOSURE
You are hereby notified that Plaintiff, James B. Nutter & Company, has filed a Mortgage Foreclosure Complaint endorsed with a Notice to Defend, against you in the Court of Common Pleas of Lehigh County, Pennsylvania, docketed to NO. 2015-C-2995, wherein Plaintiff seeks to foreclose on the mortgage secured on your property located, 1241 West Chew Street, Allentown, PA 18102, whereupon your property would be sold by the Sheriff of Lehigh County.

NOTICE

YOU HAVE BEEN SUED IN COURT. If you wish to defend against the claims set forth in the notice above, you must take action within twenty (20) days after this Complaint and Notice are served, by entering a written appearance personally or by attorney and filing in writing with the Court your defenses or objections to the claims set forth against you. You are warned that if you fail to do so the case may proceed without you and a judgment may be entered against you by the Court without further notice for any money claimed in the Complaint or for any other claim or relief requested by the Plaintiff. You may lose money or property or other rights important to you. **YOU SHOULD TAKE THIS PAPER TO YOUR LAWYER AT ONCE. IF YOU DO NOT HAVE A LAWYER GO TO OR TELEPHONE THE OFFICE SET FORTH BELOW. THIS OFFICE CAN PROVIDE YOU WITH THE INFORMATION ABOUT HIRING A LAWYER. IF YOU CANNOT AFFORD TO HIRE A LAWYER, THIS OFFICE MAY BE ABLE TO PROVIDE YOU WITH INFORMATION ABOUT AGENCIES THAT MAY OFFER LEGAL SERVICES TO ELIGIBLE PERSONS AT A REDUCED FEE OR NO FEE. LAWYERS REFERRAL SERVICE, Lehigh County Bar Assoc., 1114 W. Walnut St., Allentown, PA 18102, 610.433.7094. Jill Manuel-Coughlin, Jolanta Pekalska, Harry B. Reese, Matthew J. McDonnell & Jessica N. Manis, Attys. for Plaintiff, POWERS KERN & ASSOC., LLC, 8 Neshaminy Interplex, Ste. 215, Treviso, PA 19053, 215.942.2090.**
Feb. 17

**PUBLIC NOTICE
MEETING NOTICE**

The Regular Board Meeting of the Northampton County Housing Authority will be held on Monday, February 22, 2016 at 4:00 P.M. at Oliver Border House, 15 South Wood Street, Nazareth, PA 18064.

Please contact Mr. Beers if there are any questions at: (610) 965-4514, Ext. 210.
Daniel Beers, Executive Director

Feb. 17

PUBLIC NOTICE

Pursuant to state law, the following is a list of occupants from the **AIRPORT ROAD SELF STORAGE INC.**, 7249 Airport Road, Bath, PA 18014, who will have the contents of their respective space sold to satisfy the owner's liens.

Marilyn Butts - Space 121
Sheryl Wright - Space 125
Tina Rehrig - Space 209
Larry Bowman - Space 252
Suzanne Strohl - Space 422
Dave Edwards - Space 917

Feb. 17, 24

PUBLIC NOTICE

ASH STREET TREE PROGRAM:

Lower Macungie Township will hold a public meeting on February 22, 2016 at 7PM at the Lower Macungie Community Center, 3450 Brookside Road, Macungie, Pa. to inform residents of the emerald ash borer, an invasive bug species killing 99% of ash trees. The program will include information on a street tree removal and replacement program. Residents facing the expense of ash tree removal and street tree replacement are encouraged to attend.
Feb. 10, 17

PUBLIC NOTICE

AUDITOR'S REPORT

Notice is hereby given that the Annual Financial Statement of **Northwestern Lehigh School District** from the auditors for the Fiscal Year Ended June 30, 2015, was filed on January 8, 2016, in the office of the Prothonotary, Lehigh County Courthouse, Clerk of Judicial Court, Civil Department, 455 W. Hamilton Street, Allentown, PA 18101-1614, and will be confirmed absolutely unless an appeal is taken therefrom within thirty (30) days after the filing thereof. The report is available for public inspection at the business office of the School District during normal business hours.
Feb. 3, 10, 17

**PUBLIC NOTICE
AUDIT NOTICE**

The Lynn Township - Lehigh County, Elected Auditors will conduct a public meeting for the final 2015 Audit Report, close out and including any other business that may come before the Auditors, on **Tuesday, February 23, 2016 @ 7pm;** at the Lynn Township Municipal Building - 7911 Kings Highway, New Tripoli, PA 18066.
Feb. 17

NOTICE OF ORGANIZATION

LIMITED LIABILITY COMPANY Notice is hereby given that on January 19, 2016, Certificate of Organization was filed in the Department of State of the Commonwealth of Pennsylvania for **NEIL PAUR, LLC**, in accordance with the provisions of the Limited Liability Act of 1994.

James L. Broughal, Esquire
BROUGHAL & DEVITO, L.L.P.
38 West Market Street
Bethlehem, PA 18018

Feb. 17

PUBLIC NOTICE

Notice is hereby given that an application for registration of a fictitious name, **Alex Allegra**, for the conduct of business in Lehigh County, Pennsylvania with the principal place of business 6410 Sweetbriar Lane, Zionsville, PA, was made to the Department of State of the Commonwealth of Pennsylvania at Harrisburg, Pennsylvania on December 24, 2015, pursuant to the assembly of Act 295 of 1992. The name and address of the persons owning or interested in the said business are Terry, Kathryn and Alex Moudy, 6410 Sweetbriar Lane, Zionsville, PA 18092.
Feb. 17

PUBLIC NOTICE

ESTATE OF JOYCE M. BELLER, deceased, late of the Borough of Emmaus, Lehigh County, Pennsylvania. Letters testamentary have been granted to the undersigned, who requests all persons having claims or demands against the Estate of the Decedent to make known the same, and all persons indebted to the Decedent to make payments without delay to:

Perry Niles Beller, Executor
c/o Emily A. Zettlemoyer
53 North Third Street, Emmaus, PA 18049
or to his attorney:
Emily A. Zettlemoyer, Esq.
53 North Third Street, Emmaus, PA 18049
Feb. 3, 10, 17

PUBLIC NOTICE

Notice of Proposed Ordinance

Notice is hereby given that the Board of Supervisors for Weisenberg Township, Lehigh County, Pennsylvania will hold a regular meeting on Monday, March 14, 2016 at 7:00 pm in the Township Municipal Building, 2175 Seipstown Road, Fogelsville, PA 18051-2022 and will consider at that meeting **"AN ORDINANCE OF THE TOWNSHIP OF WEISENBERG, LEHIGH COUNTY, PENNSYLVANIA, SETTING THE SPEED LIMIT ON HELFRICH ROAD (T-548) FROM SIEGFRIEDALE ROAD (T-560) TO INDEPENDENT ROAD (SR-0863) TO 25 MILES PER HOUR."**

WHEREAS, Helfrich Road (T-548) is a Township Road; and **WHEREAS**, the Pennsylvania Vehicle Code authorizes the Township to alter or establish speed limits on township roads subject to the applicable provisions of the Code; and

WHEREAS, the Township believes that reducing the speed limit on Helfrich Road is necessary for the safety of citizens driving on Helfrich Road.

WHEREAS, the Township performed a speed study in accordance with the guidelines for safe running speed test as found in the Pennsylvania Department of Transportation Publication 201.

NOW, THEREFORE, BE IT ENACTED AND ORDAINED by the Township of Weisenberg, Lehigh County, Pennsylvania, in lawful fashion duly assembled, as follows:

1. The speed limit on Helfrich Road (T-548) from Siegfriedale Road (T-560) to Independent Road (SR-0863) is hereby set at 25 miles per hour.
2. The Road Master is authorized and directed to post signs setting forth the speed limit in accordance with the regulations adopted by PennDot, which regulations require posting at the beginning and end of each speed zone and at intervals not greater than one-half (1/2) mile.
3. The penalty for violation of this Ordinance shall be set forth in the PA Motor Vehicle Code which provides as follows:

A. Penalty -

- (1) Any person violating this section is guilty of a summary offense and shall, upon conviction, be sentenced to pay a fine of:
 - (i) \$35.00 for violating a maximum speed limit of 25 miles per hour.
- (2) Any person exceeding the maximum speed limit by more than 5 mile per hour shall pay an additional fine of \$2.00 per mile each mile in excess of 5 mile per hour over the maximum speed limit.

A complete copy of the text of the proposed ordinance is available for examination at the Weisenberg Township Municipal Building between the hours of 9:00 am and 4:00 pm, Monday through Friday. A copy has also been supplied to this newspaper in accordance with applicable law. All interested parties are invited to attend this meeting.

The Weisenberg Township Municipal Building is accessible to the physically handicapped. Any person that requires special assistance to understand the nature of the business conducted at the above meeting because of visual, hearing, or other impairment is requested to contact the Township Administrator at least five (5) days prior to the scheduled meeting to arrange for the necessary assistance.

Brian C. Carl, Township Administrator

Feb. 17, 24

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CDL DRIVER
 For industrial contractor in L.V. Benefits. Email resume to info@jntenv.com or Fax 610-837-8185

390 HELP WANTED
 Drivers: CDL-A 1yr. Excellent Family Medical Ins. Guaranteed Weekend Home Time. Earn \$65,000 + Monthly Bonuses. Absolutely No-Touch. 888-406-9046

390 HELP WANTED
 Drivers: LOCAL, Pottsville/Hazleton 1st year make up to \$72,000! Home Daily! No-Touch Freight! Excellent Comprehensive Benefits! 2yrs CDL-A exp call Penske Logistics: 855-975-9321

390 HELP WANTED
 EARLY Morning Carriers needed. Looking for multiple carriers within the Lehigh Valley area. Up to \$1,000 monthly possible. Must be 18 years of age or older, having dependable vehicle & driver's license. FMI call 610-820-6604

390 HELP WANTED
HOME HEALTH AIDES
 Eves. & weekends req. 1 yr. previous experience. Excellent client care skills & your own reliable transportation a must. AARON HEALTHCARE 610-691-1000

390 HELP WANTED
 Lehigh Carbon Community Colleges CDL Program is seeking a FT & PT CDL Instructor for the campus in Schnecksville. 4 day work week, full medical benefits offered. Candidates should possess at least 3 years of Verifiable Class A tractor trailer experience, no criminal record, clean MVR, ability to relate to students in a positive manner. Previous instructor experience & bilingual a plus. Will train the right candidate. We are looking for a dynamic person who wishes to be part of a dynamic team. Call 610-799-1570 or email resume to dstaciokas@lccc.edu

390 HELP WANTED
Machine Operators - Open House
 10 FT positions avail. at Behr Paint. Mon-Fri. 3pm-11:30pm or Sun-Thurs., 11pm-7:30am. Working in Manufacturing/ Machine Operating. \$12.75/hr. Accepting applications **Tuesday 3/1/16 only.** 9am-1pm, no phone calls or on-line app. accepted. Address: 7529 Morris Court, Allentown, PA 18106

420 BABYSITTING & CHILD CARE
 56 year old retired grandmother wants to care for your loved one in my Danielsville home. Love children of all ages. 25 years experience with geriatric population. Confusion, incontinence, unsteady gait not a problem. Able to handle most behavior problems associated with handicapped child. Home is equipped with ramp, elevator, and handicapped bathroom showers are available as requested or needed. Care provided by the hour, day or week. If you have a need, I probably have a solution. Call Cheryl at 610-767-7974.

60 SPECIAL NOTICES
ATTENTION ADVERTISERS
 All Non-Business classified line ads require **PREPAYMENT** prior to first run date. We accept Visa, MasterCard, American Express, Check or Cash! Please Plan Accordingly. Call 610-377-2051 ext. 3173 or 3109.

Distribution-Open House
 10 FT positions avail. at Behr Paint. Shift: Thurs., Fri., Sat. and Sunday, 7am-5:30pm. Working in distribution/pulling orders for shipments. \$12.75/hr. plus weekly and yr. end bonus. Accepting applications **Tuesday 3/1/16 only.** 9am-1pm, no phone calls or on-line app. accepted. Address: 7529 Morris Court, Allentown, PA 18106

Drivers: CO & O/O's: Earn great money Running Dedicated! Great Hometown and Benefits. Monthly Bonuses. Drive Newer Equipment! 855-582-2265

Drivers: LOCAL, Robeson, PA. Earn Up To \$75K 1st Year. Comprehensive Benefits! New Equipment! 2yrs CDL-A Exp. Call Penske Logistics: 855-395-1826

HELP WANTED Summer Recreation Personnel
 BOROUGH OF CATASAUQUA
 The Borough of Catasauqua will receive applications for the following summer positions. This is an open application. Positions will be filled as qualified applicants are received & the openings will remain until all positions are filled. Applications may be obtained at the Catasauqua Borough Office, 118 Bridge Street, Catasauqua, PA, during regular business hours 8AM to 3:50PM, Monday through Friday.
 • Pool Assistant Mgr.
 • Lifeguards
 • Pool Cashiers
 • Summer Public Work Laborers
 • Volunteer Tour Guides for George Taylor House

Household Helper,
 FT afternoons Mon-Fri. Cooking w/recipes, dry mopping, light dusting, laundry. Car a must. Reliable person. Ref's req'd. S. Allentown, Salisbury Twp. 610-797-9429

Kaybrook Green Hills Swim Club, Orefield, PA, is currently hiring for the 2016 summer season. We are seeking candidates for the following positions: **Management, Lifeguards, Swim Team Coaches, and Snack Bar Associates.** Please visit our website at KBGH.ORG and click on the Employment tab for detailed information, employment requirements, and to submit an online application.

Production
 FT & PT positions avail. in Fogelsville Brewing 8hr & 12 hr shifts, \$12/hr. w/increases up to \$16/hr. Apply in person at HTSS, 860 Broad St., Ste. 111, Emmaus, PA. Call 610-432-4161 or apply at www.htss-inc.com

ENJOY Children? Join the So Le Hi Kid Care team. Located in Coopersburg. Perm. PT position avail. Immed. M-F, 3:30 - 6pm, additional hrs. avail. Clearances req'd. Call 610-282-2373.

80 FOR SALE
 2 Cemetery Plots at Cedar Hill Mem., Sect. A, Lot 21, graves 3 & 4 \$1200. 610-760-0446.

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EOE
 A Substitute Teaching Program offered by Carbon Lehigh Intermediate Unit #21
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 Become a Guest Teacher and make a difference in the educational lives of children. The Guest Teacher program provides a great opportunity for individuals to become a day to day substitute teacher, experience different classroom environments in various school districts in Carbon and Lehigh Counties, grow and cultivate teaching skills, have the flexibility of choosing work days as well as no weekend and/or holiday hours. Upon successful completion of the program, candidates will earn the appropriate credentials and the option to substitute and become an employee of their choice of participating school districts. Qualified Candidates must have a conferred Bachelor's Degree to apply.
Additional details and application materials are available at www.clu.org. Application Deadline Date: 02/22/16

Northwestern Lehigh SD Short-term Sub Biology Teacher
 For more info www.nwlehighsd.org EOE

Warehouse - Open House
 25 FT positions avail. at Behr Paint. Mon-Fri. 3pm-11:30pm or Sun-Thurs., 11pm-7:30am. Working in distribution/pulling orders for shipments. \$12.75/hr., plus weekly and yr. end bonus. Accepting applications **Tuesday 3/1/16 only.** 9am-1pm, no phone calls or on-line app. accepted. Address: 7529 Morris Court, Allentown, PA 18106

Machine Operators
 15 FT positions avail. in Fogelsville. 7pm-7am, \$14.58/hr w/increases up to \$19.42/hr. No exp. nec., company will train. Apply on web: www.htss-inc.com or Call HTSS: 610-432-4161, ext. 33.

Receptionist / Dr.s Assistant, P.T., AMs,
 Looking for an outgoing, people person with some clerical skills for Easton Chiropractic office. Send resume to accucarechiroca@gmail.com

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NOTICE OF POLICE OFFICER EXAMINATION FOR BOROUGH OF EMMAUS

The Emmaus Borough Civil Service Commission is seeking applicants to establish an Eligibility List for the position of Police Officer. Applications may be obtained in the Borough Manager's Office, Emmaus Borough Hall, 28 S. Fourth Street, Emmaus, PA, between the hours of 8:00 a.m. and 4 p.m., Monday through Friday. Completed applications must be filed on or before 4 p.m., Friday, March 18, 2016, at the Borough Manager's Office. All applicants are required to pay a non-refundable fee of \$75.00 upon submission of a completed application. To be eligible for participation in any examination, an applicant must have reached his or her twenty-first (21st) birthday before the deadline for submitting a completed application. The applicant must be a United States citizen, be physically and mentally fit to perform the full duties of a Police Officer, and must possess a valid Pennsylvania Motor Vehicle operator's license prior to appointment. Applicants are required to take and pass a written examination, oral examination, physical agility test, and polygraph test. Successful applicants selected from the Eligibility List will be required to take both a physical and a psychological examination after an offer of conditional employment. The Borough provides an excellent benefits package. The dates for the administering of the test are as follows: Written Examination, April 2, 2016 at 9:00 a.m. - Noon at St. Ann School Cafeteria, 435 South Sixth Street, Emmaus, PA, the Physical Agility Test, April 30, 2016 at 9:00 a.m. at Emmaus High School Main Gym and Track, 851 North Street, Emmaus, PA and the Oral Examination, May 23, 2016 at Emmaus Borough Hall Community Room, 28 S. Fourth Street, Emmaus, PA. The Borough is an Equal Opportunity Employer. It is the Borough's policy to grant equal employment opportunity and promotion to qualified persons without regard to race, religion, national origin, gender, age, marital status or non-job related physical or mental handicap or disability (ADA).

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The Times News is seeking a General Assignment Reporter to cover everything from community news to local government, as well as "take" in-depth looks at trends and features in the area. Will not consider any story to be too big or too small and be enthusiastic about sharing the news with readers both in print and online. Attractive benefits package offered. Please go to www.pencor.com for more information and to apply. E.O.E.

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